

INTERNATIONAL INDIAN SCHOOL, RIYADH

FIRST TERM EXAMINATION JUNE 2014

STD: XI

SUBJECT: PHYSICAL EDUCATION (Theory)

MAX: MARKS: 70

Time: 3Hrs.

**General Instructions:** *All questions are compulsory.*

1. Answer to question carrying 1 mark should be in approximately 30 words.
2. Answer to question carrying 2 marks should be in approximately 60 words.
3. Answers to question carrying 3 marks should be in approximately 80 words.
4. Answers to question carrying 5 marks should be in approximately 100-150 Words.

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| 1. Write down the Olympic motto?   | (1) 39 |
| 2. What is hypertension?   | (1) 12 |
| 3. Explain any two rules of ancient Olympic games?   | (1) 38 |
| 4. Define Yoga?  | (1)    |
| 5. What do you mean by physical fitness?   | (1)    |
| 6. What is the full form of N.S.N.I.S ?  | (1)    |
| 7. What do you mean by adapted physical education?   | (1)    |
| 8. Define doping?  | (1)    |
| 9. Briefly discuss about modern Olympic Awards?  | (2)    |
| 10. What do you mean by lifestyle ?  | (2)    |
| 11. What are the physical methods of doping?   | (2)    |
| 12. Discuss any two objectives of physical education?  | (2)    |
| 13. What is Pranayama explain ?  | (2)    |
| 14. What do you mean by rehabilitation in sports?  | (2)    |
| 15. Explain any two components of positive lifestyle?  | (2)    |
| 16. describe the first aid and mention the first aid for sprain?                             | (3)    |
| 17. Discuss the side effects of anabolic steroids ?  | (3)    |
| 18. Enlist any six elements of yoga ?  | (3)    |
| 19. Enlist the sports awards? Explain any one in brief?                                      | (3)    |
| 20. Explain the aim and functions of All India Council of sports?                            | (3)    |
| 21. What do you mean by indicators of health. Discuss its types in brief?                    | (3)    |
| 22. Explain the soft tissue injuries in details?   | (5)    |
| 23. Describe the performance enhancing substances in brief?                                  | (5)    |
| 24. Discuss "Yoga as an Indian heritage" ?   | (5)    |
| 25. Write short note on ancient Olympic Games?   | (5)    |
| 26. Enumerate the factors affecting physical fitness & wellness?                             | (5)    |
| 27. Enlist the career options in physical education? Explain the teaching career in details? | (5)    |

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