

CBSE Question Paper 2019 (Set-1)
Class 11 Physical Education

Time : 3 Hrs.

M.M. : 70

General Instructions:

- i. The question paper consists of 26 questions.
- ii. All questions are compulsory.
- iii. 1 mark questions should be answered in 20-30 words.
- iv. 3 marks questions should be answered in 80-90 words.
- v. 5 marks questions should be answered in 120-200 words.

1. Define Ergogenic aids. **(1)**

OR

How can be used prohibited substances?

2. Name the types of equilibrium. **(1/2 × 2 = 1)**
3. What is Tratak Kriya? **(1)**
4. What do you mean by emotions? **(1)**

OR

Define Physiology.

5. Write down the concept of deaflympics. **(1)**
6. Mention about the motto of modern Olympic games. **(1)**
7. Enlist the names of two water related adventure sports. **(1)**

OR

What do you mean by adolescence?

8. Calculate the BMI of a female whose weight is 65 kg and height is 150 cm. **(1)**
9. Why do we lean forward while climbing a hill? **(1)**

OR

Write any two importance of yoga for children.

10. Mention any two factors that should be kept in mind while selecting a method of training.
(1/2 + 1/2 = 1)

11. What is 'WADA'? (1)
12. Explain in brief the 3R's taught to the athletes in physical education and sports. (3)

OR

What is plateau? Write any two causes of it. (1+2=3)

13. What is Yog-Nidra? Write its benefits in daily life. (1+1/2×4=3)
14. Write any three negative effects of prohibited substances. (3)

OR

Write about the blood vessels in human body.

15. Explain the main functions of Indian Olympic Association. (3)
16. Differentiate between Red (Slow twitch fibres) and White (Fast twitch fibres) fibres. (11/2×2=3)
17. Write any three principles of 'Sports training'. (1×3=3)

OR

Human body works as lever in sports. Discuss with suitable example from sports.

18. Elucidate the importance of bio-mechanics in the field of physical education and sports. (1/2×6=3)
19. Describe the soft skills required for a career in sports. (3)
20. Explain the principles of effective adapted physical education. (5)
21. Discuss the main objectives of physical education. (5)
22. 'Leadership quality develops through participation in adventure sports.' Discuss. (5)
23. Narrate the components of physical fitness. (5)

OR

What is Limber down? Write the importance of Limber down in sports in detail. (1+1×4=5)

24. Elucidate the utilities of test & measurements in the field of physical activities & sports. (5)
25. Explain the different types of joints in human body with examples. (5)

OR

Enlist the parts of respiratory system and explain its function in details. (2+3=5)

26. Classify the sports skills in detail. (5)