



## INDIAN SCHOOL MUSCAT FIRST TERM EXAMINATION

### PHYSICAL EDUCATION

CLASS: XI

Sub. Code: 048

Time Allotted: 3 Hrs

18.09.2017

Max. Marks: 70

#### *General Instructions:*

- i. All Questions are compulsory.*
- ii. Answer to questions carrying 1 mark should not exceed 30 words each.*
- iii. Answer to questions carrying 3 marks should not exceed 90 words each.*
- iv. Answer to questions carrying 5 marks should not exceed 150-200 words each.*

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Q.1 Define physical education.	1
Q.2 What do you mean by 'CITIUS, ALTIUS and FORTIUS'?	1
Q.3 What is the meaning of physical fitness?	1
Q.4 Name any four Adventure sports.	1
Q.5 What is adapted physical education?	1
Q.6 What is asana?	1
Q.7 What do you mean by somatotypes?	1
Q.8 What do you mean by BMI?	1
Q.9 Explain any two objectives of participation in adventure sports.	1
Q.10 What do you mean by elements of yoga?	1
Q.11 Who can participate in Paralympic Games?	1
Q.12 Discuss about teaching career in physical education in brief.	3
Q.13 Mention the rules of competitions in Ancient Olympic Games.	3
Q.14 Discuss any three components of positive lifestyle.	3
Q.15 Briefly explain the principles of Integrated Physical Education	3
Q.16 Explain the prevention and management of diabetes.	3

Q.17 Last year, our school organized a strenuous trekking expedition. Our physical education teacher was accompanying us. One day, while trekking towards high mountains it started raining heavily. The trekking route became slippery and as a result of that, Raman, the senior most trekker slipped spontaneously. His lower vertebrae were displaced. It became impossible for him to make any movement. Without losing any moment, our teacher lifted him up on his back and returned back to the base camp for first aid.

1x3=3

On the basis of the above passage answer the following questions.

1. Comment upon the values shown by the physical education teacher.
2. State in brief the safety measures during trekking.
3. Describe the various qualities required among individuals who go for trekking expedition.

- Q.18 Elucidate the procedure of measurement of leg length and upper leg length. 3
- Q.19 What do you mean by Body Mass Index? Explain the categories of BMI. 3
- Q.20 Write down a detailed note on Special Olympic Bharat. 5
- Q.21 Explain the origin of Modern Olympic Games. 5
- Q.22 Do the components of positive lifestyle help in leading a healthy life? Discuss in detail. 5
- Q.23 Elucidate the physiological benefits of asana and pranayama. 5
- Q.24 What are renewable and non-renewable natural resources? Discuss about the proper use of natural resources in detail. 5
- Q.25 Elaborate the procedure for skinfold measurement in detail. 5
- Q.26 Discuss the traits of ectomorphs, endomorphs and mesomorphs. 5

**End of the Question Paper**