

Roll Number

SET

A



INDIAN SCHOOL MUSCAT
FIRST TERM EXAMINATION
PHYSICAL EDUCATION (CODE 048)

CLASS: XI

Time Allotted: 3 Hrs.

12.09.2023

Max.Marks: 70

General Instructions:

- (i) The question paper consists of 30 questions
- (ii) All questions are compulsory
- (iii) Question numbers 1-12 carry one mark and are multiple choice questions
- (iv) Question numbers 13-16 carry two marks and should be answered in 40 to 60 words
- (v) Question numbers 17-26 carry three marks and should be answered in 80 to 100 words
- (vi) Question numbers 27-30 carry Five marks and should be answered in 150-200 words
(Question number 27 is a case study)

Q.No	Questions	Marks
1	Ashtanga Yoga has _____ elements (a) 6 (b) 10 (c) 8 (d) 12	1
2	Fit India movement was launched on the birth anniversary of (a) Major Dhyan Chand (b) Subhash Chandra Bose (c) Milkha Singh (d) Tiger Patuadi	1
3	Who composed the music for the Olympic Anthem (a) Coubertin (b) Thomas Bach (c) Spiros Samaras (d) Samaranch	1
4	Which one of the following kriya is done to purify and cleanse the stomach? (a) Dugdh Neti (b) Jal Neti (c) Dhouti (d) Tratak	1

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- 5 Which type of disability creates hindrance for an individual to store, process and produce information? 1
 (a) Intellectual Disability
 (b) Cognitive Disability
 (c) Physical Disability
 (d) None of these
- 6 World disability day is celebrated on 1
 (a) 2nd April
 (b) 21st June
 (c) 29th August
 (d) 3rd December
- 7 Given below are the two statements labelled assertion (A) and reason(R) 1
 Assertion: (A) Physical health is incomplete without mental health
 Reason: (R) Mental health is related to mind's happiness, satisfaction and peace.
 (a) Both A and R are true and R is the correct explanation of A
 (b) Both A and R are true and R is not the correct explanation of A
 (c) A is true but R is false
 (d) A is false but R is true
- 8 Thomas cup is related to which game? 1
 (a) Hockey
 (b) Judo
 (c) Badminton
 (d) Football
- 9 Who is known as the father of Modern Olympics? 1
 (a) Sir Dorabji Tata
 (b) Antonio Samaranch
 (c) Robert Basc
 (d) Baron de Coubertin
- 10 The ability of body to execute movements with greater range is called? 1
 (a) Strength
 (b) Flexibility
 (c) Body Composition
 (d) Endurance
- 11 Where is the headquarters of International Paralympic committee located? 1
 (a) Dusseldorf
 (b) London
 (c) Bonn
 (d) Paris
- 12 What is the meaning of Puraka? 1
 (a) Inhalation
 (b) Exhalation
 (c) Retention
 (d) Purity
- 13 Briefly discuss the coaching career in Physical education 2
- 14 Differentiate between paralympic and special Olympic games. 2

15	Discuss any two components of wellness.	2
16	What do you mean by muscular strength?	2
17	Write down a brief note on Khelo India Programme.	3
18	Discuss the three national competitions of Cricket in brief.	3
19	Discuss the main functions of IOC.	3
20	What do you mean by inclusion?	3
21	Briefly discuss about Special Olympics Bharat	3
22	What do you mean by Yoga Nidra?	3
23	Discuss the method, precautions and benefits of Jal neti.	3
24	Explain any three causes of disability.	3
25	Elucidate any three types of health.	3
26	Explain any three elements of Yoga.	3
27	Michael Phelps used to take 8000-10000 calories daily. He used to practice five hours a day for six days in a week. He was a man on mission, with no other activities than eating, sleeping and swimming. If you want to achieve something great, this type of intense focus and dedication to your goals is what required to get there. He didn't disappoint and came back with eight gold medals, the most won by any athlete in the Olympics. A. How many gold medals he won in Olympics? (a) 21 (b) 23 (c) 27 (d) 28 B. How many gold medals he won in 2008 Olympics? (a) 5 (b) 6 (c) 8 (d) 9 C. Name the athlete whose record of total medals was shattered in single Olympics by Michael Phelps? (a) Shane Gould (b) Mark Spitz (c) Carl Lewis (d) Olga Korbut D. Michael Phelps is a native of which country? (a) UK (b) USA (c) Canada (d) Spain E. His Nick Name is (a) Baltimore Bullet (b) Flying Fish (c) Both a & b (d) Flying Baltimore	5
28	Write about the development of values through Olympism	5

- 29 Write a note on aims and objectives of Adaptive Physical Education 5
- 30 What do you mean by traditional sports and regional games? How do these games and sports help in promoting wellness? Discuss in detail 5
- or
- What do you mean by Shatkarmas? Explain the method, precautions, benefits of any shatkarma.

End of the Question Paper

Answer

Answer