

## PE : Important Question for class - XI

1. Physical Education mainly focuses on  
A) Mental health      B) Physical fitness      C) Academic skills      D) Nutrition
2. The Olympic motto is  
A) Unity in Sports      B) Faster, Higher, Stronger C) Play Fair      D) Excellence in Life
3. Asanas belong to  
A) Meditation      B) Yoga      C) Athletics      D) Training
4. BMI is used to measure  
A) Strength      B) Endurance      C) Body composition      D) Flexibility
5. CWSN stands for  
A) Children with Special Needs      B) Children with Sports Needs  
C) Creative Wellness Sports Network      D) Child Welfare Sports Nation
6. Cardio-respiratory endurance relates to  
A) Heart and lungs      B) Bones      C) Muscles      D) Brain
7. Doping refers to  
A) Fair play      B) Illegal drug use      C) Healthy diet      D) Rest
8. The longest bone in the human body is  
A) Femur      B) Tibia      C) Humerus      D) Ulna
9. Flexibility means  
A) Muscle strength      B) Range of motion      C) Balance      D) Speed
10. Wellness includes  
A) Physical health only B) Mental health only      C) Overall health D) Sports skills
11. Interval training improves  
A) Speed      B) Endurance      C) Both A and B      D) None
12. The first modern Olympic Games were held in  
A) Rome      B) Athens      C) London      D) Paris
13. Yoga helps in improving  
A) Flexibility      B) Concentration      C) Posture      D) All of the above
14. Strength training mainly improves  
A) Muscles      B) Bones      C) Reflexes      D) Memory
15. Rest is important for  
A) Recovery      B) Growth      C) Performance      D) All of the above
16. The function of lungs is  
A) Digestion      B) Respiration      C) Circulation      D) Movement
17. Wellness also includes  
A) Emotional health B) Social health      C) Mental health      D) All of the above
18. **Sports for CWSN promotes**  
**A) Inclusion      B) Confidence      C) Physical fitness      D) All of the above**
19. Define Physical Education.
20. What are Olympic values?
21. Write two benefits of Yoga.
22. What is Physical Fitness?
23. Mention two types of training methods.
24. What is Doping in Sports?
25. Explain changing trends in Physical Education.
26. Discuss the importance of Olympic Value Education.
27. Explain any three components of Physical Fitness.
28. Describe the role of Yoga in stress management.
29. Explain the importance of Physical Education for CWSN.
30. Describe the structure and function of the human heart.
31. Case Study: Yoga and Wellness  
A student practices Yoga daily and feels relaxed and energetic.

**Questions:**

- a) Name two benefits of Yoga.
- b) How does Yoga improve mental health?
- c) Why is Yoga important for students?

32 Case Study: Training and Performance

An athlete follows interval training to improve stamina.

**Questions:**

- a) What is interval training?
- b) Mention two benefits of this training.
- c) Why is training important in sports?

33 Case Study: Doping Awareness

A player was banned due to drug use in sports.

**Questions:**

- a) What is Doping?
- b) Why is doping harmful?
- c) How can doping be prevented?

34 Explain the importance of Physical Education and career opportunities in this field.

35 Discuss Physical Fitness and Wellness. Explain their components.

36 Describe fundamentals of Anatomy and Physiology in Sports.

37 Explain Training methods and the effects of doping in sports.