

INTERNATIONAL INDIAN SCHOOL – RIYADH

SECOND TERM EXAMINATION – 2015

SUBJECT: PHYSICAL EDUCATION

CLASS: XI

TIME: 3 HOURS

MAX MARKS: 70

GENERAL INSTRUCTIONS:-

- i) All questions are compulsory
- ii) Answers to questions carrying 1 marks should be in approximately 30 to 50 words
- iii) Answers to questions carrying 3 marks should be in approximately 60 to 100 words
- iv) Answers to questions carrying 5 marks should be in approximately 150 to 200 words

1. What do you mean by wellness?	1
2. What is adapted physical education?	1
3. Elucidate about the symbol of Modern Olympic Games?	1
4. What do you mean by "Pranayama"?	1
5. Enlist the performance enhancing substances?	1
6. What do you mean by Physical Activity Environment?	1
7. What do you mean by BMI?	1
8. Define Anatomy and Physiology?	1
9. What do you mean by Sports Psychology?	1
10. Define center of gravity?	1
11. What do you mean by Sports Journalism?	1
12. Briefly explain components of Positive Life Style.	3
13. Enumerate the objectives of Physical Education.	3
14. What do you mean by Test and Measurement?	3
15. What is "Yoga"? Explain its importance in daily life.	3
16. Describe the responsibilities of Athletes.	3
17. Elucidate the essential elements of Positive Sports Environment.	3
18. Briefly state the functions of bones.	3
19. Discuss the Newton's Law of Motion in brief.	3
20. Elucidate about the development of values through Olympic Movement.	5
21. Explain the prevention and management of diabetes in detail.	5
22. What is Doping? Explain the side effects of prohibited substances in detail.	5
23. Explain the principles of Physical Activity Environment.	5
24. Elucidate the somatotypes in details.	5
25. Explain the structure of Respiratory System in detail.	5
26. What is 'Biomechanics'? Explain the importance of biomechanics in Physical Education.	5
27. Elucidate the problems and managements of Adolescence in detail.	5

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