



**GULF SAHODAYA (SAUDI CHAPTER) EXAMINATION- 2014**

**SUBJECT – PHYSICAL EDUCATION**

**GRADE- XI**

**TIME- 3 HOURS**

**MAX.MARKS: 70**

**TOTAL PAGES: 2**

**GENERAL INSTRUCTIONS:**

- a. *All questions are compulsory.*
  - b. *Answer to questions carrying 01 mark should be in approximately 30 words.*
  - c. *Answer to questions carrying 02 marks should be in approximately 60 words.*
  - d. *Answer to questions carrying 03 marks should be in approximately 100 words.*
  - e. *Answer to questions carrying 05 marks should be in approximately 150-200 words.*
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1. Define physical fitness and wellness. 1m
2. What is adapted physical education? 1m
3. What do you understand by hypertension? 1m
4. What do you mean by the term blood doping? 1m
5. Write a note on contusion. 1m
6. Define physiology and anatomy. 1m
7. State the law of acceleration. 1m
8. Write a short note on pranayama. 1m
9. Explain sports journalism. 2m
10. Discuss the main function of International Olympic Committee. 2m
11. Differentiate between growth and development. 2m
12. Explain general and specific warming up. 2m
13. Briefly explain Dronacharya sports award. 2m
14. What do you understand by Shudhi kriyas? 2m



15. Explain any four importance of sports psychology. 2m
16. Explain the teaching career in physical education. 3m
17. Discuss about the opening ceremony of ancient Olympic Games. 3m
18. "Yoga is an Indian heritage" elaborate this statement. 3m
19. Explain the importance of test and measurement in the field of sports and games. 3m
20. Explain the law of readiness and law of effect. 3m
21. Write detailed notes on endomorph and ectomorph. 3m
22. Enumerate the factors affecting physical fitness and wellness. 5m
23. Describe about in-competition and out-of-competition testing for doping control. 5m
24. How can you prevent the sports injuries? Explain in detail. 5m
25. Explain about the structure of respiratory system in detail. 5m
26. What is biomechanics? Explain the importance of biomechanics in physical education and sports. 5m
27. Explain the principles of the sports training. 5m

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