

SUMMATIVEASSESSMENT-II (2019-20)
PHYSICAL EDUCATION
CLASS – XI

TIME:3hrs.

MAX MARKS:70

General Instruction:

- 1) Question 1 to 20 (SECTION –A) carrying 1mark.
 - 2) Question21to30 (SECTION-B) carrying 3marks.
 - 3) Question31to34 (SECTION-C) carrying 5marks.
 - 4) Attempt all the questions.
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SECTION - A

1. The carrier option through physical education are
 - a. Physical Education Teacher
 - b. Sports Journalist
 - c. Administrator
 - d. All of the above
2. Ancient Olympic Games started in the year
 - a. 394 BC
 - b.1896
 - c.1500
 - d. 776BC
3. IOC stands for
 - a. International Olympic Committee
 - b. Indian Olympic Committee
 - c. International Olympic Council
 - d. None of above
4. Physical Education is the ability of the individual to do
 - a. Daily routine work with joy
 - b. Heavy weight training
 - c. Recreational and fun activity
 - d. All of the above
5. Ardh Matasyendra Asana improves
 - a. Spine Flexibility
 - b. Weight control
 - c. Abdominal muscle strength
 - d. Diabetes
6. Which of the following is not a Pranayama
 - a. Anulom Vilom
 - b. Kapal Bhatti
 - c. Jal Niti
 - d. Sitili
7. Sports injuries can be prevented through
 - a. Proper warming up
 - b. Using safety equipments
 - c. Proper technique of skill
 - d. All of the above
8. Body fat can be measured by
 - a. Flexo meter
 - b. Dynamometer
 - c. Skin fold caliper
 - d. Weighing Machine
9. Equilibrium position is
 - a. Standing on one foot
 - b. balancing on small ball
 - c. Walking on hanging rope
 - d. All of above

(P.T.O.)

10. Early childhood stage fall between
 - a.13-19years
 - b.2-6years
 - c.6-12years
 - d.1-2years

11. Warming up improve the
 - a. Social relation between team mates
 - b. Health of player
 - c. Skill perfection
 - d. Body structure

SHORTNOTE:-

12. Limbering Down
13. Physical Method of Doping
14. Kapal-Bhati Pranayama
15. SAI
16. BMI
17. Olympic Flag
18. Adolescence
19. Development with example
20. Growth with example

SECTION – B

21. What do you understand by YOGA? What are the element of YOGA, explain any 2 element.
22. Describe the objective of KHELO INDIA PROGRAM.
23. Explain the classification of Bones.
24. Describe IOA and its functions.
25. Explain any 3 organization which comes under the principles of Adaptive Sports.
26. What do you understand by Wellness? Explain any 2 component of Wellness.
27. How Physical Education helps in creating LEADERS.
28. Explain any 3 Prohibited Substances and their method.
29. Explain the harmful effects of Alcohol and Tobacco.
30. Explain any 3 Adolescence changes and their needs in brief.

SECTION – C

31. Explain Physical Fitness component in detail.
32. Briefly explain the concept of Sports Training.
33. What is test, measurement and evaluation? Mention their importance in the field of games and sports.
34. Describe the classification of W.H. Sheldon Theory.
