

Z-34-B

Roll No.....

Total No. of Questions : 30]

[Total No. of Printed Pages : 7

11thSZARJD22

6434-B

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. The terminology 'Hairpin Net Shot' is associated with which game ?

(A) Cricket

(B) Badminton

(C) Hockey

(D) None of these

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Turn Over

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2. What is the length of Hockey ground ?
- (A) 110 yard
 - (B) 100 yard
 - (C) 80 yard
 - (D) None of these
3. Which country hosted 2020 Olympic Games ?
- (A) Australia
 - (B) China
 - (C) England
 - (D) None of these
4. How many players are there in a Handball team ?
- (A) 12
 - (B) 14
 - (C) 16
 - (D) None of these

5. Which part of the arrow is called shaft ?
- (A) Front
 - (B) Middle
 - (C) Rear
 - (D) None of these
6. What is the cash money of Rajiv Gandhi Khel Ratna Award ?
- (A) 3 lakh
 - (B) 5 lakh
 - (C) 7 lakh
 - (D) None of these
7. Sultan Azlan Shah Cup is associated with :
- (A) Football
 - (B) Cricket
 - (C) Badminton
 - (D) None of these

8. Sprain frequently occur in sports like :

- (A) Archery, Shooting, Aiming
- (B) Swimming, Diving, Water Polo
- (C) Football, Volleyball, Basketball
- (D) None of these

Section-B

(Very Short Answer Type Questions)

2 each

9. Explain briefly need of Physical Education.

Or

What is the meaning of Physical Education ?

10. What is the full form of M.P.Ed. ?

11. Write any two effects of Alcohol on individual.

12. What is energy yielding and body building food ?

13. Write a short note on Arjuna Award.
14. Define Dislocation. Give its symptoms.
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.

(7)

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.