



Delhi Public School, Howrah

PERIODIC TEST - III (2024-2025)

Care must be taken not to write anything on the question paper. All the questions must be attempted in the correct sequence.

SUBJECT: PHYSICAL EDUCATION (048)

Time: 3 Hours

Class- XI

Marks: 70

General Instructions:

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. Section 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. Section 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. Section D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

SECTION: A

Answer the following by choosing the most appropriate options:

1. By participating in various physical education programmes, an individual starts having control over _____.
a. Muscles b. Strength c. Emotions d. Breathing
2. What is the full form of IOA?
a. Indian Olympic Association b. Indian Olympic Authority
c. International Olympic Association d. International Olympic Authority
3. Match List-I with List-II and select the correct answer from the code given below:

	LIST-1		LIST-2
I.	Pranayama	1	Retaining the breath
II.	Puraka	2	Inhalation
III.	Rechaka	3	Regulation of life force
IV.	Kumbhaka	4	Exhalation

CODE				
	I	II	III	IV
a.	3	4	1	2
b.	3	2	4	1
c.	2	3	1	4
d.	2	4	3	1

4. There are total _____ number of National Olympic Committees (NOCs) under the Olympic association.
a. 168 b. 192 c. 206 d. 226
5. _____ impairments can be genetic or result from complications of pregnancy.
a. Physical b. Cognitive c. Attitude d. None of these

6. Given below are two statements labelled as Assertion (A) and Reason(R).

Assertion (A): Samasana, Sidhasana and Shavasana are prominent corrective asanas.

Reason(R): The corrective asanas regulate and systematize the different activities of the body and finally provide energy to the body to perform Pranayama, Pratyahara, Dharna etc.

- 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.

7. The services of _____ focus on building positive interactions where language and social goals are targeted.

- a. Counsellor
- b. Occupational therapist
- c. Speech therapist
- d. Physiotherapist

8. Which is a state of complete physical, mental and social well-being and not merely the absence of diseases?

- a. Fitness
- b. Wellness
- c. Lifestyle
- d. All of these

9. _____ game is not known as traditional game of India.

- a. Kho-Kho
- b. Pole Vault
- c. Kushti
- d. Mallakhamb

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

	LIST-1		LIST-2
I.	Zeus	1	First recorded winner
II.	Coroebus	2	The king who officially ended the Olympic Games
III.	Theodosius I	3	In whose honour Olympic Games were started
IV.	Pierre de Coubertin	4	French baron who revived Olympic Games

CODE				
	I	II	III	IV
a.	2	1	3	4
b.	4	2	1	3
c.	3	1	2	4
d.	4	3	1	2

11. Identify the test which can be used to measure physical ability.

- a. AAPHER
- b. Cognitive
- c. Knowledge
- d. Psychomotor

12. The human skull consists of _____ bones.

- a. 24
- b. 26
- c. 28
- d. 33

13.



Identify the name of the bone on the above portrayed part of the human body.

- a. Pubis
- b. Sacrum
- c. Calcaneus
- d. Talus

14. The _____ joints allow an angular movement in two directions.

- a. Condyloid
- b. Gliding
- c. Hinge
- d. Saddle

15. Which one of the following is not the principle of Biomechanics?

- a. Speed
- b. Stability
- c. Maximum effort
- d. Linear motion

16. Training load must be greater than the _____.

- a. Overload
- b. Normal load
- c. Adaptation load
- d. All of these

17. Blood doping increase the number of _____.

- a. RBCs
- b. WBCs
- c. Plasma
- d. Skin cells

18. Given below are two statements labelled as Assertion (A) and Reason(R).

Assertion (A): Psychological readiness is related to the learner's state of mind.

Reason(R): It means the desire and willingness to learn the particular skill.

- 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. Both (A) and (R) are false.

SECTION: B

19. Health is important in every individual's life as it gives us the strength and energy to fully enjoy life and makes us grateful for the life we have. We can classify the components of health into four dimensions. Paraphrase those dimensions and explain it. 2

20. "Blood transfusions is one kind of blood doping which is widely used by athletes"- elucidate this statement in your own words. 2

21. Judge and find out the connection between 'Resilience' and 'Sports'. 2

22. The consequences or benefits of high level of team cohesion in sports can be observed for the team as a group outcome as well as for the individual athlete. Prioritize those benefits and illustrate them in your own words. 2

23. Describe any four types of body movements which we can see during physical activity. 2

24. Explain the genetic disorder- 'Down Syndrome'. 2

SECTION: C

25. Define and differentiate these terms which are widely used in sports training. 3

a. Skill b. Technique c. Tactics

26. Explain the term 'Narcotics' with its side effects on human body. (1+2) = 3

27. Most of the people think that physical fitness alone is sufficient to lower the risk of health-related diseases but it is not true. For e.g. of we consider an individual who regularly does vigorous physical training in which she/he does aerobic exercises thrice a week, does weight training and stretching and maintains a good ratio of fat percentage of the body, but at the same time she/he eats junk food regularly, smokes and drinks alcohol. By doing so, she/he is increasing her/his chances of suffering from cardiovascular diseases and facing other health related issues. Wellness is not only based on physical fitness. There are so many components of wellness. List any six components and explain it in your own words 3

28. Elucidate any six causes of 'Disability and Disorder'. 3

29. Describe any six benefits of 'Limbering Down'. 3

30. There are various methods of physical activity through which one athlete can warm up his/her body. Identify any three of these methods and explain them in your own words. 3

SECTION: D

31. Doping refers to an athlete's use of prohibited drugs or methods to improve training and sporting results. Steroids are the drugs that often come to mind when we talk about doping. In addition, doping also includes an athlete's use of other forbidden drugs (such as stimulants, hormones, diuretics, narcotics, and marijuana), use of prohibited methods (such as blood transfusions or gene doping), and even the refusal to take a drug test or an attempt to tamper with doping controls. The IOC defines doping as the use of any method or substance that might harm the athlete in a quest to gain an unfair advantage over their fellow competitors.

1X4 = 4

i. _____ increases in muscle mass and bone maturation. These compounds promote the production of creatine phosphate, which allows the athlete to train harder.

a. Diuretics b. Stimulants c. Anabolic steroids d. Human Growth Hormone

ii. _____ also called somatotrophin or somatotrophic hormone which is naturally produced in the body.

a. Diuretics b. Stimulants c. Anabolic steroids d. Human Growth Hormone

- iii. _____ sometimes called water pills, help rid your body of salt (sodium), and water and inhibit the re-absorption of water in the kidney. Most of these medicines help kidneys release more sodium into the urine.
- a. Diuretics b. Stimulants c. Anabolic steroids d. Human Growth Hormone
- iv. _____ are a group of drugs that result in increased activity in the body. Sometimes referred to as "uppers," these drugs are frequently abused due to their performance-enhancing and euphoric effects. This type of drug speed up messages traveling between the brain and body.
- a. Diuretics b. Stimulants c. Anabolic steroids d. Human Growth Hormone

32. A physical disability is the long-term loss or impairment of part of an individual's body function, resulting in a limitation of physical functioning, mobility, dexterity or stamina. Due to the functional loss, the individual experiences inability to perform normal movements of the body, such as walking and mobility, sitting and standing, use of hands and arms, muscle control, etc. As there are different types of Physical Disabilities, Paralympics Committee divides athletes in groups by the degree of activity limitation related to the impairment and/or specific to the tasks in the sport.

1X4 = 4

- i. _____ means a medical or genetic condition resulting in an adult height of 4 feet 10 inches (147 centimeters) or less.
- a. Amputation b. Dwarfism c. Cerebral Palsy (CP) d. Muscular Dystrophy
- ii. _____ is the removal of a limb by trauma, medical illness, or surgery. As a surgical measure, it is used to control pain or a disease process in the affected limb, such as malignancy or gangrene.
- a. Dwarfism b. Cerebral Palsy (CP) c. Muscular Dystrophy d. Amputation
- iii. _____ is caused by damage to the parts of the brain that control movement, balance, and posture. Therefore, it refers to a group of non-progressive neurological conditions affecting body movements and muscle coordination, caused by damage to one or more specific areas of the brain, usually occurring before, during or shortly after birth.
- a. Muscular Dystrophy b. Cerebral Palsy (CP) c. Amputation d. Dwarfism
- iv. _____ means a group of hereditary genetic muscle diseases that weaken the muscles that move the human body.
- a. Muscular Dystrophy b. Amputation c. Dwarfism d. Cerebral Palsy (CP)

33. Carefully study the picture given below and answer the following questions with reference to the picture.



1X4 = 4

- i. Identify the bone which is not counted as long bone.
- a. Femur b. Metacarpals c. Humerus d. Sesamoid
- ii. _____ carpal bones are there in human body.
- a. 6 b. 8 c. 9 d. 10
- iii. How many bones are there in the vertebral column?
- a. 28 b. 33 c. 32 d. 27
- iv. Scapula is also called as _____ bone.
- a. Irregular b. Collar c. Sesamoid d. Flexible

SECTION: E

34. Adolescence stage is a critical time of life, when a child transforms into an independent individual, develops new relationships, enhance social skills and acquires behaviours which will be everlasting throughout life. The adolescent stages leads to different types of problems which need appropriate understanding and management. The problems associated with adolescence due to behaviour deviations can be many, discuss a few major issues along with the steps which can be taken to manage these issues. 5
35. For formulation, implementation, and development of players and guidelines for coaches, certain principles of sports training are followed. Explain those ten principles in your own words. 5
36. Explain the reason of choosing overload by coach for the development of physical fitness at the time of training phase of a player. Hypothesize the psychological symptoms of overload. (3+2) = 5
37. Human bones can be classified based on different categories. Categorize all the classification of bones based on shape and size and explain it. 5