



Delhi Public School, Howrah

ANNUAL EXAMINATION (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. The headquarters of Fit India Movement is at _____.
a. Punjab b. Chandigarh c. New Delhi d. Goa
2. Sports Authority of India (SAI) was set up in which year?
a. 1954 b. 1964 c. 1974 d. 1984
3. Match List-I with List-II and select the correct answer from the code given below:

	LIST-1		LIST-2
I.	Limbering down	1	Ability to perform a whole movement
II.	Warming up	2	Precise movements using small muscles groups
III.	Skill	3	Muscles do not remain stiff
IV.	Fine skills	4	Decreases the viscosity of muscles

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

4. Find out the meaning of 'Fortius'.
a. Stronger b. Longer c. Higher d. Faster
5. Which one of the following athletes won maximum number of individual medals at a single Olympic?
a. Usain Bolt b. Michael Phelps c. Paavo Nurmi d. Mark Spitz
6. Yoga is derived from Sanskrit word _____.
a. Yvj b. Yju c. Yuj d. Yjv

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

Assertion (A): Adolescence is a period through which a growing person makes a transition from childhood to maturity.

Reason(R): It is also period which leads to turbulence and it is often in behavioral changes.

- 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.

8. Identify the sixth element of Astanga Yoga.

- a. Dhyana
- b. Dharana
- c. Pranayama
- d. Pratyahara

9. _____ is not a component of health related physical fitness?

- a. Flexibility
- b. Balance
- c. Body Composition
- d. Cardio-respiratory fitness

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

	LIST-1		LIST-2
I.	Heart	1	Carry blood to the heart
II.	Arteries	2	Carry blood away from the heart
III.	Veins	3	Prevent the blood flowing backward
IV.	Valves	4	Cone shaped muscular organ

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

11. Diuretics may lead to _____.

- a. Mineral imbalance
- b. Muscle weakness
- c. Irregular heart beat
- d. All of these

12. _____ is not a psychological attribute.

- a. Attention
- b. Motivation
- c. Resilience
- d. Mental Toughness

13.



Through this equipment we can measure _____.

- a. Skin weight
- b. Skin depth
- c. BMI
- d. Skinfold

14. _____ not classified by Ernest Krestschmer.

- a. Pykick
- b. Pyknic
- c. Asthenic
- d. Athletic

15. "Biomechanics is defined as the study of the movement of living things using science of mechanics"- said by _____.

- a. Bartlett
- b. Cassidy
- c. Hatze
- d. Murgan

16. Stroke volume X Heart rate = _____.

- a. Stroke Volume
- b. Cardiac Output
- c. Tidal Volume
- d. Inspiratory Volume

17. Dyslexia falls under _____ disability.

- a. Physical
- b. Cognitive
- c. Intellectual
- d. None of these

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

Assertion (A): Biomechanics examines and explains why and how the human body moves.

Reason(R): Biomechanics never helps to know about the correct movement and helps in better performance..

- 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. For a team, cohesion is very essential to achieve the aim. How can you identify and explain the types of team cohesion in sports? 2
20. Describe one major stretching exercise for both hamstrings and quadriceps muscles required while limbering down. 2
21. Each country has its own culture and its own games and sports which comes under traditional and regional games and sports. Write any four names of traditional games which originated in India. 2
22. Various psychologists classify the body types on the basis of physical, mental and practical characteristics. State the classification as given by Hippocrates? 2
23. Olympic flag carries a lots of meaning. Find out the meaning of all the parts present in the flag. 2
24. Elucidate any four objectives of Adapted Physical Education. 2

SECTION: C

25. Society is changing its form and types day by day and always making trends for others to update their lifestyle. Sports is also changing its version gradually. Explain those changing trends both in indoor and outdoor playing surfaces? 3
26. Distinguish between Kinetics and Kinematics? 3
27. How plane and axis are interconnected with sports movement, define them with their parts? (1.5+1.5) = 3
28. State the names of all the parts of Yamas and Niyamas from "Astanga Yoga". 3
29. Modern Olympics created a new history after it started again. Day by day it is creating new milestones. Hypothesize the history of Modern Olympic and explain it in your own words. 3
30. State any six roles and responsibilities of IOC's. 3

SECTION: D

31. A skill is the learned or innate ability to act with determined results with good execution, often within a given amount of time, energy, or both. Skills can often be divided into domain-general and domain-specific skills. Some examples of general skills include time management, teamwork and leadership, and self-motivation. In contrast, domain-specific skills would be used only for a certain job, e.g. operating a sand blaster. Skill usually requires certain environmental stimuli and situations to assess the level of skill being shown and used.

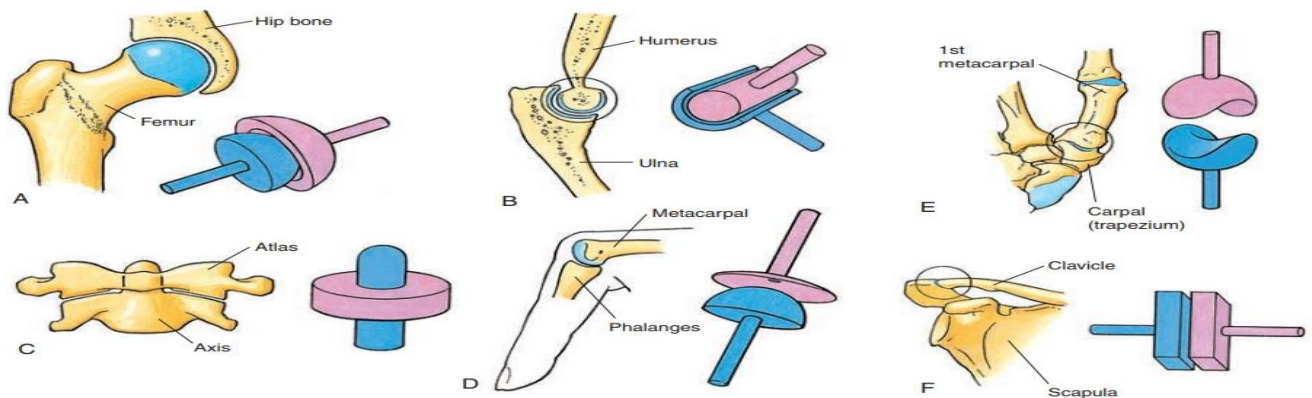
A skill may be called an art when it represents a body of knowledge or branch of learning, as in the art of medicine or the art of war. Although the arts are also skills, there are many skills that form an art but have no connection to the fine arts. 1X4 = 4

- i. Free throw in Basketball and serving in Squash are counted as _____ skill.
 - a. open
 - b. simple
 - c. closed
 - d. gross
- ii. Penalty flick in Hockey is counted as a / an _____ skill.
 - a. coactive
 - b. interactive
 - c. complex
 - d. discrete
- iii. Walking, running and jumping are examples of _____ skill.
 - a. gross
 - b. fine
 - c. continuous
 - d. individual
- iv. Triple jump will be counted as a _____ skill.
 - a. simple
 - b. serial
 - c. discrete
 - d. closed

32. Synovial joints allow the body a tremendous range of movements. Each movement at a synovial joint results from the contraction or relaxation of the muscles that are attached to the bones on either side of the articulation. The degree and type of movement that can be produced at a synovial joint is determined by its structural type. While the ball-and-socket joint gives the greatest range of movement at an individual joint, in other regions of the body, several joints may work together to produce a particular movement. Overall, each type of synovial joint is necessary to provide the body with its great flexibility and mobility. There are many types of movement that can occur at synovial joints. Movement types are generally paired, with one directly opposing the other. Body movements are always described in relation to the anatomical position of the body: upright stance, with upper limbs to the side of body and palms facing forward. 1X4 = 4

- i. _____ means moving a part towards midline.
 a. Abduction b. Adduction c. Flexion d. Extension
- ii. _____ means moving a part away from the midline.
 a. Abduction b. Adduction c. Flexion d. Extension
- iii. _____ means bending the foot at the ankle toward the chin.
 a. Hyperextension b. Inversion c. Dorsiflexion d. Plantar flexion
- iv. _____ means bending the foot at the ankle toward the sole.
 a. Hyperextension b. Inversion c. Dorsiflexion d. Plantar flexion

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



1X4 = 4

- i. Identify the name of synovial joint as represented by 'B'.
 a. Pivot b. Gliding c. Condyloid d. Hinge
- ii. Identify the name of synovial joint as represented by 'C'.
 a. Hinge b. Pivot c. Gliding d. Ball & Socket
- iii. Identify the name of synovial joint as represented by 'D'.
 a. Condyloid b. Gliding c. Hinge d. Pivot
- iv. Identify the name of synovial joint as represented by 'E'.
 a. Ball & Socket b. Gliding c. Saddle d. Hinge

SECTION: E

34. It is a hard fact that significance of sports and fitness in one's life is valuable. That is why "KHELO INDIA" programme and "FIT INDIA MOVEMENT" have been introduced to revive the sports culture in India. Recall the programme and movement and explain any six components of "KHELO INDIA" programme and four objectives of "FIT INDIA MOVEMENT". (3+2) = 5
35. If you get some instruction from a sports club to conduct Harvard step test and Sit & Reach test, then how will you conduct it and describe the process to calculate the score in your own words. (2.5+2.5) = 5
36. The roles of various professionals related with CWSN are really vital. They help and support such CWSN children with their full potential. Identify these professionals and explain their roles. 5
37. Identify any five pranayamas through which one can reduce stress and manage breathing problems. Describe any two pranayamas with a diagram. (1+2+2) = 5