

Atomic Energy Central School #4, Rawatbhata

Time: 03 Hr.

Model Question Paper Half Yearly Examination, 2015

Max. Marks: 70

XI- Physical Education

- Instructions: 1. The word limit for the questions carrying 1 marks is approximately 30 words.
2. The word limit for the questions carrying 2 marks is approximately 60 words.
3. The word limit for the questions carrying 3 marks is approximately 100 words.
4. The word limit for the questions carrying 5 marks is approximately 150-200 words.

- | | |
|--|---|
| 1. What do understand by wellness? | 1 |
| 2. Why should we adopt positive life style? | 1 |
| 3. Define physical education. | 1 |
| 4. What is yoga? Explain. | 1 |
| 5. Describe the Olympic symbol. | 1 |
| 6. What do you understand by doping? | 1 |
| 7. What is hypertension? | 1 |
| 8. Describe the Dhyan chand Award. | 2 |
| 9. What is adapted physical education? | 2 |
| 10. What do you understand by is Asanas? | 2 |
| 11. What is meditation? | 2 |
| 12. How to prevent hyper tension? | 2 |
| 13. Write down the cause of obesity. | 2 |
| 14. What do you understand by test in competition & test out of competition? | 2 |
| 15. Describe in brief various health threats. | 3 |
| 16. Describe the importance of physical fitness. | 3 |
| 17. Write down about any three development took place after independence. | 3 |
| 18. Write down the principles of adapted physical education. | 3 |
| 19. Explain the meaning of physical education. | 3 |
| 20. List six yogic Kriyas . | 3 |
| 21. Write down about any three careers in physical education. | 3 |

22. Write down in brief , the role of sports person to prevent doping. 3
23. Describe the principles of integrated physical education. 5
24. Write down in brief about any FIVE career options in physical education. 5
25. List down the sports awards. 5
26. Draw a labeled diagram of the court & write down the measurements
of the equipment of the choice game. 5
27. List the elements of yoga & describe any three of them. 5