KENDRIYA VIDYALAYA SANGATHAN LUCKNOW REGION

SUPPLEMENTARY EXAMINATION 2023-24 Subject: Physical Education (048) Time: 3 Hrs

Class: XI M.M: 70

General Instructions: Total number of page: 5

1. The question paper consists of 5 sections and 37 Questions.

2. Section – A consists of 18 question 1-18 carrying 1 mark each and is multiple choice questions. All

questions are compulsory.

3. Section – B consists of questions 19-24 carrying 2 marks each and is very short answer types and should

not exceed 60-90 words. Attempt any 5.

4. Section – C consists of Question 25-30 carrying 3 marks each and is short answer types and should not

exceed 100-150 words. Attempt any 5.

5. Section – D consists of Question 31-33 carrying 4 marks each and is case studies. There is internal choice

available.

6. Section – E consists of Question 34-37 carrying 5 marks each and is short answer types and should not

exceed 200-300 words. Attempt any 3

SECTION - A

1. Which of the below mentioned is not the Objective of Physical Education? [1]

[a] Emotional development [b] Social development

[c] Evaluation [d] Neuro-muscular development

2. Who is the father of the Modern Olympic Games? [1]

[a] Aristotle [b] John - pele

[c] Pierre-de-Coubertin [d] Theodosius

3. As per Patanjali, the elements of yoga are: [1]

[a] Four [b] Five

[c] Six [d] Eight

4. Which of the below mentioned is not a type of disability? [1]

[a] Physical Disability [b] Intellectual disability

[c] Cognitive disability [d] Behaviour

5. Co-ordination in the nervous system and muscles is related to: [1]

- [a] Endurance Ability [b] Speed Ability [c] Co-ordinative Ability [d] Strength Ability 6. The use of Questionnaire is: [1] [a] Test [b] Measurement [c] Evaluation [d] Analysis 7. Where two bones connect is called: [1] [a] Joint [b] Corner [c] Bottom [d] All of the above 8. Study of the motion is known as: [1] [a] Kinesiology [b] Operation Science [c] Structure Science [d] None of these 9. Rapid physical changes happen in: [1] [a] Infancy [b] Childhood [c] Adolescence [d] Adulthood 10. Which of the below mentioned is the symptom of overload? [1] [a] Depression [b] Loss of weight [c] Loss of sleep [d] All of these 11. Match List – I with List – II and select the correct option using the codes given below: [1] LIST - I LIST - II (i) Changing Trends 1. 29 Aug 2019 (ii) Khelo India 2. Playing Surface (iii) Career Options 3. 2018 (iv) Fit India 4. Teaching & Training Codes: [a] i-1, ii-3, iii-4, iv-2 [b] i-1, ii-4, iii-3, iv-2 [c] i-2, ii-3, iii-4, iv-1 [d] i-4, ii-3, iii-2, iv-1
- 12. Given below are the two statements labeled Assertion (A) and Reason (R). [1]

Assertion (A): The most important thing in the Olympics is to participate and not only to

attain success.

Reason (R): Winning can be achieved only after participating in the competition.

In the context of the above two statements, which one of the following is correct?

- [a] Both (A) and (R) are true and (R) is the correct explanation of (A).
- [b] Both (A) and (R) are true, but (R) is not the correct explanation of (A).
- [c] (A) is true, but (R) is false.
- [d] A) is false, but (R) is true.
- 13. The elements of Yama are? [1]
- [a] Truth, Sacrifice, Non-violence, Priest, Shiva
- [b] Non-violence, Truth, Purity, Self-study, Meditation on God.
- [c] Truth, Non-stealing, Non-violence, Brahmacharya, Aparigraha
- [d] None of the above
- 14. Who among the below mentioned has a role to help a Divyang? [1]
- [a] Counselor [b] Physical therapist
- [c] Occupational therapist [d] All of the above
- 15. Given below are the two statements labeled Assertion (A) and Reason (R). [1]

Assertion (A): The player is able to perform his activities successfully and effectively

Reason (R): There is coordination between nervous system and the muscles

In the context of the above two statements, which one of the following is correct?

- [a] Both (A) and (R) are true and (R) is the correct explanation of (A).
- [b] Both (A) and (R) are true, but (R) is not the correct explanation of (A).
- [c] (A) is true, but (R) is false.
- [d] (A) is false, but (R) is true.
- 16. Which type of Strength shown in the following picture: [1]
- [a] Dynamic Strength [b] Strength Endurance
- [c] Maximus Strength [d] Static strength
- 17. Match List I with List II and select the correct option using the codes given below: [1]

LIST - I LIST - II

(i) Hinge Joint 1. Top of the Neck (ii) Ball and Socket Joint 2. Skull (iii) Pivot Joint 3. Shoulder or Hip (iv) Immovable Joint 4. Elbow or Knee Codes: [a] i-2, ii-4, iii-3, iv-1 [b] i-1, ii-2, iii-4, iv-3 [c] i-4, ii-3, iii-1, iv-2 [d] i-3, ii-1, iii-2, iv-4 18. The Sagittal plane divides the body into: [1] [a] Front and Back [b] Upper and Lower half [c] Left & amp; Right [d] None of these **SECTION B** 19. What do you understand by Psychology? [2] 20. Define Sports Training. [2] 21. Define physical education. [2] 22. Where and when was the Olympic Flag hoisted for the first time? [2] 23. Write the various elements of Yoga. [2] 24. What is Adaptive Physical Education? [2] **SECTION C** 25. Explain the meaning of physical fitness? Write its components. [3] 26. What is a Test? Write any four types of tests [3] 27. What is Ball & Dint? Explain with example. [3] 28. Write any three principles of Biomechanics. [3]

29. Write the problems of adolescence. [3]

30. Explain what is Sports Training. [3]

SECTION D

31. Identify the following sports equipments and write their names: [4]
[a] [b]
[c] [d]
[a] [b] [c] [d]
(OR)
31. What do you understand by physical education? Explain the objectives of physical education. [4]
32. Identify the following pictures and write their names: [4]
[a] [b]
[c] [d]
[a] [b] [c] [d]
(OR)
32. What are the functions of IOC? [4]
33. Below are some images of yoga, answer the questions accordingly. [4]
[a] [b]
[a] The Eight fold Paths or Eight steps are known as - Maharishi Patanjali.
[b] Figure (a) represents which Element of Yoga?
[c] Figure (b) represents which Element of Yoga?
[d] is the first 'limb' of Ashtang Yoga.
(OR)
33. Explain what is Yoga? Explain the meaning of 'Samadhi'. [4]
SECTION E
34. What are the objectives of Adaptive Physical Education? Describe them. [5]
35. What are the importance of Physical Fitness and Wellness? Explain them. [5]
36. How the problems associated with adolescents are managed? Discuss. [5]
37. What are the principles of Sports Training? Explain any five.