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**Question Paper 2014 – 15 Set - 2**  
**CBSE Class 11 Physical Education**

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**General Instructions:**

- Attempt all questions.
  - Answers to questions carrying 01 mark should be in approx. 30 words.
  - Answers to questions carrying 02 marks should be in approx. 30-40 words.
  - Answers to questions carrying 03 marks should be in approx. 40-60 words.
  - Answers to questions carrying 04 marks should be in approx. 80-100 words.
  - Answers to questions carrying 05 marks should be in approx. 100-150 words.
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**PART – ‘A’**  
**(1 marks questions)**

1. What is Olympic movement?
  2. What is Olympic motto?
  3. What is yoga?
  4. Define doping.
  5. What is sprain?
  6. State the law of reaction?
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**PART – ‘B’**  
**(2 marks questions)**

7. Discuss “healthy diet” as a component of positive life-style.
  8. Explain the concept of adapted physical education in brief.
  9. What do you mean by anabolic steroids?
  10. What first-aid will you provide in case of dislocation of joints?
  11. What do you mean by positive transfer of learning?
  12. What do you mean by anatomy and physiology?
  13. What do you mean by recovery?
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**PART – ‘C’**  
**(3 marks questions)**

14. Discuss about teaching career in physical education in brief.
  15. Explain the term ‘Pranayama’ in detail.
  16. Explain the prevention and management of diabetes.
  17. Explain about the substance prohibited in competition.
  18. Discuss the procedure of anthropometric measurement of weight.
  19. Differentiate between growth and development.
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**PART – ‘D’**  
**(4 marks questions)**

20. Explain about the first-aid in common sports injuries.
  21. Discuss the skin fold measurement in detail.
  22. What is equilibrium? Discuss the types of equilibrium and their applications in sports.
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**PART – ‘E’**  
**(5 marks questions)**

23. What do you mean by physical fitness? Describe the factors affecting physical fitness and wellness.
24. Discuss about the organizational set up of CBSE sports.
25. Discuss about the structure, location and function of heart.
26. Explain the process of stimulus-recovery and adaptation detail.