

**JB ACADEMY, AYODHYA**  
**ANNUAL EXAMINATION 2023-24**  
**CLASS - XI**  
**SUBJECT: PHYSICAL EDUCATION (048)**

**M.M. : 70**

**TIME: 3 HOURS**

**GENERAL INSTRUCTIONS:**

1. The question paper consists of 5 sections and 34 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
4. Sections C consist of questions 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available.
5. Sections D consist of questions 29-31 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of questions 32-34 carrying 5 marks each and are short answer types and should not exceed 200-300 words. There is internal choice available.

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**(SECTION - A)**

1. Identify the type of pranayama in figure :



- (a) Bhastrika                      (b) Bhramari                      (c) Plavini                      (d) None of these
2. Which of the following is the period for middle childhood?  
(a) 11-12 years                      (b) 4-5 years                      (c) 7-10 years                      (d) 5-6 years
3. This imaginary line runs from left to right through the center of the body:  
(a) Frontal axis                      (b) Vertical axis                      (c) Sagittal axis                      (d) Transverse axis
4. The principal organ of respiration is:  
(a) Nose                      (b) Larynx                      (c) Trachea                      (d) Lungs
5. Given below are the two statements labeled Assertion (A) and Reason (R) :
- A: Athletes often use steroids to build muscles.  
R: They act directly on the nervous system to speed up parts of the brain and body.  
In the context of the above two statements, which one of the following is correct ?  
(a) Both (A) and (R) are true and (R) is the correct explanation of (A).  
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

(c) (A) is true, but (R) is false.

(d)(A) is false, but (R) is true

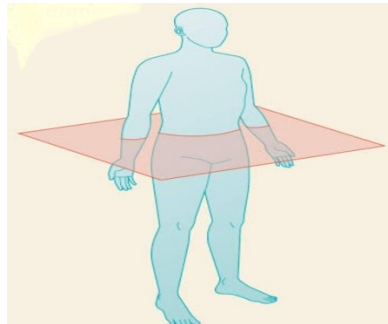
6. Drug used by boxers, judo players, MMA fighters to reduce weight is:

- (a) Diuretics                      (b) Steroids                      (c) Beta blockers                      (d) None of these

7. Hip joint is an example of:

- (a) Hinge joint                      (b) Condyloid joint                      (c) Pivot joint                      (d) Ball and socket

8. Identify the Plane shown in the figure given below:



- (a) Sagittal                      (b) Transverse                      (c) Axial                      (d) Both B & C

Q9. Match List – I with List – II and select the correct answer from the code given below:

List I	List II
A. Attention	1. Ability to mentally cope with or adapt to uncertainty, challenges, and adversity.
B. Resilience	2. Bound between team members
C. Mental toughness	3. Ability to perform consistently under stress.
D. Team cohesion	4. Ability to process information in the environment while tuning out other details.

(a) A-3, B-2 , C-1, D-4

(b) A-4 , B-1 , C-3, D- 2

(c)A-1 ,B-4 , C-3 , A-2

(d) A-2 , B-4 , C-3, D-1

10. Given below are the two statements labeled Assertion (A) and Reason (R) :

A : First aid is the first help given to an injured or ill person.

R : It's main objective is the full treatment of an injured person.

In the context of the above two statements, which one of the following is correct ?

(a) Both (A) and (R) are true and (R) is the correct explanation of (A).

(b)Both (A) and (R) are true, but (R) is not the correct explanation of (A).

(c) (A) is true, but (R) is false.

(d)(A) is false, but (R) is true.

11. Wellness Programme stress on:

- (a) Daily exercise                      (b) Proper Nutrition                      (c) No to drugs                      (d) All of these

12. Brahamcharya is an element of:

- (a) Yama                      (b) Niyama                      (c) Aparigraha                      (d) None of these

13. SAI Stands for .....

- (a) Sports Appointment of India                      (b) Sports Academic of India  
(c) Sports Authority of India                      (d) Sports Accreditation of India

14. Who revived the modern Olympics?  
(a) Hercules (b) Coubertin (c) Theodosius (d) Vilelas
15. A disability occurred due to an accident is called:  
(a) Congenital (b) Viklang (c) Cognitive (d) Acquired
16. There are currently ..... NOCs.  
(a) 206 (b) 306 (c) 106 (d) 207
17. Which of the following is not a part of the Pre-Planning for Test Administration?  
(a) Warm up (b) Define the purpose of the test  
(c) Availability of necessary equipment and facilities (d) Selecting the appropriate test
18. When did winter Olympic held for the first time?.  
(a) 1986 (b) 1924 (c) 1824 (d) 1914

**(SECTION - B)**

19. Explain the functions of the skeleton system of the human body.
20. Define the term psychology.
21. Elucidate the term 'Progression of load'.
22. Name any two ball and socket joints of the human body.
23. What is Waist Hip Ratio?

**OR**

Define the Maximum Strength with an example.

**(SECTION - C)**

24. Write six disability etiquettes.
25. What do you understand about physical fitness? Explain any two health related fitness components.
26. Discuss Khelo India Programme in detail.
27. Explain the term Sports psychology. Discuss its two importance in sports.
28. Briefly explain the functions of the circulatory system.

**OR**

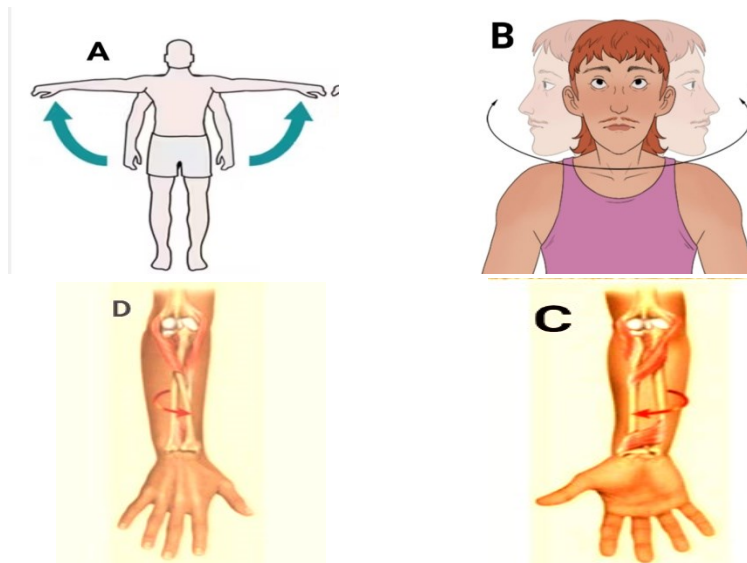
Write any six functions of the International Olympic Committee.

**(SECTION - D)**

29. Health Threat can be referred to any situation or factor that may represent a danger to the health of people. According to a report by WHO, the leading global risks for mortality in the world are high blood pressure (responsible for 13% of deaths globally), tobacco use (9%), high blood glucose (6), physical inactivity (6%), and overweight and obesity (5%). These risks are responsible for raising the risk of chronic diseases such as heart disease, diabetes and cancers. But all these health threats are preventable and can be managed by mitigating risk factors and making lifestyle and dietary changes.

- (a). What is a health threat?  
(b). Which lifestyle disease causes most deaths globally?  
(c). Which one of the following is the cause of lifestyle diseases such as high blood pressure, diabetes, heart attack?  
(d). Explain any two lifestyle changes to manage health threats.

30. On the basis of the figure given below, answer the following questions :



- (A) \_\_\_\_\_ movement is shown in figure A.  
 (B) \_\_\_\_\_ movement is shown in figure B.  
 (C) \_\_\_\_\_ movement is shown in figure C.  
 (D) \_\_\_\_\_ movement is shown in figure D.

OR

(D) \_\_\_\_\_ Movement is the combination of 4 movements.

31. At birth, Rita was affected with Cerebral palsy. Her lower limbs were lifeless and she was not able to stand. Her father would bring her to school in a wheelchair. While going back from school, her younger brother, who was in the same class, used to help her. Her parents took help from various professionals to ensure that she received comprehensive and coordinated care.



Based on the above, answer the following questions:

- (A) A Disability present at the time of birth is also known as .....
- (B) The term used for Children with Special Needs is .....
- (C) A ..... is trained to provide assessment and treatment in overcoming movement and physical challenges such as problems of balance, coordination, sitting, standing and walking.
- (D) ..... is trained to provide treatment for children with speaking problems.

**(SECTION - E)**

32. Explain 5 elements of Ashtanga yoga.  
 33. Explain the purpose and procedure of sit and reach test and Modified Push ups.  
 34. What do you mean by Doping? Explain methods of doping.

**OR**

Elucidate in detail about the importance of Biomechanics and Kinesiology in sports.