

GULF SAHODAYA (SAUDI CHAPTER) EXAMINATION - 2018

SUBJECT: - PHYSICAL EDUCATION

CLASS XI

TIME 03.00 Hrs

MAX. MARKS 70

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 26 questions.
 - 2) All questions are compulsory.
 - 3) Answer to question 1 to 11 carrying 1 mark should be in approximately 20-30 words.
 - 4) Answer to question 12 to 19 carrying 3 marks should be in approximately 80-100 words.
 - 5) Answer to question 20-26 carrying 5 marks should be in approximately 150-200 words.
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| Q1: Define Physical Education? | (1) |
| Q2: What award was given to Ancient Olympic Champions? | (1) |
| Q3: List down any five (5) soft skills required for career in Physical Education? | (1) |
| Q4: Describe the concept of Adaptive physical education? | (1) |
| Q5: What do the rings in the Olympic flag represents? | (1) |
| Q6: Write a short note on physical development? | (1) |
| Q7: What do you mean by WADA? | (1) |
| Q8: What is IOA? | (1) |
| Q9: Define wellness? | (1) |
| Q10: What do you mean by Warming up? | (1) |
| Q11: Mention the qualities of good leader in brief? | (1) |
| Q12: Explain any three (3) career options available in Physical Education? | (3) |
| Q13: Discuss briefly the Somato types of body? | (3) |

Q14: Abdullah was a good athlete, he used to take part in Hammer Throw Event. His performance was not appropriate in throwing. One day he went to discuss this problem with school athletic coach, he wanted to improve performance. The coach observed his throwing technique and told him that there are various faults but major fault was improper angle of projection of implementation. He suggested him to release the throwing implements such as Shot Put and Javelin etc., at the appropriate angles, in this way he helped him to enhance his performance.

Based on the above passage, answer the following questions: (3)

1. Comment upon the values of Abdullah in brief?
2. Discuss Centripetal and Centrifugal force?
3. Discuss about the values shown by the athletic coach?

Q15: Discuss the difference between growth and development? (3)

Q16: Explain the BMI in brief? (3)

Q17: Write short note on Arjuna Award? (3)

Q18: What do you mean by Lever? Explain the various types of levers and application in sports? (3)

Q19: Discuss any Three (3) problems of Adolescence and its management in brief? (3)

Q20: Enlist the elements of YOGA and explain any three in brief? (5)

Q21: Discuss the components of physical fitness in brief? (5)

Q22: Write a note on Paralympic games? (5)

Q23: Explain the functions of skeletal system and discuss the types of joints in brief? (5)

Q24: Enlist the Adventure Sports and explain any one in detail? (5)

Q25: Highlight the principles of training in Sports in detail? (5)

Q26: List down the prohibited substances and explain any three (3) of its harmful effects on athlete? (5)
