

CLASS – 11 PHYSICAL EDUCATION IMP

Section A – MCQs (1 Mark Each)

1. Which of the following is a component of physical fitness? a) Intelligence b) Flexibility c) Memory d) Imagination
2. The ability of a muscle to exert maximum force is known as: a) Endurance b) Strength c) Flexibility d) Speed
3. Which of the following is a career opportunity in physical education? a) Sports journalist b) Accountant c) Banker d) Architect
4. The modern Olympic Games were revived by: a) Aristotle b) Pierre de Coubertin c) Plato d) Socrates
5. The Olympic motto “Citius, Altius, Fortius” means: a) Peace, Unity, Friendship b) Faster, Higher, Stronger c) Victory, Honour, Glory d) Health, Fitness, Strength
6. Which Olympic value means treating everyone fairly? a) Excellence b) Respect c) Friendship d) Competition
7. Yoga is derived from the Sanskrit word: a) Yuj b) Yog c) Yagya d) Yatra
8. Which of the following is a component of Ashtanga Yoga? a) Yama b) Cricket c) Swimming d) Athletics
9. The practice of controlling the breath is called: a) Asana b) Pranayama c) Dharana d) Dhyana
10. Which of the following is a benefit of yoga? a) Increased stress b) Improved flexibility c) Reduced concentration d) Poor posture
11. CWSN stands for: a) Children With Sports Needs b) Children With Special Needs c) Children With School Needs d) Children With Social Needs
12. The Paralympic Games are conducted for: a) Only children b) Athletes with disabilities c) Only senior citizens d) Only coaches
13. Which of the following is a disability category? a) Visual impairment b) Physical fitness c) Flexibility d) Coordination
14. Adapted physical education is designed to: a) Exclude children with disabilities b) Meet the individual needs of learners c) Reduce participation d) Replace all sports
15. Which of the following is an example of an assistive device? a) Wheelchair b) Stopwatch c) Whistle d) Scoreboard

16. The Olympic symbol consists of: a) Four rings b) Five rings c) Six rings d) Seven rings
17. Which fitness component is most important for performing movements through a full range of motion?
a) Flexibility b) Strength c) Speed d) Power
18. Which of the following promotes inclusion in sports? a) Equal opportunity b) Discrimination c) Exclusion d) Unequal treatment
- 19 Which of the following is an important objective of Physical Education?
a) Only entertainment b) Holistic development of an individual
c) Only physical development d) Only competitive performance
- 20 Which of the following is a modern trend in Physical Education?
a) Traditional games only b) Use of technology and fitness equipment
c) Avoiding scientific methods d) No use of measurements
- 21 Which of the following can be a career option in Physical Education?
a) Physical Education Teacher b) Sports Coach c) Fitness Trainer d) All of the above
- 22 The Olympic Games promote which of the following values?
a) Excellence b) Friendship c) Respect d) All of the above
- 23 The Olympic motto traditionally represents:
a) Faster, Higher, Stronger b) Victory at any cost c) Strength
and Power d) Run, Jump and Throw
- 24 Which symbol is associated with the Olympic Games?
a) Five interlocked rings b) Three stars c) Torch only d) Crown
- 25 Yoga is derived from the Sanskrit root word:
a) Yuj b) Yogam c) Yagya d) Yatra
- 26 Which of the following is a component of Ashtanga Yoga?
a) Asana b) Pranayama c) Dhyana d) All of the above
- 27 Which asana is also known as the Tree Pose?
a) Tadasana b) Vrikshasana c) Bhujangasana d) Vajrasana
- 28 Which of the following is a breathing practice in Yoga?
a) Pranayama b) Dhyana c) Yama d) Asana
- 29 CWSN stands for:
a) Children With Sports Needs b) Children With Special Needs
c) Children With Social Needs d) Children With School Needs
- 30 Which of the following is important for inclusive Physical Education?
a) Equal opportunities b) Exclusion
c) Discrimination d) Avoiding participation
- 31 The main objective of adapted Physical Education is to:
a) Exclude children with disabilities b) Provide suitable physical activities according to individual needs
c) Stop sports participation d) Focus only on competition
- 32 Which of the following is an assistive device that may support participation in sports?
a) Wheelchair b) Sports shoes only c) Stopwatch d) Whistle
- 33 The Olympic value of Excellence encourages a person to:
a) Give one's best b) Avoid challenges c) Ignore improvement d) Discourage others
- 34 Which career requires specialized knowledge of diet and nutrition?
a) Sports Nutritionist b) Referee c) Coach d) Sports Journalist

35 Which of the following is a benefit of regular Yoga practice?

a) Improved flexibility b) Improved concentration c) Stress management d) All of the above

36 Which approach aims to provide opportunities for both children with and without disabilities to participate together?

a) Inclusive approach

b) Exclusive approach

c) Competitive approach only

d) Individual isolation

Very Short Answer Questions (2 Marks Each)

1. Define physical education.
2. Mention any two objectives of physical education.
3. Write any two components of physical fitness.
4. What is meant by changing trends in physical education?
5. Mention any two career opportunities in physical education.
6. What is the Olympic motto? Explain its meaning.
7. Write any two Olympic values.
8. What is the meaning of sportsmanship?
9. Define yoga.
10. What is meant by Ashtanga Yoga?
11. Mention any two benefits of yoga.
12. What is Pranayama?
13. Define CWSN.
14. Mention any two types of disabilities.
15. What is adapted physical education?
16. Write any two benefits of physical activities for CWSN.
- 17 Define Physical Education and mention any one of its objectives.
- 18 Mention any two career options available in the field of Physical Education and sports.
- 19 What are the three main Olympic values? Explain any one of them briefly.
- 20 What is Yoga? Mention any two benefits of regular Yoga practice.
- 21 What is meant by CWSN? Why is participation in physical activities important for CWSN?
- 22 What is inclusive education in the context of Physical Education? Mention any one benefit.

Case Study 1 – Changing Trends in Physical Education

A school has introduced smart fitness watches, online fitness classes, and modern sports equipment. Students are encouraged to participate in physical activities and maintain their fitness records.

Questions:

a) Name one modern technology used in physical education. (1) b) Mention one benefit of using technology in fitness. (1) c) Explain how modern equipment can improve sports performance. (2)

Case Study 2 – Olympic Value Education

During an inter-school competition, a player helps an injured opponent reach the finish line. Although the player loses the race, the audience appreciates the act of sportsmanship.

Questions:

- a) Which Olympic value is reflected in this incident? (1) b) What is meant by sportsmanship? (1) c) Explain any two ways in which sports promote respect and friendship. (2)

Case Study 3 – Yoga

A student regularly practises yoga and Pranayama. The student feels more relaxed, has better concentration, and maintains good posture.

Questions:

- a) Name the breathing practice mentioned in the case. (1) b) Mention one benefit of yoga. (1) c) Explain how yoga helps in improving concentration and posture. (2)

Case Study 4 – Physical Education & Sports for CWSN

A school organises a sports day in which students with different abilities participate. The teachers modify the rules and equipment so that every student can take part.

Questions:

- a) What does CWSN stand for? (1) b) What is meant by inclusive education? (1) c) Explain any two ways of modifying sports activities for CWSN. (2)

Long Question

1. Explain any three changing trends in Physical Education and sports.
2. Explain the importance of technology in modern Physical Education and sports.
OR
Explain any three career opportunities in the field of Physical Education.
3. Explain the importance of Olympic values in the development of a student's personality.
4. Describe any three benefits of Yoga for physical and mental health.
OR
Explain the importance of Asanas and Pranayama in Yoga.
5. Explain any three strategies for making Physical Education inclusive for CWSN.

6. Explain the changing trends in Physical Education and sports. Discuss the role of modern technology, fitness equipment, sports infrastructure and scientific training methods in the development of Physical Education.

OR

7. Explain the importance of Physical Education as a career. Describe any five career opportunities available in the field of Physical Education and sports.

8. Explain Olympic Value Education in detail. Discuss the values of: (a) Excellence (b) Friendship (c) Respect. Also explain how these values can be developed through participation in sports and physical activities.

9. Explain the concept and importance of Yoga. Discuss the benefits of Yoga for physical, mental, emotional and social well-being. Also explain the importance of Asanas and Pranayama in maintaining a healthy lifestyle.

10. Explain Ashtanga Yoga and describe its different limbs.

11. What is meant by Physical Education and Sports for CWSN? Explain the importance of adapted and inclusive Physical Education. Discuss suitable strategies that can be adopted by schools and Physical Education teachers to encourage participation of children with special needs in sports and physical activities.