

X-59

Roll No. .

Total No. of Questions : 15]

[Total No. of Printed Pages : 4

11thARJKLK23

9559

**PHYSICAL EDUCATION
AND SPORTS**

(Vocational)

Time : 2½ Hours]

Maximum Marks : 50

Section-A

(Long Answer Type Questions)

5

1. Define Self-motivation. Explain its types.

Or

Explain Time Management.

(Short Answer Type Questions)

3

2. Define Green India Mission (GIM).

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Turn Over

(Multiple Choice Questions)

1 each

3. (i) Which of the following actions would not help a green agriculture ?
- (A) Using chemical fertilisers
 - (B) Using organic manure .
 - (C) Growing vegetables using vermicompost
 - (D) Bying or selling organic potatoes
- (ii) What is the main role of the government is a green economy ?
- (A) Making policies
 - (B) Making inventions
 - (C) Creating awareness
 - (D) Using new technologies

Section-B

(Long Answer Type Questions)

5 each

4. Explain the following :
- (i) Cardiovascular endurance
 - (ii) Muscular endurance
 - (iii) Muscular strength
 - (iv) Muscular power

Or

Describe flexibility, balance, speed, agility and body composition:-

5. What are the principles of management ?

Or

Discuss need and importance of management.

(Short Answer Type Questions)

3 each

6. What are the benefits of physical fitness ?
7. What are the career opportunities in fitness field ?
8. What is the role of a personal trainer ?
9. Define management in sports.

(Very Short Answer Type Questions)

2 each

10. Define Flexibility.
11. What is Body Composition ?
12. Personal Trainer Means
13. What is the role of fitness trainer in fitness center ?
14. Write any *three* principles of management.

(Multiple Choice Questions)

1 each

15. (i) Physical development means development of :
(A) Brain (B) Muscles
(C) Moral values (D) None of these
- (ii) Essential quality needed for a successful physical trainer :
(A) Disciplined (B) Passionate
(C) Honest and loyal (D) Motivator

(iii) Dumbles are used in :

- | | |
|----------------------|-------------------|
| (A) Coaching centers | (B) Gym centers |
| (C) CSC centers | (D) None of these |

(iv) The ability to cover the maximum distance in a minimum time :

- | | |
|-----------|-----------------|
| (A) Power | (B) Agility |
| (C) Speed | (D) Flexibility |

(v) Dimension of Volleyball Court is :

- | | |
|---------------|---------------|
| (A) 18 × 9 m | (B) 9 × 11 m |
| (C) 18 × 18 m | (D) 10 × 14 m |

(vi) What is the length of Cricket Stump ?

- | | |
|---------------|---------------|
| (A) 26 inches | (B) 29 inches |
| (C) 30 inches | (D) 28 inches |

(vii) When do we celebrate Yoga Day ?

- | | |
|-------------------|-------------------|
| (A) 21st June | (B) 21st August |
| (C) 21st November | (D) 21st December |

(viii) Racket is used in Basketball game.

(True/False)