

**CLASS XI
PHYSICAL EDUCATION**

Time : 3 hrs.

M.M. : 70

General Instruction : -

1. *All Questions are compulsory.*
2. *Question paper carries two parts : Part - A & B*
3. *Answer to question carrying 01 marks should be in approximately 30 words.*
4. *Answer to question carrying 02 marks should be in approximately 60 words.*
5. *Answer to question carrying 03 marks should be in approximately 100 words.*
6. *Answer to question carrying 05 marks should be in approximately 150 to 200 words.*

PART – A

1. Define Physical Education. (1)
2. What is law of inertia? (1)
3. What is friction? (1)
4. What do you mean by profession? (1)
5. What is hypertension? (1)
6. What do you mean by obesity? (1)
7. What is the Olympic motto? (1)
8. What is the Olympic movement? (1)
9. Write a short note on the Olympic flag. (2)
10. Discuss in brief about health related careers. (2)
11. Why is Physical Education important? Give two reasons. (2)
12. Discuss any two characteristics of a profession. (2)
13. Discuss the effects of alcohol on the nervous system. (2)
14. Elucidate the objective of modern Olympic Games. (3)
15. Discuss the effects of tobacco on sports persons. (3)
16. Is physical education a profession? Give your comments. (3)
17. Discuss the need of physical education in contemporary society. (3)
18. What are the laws of motion? Explain the application of these laws in the field of games & sports. (5)

19. Define force and explain the factors related to movement activities. (5)
20. Discuss the appropriate ways to make career choices. (5)
21. Explain the effects of stressors on the human body. (5)

PART – B

22. Explain any three changes in general rules of the game/sport of your choice. (2)
23. Mention any four famous sports personalities of game/sport (except cricket) of your choice. (2)
24. Explain any three fundamental skills of the game/sport of your choice. (3)
25. Discuss the procedure of kapalbhati and its benefits. (3)
26. Draw a neat diagram of field/court/table of the game of your choice with all its measurements and specifications. (5)
27. Name the important national sports awards and explain about any one of them. (5)
