

**KOTHARI INTERNATIONAL SCHOOL, NOIDA**  
**ANNUAL EXAMINATION, SESSION 2023-24**  
**SUBJECT: PHYSICAL EDUCATION (048)**  
**GRADE: 11 SET A**

**DAY & DATE:** Feb 2024

**MAXIMUM MARKS:** 70

**NAME:** \_\_\_\_\_

**TIME ALLOTTED:** 3 HOURS

**ROLL NO:** \_\_\_\_\_

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**General Instructions:**

**All questions are compulsory.**

- The question paper consists of 5 sections and 37 Questions.
- Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions.
- Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. **Attempt any 5.**
- Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. **Attempt any 5.**
- Sections D consist of Question 31-33 carrying 4 marks each and are case studies. **There is internal choice available.**
- Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. **Attempt any 3.**

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**Section A** \_\_\_\_\_ **(1x18=18 marks each)**

1. What is the aim of physical education:

- |                          |                       |
|--------------------------|-----------------------|
| a. Physical development  | b. Mental development |
| c. Wholesome development | d. Social development |

2. Where were the first Khelo-India School Games held:

- |            |           |
|------------|-----------|
| a. Delhi   | b. Bhopal |
| c. Kolkata | d. Mumbai |

3. The ancient Olympic Games were stopped in:

- |           |           |
|-----------|-----------|
| a. 776 BC | b. 394 CE |
| c. 1896   | d. 1986   |

4. The word 'Altius' in Olympic motto means:

- |             |            |
|-------------|------------|
| a. Faster   | b. Higher  |
| c. Stronger | d. Heavier |

5. What do you call the body's relative amount of fat-to-fat free mass:

- |                     |                     |
|---------------------|---------------------|
| a. Body fitness     | c. Body Mass Index  |
| b. Physical fitness | d. Body Composition |

6. Given below are the two statements labelled Assertion (A) and Reason (R).  
 Assertion (A): Passive flexibility is the foundation for active flexibility.  
 Reason (R): Active flexibility is always more than passive flexibility.  
 In the context of above two statements, which one of the following is correct:
- Both (A) and (R) are true and (R) is the correct explanation of (A).
  - Both (A) and (R) are true, but (R) is not the correct explanation of (A).
  - (A) is true, but (R) is false.
  - (A) is false, but (R) is true.

7. Speech therapist helps a child in:

- Grooming
- Enhancing mobility
- Communication
- Playing games

8. Which one of the following is especially trained to work with CWSN:

- Physical education teacher
- Special educator
- Physiotherapist
- Speech therapist

9. Who said, "Checking the impulses of mind is yoga:

- Kin Hubbard
- Patanjali
- Agam
- Swami Sampurnanand

10. Which of the following Pranayam poses is given below:



- Anulom-Vilom
- Jal-Neti
- Trataka
- Kapalbhati

11. Match List-I with List-II and select the correct answer from the code given below

LIST-I		LIST-II	
(p)	Long bones	(i)	Stapes
(q)	Short bones	(ii)	Patella
(r)	Flat bones	(iii)	Scapula
(s)	Sesamoid bones	(iv)	Humerus

Code:

- (p)-(i), (q)-(ii), (r)-(iii), (s)-(iv)
- (p)-(ii), (q)-(iv), (r)-(i), (s) - (iii)
- (p)-(iv), (q)-(ii), (r)-(iii), (s)-(i)
- (p)-(iv), (q)-(i), (r)-(iii), (s) - (ii)

12. The scientific study that deals with structure of human body is called:
- a. Anatomy
  - b. Physiology
  - c. Kinesiology
  - d. Biology
13. The term flexion refers to:
- a. Turning
  - b. Bending
  - c. Twisting
  - d. Straightening
14. Which one of the following planes divides the body into a left and a right:
- a. Coronal plane
  - b. Sagittal plane
  - c. Vertical plane
  - d. Transverse plane
15. Change in the memory and perception are related to:
- a. Physical development
  - b. Social development
  - c. Mental development
  - d. Emotional development
16. Who is the father of Psychology:
- a. Sigmund Freud
  - b. Wilhelm Wundt
  - c. Watson
  - d. Woodworth
17. The systematic and scientific sports training helps in increasing in:
- a. Injuries
  - b. Performance
  - c. Stress and tension
  - d. Blood pressure
18. Which one of the following drugs is generally taken by boxers, weightlifters, wrestlers and judo players to reduce their body weight before competition:
- a. Beta blockers
  - b. Anabolic steroids
  - c. Stimulants
  - d. Diuretics

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**Section B** (2X5=10 marks )

19. What do you mean by health-related careers?
20. What is the meaning of Ashtang yoga?
21. What is the Meaning of Kinesiology in Sports?
22. Explain dynamic strength.
23. What do you mean by Training Load?
24. Briefly explain Kapalbhathi Pranayama (the frontal brain bellowing).

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**Section C****(3x5=15 marks)**

25. Discuss about Attention and its types.
26. What do you mean by autologous and homologous blood doping.
27. What do you mean by test, measurement and evaluation?
28. Explain any three importance of Biomechanics in Sports
29. Explain the types of warming-up in detail.
30. What are the traits of endomorphs?

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**Section D****(4x3=12 marks)****31. Case Study**

Rohan, a student of class XI has taken up physical education as he is very interested in making his career in the field of Physical Education. When he was introduced to the career options available in the subject, he became a bit hesitant about continuing in this field because for him physical education was just about playing so he approached his subject teacher to explain his position. On the basis of the given information given below are a few queries of Rohan and you have to give him the reply according to the information provided.

- a. A child interested in reporting the sports event should further study \_\_\_\_\_
- b. For making a future in Officiating a person should do \_\_\_\_\_ course
- c. Teaching physical education to primary students requires \_\_\_\_\_ as qualification:
- d. Designing and researching sports equipment is related to \_\_\_\_\_

OR

- e. Sports journalism involves \_\_\_\_\_

### 32. Case Study



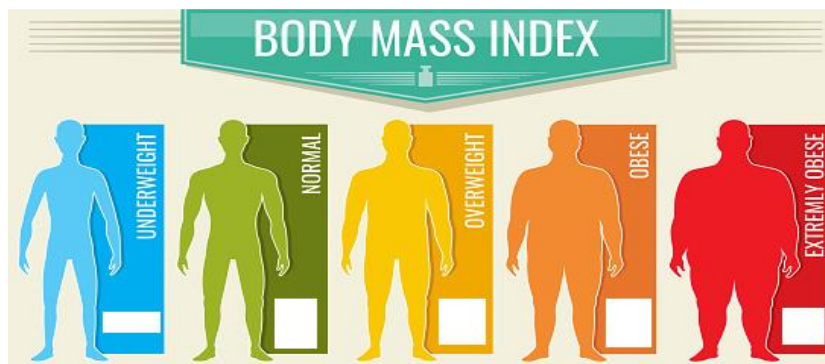
Children with special needs face different challenges in undertaking certain activities. So, in addition to the regular programmes of physical education the school must provide APE programmes for children. While introducing this chapter to the students, the Physical Education teacher explains the different types of disabilities and the objectives of APE.

On the basis of this information answer the following questions:

- List down any four types of physical disabilities:
- What is Down syndrome:
- What is APE:
- List any four aims of APE:

### 33. Case Study

BMI is considered a very useful test for body composition. People with high BMI are advised to work out and pay attention to their weight with the help of workout and improvement in their dietary habits. Based on this answer the following questions: -



- What is the range for Normal BMI:
- 30-34.5 is the range for \_\_\_\_\_:
- A person with BMI 26 is \_\_\_\_\_:
- Calculate BMI for a male whose weight is 90kg and his height is 1.7m:

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**Section E** (5x3=15 marks )

34. Elaborate the importance of physical fitness and wellness in detail.
35. Briefly discuss about Classification of Bones.
36. How can you improve team cohesion in a team?
37. Explain the leadership qualities in physical education.