

Model Paper for Class 11th

Subject: - Physical Education

Time: - 03 Hours

LONG ANSWERS TYPE QUESTIONS (Each Carries 05 Mark)

Q.1. What is the need and importance of Physical Education in the modern era?

OR

Define Physical Education. What are the aims and objectives of Physical Education?

Q2. Write a brief note on Venues for Career preparations.

OR

What do you mean by motivation and self assessment for career choices?

Q3. Explain the effect of exercises on Digestive system?

OR

Explain the effect of exercises on muscular system?

Q4. Describe the main National sports events.

OR

Describe the history of Modern Olympic Games.

04x05= 20 Marks

SHORT ANSWERS TYPE QUESTIONS (Each Carries 03 Mark)

Q5. What do you understand by the term physical Education? Explain.

Q6. Name two courses of sports and Physical Education under the sports authority of India.

Q7. Name the system of your body.

Q8. What do you mean by drugs? Explain in brief.

Q9. Discuss the rules and regulations of badminton.

Q10. Explain the role of motivation in sports.

Q11. Name the common sports injuries. Discuss any three of them.

Q12. Discuss the rules that Govern KHO- KHO game

03x08= 24 marks

VERY SHORT ANSWERS TYPE QUESTIONS (Each Carries 02 Mark)

Q13. Write in brief meaning of Physical Education.

Q14. What do you mean by career option?

Q15. What is warming up?

Q16. Define sports psychology.

Q17. Name any five voluntary organization involved in Health promotion.

Q18. Explain the short meaning of Rings and torch in Olympic Games.

Q19. What is contusion?

Q20. Write a short note on sprain.

08x02= 16 Marks

Q21. **FILL IN THE BLANKS WITH APPROPRIATE ANSWERS. (Each Carries 01 Mark)**

- a) KHO-KHO means _____
- b) Length of feathers in shuttle cock is between _____
- c) The Olympic flag has _____ rings on it.
- d) The body is made up of _____ of cells.
- e) The man who takes regular exercise , never complains of _____

01x05=05 Marks

CHOOSE THE MOST APPROPRIATE ANSWERS (Each Carries 01 Mark)

1. Who has defined physical Education as “The sum of changes in the individual caused by experience involving motor activity”.

- a) R. Carsidy C) F. Williams.
b) B. Nash d) None of these.
2. Tobacco increases risk of :
a) Tuberculosis C) Influenza
b) Cancer d) None of these.
3. Rajiv Gandhi Khel Award carries cash Award of Rs.
a) One Lac C) Five Lac
b) Three Lac d) None of these.
4. Muscle tear is also known as :-
a) Muscle Cramp. C) Muscle Twist
b) Muscle Rupture d) None of these.
5. The first institution of Physical Education was established in :
a) 1921 C) 1928
b) 1925 d) None of these.

01x05=05 Marks