

GOVIND VIDYALAYA, TAMULIA

CLASS-XI

SUB-PHYSICAL EDUCATION (048)

● ONE MARKS QUESTIONS (1 MARKS)

For half yearly Examination:

1. What is the meaning of physical fitness?
2. What do you mean by wellness?
3. What is meant by lifestyle?
4. Define physical education?
5. What is the aim of physical education?
6. What is sports journalism?
7. What is Olympic movement?
8. Elucidate about the symbol of modern Olympic Games?
9. Mention about Olympic flames?
10. What are Olympic awards?
11. Write down the Olympic oaths?
12. What do you mean by 'CITIUS, ALTIUS and FORTIUS'?
13. What is the aim of CBSE sports?
14. What is yoga?
15. What do you mean by elements of yoga?
16. What is pranayama?
17. What is asana?
18. What is meditation?
19. What do you mean by obesity?
20. What is hypertension?
21. What do you mean by back pain?
22. What do you mean by doping?
23. What are the types of doping?
24. What do you mean by narcotics?
25. What do you mean by strain?
26. What are the types of common sports injuries?
27. What is sprain?
28. What is impacted fracture?

For Final Term Examination:

29. What do you mean by test?
30. What do you mean by measurement?
31. What do you mean by BMI?
32. Define anatomy?

33. What do you mean by human anatomy?
34. Define psychology?
35. What do you mean by skeleton system?
36. What do you mean by respiratory system?
37. What do you mean by circulatory system?
38. What do you mean by biomechanics?
39. What is lever?
40. State the law of acceleration?
41. Define Centre of gravity?
42. What do you mean by psychology?
43. What do you mean by development?
44. What do you mean by adolescence?
45. Define learning?
46. What is transfer of training?
47. What do you mean by sport training?
48. What do you mean by limbering down?
49. What is general warming up?
50. Define skill?

• **TWO MARKS QUESTIONS (2 MARKS)**

For half yearly Examination:

1. What are health status indicators? Enlist them.
2. Discuss 'health diet' as a component of positive lifestyle?
3. Enlist the career option in physical education?
4. Discuss about teaching career in physical education in brief?
5. Explain the achievement of all India council of sports?
6. Write a short note on Olympic flag?
7. Briefly explain about international Olympic committee?
8. Discuss the main functions of IOL?
9. Briefly mention the importance of yoga?
10. Discuss the way to prevent diabetics?
11. Discuss the measure to be taken to prevent hypertension?
12. Enlist the performance enhancing substances?
13. What is blood doping?
14. Discuss the responsibilities of athletics?
15. Discuss the first aid for confusion?
16. Discuss about the first aid for strain?
17. Discuss about the first aid for fracture?

For Final Term Examination:

18. What first aid will you provide in case of dislocation of joints?
19. What do you mean by test and measurement?

20. What do you mean by body mass index? Explain the category of BMI?
21. State the function of bones?
22. Mention briefly about freely movable joints?
23. Briefly explain the meaning of biomechanics?
24. Discuss the law of inertia and law of acceleration?
25. Discuss the types of equilibrium?
26. Define the terms psychology and sports psychology?
27. Explain the law of exercises in brief?
28. Explain the law of sports training in brief?
29. What do you mean by the principle of sport training? Explain one of them.
30. Explain the concept of sport training?
31. Discuss the major stretching exercises of muscles for limbering down.

● **THREE MARKS QUESTIONS (3 MARKS)**

For half yearly Examination:

1. Define Physical Fitness and wellness in detail.
2. Elucidate the importance of physical fitness and wellness in brief?
3. Enumerate the objectives of physical education in brief?
4. Write down the objectives and contribution of central advisory board of physical education and recreation?
5. Explain the role played by coubestin in the origin of modern Olympic Games.
6. Discuss the objectives of Indian Olympic association.
7. Explain any three element of yoga?
8. "Yoga is an Indian heritage", elaborate this statement.
9. Explain the prevention and management of diabetics?
10. What are the side effects of anabolic steroids? Explain in brief?
11. Explain about the substances prohibited in competition?
12. What is confusion? Mention the first aid for confusion.
13. Mention the tips for preventing sports injuries?
14. What do you mean by bone injuries?

For Final Term Examination:

15. What is a joint? Mention about the major types of joint?
16. Discuss the function of muscles?
17. Discuss the newton law of motion?
18. Elucidate the principle of stability?
19. Differentiate between growth and development?
20. Elaborate the developmental characteristics during infancy?
21. Elucidate the meaning and concept of sports training?
22. Explain the types of warming up in detail?
23. Explain the methods of warming up in detail?
24. Describe about any three skills in detail of yoga?

• **FIVE MARKS QUESTIONS (5 MARKS)**

For half yearly Examination:

1. Enumerate the factors affecting physical fitness and wellness in detail.
2. Do the component of positive lifestyle help in leading a healthy life? Discuss in detail.
3. Define physical education and explain its aim and objectives in detail.
4. What do you mean by concept of adapted physical education? Explain its principles.
5. What do you mean by concept of integrated physical education? Describe its principles.
6. Write short notes on any two of the following.
 - Career in book writing.
 - Career in sports photography
 - Career in sports industry
7. Explain the origin of modern Olympic Games?
8. Elucidate about the development of values through Olympic movement?
9. Elucidate in detail about the international Olympic committee?
10. What do you mean by yoga? Explain its importance in daily life?
11. Discuss “yoga is an Indian heritage”.
12. What do you mean by doping? Explain the side effects of prohibited substance in detail.
13. Define doping and explain the types of doping?
14. Explain the soft tissue injuries in detail?
15. How can you prevent the sports injuries? Explain in detail?
16. What do you mean by rehabilitation? Discuss the rehabilitation in detail.

For Final Term Examination:

17. What do you mean by body mass index? Explain the procedure of calculation of BMI.
18. Describe the procedure for height and weight measurement?
19. What do you mean by anatomy and physiology? Elucidate the importance of anatomy and physiology in the field of physical education and sports.
20. What do you mean by skeleton system? Elaborate the freely movable joints in detail.
21. What is circulatory system? Explain its structure, location and functions of heart.
22. What is biomechanics? Explain the importance of biomechanics in physical education and sports.
23. Mention the newton’s law of motion and their application in the field of games and sports.
24. What do you mean by psychology? Explain the importance of psychology in sports.
25. Explain the development characteristics of adolescence?
26. Explain the problem of adolescence in detail.
27. What do you mean by sport training? Enumerate the principles of sports training?
28. Define warming up? Explain the types of warming up.
29. Elucidate the importance of warming up in detail.

PART - B (20 MARKS)

1. Mention two latest changes in general rules of the game/sports of your choice. (2)
2. Write in brief about three fundamental skills of the game/sports of your choice. (3)
3. Draw a neat diagram of field/court/table of the game/sport of your choice with all its measurement and specifications. (5)
4. Write a short note on yoga? (2)
5. Explain the soft tissue injuries. (3)
6. Name the important national sports award and explain about any one of them. (5)

1. While playing using proper sports gear is very important. Explain? (2)
2. Write a short note on prevention of injuries in sports. (2)
3. Describe in brief the history of any one game/sport of your choice. (3)
4. List the specific exercises for warming up and conditioning. (3)
5. Mention the achievement of five sports personalities of your choice with reference by them. (5)
6. Illustrate a field/court/table in any one game/sport of your choice with specific reference to measurement and specifications. (5)

1. Write about any two important tournaments with their venues in game/sports of your choice. (2)
2. Explain the importance of proper sports gear in your game/sports of your choice (2)
3. Write about any 6 terminologies of game/sports of your choice. (3)
4. What are the common sports injuries in your game/sport? Suggest preventive measure. (1+2)
5. Explain about yoga and its benefits? (5)
6. What are the physiological and psychological benefits of warming up? (5)

1. Write about any two fundamental skills of a game\sport of your choice. (2)
2. Mention about any two terminologies of a game\sport of your choice. (2)
3. Write about any three latest rules of a game\sport of your choice. (3)
4. Write about any three important personalities of a game\sport of your choice. (3)
5. Explain the common soft tissues injuries in a game\sport of your choice. (5)
6. List down the national sports award and explain Arjuna award in detail. (2+3)

1. Write about any two important tournaments of your game with their venues. (2)
2. Write about any three sports personalities of your game who have made world class achievements. (5)
3. Explain about any five rules of your game. (3)
4. Explain about any two fundamental skills of the game and sport of your choice. (2)
5. What are the preventive measures to avoid sports injuries? (3)
6. Name the important national sport awards and explain any one of them in details. (5)

1. Write any five general rules of the game\sport of your choice. (2)
2. Briefly write the history of the game\sport of your choice. (3)
3. Draw a neat diagram of field/court/table of the game\sport of your choice with all its measurement and specifications. (5)
4. Briefly write about the Rajiv Gandhi Khel Ratna Award. (2)
5. Explain different types of warm-up with their advantages. (3)
6. Enlist common sports injuries in the game\sport of your choice and suggest preventives measures for those sports injuries in detail. (5)

 *Best of luck* 

For your Exam

