

**Annual Exam.- XI**  
**SUBJECT : PHYSICAL EDUCATION**

Time : 3 hrs.

M.M.: 70

**General Instructions :**

- (i) All questions are compulsory.
- (ii) Answer to questions carrying 1 mark should be in approximately 30 words.
- (iii) Answer to questions carrying 2 marks should be in approximately 60 words.
- (iv) Answer to questions carrying 3 marks should be in approximately 100 words.
- (v) Answer to questions carrying 5 marks should be in approximately 150-200 words.

- Q1. What do you mean by adaptation? (1)
- Q2. Define the term 'Growth'? (1)
- Q3. What is dynamic equilibrium? (1)
- Q4. What do you mean by slow twitch fibres? (1)
- Q5. What do you mean by BMI? (1)
- Q6. What do you mean by shatkarmas or yogic kriyas? (1)
- Q7. Elucidate about the symbol of Modern Olympic Games? (1)
- Q8. What do mean by integrated physical education? (1)
- Q9. Discuss the health determinant indicators in brief. (2)
- Q10. Explain the objectives of physical edcation and explain any one of them. (2)
- Q11. What do you mean by autologous and homologous blood doping? (2)
- Q12. What are the traits of endomorph? (2)
- Q13. Enlist the organs If respiretory system and explain about any one organ. (2)
- Q14. Discuss the types of levers. (3)
- Q15. Elucidate the secondary laws of learning. (3)

- Q16. Explain the concept of sports training. (3)
- Q17. Explain the types of warming-up. (3)
- Q18. Discuss the Newton's laws of motion. (3)
- Q19. What do you mean by psychology? Explain the importance of psychology in sports. (5)
- Q20. Enumerate the factors affecting physical fitness and wellness in detail. (5)
- Q21. What do you mean by transfer of learning? Explain the types transfer of learning in detail. (5)
- Q22. Explain any five importance of Yoga in detail. (5)
- Q23. What is force? Explain the centripetal and centrifugal forces and their application in sports. (5)
- Q24. Write short notes on the following :
- (a) Importance of sports psychology (2)
  - (b) Biomechanics in physical education (2)
  - (c) Function of respiratory system (2)
  - (d) Structure of the Heart (2)
  - (e) Diabetes (2)
  - (f) Dronacharya Award (2)