

Class – XI

Subject: Physical Education

Important Questions

2 Marks

1. Define Health.
2. What is the role of tests and measurement in Diagnosis?
3. Define Biomechanics.
4. Define Group and its characteristics ?
5. What is the vision and mission of Khelo India Programme?
6. What do you understand by Olympism?
7. Define yogic kriyas
8. What is BMI?
9. What is the motto of the Olympic Games? What does it mean?
10. Explain Psychomotor test with an example
11. What do you understand by the Principle of Meso-cyclicity?
12. Define principle of optimal projection.
13. Define sports psychology?
14. Write a short note on Wellness.
15. What is the difference between Arteries and Veins?
16. What is Evaluation?
17. Define substance abuse.
18. Describe Attention along with its types?
19. Which type of activities can be undertaken in early childhood? Why?
20. What do you mean by training load?
21. What do you mean by strategy in sports?
22. Define concepts of Growth and Development?
23. What do you mean by Physical Fitness?
24. What do you understand by the term sports training?
25. What do you understand by active and passive warm-up?

3 marks

1. Write down few lines on different committees constituted for the purpose of development of physical Education in India after Independence.
2. What is the role of tests and measurement in Placement?
3. What are the characteristics of cerebral palsy?
4. Explain preliminary development to start modern Olympic games.
5. What do you think Wearable Gears and Sports Equipment
6. What do you mean by Physical Fitness? Write down importance of Physical Fitness for maintaining health lifestyle.
7. What is Overweight and obesity?
8. How are smooth muscles different from cardiac muscles?
9. Explain Psychomotor test with an example.
10. From where and how is the Olympic torch brought to the host city?
11. Differentiate between skill-related and health-related components of physical fitness
12. Discuss the classification of tests with suitable examples
13. Differentiate between flexion and extension.

14. Explain the different stages of adolescence?
15. Distinguish between racquet games and combat games.
16. Explain characteristics of Growth and Development?
17. List down the difference of kinetics and kinematics.
18. Name the four main classification of bones.
19. Discuss the developmental characteristics of early childhood and their impact on learning.
20. How does a good leader regulate team behaviour?
21. How can yoga contribute in enhancing personal power?
22. Explain pre planning of test administration.
23. Explain preliminary development to start modern Olympic games.
24. Write the guidelines of Testing operation phase.
25. Explain the importance of the recovery process in training?

5 marks

1. Describe Health related fitness components?
2. How important is for a sports team to develop Team Cohesion.
3. Explain the importance of Kinesiology in the field of sports.
4. How important is for a sports team to develop Team Cohesion
5. What are the chief objectives of Adaptive Physical Education?
6. Describe the circulatory system.
7. Explain any two doping steroids. Mention five side effects of each.
8. List the rules laid down by WADA in the anti-doping code.
9. Describe the types of bones found in the human body and discuss their functions.
10. What is the need of sports competition in school? Discuss in detail.
11. Describe the seven components of wellness.
12. Distinguish between Test, Measurement and Evaluation. Highlight their importance in Sports.
13. Discuss Test administration guidelines by giving suitable example.
14. Why is systematic sports training required for an athlete?
15. Explain the role of various psychological attributes influencing sports performance ?
16. How does knowledge of movement and its type contribute for graceful movement?
17. Write down the importance of traditional games?
18. Explain the Technique with a suitable example.
19. How can Yoga help in maintaining healthy lifestyle?
20. What do you understand by the muscular system? Explain the structural classification of muscles.
21. Discuss the developmental characteristics of early childhood and their impact on learning.
22. Vilas, a male person whose weighs is 90 kg and his height is 1.7 m. Calculate his BMI. Also state the category in which he falls.
23. In what ways could knowledge of sports psychology benefit athletes?
24. Explain the role of the leader in holding her/his team together.
25. How is general warming up is different from specific warming up?