

## Class XI (2024-25)

**Maximum Marks: 70**

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

1. Khelo India Games are organised: [1]
  - a) Every 5 years
  - b) Half-yearly
  - c) Annually
  - d) Every 2 years
2. Which of the following word is involved in the Olympic motto? [1]
  - a) Fortius
  - b) Citius
  - c) Altius
  - d) All of these
3. Coaches should make use of the methods of \_\_\_\_\_ biomechanics analysis in their everyday practice to produce changes in the technique used by their students. [1]
  - a) quantitative
  - b) effective
  - c) qualitative
  - d) Non-effective

4. \_\_\_\_\_ is the state of complete physical, mental and social well-being and not merely the absence of diseases. [1]

a) Lifestyle

b) Wellness

c) Fitness

d) Health

5. **Assertion (A):** The way in which a machine requires inner and outer cleanliness for smooth and systematic functioning, similarly, human machine also needs inner and outer cleanliness for proper functioning. [1]

**Reason (R):** The inner cleanliness of our body can be done properly by shudhi kriyas which are called shatkarmas.

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.

6. A technique used to know the extent to which objectives are being achieved. [1]

a) Evaluation

b) Test

c) Assessment

d) Measurement

7. What does person require to maintain physical fitness? [1]

a) Efficient organic mechanism

b) Efficient motar mechanism

c) Efficient mental functioning

d) All of these

8. Identify the concept of physical education: [1]



a) Health

b) Wellness

c) Mental Fitness

d) Physical Fitness

9. Match List-1 with List-II and select the correct answer from the code given below: [1]

List-I Name	List-II Known for
(a) Zeus	(i) First recorded winner
(b) Coroebus	(ii) The king who officially ended the Olympic Games
(c) Theodosius	(iii) In whose honour Olympic Games were started
(d) Pierre de Coubertin	(iv) French baron who revived Olympic Games

a) (a) - (iii), (b) - (i), (c) - (ii), (d) - (iv)      b) (a) - (i), (b) - (iv), (c) - (ii), (d) - (iii)

c) (a) - (ii), (b) - (iv), (c) - (iii), (d) - (i)      d) (a) - (ii), (b) - (iv), (c) - (i), (d) - (iii)

10. **Assertion (A):** Skill is to regain energy after workout what was lost during the activity. [1]

**Reason (R):** Technique is the way of performing skill. It is a basic movement of any sports or event.

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.

11. Which of the following is not a Technological advancement in the field of sports? [1]

a) Instant Replay      b) Sensor tools  
c) Digital Contact Tracing      d) RFID chips

12. The basic movement of any sports or event is: [1]

a) Style      b) Recovery  
c) Skills      d) Technique

13. Playing sports inculcates [1]

a) Leadership skills      b) Team spirit  
c) All of these      d) Risk taking

14. Which type of instructional strategies must be used for performing various types of physical activities for children with special needs? [1]

a) Verbal                                      b) All of these

c) Visual                                        d) Peer teaching
15. **Yoga is attaining the pose.** Whose words are these? [1]

a) Ram Dev                                     b) Ved Vyas

c) Krishna                                      d) Patanjali
16. \_\_\_\_\_ takes place when the angle between two bones attached to a joint \_\_\_\_\_. [1]

a) Extension, decrease                      b) Adduction, increase

c) Flexion, increase                          d) Extension, increase
17. \_\_\_\_\_ is known as the father of the Olympics. [1]

a) Chionis of Sparta                          b) Leonidas

c) Gaius Appuleius Diocles                d) Barron Pierre De Coubertin
18. \_\_\_\_\_ is a type of movement which takes place when the angle between two bones attached to a joint decreases. [1]

a) Flexion                                        b) Extension

c) Adduction                                    d) Abduction

## Section B

**Attempt any 5 questions**

19. For what range of BMI is the health risk very high for males with a WHR  $> 1.0$ ? [2]
20. What avenues are open for health related careers in physical education? [2]
21. Which field of study in sports is called **Biomechanics**? [2]
22. What do you mean by vertical axis? [2]
23. How does a physiotherapist help a child with disability? [2]

24. Pace races mean, running the whole distance of a race at a constant speed. Which are the races included in pace races? [2]

### Section C

Attempt any 5 questions

25. Determine the degree of health risk for a man by calculating the BMI and WHR based on the data given below. [3]

Gender	Weight (kg)	Height (cm)	Circumference of Waist (cm)	Circumference of Hips (cm)
Male	57	174	180	190

26. Define Projectile and enlist the factors which affect the projectile trajectory. [3]
27. What are the functions of blood? [3]
28. What are the major physical characteristics of the three Somatotypes, as classified by Sheldon? [3]
29. What is axis? What are its types? [3]
30. What is the role of anxiety in sports? [3]

### Section D

31. Naveen Singh, a HOD of the Physical Department explains the objectives of Physical Education. [4]



Look at the image carefully.

1. \_\_\_\_\_ development is shown in the above picture.
- A. Physical
  - B. Neuro-Muscular
  - C. Social
  - D. Emotional
2. This objective helps to develop a better \_\_\_\_\_.
- A. endurance

- B. flexibility
- C. strength
- D. coordination

3. Reaction time becomes \_\_\_\_\_ through participation in physical activities.

- A. faster
- B. longer
- C. less
- D. irrelevant

4. This objective promotes accurate and \_\_\_\_\_ functioning of the body.

- A. smooth
- B. rigid
- C. erratic
- D. limited

32. Govind, read about the Olympics of the ancient period his sister asked him about the Olympics of the old time. Look at the image carefully. [4]



Look at the image carefully.

1. The earliest recorded date for the first ancient Olympics was \_\_\_\_\_.

- A. 776 BCE
- B. 400 BCE
- C. 100 CE
- D. 1500 BCE

2. In honor of the most important Greek God, \_\_\_\_\_, all regional wars were suspended during these games.

- A. Zeus
- B. Apollo
- C. Hermes
- D. Athena

3. The Olympics were revived in \_\_\_\_\_.

- A. 1900
- B. 1980
- C. 1924
- D. 1896

4. The International Festival of Olympic Games began in ancient \_\_\_\_\_.

- A. Rome
- B. Greece
- C. Egypt
- D. Persia

33. Dravid, was a cricket player his coach finds out some leadership qualities in him. [4]



Identify the leadership quality.

1. \_\_\_\_\_ leadership quality is shown in the above picture.

- A. Charismatic
- B. Good personality
- C. Authoritative
- D. Democratic

2. It is the \_\_\_\_\_ factor of leadership.

- A. Minor
- B. Unimportant
- C. Key
- D. Secondary

3. A fine personality includes good physical fitness and \_\_\_\_\_.

- A. Mental alertness
- B. Social skills
- C. Wealth
- D. Popularity

4. A leader's personality always influences other \_\_\_\_\_ members.

- A. Family
- B. Team
- C. Community
- D. Individual

### **Section E**

**Attempt any 3 questions**

- 34. What is Obesity? Draw stick diagrams of any two asanas recommended to control obesity and explain their procedure. **[5]**
- 35. What is the importance of kinesiology in physical education and sports? **[5]**
- 36. Explain the concept and principles of Adaptive Physical Education. **[5]**
- 37. Briefly explain the problems faced by adolescents. **[5]**



**Solution**  
**SAMPLE QUESTION PAPER - 3**  
**Physical Education (048)**  
**Class XI (2024-25)**

**Section A**

1.  
(c) Annually  
**Explanation:**  
Khelo India Games are organised every year.
2.  
(d) All of these  
**Explanation:**  
The Olympic motto is made up of three Latin words : Citius - Altius - Fortius. These words mean Faster - Higher - Stronger.
3.  
(c) qualitative  
**Explanation:**  
qualitative
4.  
(b) Wellness  
**Explanation:**  
Wellness is more than being free from illness, it is a dynamic process of change and growth.
5.  
(b) Both A and R are true but R is not the correct explanation of A.  
**Explanation:**  
Generally, human beings do outer cleanliness which is very easy but inner cleanliness is slightly difficult. The inner cleanliness of our body can be done properly by "Shudhi kriyas".
6. (a) Evaluation  
**Explanation:**  
Evaluation is a decision making process which assists to make grade and ranking and to know the extent to which objectives are being achieved.
7.  
(d) All of these  
**Explanation:**  
All of these

8.

**(d) Physical Fitness**

**Explanation:**

It is the ability of an individual to carry out his daily routine without getting tired and having an extra amount of energy to meet any kind of unforeseen emergency.

9.

**(d) (a) - (ii), (b) - (iv), (c) - (i), (d) - (iii)**

**Explanation:**

(a) - (ii), (b) - (iv), (c) - (i), (d) - (iii)

10.

**(d) A is false but R is true.**

**Explanation:**

Recovery is to regain energy after workout what was lost during the activity.

11.

**(c) Digital Contact Tracing**

**Explanation:**

Digital Contact Tracing

12.

**(d) Technique**

**Explanation:**

Technique is the way of performing skill. It is a basic movement of any sports or event.

13.

**(c) All of these**

**Explanation:**

All of these

14.

**(b) All of these**

**Explanation:**

All of these

15.

**(b) Ved Vyas**

**Explanation:**

Maharishi Ved Vyas said, "Yoga is attaining the pose".

16.

**(d) Extension, increase**

**Explanation:**

Extension refers to the movement in the posterior direction. For e.g., Extension of the knee is to increase the angle between the tibia and the femur.

17.

**(d)** Barron Pierre De Coubertin

**Explanation:**

Barron Pierre De Coubertin has done the revival work of the games and is known as the father of the Olympics.

18. **(a)** Flexion

**Explanation:**

Flexion is the movement in which the angle between two bones decreases.

**Section B**

19. For males with a waist hip ratio  $> 1.0$ , the health risk is very high if the BMI is 30 or more.
20. The avenues open in health related careers are fitness trainer, aerobics trainer, yoga instructor, weight training expert, physical training instructor etc.
21. Biomechanics is the study of the movement of living things using the science of mechanics. It is the branch of kinesiology which deals with the precise information of human movements with scientific method.
22. Vertical axis: The vertical axis passes vertically from inferior to superior. It passes straight through the top of the head down between feet. It is formed by the intersection of sagittal and frontal plane. It is also known as longitudinal axis. It is the longest axis.
23. A physiotherapist helps a child with disability to manage movement disorders, thereby encouraging a child's mobility and independence.
24. Example 400, 800 and 1500 m races.

**Section C**

25. The formula for BMI is

$$\text{Body Mass Index (BMI)} = \frac{\text{Body Weight (kg)}}{\text{Height} \times \text{Height (m)}^2}$$

$$\text{Thus, in this case, BMI} = \frac{57}{(1.74 \times 1.74)} = 24.4$$

the formula for WHR is

$$\text{Waist Hips Ratio (WHR)} = \left( \frac{\text{Waist Circumference}}{\text{Hip Circumference}} \right)$$

$$\text{Thus, in this case, WHR} = \frac{180}{190} = 0.95$$

According to the degree of health risk table, for a male having a BMI less than 25 and a WHR between 0.85 and 1.0, the health risk is low.

26. Projectile: an object thrown into the space either horizontally or at acute angle under the action of gravity is called a projectile. In the field of games and sport there are many examples of projectiles such as putting the shot, throwing a hammer, discus and javelin in athletics. Three factors affecting projectile trajectory or parabola are follows:
1. Angle of Projection
  2. Projection height relevant to the landing surface
  3. Spin
27. Important functions of blood are given as under:
- i. Transport of oxygen from the lungs to the tissues and carbon dioxide from the tissues to the lungs.
  - ii. It carries food material absorbed from the intestines to the tissue cells for growth, energy and repair process.
  - iii. It carries the waste products of cellular activity and carries them to kidneys, lungs and intestines for excretion.
  - iv. It carries hormones, vitamin and other chemicals to the place of need.
  - v. It helps to maintain water balance in the body.
  - vi. It regulates the body temperature.
  - vii. White blood cells of the blood acts as a defensive mechanism.
28. The major physical characteristics of the three Somatotypes, as classified by Sheldon, are
- i. **Endomorph:** Such persons have a large amount of mass on their physique. They have a pear shaped body, a round head, a large, round abdomen, large internal organs relative to their size, rather short arms and legs with fat upper arms and thighs, but slender wrists and ankles.
  - ii. **Mesomorph:** Such persons have an above average muscular appearance, a square, massive head; broad, muscular chest and shoulders; a large heart; heavily muscled arms and legs; and minimal body fat. They have a well-developed rectangular shaped body.
  - iii. **Ectomorph:** Such persons have a tendency of linearity. They are considered slim. The extreme ectomorph has a thin face with high forehead, reduced chin, narrow chest and abdomen, a narrow heart, long and thin arms and legs, little body fat and little muscle. However, they have a large skin surface and a large nervous system.
29. An axis is a straight line around which an object rotates. Movements at the joints of human muscoskeletal system are mainly rotational and take place about a line perpendicular to the plane in which they occur. This line is known as axis of rotation. There are following types of axes of rotation:
1. Sagittal axis: The sagittal axis passes horizontally from posterior to anterior. It is formed by the intersection of the sagittal and transverse plane. Sagittal axis passes from front to back.

2. Frontal axis: The frontal axis passes horizontally from left to right. It is formed by the intersection of frontal and horizontal plane. Frontal axis passes from side to side.
  3. Vertical axis: The vertical axis passes vertically from inferior to superior. It passes straight through the top of the head down between feet. It is formed by the intersection of sagittal and frontal it is also known as longitudinal axis. It is the longest axis.
30. Anxiety plays an important role in sports, It is an essential ingredient of any competitive situation, Anxiety levels differ from athlete to athlete and from situation to situation. Athletes learn how to cope with stressful and competitive situations and manage anxiety with or assistance from a coach, otherwise they would not be able to give outstanding performances.

### Section D

31.
  1. B) Neuro-Muscular
  2. D) Coordination
  3. C) Less
  4. A) Smooth
32.
  1. C) 776 BCE
  2. A) Zeus
  3. D) 1896
  4. B) Greece
33.
  1. B) Good personality
  2. C) Key
  3. A) Mental alertness
  4. B) Team

### Section E

34. Obesity is a condition characterized by excessive body fat accumulation, often assessed using the Body Mass Index (BMI). A BMI of 30 or higher indicates obesity, which increases the risk of various health issues, including heart disease, diabetes, and hypertension.

Recommended Asanas to Control Obesity

#### 1. Bhujangasana (Cobra Pose)



#### Procedure:

- i. Lie face down, legs straight and together.
- ii. Place palms under shoulders.
- iii. Inhale and lift your chest, keeping pelvis on the ground.

- iv. Arch your back and look up.
- v. Hold for 15-30 seconds, then lower back down.

## 2. Trikonasana (Triangle Pose)



### Procedure:

- i. Stand with feet wide apart.
  - ii. Turn your right foot out and extend arms sideways.
  - iii. Inhale, then exhale as you bend to the right, reaching for your ankle.
  - iv. Extend the left arm up, gaze at the left hand.
  - v. Hold for 15-30 seconds, then switch sides.
35. i. By following the principles of kinesiology, the coach can guide his fellow contestants to avoid sports injuries while performing.
- ii. Kinesiology helps the sports coach to get better results from their athletes and is usually helpful in right performance of the sport skill and technique.
  - iii. It enables the physical educators to teach right modes of physical activities to their pupils.
  - iv. Physical educators can impact various activities on the basis of knowledge of kinesiology.
  - v. Kinesiology helps physical educators and physicians in learning and correcting physical deformities of a person.
  - vi. It enables the coach to provide effective scientific training of players.
  - vii. Kinesiology plays an important role in the personality development of a sports person.
  - viii. Kinesiology helps the sports coaches and trainers in the application of their relative methods of coaching efficiently and precisely.

## 36. Concept of Adaptive Physical Education:

Adaptive Physical Education (APE) is a specialized educational approach designed to cater to the diverse needs of students, particularly those with disabilities or differing abilities, within the framework of physical education. It is a crucial facet of inclusive education, aiming to provide equal opportunities for all students to participate in physical activities, promoting their physical, social, and emotional development.

### Principles of Adaptive Physical Education:

For the implementation of Adaptive Physical Education programme, following principles need to be kept in mind:

- i. **Medical Check-up:** The success of the Adaptive Physical Education programme largely depends upon the medical check-up of the students. Without medical examination, we cannot know the type of disability and percentage of disability of the student which he is facing. So, a complete medical examination must be done.
- ii. **Interest of the students must be taken into consideration:** The programmes of Adaptive Physical Education must be based on the interests, abilities, previous experience, capacity and limitations of the students. The teachers or programme planners must have a deep knowledge about limitations, interests, aptitudes, etc., of the students. After that, they may prepare the programme and provide the programme.
- iii. **Rules and Regulations should be improvised:** The rules and regulations should be simple and modified from time to time according to the requirement of the disabled special students. There should be modification done in such a way that the special students take extra interest and more students take part in the activity.

37. Due to the sudden and rapid biological, psychological and behavioural changes taking place in the body, an adolescent suffers through many problems.

The only source of comfort during these times for them are their peer with whom they might develop bad habits.

The problems of adolescents are described below

- i. **Aggression and Uncontrollable Emotions** Adolescents are very emotional and hyper. They go through sudden change of mood and outbursts almost every day. One aspect of this suddenness of change include the thoughts of suicide, self-hate, anxiety and depression that they may face.  
Adolescents also display aggressive behaviour They overreact to minor situations and are rebellious towards criticism. This may get them into bad anti-social habits and also may land them into problems that may affect their future.
- ii. **Social Standing** Adolescents are very conscious of their social status and their personal identity. They want to make their own respectable place in the society while fitting into it.  
To fit perfectly, they come under peer pressure which sometimes leads them into wrong means of obtaining luxurious things.  
They feel themselves to be important and demand the same respect from others. They sometimes become overconfident and try to hide their mistakes. They put their blame on others and protect themselves.
- iii. **Problems Related to Sex** In contrast to the previous stages, adolescents now are more attracted to the opposite sex. Their urges related to this attraction is so strong that they become restless and may take wrong means to attain them.

iv. **Drug Addiction** The imbalance and instability that the adolescents face lead them towards developing bad habits. In addition, the curiosity, lack of knowledge and peer pressure leads them towards the drugs and alcohol.

This experimentation can turn into addiction which can spoil the entire future of the teenager.

v. **Criminal Activities** The desire to be accepted by the peers and the restlessness as a result of changes occurring in their lives, makes them more inclined to participate in criminal activities.

Adolescents indulge in criminal offences like thefts, stealing, violence, molestation, etc.