

14
PHYSICAL EDUCATION

CLASS XI

MAX MARKS : 35

TIME:2 HOURS

General Instructions :

1. There are Three sections in the question paper namely A ,B and C .
2. Section A consist of 9 questions amongst which 7 questions have to be attempted each question carries 2 marks and should have 30-50 words .
3. Section B consist of 5 questions amongst which 3 questions have to attempted each question carries 3 marks and should have 80-100 words
4. Section C consist of 4 questions amongst which 3 questions have to be attempted each question carries 4 marks and should have 100-150 words .

Section – A

- Q1 Write the meaning of adaptive physical education .
- Q2 Write a note on Deaflympics .
- Q3 Explain pranayama .
- Q4 What do you mean by meditation .
- Q5 What is the role of hydration in adventure sports .
- Q6 Define sports psychology.
- Q7 Define Leader .
- Q8 Define growth and Development .
- Q9 What is sports training .

Section – B

Q10 What is the role of physical education teacher for children with special needs (CWSN).

Q11 Explain the importance of pranayama to improve the concentration .

Q12 Explain the qualities of good leader .

Q13 Explain the problems faced by the adolescence .

Q14 Explain the principles of sports training .

Section – C

Q15 Explain limbering down and warming up is important . explain why ?

Q16 Explain the various stages of growth and development .

Q17 What are the safety measures to be followed to prevent sports injuries .

Q18 Explain any five asanas and their benefits .