

**Z-34-C**

Roll No.....

Total No. of Questions : 30]

[Total No. of Printed Pages : 7

**11<sup>th</sup>SZARJD22**

**6434-C**

# **PHYSICAL EDUCATION**

Time : 2.30 Hours]

[Maximum Marks : 70

## **Section-A**

**(Multiple Choice Questions)**

1 each

Choose the most appropriate answer of the following questions :

1. Which terminology is not related to Kho-Kho Game ?

(A) Trapping

(B) Tapping

(C) Dragging

(D) None of these

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Turn Over

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2. What is the length of Badminton Racket ?
- (A) 56 cm
  - (B) 63 cm
  - (C) 68 cm
  - (D) None of these
3. What is the measurement of Handball ground ?
- (A) 30 m × 30 m
  - (B) 25 m × 30 m
  - (C) 40 m × 20 m
  - (D) None of these
4. Which colours ring represent Asian Continent ?
- (A) Red
  - (B) Blue
  - (C) Black
  - (D) None of these

5. How many types of bows are used in Archery Competition ?
- (A) 3
  - (B) 2
  - (C) 1
  - (D) None of these
6. Thomas Cup is associated with :
- (A) Football
  - (B) Badminton
  - (C) Lawn Tennis
  - (D) None of these
7. Which of the following National Sports Award is given to sports person as a life time achievements award ?
- (A) Dronacharya Award
  - (B) Arjuna Award
  - (C) Dhyan Chand Award
  - (D) None of these

8. Which of the following are the most common injuries among sports-person ?

(A) Fracture

(B) Strain

(C) Sprain

(D) None of these

**Section-B**

**(Very Short Answer Type Questions)**

2 each

9. Why Physical Education is important day-to-day life ?

*Or*

Write the definition of Physical Education as given by J.F. William.

10. Full form of YMCA.

11. What are the bad effects of Tobacco on Sportsperson ?

12. Write a short note on Dronacharya Award.
13. Explain any *two* components of balanced diet in short.
14. Briefly explain muscle pull.
15. Name any *two* fundamental skills of Hockey.
16. Define the term Career.
17. Write a short note on Maulana Abul Kalam Trophy.
18. Give *two* definitions of Physical Education.

**Section-C**

**(Short Answer Type Questions)**

**3 each**

19. Discuss the aim and objectives of Physical Education.

*Or*

Explain the need and importance of Physical Education.

20. Write down *three* National Sports Awards.

21. What is Obesity ? Explain the causes of obesity.
22. Give the difference between strain and sprain.
23. Explain briefly the ancient history of Olympic Games.
24. What do you know about Olympic Rings and Torch ?
25. What is the role of diet on sports performance ?
26. Highlight the avenues in Physical Education in modern time.
27. Explain briefly the effects of exercise on digestive system.

**Section–D**

**(Long Answer Type Questions)**

5 each

28. What do you mean by Respiration ? Explain the effect of exercise on respiratory system.

*Or*

Elaborate muscular system in detail. Discuss the effect of exercise on muscular system.

29. Explain the role of sports psychology in the field of Physical Education and Sports.

*Or*

Elucidate the significance of achievement and motivation in games and sports.

30. Discuss various form of drugs used by sportsperson and its evil effect.

*Or*

Define Health. Write down the importance of health education in present era.