

O P JINDAL SCHOOL SAVITRINAGAR
Half Yearly Examination 2019-20

Class- XI
Sub-Physical Education

Marks-70
 Time-3hrs

General Instructions:-

- i) All the questions are compulsory.
- ii) Questions carrying 1 marks are MCQ and VSA type questions, answer the MCQ by Choosing correct options and give very short answers for VSA type questions.
- iii) Questions carrying 3marks should be answer in 70 to80 words
- iv) Questions carrying 5 marks should be answer in120 to 150 words.

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1. Define Physical Education? 1
 a) Physical Development b) Mental Development c) Social Development d) Overall Development

 2. Which one is Located in Patiala(Punjab)? 1
 a) NIS b) NSNIS c) SAI d) LNIPE

 - OR
 - Which is Located In Chennai?
 a) Delhi b) Chennai c) Bangaluru d) Chandigarh

 3. Olympic name comes from the word. 1
 a) Athens b) Zeus c) Olympia d) Greece

 4. Who was the First President of Indian Olympic Association? 1
 a) Jawaharlal Nehru b) Maharaja Bhupinder Singh c) Sir Dorabji Tata d) Mahatma Gandhi

 5. Components of Wellness is..... 1
 a) Physical Wellness b) Emotional Wellness c) Intellectual Wellness d) All

 6. How many types of Strength is there? 1
 a) 4 b) 5 c) 3 d) 2

 - OR
 - Short Distance Running 100Mtr Sprint is a Kind of Activity.
 a) Aerobic b) Anaerobic c) A & B d) Non of these

 7. What is Agility? 1
 a) Faster movement b) Continuous movement c) Quickness in movements d) Non of these

 8. What is Paralympics? 1
 a) Olympic for Normal People b) Olympic for Deaf People c) Olympic for Disabled People
 d) Olympic for Accidental People

9. What does it mean by Adaptation? 1
 a) Accepting b) Avoiding c) Hating d) Refusing
10. The First Paralympic Game was held in Rome in..... 1
 a) 1960 b) 1962 c) 1965 d) 1966
11. Discuss Sports Authority of India. 1
12. What is the Basic Eligibility for Physical Education Teacher in School? 1
 OR
 What are the Compulsory Eligibility for Teaching Physical education In School at Senior Secondary Level?
13. Discuss Cardiovascular Fitness. 1
14. What kind of awards giving during Ancient Olympics Games? 1
15. Discuss about Olympic Flame . 1
 OR
 Discuss about Olympic Flag
16. What is Olympic Motto? 1
17. What is Wellness? 1
18. Discuss about Positive lifestyle. 1
19. Define Adapted Physical Education. 1
20. What is Special Olympic Bharat? 1
21. What are the Aims & Objectives of Physical Education? 3
22. 'Sports as Playing Career'. Discuss. 3
 OR
 How Sportsman can serve after ending their career as a player. Discuss.
23. Discuss about Modern Olympic Games. 3
 OR
 Discuss about Ancient Olympic Games
24. What are the Objectives of Olympic Games? 3
25. What are the Development of Values through Olympic movement? 3
26. Explain the Importance of Healthy Lifestyle. 3
 OR
 How Person can Prevent them self from the Lifestyle Diseases?

27. What are the Components of Wellness? Explain. 3
28. How Diet is Important for healthy Lifestyle? 3
29. Discuss the Aims & Objectives of Adaptive Physical Education. 3
30. What do mean by Inclusion? 3
31. What are the various Physical education courses available in India. Discuss. 5
OR
What are the difference Between A Teacher & A Coach? Discuss.
32. What is the difference between Law & Rules? Why rules gives Strength & Discipline to any Competition like Olympic Games? 5
33. Explain the Components of Physical Fitness. 5
OR
What are the Components of Positive Lifestyle?
34. What are the role of various Professionals for Children with special needs? Discuss. 5
