



Purnima International School

Shree Swaminarayan Gurukul, Zundal

Annual Examination [2020 – 21]				
Student Name			Grade	XI
Date	23/02/2021		Subject	Physical Education
Set - A	Time	3Hr	Total Marks	70

Important Instructions:

1. All questions are compulsory.
2. Answer to very short questions carrying 1 mark should be in approximately 30 words.
3. Answer to very short questions carrying 2-3 marks should be in approximately 80-100 words respectively.
4. Answer to short questions carrying 4-5 marks should be in approximately 200-250 words respectively.

Q.1	Define Physical Education.	1
Q.2	What do you mean by Wellness?	1
Q.3	Write down the Olympic Oath?	1
Q.4	What is Pranayama?	1
Q.5	What do you mean by prohibited substances.	1
Q.6	Define Measurement?	1
Q.7	What do you mean Human Physiology?	1
Q.8	What do you mean by Adolescent?	1
Q.9	Enlist the factors affecting physical fitness & wellness, discuss about any four of these factors in detail.	2
Q.10	Write a short note on Olympic flag.	2
Q.11	Mention the importance of Yoga.	2
Q.12	Discuss about the first-aid for Contusion & Sprain.	2
Q.13	Briefly explain about centripetal & centrifugal forces.	2
Q.14	Briefly discuss about Arjuna Award.	2
Q.15	What do you mean by Load & Adaptation?	2
Q.16	Describe the importance of healthy or positive lifestyle.	3
Q.17	Discuss the objectives of I.O.A?	3
Q.18	Discuss the measures to be taken to prevent Hypertension.	3
Q.19	How can you prevent the sports injuries?	3
Q.20	Discuss the types of levers.	3
Q.21	Explain the importance of warming-up in detail.	3
Q.22	Explain in detail the sports media related careers in the field of physical education.	5
Q.23	Explain the prevention & Management of Obesity in detail.	5
Q.24	Explain the performance enhancing substances in detail.	5
Q.25	What do you mean by Test & Measurement? Elucidate the importance of Test & Measurement in the field of Sports.	5
Q.26	What is Circulatory system? Explain the structure, location & Functions of heart.	5
Q.27	Explain the management of problems of adolescent?	5