

JB ACADEMY
PHYSICAL EDUCATION(048)
CLASS – XI, SESSION (2022-23)

TIME ALLOWED: 3 HRS

MAX. MARKS: 70

GENERAL INSTRUCTIONS:

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- 1) *The question paper consists of 5 sections and 37 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 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.*
 - 4) *Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.*
 - 5) *Sections D consist of Question 31-33 carrying 4 marks each and are case studies.*
 - 6) *Sections E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.*

(SECTION -A)

Q1. Identify the asana:



- | | |
|--------------------|-----------------|
| a) Mandukasana | b) Yog mudra |
| c) Supta Vajrasana | d) Gaumukhasana |

Q2. "Physical Education is the sum of men's physical activities selected as to kind and conducted as to outcomes" who said this?

- | | |
|---------------|---------------------|
| (a) C.C.Covel | (b) Charls A Butcha |
| (c) Williams | (d) J.B. Nash |

Q3. Which of the following is a career option in the media of physical education?

- (a) Sports Journalism
- (b) Book writing
- (c) Sports broadcasting
- (d) All of the above

Q4. Sports management is based upon....?

- (a) Efficient and Talented officials
- (b) Smart and clever officials
- (c) Weak and Greedy officials
- (d) None of these

Q5. When did first Winter Olympic Games started ?

- a) 1900
- b) 1924
- c) 1824
- d) 1896

Q6. The Olympic flag was firstly flown in Olympic games at

- a) 1896, Athens
- b) 1920, Antwerp
- c) 1924, Paris
- d) 1928, Amsterdam

Q7. Which is a component of Skill related fitness?

- a) Muscular strength
- b) Power
- c) Body Composition
- d) Flexibility

Q8. A child who has difficulty in following directions related to basic spatial movements has

- a. Physical disability
- b. Cognitive disability
- c. Intellectual disability
- d. Affective disorders

Q9. World Disability Day is celebrated on

- a) 3rd December
- b) 3rd October
- c) 3rd November
- d) 3rd September

Q10. The most important area catered to by Adapted Physical Education is

a. Physical health

b. Mental health

c. Social health

d. Emotional health

Q11. Alternate breathing from nostrils is also named as:

a) Kapal Bhati

b) Ujayi

c) Sithli

d) Anulom Vilom

Q12. Which of the following is not a Yogic Kriya

a) Neti

b) Jala Neti

c) Sutra Neti

d) Kapal Bhati

Q13. The word 'Communiter' in the Olympic motto means

a) Faster

b) Together

c) Higher

d) Bigger

Q14. The prime role of Physiotherapist is to

a) Correct the speech of player
exercise

c) Minimize the injury or deformity through

b) Develop fitness of disabled

d) Council and guide players

Q15. The first Khelo-India school games was held at

a) Delhi

b) Pune

c) Mumbai

d) Bengaluru

Q16. Match the following:

I. Citius, Altius, Fortius. 1.Paralympic

II. Spirit in motion. 2. 1924

III. Winter Olympic. 3. Summer Olympic

IV. Para lympic. 4. 1968

a) 3,4,2,1

b) 3,2,1,4

c) 3,1,2,4

d) 4,3,1,2

Q17. Match the List

I. Gatka 1.South India

II. Mallakhamb 2.Jammu & Kashmir

III. Sqay 3.Central India

IV. Kalari Payattu 4.Punjab

a) 4,2,1,3

b) 4,3,2,1

c) 3,4,1,2

d) 2,3,4,1

Q18. For 200m race the required fitness component is :

- a) Flexibility
- b) Coordinative Activity
- c) Endurance
- d) Anaerobic Endurance

(SECTION - B)

Q19. What is the minimum eligibility criteria for getting admission in B.P.Ed course?

Q20. What do you understand by Olympism?

Q21. Explain the meaning of Yoga.

Q22. Give two examples of relaxative asana?

Q23. What do you mean by Good Health?

Q24. Define APE.

(SECTION - C)

Q25. Discuss administration career in detail.

Q26. Write a note on Ancient Olympic

Q27. Classify various types of asana.

Q28. State Disorder and its types.

Q29. Define Flexibility and its type.

Q30. List down six traditional activities to improve fitness.

(SECTION - D)

31. Explain the changing trends in physical education.

Q32. Elaborate: IOA, IOC, NOC & IFs

Q33. Explain Shat Kriya.

(SECTION - E)

Q34. Discuss the Fit India movement

Q35. Explain Olympic flag, motto and objectives of Olympic games.

Q36. State Disability. What are its types and causes?

Q37. Explain HRPF & SRPF.