

SAHODAYA (SAUDI CHAPTER) EXAMINATION – 2013

SUBJECT – PHYSICAL EDUCATION

GRADE – XI

TIME ALLOWED – 3 HOURS

MAX. MARKS: 70

GENERAL INSTRUCTIONS:

1. *All questions are compulsory.*
2. *Question paper carries two parts namely part A and part B.*
3. *Answer to questions carrying 01 mark should be in approximately 30 words.*
4. *Answer to question carrying 02 marks should be in approximately 60 words.*
5. *Answer to question carrying 03 marks should be in approximately 100 words.*
6. *Answer to question carrying 05 marks should be in approximately 150-200 words.*

PART – A

1. What do you understand by stress? 1m
2. Write a short note on professional ethics. 1m
3. Explain sports biomechanics. 1m
4. Briefly describe about Olympic flag. 1m
5. Define sports sociology. 1m
6. Explain specific warming up. 1m
7. What do you mean by integrated physical education? 1m
8. Give the details about Rockport one mile test. 1m
9. Briefly explain humanism. 2m
10. Give a note on sports broadcasting. 2m

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| 11. Elucidate the effects of anabolic steroid on a sports person.                                                | 2m       |
| 12. Mention the rules for competition in ancient Olympic Games.                                                  | 2m       |
| 13. Discuss the process of socialization in home.                                                                | 2m       |
| 14. Elucidate the objectives of modern Olympic Games.                                                            | 3m       |
| 15. Explain any three effects of exercises on respiratory system.                                                | 3m       |
| 16. Explain any three principles of adapted physical education.                                                  | 3m       |
| 17. Discuss the administration of AAPERD youth physical fitness test.                                            | 3m       |
| 18. Enlist the career options available in physical education and explain performance related careers in detail. | 1+4 = 5m |
| 19. Define physical education and explain the misconceptions of physical education.                              | 1+4 = 5m |
| 20. What do you understand by obesity? Explain any six causes of obesity.                                        | 2+3 = 5m |
| 21. Define leadership and discuss any eight qualities of a leader in the field of physical education.            | 1+4 = 5m |

**PART – B**

**ANSWER THE QUESTIONS 22 TO 27 FROM ANY ONE SPORT/GAME OF YOUR CHOICE:**

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| 22. Write a note on sports gears and its importance.                                                                                   | 2m |
| 23. Explain any four terminologies of the game/sport.                                                                                  | 2m |
| 24. Describe in brief the history of any one game/sport of your choice.                                                                | 3m |
| 25. Explain any three fundamental skills of the game/sport.                                                                            | 3m |
| 26. Illustrate a field/ court/ table in any one game/ sport of your choice with specific reference to measurements and specifications. | 5m |
| 27. Explain about Rajiv Gandhi Khel Ratna Award in detail.                                                                             | 5m |
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