

PHYSICAL EDUCATION (Theory) **CLASS-XI**

Time allowed: 03hrs.

Max.Marks: 70

General Instructions:

- i) All questions are compulsory.
- ii) Answer to questions carrying 1 mark should be in approximately 30-40 words.
- iii) Answer to questions carrying 3 marks should be in approximately 50-60 words.
- iv) Answer to questions carrying 5 marks should be in approximately 100-150 words.

- | | | |
|-----|---|---|
| 1. | Define Physical Education. | 1 |
| | शारीरिक शिक्षा की परिभाषित कीजिये । | |
| 2. | Write down the importance of Physical fitness in brief. | 1 |
| | शारीरिक महत्वता की महत्त्वता को लिखिए । | |
| 3. | Give the brief explanation of Dronacharya Award . | 1 |
| | द्रोणाचार्य पुरस्कार के बारे में संक्षिप्त में लिखिए। | |
| 4. | What do you mean by Pranayama? | 1 |
| | प्राणायाम से आप क्या समझते हैं। | |
| 5. | What is the meaning of Doping. | 1 |
| | सर्वांगी दवाजी (Doping) का अर्थ बताइये । | |
| 6. | Explain any two elements of Sports Environment in brief. | 1 |
| | खेल वातावरण के किन्हीं दो तत्वों की संक्षेप में व्याख्या कीजिये । | |
| 7. | Write down the formula to calculate BMI. | 1 |
| | BMI का सूत्र लिखिए । | |
| 8. | Discuss any two functions of muscles. | 1 |
| | मांसपेशियों के किन्हीं दो कार्यों को बताइये । | |
| 9. | What is the meaning of Biomechanics. | 1 |
| | बायोमेकेनिक्स का अर्थ बताइये। | |
| 10. | What do you mean by Psychology? | 1 |
| | मनोविज्ञान से आप क्या समझते हैं। | |
| 11. | Explain the concept of Sports training. | 1 |
| | खेल प्रशिक्षण की विचारधारा को बताइए । | |
| 12. | Briefly explain the aims and objectives of physical education. | 3 |
| | शारीरिक शिक्षा के उद्देश्यों को बताइए। | |
| 13. | Enlist the Sports Awards and explain any two in detail. | 3 |
| | राष्ट्रीय खेल पुरस्कारों को बताइए । उनमें से किन्हीं दो को विस्तार में बताइये । | |

Class 11 Physical Education Sample Paper 2013

M Carnoy



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