

**GULF SAHODAYA(SAUDI CHAPTER) EXAMINATION – FEB 2015**

**SUBJECT: PHYSICAL EDUCATION**

**CLASS – XI**

Code No. 048

**MAX. MARKS : 70**

**MAX. TIME : 3 HOURS**

- Question paper consists of 26 questions.
- All question are compulsory.
- 01 Mark question must be answered in 10-20 words.
- 03 Mark question must be answered in 30-50 words.
- 05 Mark question must be answered in 75-100 words.
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1. What is the aim of physical education? 1m
2. Define the meaning of lifestyle. 1m
3. Explain the Motto of Olympic Games. 1m
4. What do you mean by pranayama? 1m
5. Write a short note on Anabolic Steroids. 1m
6. Define contusion injury in sports. 1m
7. Write the meaning of Test in the field of sports. 1m
8. Define Anatomy. 1m
9. What is the law of inertia? 1m
10. Define adolescence. 1m
11. Explain the meaning of skills in sports. 1m

12. Define any three Career opportunity in the physical education. 3m
13. Explain the objectives of Indian Olympic Association. 3m
14. What do you mean by doping? Explain any two side effects of prohibited substance in detail. 3m
15. Explain about the first aid in any three common sports injuries. 3m
16. Explain the procedure of calculation of BMI. 3m
17. Discuss the types of levers. 3m
18. What do you mean by transfer of learning? Explain any two types of transfer of learning. 3m
19. Explain any three principles of sports training. 3m
20. What do mean by physical fitness and wellness? Explain the importance of physical fitness. 5m
21. Define yoga and explain its importance in our life. 5m
22. Briefly discuss about the circulatory system. Explain about arteries, veins and capillaries. 5m
23. Define physical education and explain its objective. 5m
24. What do you mean by warming up? Explain the methods of warming up in detail. 5m
25. Discuss about Rajiv Gandhi KhelRatan Award and its objectives in detail. 5m
26. Explain in detail body types according to the classification of William Herbert Sheldon. 5m