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**Question Paper 2014 – 15 Set – 3**  
**CBSE Class 11 Physical Education**

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**General Instructions:**

- Attempt all questions.
  - Question number 1 to 8 carrying 01 mark.
  - Question number 9 to 15 carrying 02 marks.
  - Question number 16 to 21 carrying 03 marks.
  - Question number 22 to 27 carrying 05 marks.
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1. Enlist components of Health.
2. What is the aim of Physical Education?
3. What is Olympic Moto?
4. Define Doping.
5. Define Biomechanics.
6. What is Force?
7. What is Skill?
8. What is Yoga?
9. Enlist the career options in Physical Education.
10. Briefly explain the principles of interacted Physical Education.
11. Write short note on Olympic Flag?
12. Discuss the ways to prevent diabetes.
13. Enlist the performance enhancing substance?
14. Enlist the Organs of Respiratory System and explain any one organ.

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15. Define the terms Psychology and sports Psychology?
16. Discuss the factors affecting transfer of learning.
17. Explain the term technique in details.
18. Discuss the procedure of Anthropometric Measurement of Weight.
19. Discuss the objectives of Indian Olympic Association.
20. Mention the tips for preventing sports injuries.
21. Explain about the substance prohibited in-competitions.
22. Enumerate the factors affecting Physical Fitness and Wellness in detail.
23. Discuss the elements of Yoga.
24. Explain about the First-Aid in Common Sports injuries.
25. What do you mean by Lever? Elaborate the type of Levers and their application in sports.
26. What do you mean by growth and development? Differentiate between them.
27. Define warming up. Explain the types of warming up.