

**GULF SAHODAYA (SAUDIA CHAPTER) EXAMINATION – 2012**

**SUBJECT: PHYSICAL EDUCATION**

TIME: 3 Hours

**CLASS : XI**

MAX. MARK: 70



**GENERAL INSTRUCTIONS**

- (i) All questions are compulsory.
- (ii) Question paper carries A and B two parts.
- (iii) Answers to questions carrying 1 mark should be in approximately 30 words.
- (iv) Answers to question carrying 2 marks should be in approximately 60 words.
- (v) Answers to questions carrying 3 marks should be in approximately 100 words.
- (vi) Answers to questions carrying 5 marks should be in approximately 150 - 200 words.

**PART - A**

1. Name any two sub disciplines of physical education and describe any one. (1)
2. What do you mean by professional ethics? (1)
3. What is hypertension? (1)
4. Write short note on Olympic Flame. (1)
5. Define Leadership. (1)
6. What do you mean by measurement in Sports? (1)
7. Explain any two factors which affect the physical fitness components. (1)
8. Mention any four benefits of "Sports for All". (1)
9. Discuss any two objectives of Physical education. (2)
10. Explain any two components of occupational health hazards. (2)
11. Explain any four effects of exercises on muscular system. (2)
12. Explain the rules for competitors in ancient Olympic games. (2)
13. Briefly explain 'Rockport One Mile Test'. (2)
14. Enlist the values developed by Olympic movement. Explain any two values in detail. (3)
15. Discuss the physiological basis of Warming – up. (3)
16. Discuss the principles of adapted physical education. (3)
17. Briefly discuss the importance of measurement in physical education and sports. (3)
18. What are the various career options in physical education? Discuss the coaching career in detail. (5)
19. Discuss the effects of various drugs on sports persons and their performance. (5)
20. What do you mean by sports Sociology? Elaborate the importance of sports sociology in detail. (5)
21. What is philosophy? Explain the various philosophies of physical education in detail. (5)

**PART – 2**

22. Highlight the role of proper sports gear in play. Explain. (2)
23. Enlist common sports injuries in your game/sport of your choice and explain its prevention. (2)
24. Briefly explain any four terminologies of the game/sport of your choice. (2)
25. Explain any three latest rules of the game/sport of your choice. (3)
26. Explain the specific exercise of warming-up and conditioning of the game/sport of your choice. (3)
27. Explain any three fundamental skills of the game/sport of your choice. (3)
28. Draw a neat diagram of field/court/table of the game/sport of your choice with all its measurements and specifications. (5)