

KENDRIYA VIDYALAYA ASANSOL

SAMPLE PAPER CLASS XI PHYSICAL EDUCATION

UNIT -01 (CONCEPT OF PHYSICAL EDUCATION)

1. What means AIM and objective of Physical Education.
2. Explain the main AIM and objectives of Physical Education.
3. Define Physical Education.
4. Need and Importance of Physical Education
5. What is the importance of Physical Education in Modern times?
6. Describe the various philosophies of physical Education?
7. What is the concept of Bio mechanics in physical Education.
8. What do you understand by Idealism, Naturalism, Pragmatism, Humanism.
9. What is force? Explain the type of force.
10. Explain the law of motion.
11. Define friction and their types.
12. What are the methods of Reducing Friction.

UNIT -02 (CAREER ASPECTS IN PHYSICAL EDUCATION)

1. What are professional Ethics of physical Education.
2. What are the correct options in the field of physical education?
3. Describe the avenues for career preparation.
4. What is self assessment for opting physical education?

UNIT-03(HEALTH CONCEPTS OF PHYSICAL EDUCATION)

1. Define obesity. Explain the types of obesity? What are the causes of obesity?
2. What are the effects of drugs on sports person and the effects of tobacco, alcohol?
3. Explain the life style management of hypertension stress.

UNIT-04(OLYMPIC MOVEMENT)

1. When and where the first modern Olympics were held? When and where the next modern Olympics games will be held.
2. What are the objectives of Olympics games?
3. Write the Olympic oath.
4. Explain the Olympic flag and motto.

UNIT-05(SOCIOLOGICAL ASPECTS OF PHYSICAL EDUCATION)

1. Define sociology? What is sports sociology? What is its importance?
2. What are the desirable qualities of a good leader?
3. What is socialization? What types of social qualities are developed through games and sports?
4. "Games and sports are cultural heritage" justify.
5. What type of social qualities can be developed through sports?
6. What is the meaning of culture? Give some examples of cultural activities.

UNIT-06(MEASUREMENT IN SPORTS)

1. What is measurement?
2. What is the importance of measurement in physical education and sports.
3. Give formula of the calculation of BMI.
4. Explain AAHPER physical fitness.
5. Describe the KRAUS-NEBERTEST.
6. How heart rate is measured?

UNIT-07(PHYSIOLOGICAL ASPECTS OF PHYSICAL EDUCATION)

1. What is warming up? Describe two types of warming up and methods of warming up
2. What are the components of physical education?
3. What is the difference between physical fitness and wellness?
4. What are the effects of regular exercise on the muscular system?
5. What are the effects of regular exercise on the circulatory system?
6. Describe the effect of the skeletal system during regular exercise?
7. Describe pulmonary respiration. Explain the effects of regular exercise on the respiratory system.
8. How heart rate is measured? Explain.

UNIT-08(CHANGING TRENDS IN PHYSICAL EDUCATION AND SPORTS)

- 1. Define occupational health. What are the components of occupational health.**
- 2. Describe the components of health related fitness.**
- 3..Write an essay on "sports for all".**
- 4..Write the principles of adapted Physical education.**
- 5.Explain the psychological principles of physical education.**

PART B

- 14. Write brief history of games and sport of your choice. Draw a neat and clean diagram of field/court/sport of your choice with all the specification and measurement.**
- 15. Write in details about sports gear and its importance of the game in your choice.[5]**
- 16. Explain common sports injuries in game/sports of your choice and explain the first aid and rehabilitation and prevention.**
- 17. Write the short notes of the followings-**
 - 1. Arjuna Award.**
 - 2. Dronacharya Award.**
 - 3. Rajiv Gandhi Khel Ratna Award.**
- 18. Write about two important tournaments of sport / game of your choice. Name any two sports personalities explain injuries and the first aid measures related to it. 2+2+6=6.**
- 19. Name important two national and two international tournament of the games and sport of your choice.**
- 20. Write the following about the game/sport of your choice.**
 - i) Any four latest rules of the Games/Sports.**
 - ii) Any four fundamental skill of the Game/Sport.**
 - iii) Any four related sport terminologies.**
 - iv) Any four sports personalities.**
 - v) Four specific warming up exercises and conditioning.**