

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 & 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 & Socket Joint? 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.