



Time: 3 Hrs .

M.M. : 70

General Instructions:-

- I. All questions are compulsory.
- II. The question paper consists of the 5 sections and 34 questions.
- III. Section A consists of question 1 -18 carrying 1 mark each and is a multiple choice question .
- IV. Section B consists of questions 19-21 carrying 4 marks each and are case study questions
- V. Section C consists of questions 22 -26 carrying 2 marks each and are very short answer type should not exceed 60-90 words .
- VI. Section D consists of questions 27-31 carrying 3 marks each and are short answer type and should not exceed 100-150 words .
- VII. Section E consists of questions 32-34 carrying 5 marks each and are long answer type and should not exceed 200-300 words.

Q.N.	Questions	Marks
1	How many types of RFID chips a) 2 b) 3 c) 4 d) 5	1
2	The first Olympic torch was lit in : a) 1896 , Athens , Greece b) 1920 , Antwerp , Belgium c) 1924 ,Paris , France d) 1928 , Amsterdam, Netherlands	1
3	How many niyamas have been outlined in Ashtanga yoga? a) 4 b) 3 c) 5 d) 2	1
4	To stabilize and focus the mind on one object, image, sound or idea is called: a) Dharana b) yama c) Samadhi d) Pratyahara	1
5	Given below are two statements ,one labelled as Assertion (A) and the other as reason (R) Assertion (A) : Disability etiquette is a set of guidelines dealing specifically with how to approach people with disabilities. Reason (R) We should use a high tone of voice when welcoming a person with a disability. 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	1
6	Which of the following is not disability etiquette ? a) Avoid asking personal questions b) Use a normal tone of voice c) Listen attentively d) Pretending to understand	1
7	Match List -i with List -ii	1

List -i	List ii
A) Heart	i) Carry blood to the heart
B) Arteries	ii) Carry blood away from the heart
C Veins	iii) Prevent the blood flowing backwards
D) Valves	iv) as big as our fist
Option code	
	A B C D
A	iv ii i iii
B	i ii iii iv
C	iii iv ii i
D	ii i iv iii

8	Occupational wellness is related with : a) Fitness b) Meditation c) Environment d) Job	1
---	---	---

9	“ Endomorph ” is Characterised by ----- a) Husky and muscular b) soft and fat c) Thin and bony d) None of these	1
10	Somatotype is a method for describing : a) Human body length b) Human physique c) Human skull d) Human behaviour	1
11	The principal organ of respiration is : Nose b) Larynx c) Trachea d) Lungs	1
12	It is also called as isometric strength: a) Maximum strength b) Explosive strength c) Static strength d) Strength Endurance	1
13	When a joint moves and reduces the angle between the bones at the joint , the Movement is called : a) Protraction b) Flexion c) Pronation d) Supination	1
14	Extension is : a) Bending b) Turning c) Twisting d) Straightening	1
15	Attention focus allowing athletes to perceive several occurrences simultaneously is referred as: a) Narrow attention focus b) broad attention focus c) External attention focus d) Internal attention focus	1
16	Which of the following stage of team Cohesion represents the beginning? a) Forming b) Storming c) Norming d) Performing	1

17	The first case of doping in modern Olympics come to light in : a) 1904 b) 1908 c) 1912 d) 1916	1
18	Which of the following are the signs and symptoms of overload ? a) Fatigue b) Lack of motivation C) Loss of appetite d) All of these	1
19	In human beings the development and growth manifests itself through different stages of life .The different areas of growth and development are physical development which includes changes in height and weight, mental development which is essentially the ability to think and understand emotional development which deals with attitudes and feelings and lastly social development which means interacting better with people. 1. The period from birth to the end of two years of age is called..... 2. period starts at the age of 2 years and ends at the age of 6 years. 3.Period starts at the age of 6 years and ends at the age of 11 years. 4. Adolescence period usually begins at the age of 11 and may continue up to the age ofyears .	4
20	BMI is considered a very useful test for body composition. People with high BMI are advised to work out and pay attention to their weight with the help of workout and improvement in their dietary habits .Based on this answer the following questions. 1. What is the range for Normal BMI ? 2. 30-34.5 is the range for 3. A person with BMI 26 is 4. Calculate BMI for a male whose weight is 90 kg and his height is 1.7m.	4
21	Doping refers to an athlete 's use of prohibited drugs or methods to improve training and sporting results.Doping methods or substances might harm the health of athletes and might be fatal. 1. The full form of WADA is..... 2.Are used to lose weight rapidly in sports. 3.Is the process of increasing the red blood cells by blood transfusion. 4. InIAAF (International Association of athletics Federation) became the first governing body to prohibit doping.	4
22	Enlist the Components of Skill related fitness .	2
23	Discuss the term Evaluation?	2
24	Define Biomechanics?	2
25	Explain the meaning of Psychology?	2
26	Numerate the terms sports Training.	2
27	Write a brief note on Olympic Flag	3
28	Discuss the Fit India Program .	3
29	Briefly explain IOC	3

30	What are the Elements of yoga ? Explain any three Elements of yoga	3
31	Discuss the types of disability? Explain briefly.	3
32	What is skeleton system? Explain the different types of Bones .	1+4
33	Explain in detail the Procedure of 'P .R.I.C.E '	5
34	Discuss the different Causes of disabilities ?	5



Time: 3 Hrs .

M.M. : 70

General Instructions:-

- I. All questions are compulsory.
- II. The question paper consists of the 5 sections and 34 questions.
- III. Section A consists of question 1 -18 carrying 1 mark each and is a multiple choice question .
- IV. Section B consists of questions 19-21 carrying 4 marks each and are case study questions
- V. Section C consists of questions 22 -26 carrying 2 marks each and are very short answer type should not exceed 60-90 words .
- VI. Section D consists of questions 27-31 carrying 3 marks each and are short answer type and should not exceed 100-150 words .
- VII. Section E consists of questions 32-34 carrying 5 marks each and are long answer type and should not exceed 200-300 words.

Q.N.	Questions	Marks								
1	Which of the following are the signs and symptoms of overload ? a) Fatigue b) Lack of motivation C) Loss of appetite d) All of these	1								
2	The first case of doping in modern Olympics come to light in : a) 1904 b) 1908 c) 1912 d) 1916	1								
3	Which of the following stage of team Cohesion represents the beginning ? a) Forming b) storming c) Norming d) Performing	1								
4	Attention focus allowing athletes to perceive several occurrences simultaneously is referred as: a) Narrow attention focus b) broad attention focus c) External attention focus d) Internal attention focus	1								
5	Extension is: a) Bending b) Turning c) Twisting d) Straightening	1								
6	When a joint moves and reduces the angle between the bones at the joint, the movement is called : a) Protraction b) Flexion c) Pronation d) Supination	1								
7	Match List -i with List -ii <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>List -i</th> <th>List ii</th> </tr> </thead> <tbody> <tr> <td>A) Heart</td> <td>i) Carry blood to the heart</td> </tr> <tr> <td>B) Arteries</td> <td>ii) Carry blood away from the heart</td> </tr> <tr> <td>C) Veins</td> <td>iii) Prevent the blood flowing backwards</td> </tr> </tbody> </table>	List -i	List ii	A) Heart	i) Carry blood to the heart	B) Arteries	ii) Carry blood away from the heart	C) Veins	iii) Prevent the blood flowing backwards	1
List -i	List ii									
A) Heart	i) Carry blood to the heart									
B) Arteries	ii) Carry blood away from the heart									
C) Veins	iii) Prevent the blood flowing backwards									

D) Valves		iv) as big as our fist		
Option		code		
	A	B	C	D
A	iv	ii	i	iii
B	i	ii	iii	iv
C	iii	iv	ii	i
D	ii	i	iv	iii

8 The principal organ of respiration is :
a) Nose b) Larynx c) Trachea d) Lungs

1

9	Somatotype is a method for describing : a) Human body length b) Human physique c) Human skull d) Human behaviour	1
10	" Endomorph " is characterised by — a) Husky and muscular b) soft and fat c) Thin and bony d) none of these	1
11	Occupational wellness is related with : a) Fitness b) Meditation c) Environment d) Job	1
12	It is also called as isometric strength a) Maximum Strength b) Explosive strength c) Static Strength d) Strength Endurance	1
13	Which of the following is not disability etiquette ? a) Avoid asking personal questions b) Use a normal tone of voice c) Listen attentively d) Pretending to understand	1
14	Given below are two statements ,one labelled as Assertion (A) and the other as reason (R) Assertion (A) : Disability etiquette is a set of guidelines dealing specifically with how to approach people with disabilities. Reason (R) We should use a high tone of voice when welcoming a person with a disability. 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	1
15	To stabilize and focus the mind on one object, image, sound or idea is called : a) Dharana b) yama c) Samadhi d) Pratyahara	1
16	How many niyamas have been outlined in Ashtanga yoga ? a) 4 b) 3 c) 5 d) 2	1

17	The first Olympic torch was lit in : a) 1896 , Athens , Greece b) 1920 , Antwerp , Belgium c) 1924 ,Paris , France d) 1928 , Amsterdam, Netherlands	1
18	How many types of RFID chips a) 2 b) 3 c) 4 d) 5	1
19	Doping refers to an athlete 's use of prohibited drugs or methods to improve training and sporting results.Doping methods or substance might harm the health of athletes and might be fatal . 1. The full form of WADA is 2.are used to lose weight rapidly in sports . 3.is the process of increasing the red blood cells by blood transfusion. 4. InIAAF (International Association of athletics Federation) became the first governing body to prohibit doping .	4
20	BMI is considered a very useful test for body composition. People with high BMI are advised to work out and pay attention to their weight with the help of workout and improvement in their dietary habits .Based on this answer the following questions. 1. What is the range for Normal BMI ? 2. 30-34.5 is the range for 3. A person with BMI 26 is 4. Calculate BMI for a male whose weight is 90 kg and his height is 1.7m.	4
21	In human beings the development and growth manifests itself through different stages of life .The different areas of growth and development are physical development which includes changes in height and weight, mental development which is essentially the ability to think and understand emotional development which deals with attitudes and feelings and lastly social development which means interacting better with people. 1. The period from birth to the end of two years of age is called..... 2. period starts at the age of 2 years and ends at the age of 6 years. 3.Period starts at the age of 6 years and ends at the age of 11 years. 4. Adolescence period usually begins at the age of 11 and may continue up to the age ofyears .	4
22	Define sports Training.	2

23	What is Psychology?	2
24	What do you mean by Biomechanics?	2
25	What do you mean by Evaluation?	2
26	Name the Components of Skill related fitness .	2
27	What are the types of disability? Explain briefly.	3
28	What are the Elements of yoga ? Explain any three Elements of yoga	3
29	Write a short note on international Olympic committee.	3

Page 3 of 4/ Dec./Phy. Edu/.XI/Set-A

30	Write a short note on Fit India program	3
31	What is Olympic Flag ? What is the role of rings in Olympic Flag ?	3
32	What are the different Causes of disabilities ?	5
33	Explain in detail the 'P .R.I.C.E ' Procedure .	5
34	Describe the different types of Bones .	5



Class :XI
Subject :Phy. Edu.

M.M 70

Q.N.	Questions	Marks
1	a) 2	1
2	d) 1928 , Amsterdam, Netherlands	1
3	c) 5	1
4	a) Dharama	1
5	a) (A) is true but (R) is False	1
6	d) Pretending to understand	1
7	a) A-iv B - ii. C-i. D- iii	1
8	d) Job	1
9	c) Thin and bony	1
10	b) Human physique	1
11	d) Lungs	1
12	c) Static strength	1
13	b) Flexion	1
14	d) Straightening	1
15	b) broad attention focus	1
16	a) Forming	1
17	a) 1904	1
18	D) all of these a)Fatigue b) Lack of motivation C) Loss of appetite	1
19	1.The period from birth to the end of two years of age is called ...Infancy 2. ...Early childhood..... period starts at the age of 2 years and ends at the age of 6 years. 3. ...Middle Childhood...Period starts at the age of 6 years and ends at the age of 11 years. 4. Adolescence period usually begins at the age of 11 and may continue up to the age of ...11-20.....years .	4

20	<ul style="list-style-type: none">• What is the range for Normal BMI ? (18.5-24.9)• 30-34.5 is the range for(Class I obesity)• A person with BMI 26 is(Over weight)• Calculate BMI for a male whose weight is 90 kg and his height is 1.7m. (31.14) obese	4
----	---	---

21	<ol style="list-style-type: none"> 1. The full form of WADA is.....(World Anti -Doping Agency) 2. ,(Diuretics)...Are used to lose weight rapidly in sports, 3. ,(Blood doping)...Is the process of increasing the red blood cells by blood transfusion. 4. In..(1928)..IAAF (International Association of athletics Federation) became the first governing body to prohibit doping. 	4
22	Components of Skill related fitness i) Reaction time 2) Power 3) Balance 4) Static Balance 5) Dynamic Balance 6) speed 7) Agility 8) Coordination	2
23	Evaluation : An evaluation is an appraisal or examination of something to determine its worth or fitness. For example, before you start an exercise programme,get a medical evaluation, to make sure you' are able to handle the activity.	2
24	Biomechanics : The word " Biomechanics" is derived from the Greek words "bios" meaning "life" and "Mekhane" meaning " machine" or "mechanics " Therefore Biomechanics is defined as systematic study of mechanics of body joints. Other words we can say Biomechanics is the study of structure and function of biological system of humans.	2
25	Meaning of Psychology : Psychology is the relationship between mind and body behaviour ,attitude, interest ,thinking ,emotion, motivation ,memory, power of the mind etc " Psychology is the science of human behaviour and its relationship "	2
26	Sports Training. : Training is a process of preparing an individual for any event or an activity ,sports training is the physical ,technical ,intellectual	2

	,psychological and moral preparation of an athlete or a players by means of the physical exercise.	
27	Olympic Flag : The you along big flag was created under the guidance of Baron Coubertin in 1913 and was released in 1914 .But it was first hoisted in 1920 in Belgium at the Antwerp Olympic games in the main stadium.The flag consists of a white field bearing five equal interlocking rings of blue ,dark yellow, black ,green and red with separations wherever two rings intersect .the width -to - length ratio of the flag is 2:3 The five rings symbolized the " five parts of the world " in which the Olympic movement was active according to Coubertin.	3
28	Fit India Program : Fit India movement was launched on 29th August 2019 by Honourable prime minister with a view to make fitness an integral part of our daily lives .The mission of the movement is to bring about behavioural changes and move towards a more physically active lifestyle. <ol style="list-style-type: none"> 1. To promote fitness as easy fun and free 2. To make fitness reach every school ,college / university panchayat / village etc. 3. To create a platform for citizens of India to share information. drive awareness and encourage sharing of personal fitness stories. 	3
29	IOC :(International Olympic Committee) The international Olympic Committee is the supreme authority of Olympic movement that it hold the rights to the Olympic games, the Olympics symbol and the other identifying elements of the Olympic movement. The IOC 's main decision (including choosing the host cities of the games the composition of the sports programme and electing new members) are taken during session The IOC general assemblies which are held yearly and bring together all the 115 IOC members. These members represent the IOC and the Olympic moment on a volunteer basis in their countries.They are not their countries delegates within the IOC .	3

30	<p>Elements: Elements of yoga can be explained in the form of 'Ashtanga yoga'. 'Ashta' means eight and 'Anga' means limbs. It means eight - limbs yoga. These were described by Patanjali in yogasutras.</p> <ol style="list-style-type: none"> 1. Yama (i) Ahimsa (ii) Satya (iii) Asteya (iv) Brahmacharya (v) Aparigraha 2. Niyama (i) Saucha (ii) Santosha (iii) Tapas (iv) Swadhyaya (v) Ishvara pranidhana 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi <p style="text-align: center;">Define any three</p>	3
31	<p>Types of Disabilities :</p> <ol style="list-style-type: none"> 1. Physical disability 2. Intellectual disability 	3

	<p>3. Learning disability</p> <p style="text-align: center;">Define</p>	
32	<p>Skeleton system: Skeleton system is the bony framework of our body. These bones are different in size and shape at birth. Children have around 300 bones and adults have 206 bones. They provide protection to our delicate organs. Bones are the hardest connective tissue forming the skeleton.</p> <p>Types of Bones</p> <ol style="list-style-type: none"> 1. Long bones 2. Short bones 3. Irregular bones 4. Sesamoid bones 5. Flat bones <p style="text-align: center;">Define</p>	1+4
33	<p>Procedure of 'P.R.I.C.E.'</p> <p>The conventional approach to addressing sports injuries R.I.C.E. has undergone modification and is now known as P.R.I.C.E. The PRICE regime is a simple 5-step protocol that even somebody who is not trained in first aid can use to minimise the effects of immediate injury.</p> <ol style="list-style-type: none"> 1. "P" is for Protection 2. "R" is for Rest 3. "I" is for ICE 4. "C" is for Compression 5. "E" is For Elevation <p style="text-align: center;">Define</p>	5
34	<p>Causes of disabilities</p> <p>*Pre-natal Causes -</p> <p>*Perinatal Causes -</p> <p>*Post-natal Causes -</p> <ol style="list-style-type: none"> 1. Diseases 2. Malnutrition 3. Wars 4. Wrong medication and Vaccination 5. Inherited Disabilities 6. Poison and pesticides 7. Accidents 8. Addictions 9. Mental Disorder 10. Poverty 11. Long term illnesses <p style="text-align: center;">Define</p>	5



Time: 3 Hrs .

M.M 70

Q.N.	Answer key	Mark s
1	D) All of these a) Fatigue b) Lack of motivation C) Loss of appetite	1
2	n) 1904	1
3	A) forming	1
4	D) broad attention focus	1
5	d) Straightening	1
6	b) Flexion	1
7	a) A-iv B -ii. C-4. D-iii	1
8	d) lungs	1
9	b) Human physique	1
10	b) soft and fat	1
11	d) job	1
12	c) static strength	1
13	d) Pretending to understand	1
14	c) (A) is true but (R) is false,	1
15	a) Dharana	1
16	c) 5	1
17	d) 1928	1
18	a) 2	1
19	<ul style="list-style-type: none"> • The full form of WADA is.....(World Anti -Doping Agency) • (Diuretics)....Are used to lose weight rapidly in sports. • (Blood doping)...Is the process of increasing the red blood cells by blood transfusion. • In..(1928)..IAAF (International Association of athletics Federation) became the first governing body to prohibit doping. 	4
20	<ul style="list-style-type: none"> • What is the range for Normal BMI ? (18.5-24.9) • 30-34.5 is the range for(Class I obesity) • A person with BMI 26 is(Over weight) • Calculate BMI for a male whose weight is 90 kg and his height is 1.7m. (31.14) obese 	4
21	<ol style="list-style-type: none"> 1.The period from birth to the end of two years of age is called ...Infancy 2. ...Early childhood..... period starts at the age of 2 years and ends at the age of 6 years. 3. ...Middle Childhood... Period starts at the age of 6 years and ends at the age of 11 years. 4. Adolescence period usually begins at the age of 11 and may continue up to the age of ...11-20.....years . 	4
22	Sports Training : Training is a process of preparing an individual for any event or an activity .sports training is the physical ,technical ,intellectual ,psychological and moral preparation of an athlete or a players by means of the physical exercise.	2

23	<p>Meaning of Psychology : Psychology is the relationship between mind and body behaviour ,attitude, interest ,thinking ,emotion, motivation ,memory, power of the mind etc</p> <p>“ Psychology is the science of human behaviour and its relationship ”</p>	2
24	<p>Biomechanics : The word “ Biomechanics” is derived from the Greek words “bios” meaning “life” and “Mekhanic” meaning “ machine” or “mechanics “</p> <p>Therefore Biomechanics is defined as systematic study of mechanics of body joints. Other words we can say Biomechanics is the study of structure and function of biological system of humans.</p>	2
25	<p>Evaluation :An evaluation is an appraisal or examination of something to determine its worth or fitness. For example, before you start an exercise programme,get a medical evaluation, to make sure you’ are able to handle the activity.</p>	2
26	<p>Components of Skill related fitness</p> <ol style="list-style-type: none"> 1) Reaction time 2) Power 3) Balance 4) Static Balance 5) Dynamic Balance 6) speed 7) Agility 8) Coordination 	2
27	<p>Types of Disabilities :</p> <p>Physical disability</p> <p>Intellectual disability</p> <p>Learning disability</p> <p>Define</p>	3

28	<p>Elements: Elements of yoga can be explained in the form of 'Ashtanga yoga'. 'Ashta' means eight and 'Anga' means limbs. It means eight - limbs yoga. These were described by Patanjali in <i>yogasutras</i>.</p> <p>Yama i) Ahimsa ii) Satya iii) Asteya iv) Brahmacharya v) Aparigraha</p> <p>Niyama i) Saucha ii) Santosha iii) Tapas iv) Swadhyaya v) Ishvara pranidhana</p> <p>Asana</p> <p>Pranayama</p> <p>Pratyahara</p> <p>Dharana</p> <p>Dhyana</p> <p>Samadhi</p> <p>Define any three</p>	3
29	<p>IOC : International Olympic Committee) The International Olympic Committee is the supreme authority of Olympic movement that it hold the rights to the Olympic games, the Olympics symbol and the other identifying elements of the Olympic movement.</p> <p>The IOC 's main decision (including choosing the host cities of the games the composition of the sports programme and electing new members) are taken during session The IOC general assemblies which are held yearly and bring together all the 115 IOC members. These members represent the IOC and the</p>	3

	<p>Olympic moment on a volunteer basis in their countries. They are not their countries delegates within the IOC .</p>	
30	<p>Fit India Program : Fit India movement was launched on 29th August 2019 by Honourable prime minister with a view to make fitness an integral part of our daily lives .The mission of the movement is to bring about behavioural changes and move towards a more physically active lifestyle.</p> <p>To promote fitness as easy fun and free</p> <p>To make fitness reach every school ,college / university panchayat / village etc.</p> <p>To create a platform for citizens of India to share information, derive awareness and encourage sharing of personal fitness stories.</p>	3
31	<p>Olympic Flag :The you along big flag was created under the guidance of Baron Coubertin in 1913 and was released in 1914 .But it was first hoisted in 1920 in Belgium at the Antwerp Olympic games in the main stadium.The flag consists of a white field bearing five equal interlocking rings of blue ,dark yellow, black ,green and red with separations wherever two rings intersect .the width -to - length ratio of the flag is 2:3 The five rings symbolized the " five parts of the world " in which the Olympic movement was active according to Coubertin.</p>	3
32	<p>Causes of disabilities</p> <p>*Pre- natal Causes -</p> <p>*Perinatal Causes -</p> <p>*Post-natal Causes -</p> <p>1.Diseases 7.Wrong medication and Vaccination</p> <p>2.Malnutrition 8.Inherited Disabilities</p> <p>3.Wars 9.Poison and pesticides</p> <p>4.Accidents 10.Addictions</p> <p>5.Mental Disorder 11. Poverty</p> <p>6. Long term illnesses</p> <p>Define</p>	5
33	<p>Procedure of 'P.R.I.C.E'</p> <p>The conventional approach to addressing sports injuries R.I.C.E.has undergone modification and is now known as P.R.I.C.E.The PRICE regime is a simple 5 step protocol that even somebody who is not trained in first aid can use to minimise the effects of immediate injury.</p> <p>"P" is for Protection</p> <p>"R" is for Rest</p> <p>"I" is for ICE</p> <p>"C" is for Compression</p> <p>"E" is For Rlevation</p> <p>Define</p>	5
34	<p>Skeleton system: Skeleton system is the bony framework of our body this bones different in size and shape at birth children have around 300 bones and adult have 206 bones provide protection to our delicate organs bones are the hardest connective tissue forming the skeleton.</p> <p>Types of Bones</p> <p>1.Long bones 2. Short bone</p> <p>3.Irregular bones 4. Sesamoid bones</p> <p>5. Flat bones</p> <p>Define</p>	5