

Class 11 - Physical Education
Sample Paper - 01 (2023-24)

Maximum Marks: 70

Time Allowed: : 3 hours

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

Section A

1. Sports Photography is an example of a career in:
 - a) Health sector
 - b) Training sector
 - c) Media sector
 - d) Performance sector
2. The Paralympic Games were organized after the completion of:
 - a) Olympic Games
 - b) SAF Games
 - c) Commonwealth Games
 - d) Asian Games
3. Understanding of proper sports and exercise movements will allow the participant to be more _____ for long-term development.
 - a) efficient
 - b) technically sound
 - c) All of these
 - d) prone to good habits
4. What are the benefits of bringing traditional games back to life?
 - a) Bunging together of indigenous and non-indigenous people.
 - b) Enhance physical health
 - c) Help reconnect urban indigenous youth to their culture.
 - d) All of these
5. **Assertion (A):** Yoga paves the path for the spiritual development of an individual.
Reason (R): Yoga for a common person contains the practices of yama, niyama, asana, pranayama, pratyahara, kriya and meditation, which are helpful to keep oneself physically fit, mentally alert and emotionally balanced.
 - 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.
6. Test is generally used to measure
a) a specific skill
b) a specific body type
c) the level of skill
d) the abilities of a sportsperson
7. _____ Wellness is the ability to establish peace and harmony in lives.
a) Social
b) Intellectual
c) Spiritual
d) Emotional
8. Identify the given concept:

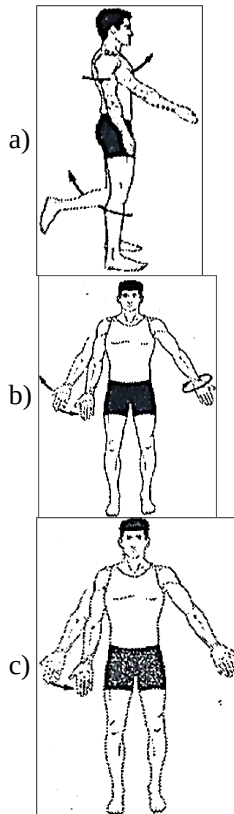


- a) Leadership
b) Teamwork
c) Guidance
d) Teaching
9. Match List-I with List-II from the following:

List-I	List-II
(a) Joy of Efforts	(i) Knowledge and skills
(b) Pursuit of Excellence	(ii) Sense/feeling of satisfaction
(c) Will and Mind	(iii) Healthy body and mind
(d) Balance between body	(iv) Mental Toughness

- a) (a) - (ii), (b) - (i), (c) - (iv), (d) - (iii)
b) (a) - (i), (b) - (iv), (c) - (iii), (d) - (ii)
c) (a) - (iv), (b) - (iii), (c) - (i), (d) - (ii)
d) (a) - (i), (b) - (iii), (c) - (ii), (d) - (iv)
10. **Assertion (A):** Training programmes are designed to improve performance by developing the appropriate energy sources, increasing muscular structures and improving neuro-muscular skill patterns.
Reason (R): Sports medicine professionals must be familiar with the basic principles and processes of training, so that they can evaluate training programmes and determine their adequacy in maintaining an athlete's health and preventing injury.
- 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.
11. Which of the following is a responsibility of National Sports Federations?
a) Electing governing body

- b) Official Sponsorship
 - c) Selecting National Teams
 - d) All of these
12. _____ doping is the manipulation of cells to enhance body's sports performance.
- a) Skin
 - b) Gene
 - c) RBC
 - d) Blood
13. Khelo India Games are organised:
- a) Every 5 years
 - b) Half-yearly
 - c) Annually
 - d) Every 2 years
14. _____ impairments can be genetic or result from complications of pregnancy.
- a) Both Physical and Cognitive
 - b) Physical
 - c) Cognitive
 - d) Mentally
15. Stretching of spinal muscles associated with:
- a) Back pain
 - b) Diabetes
 - c) Obesity
 - d) Hypertension
16. Which of the following depicts the adduction movement?



- d) All of these
17. Paralympics were first organised in:
- a) Spain

- b) None of these
- c) Rome
- d) New Zealand

18. Which of the following movement is the opposite of pronation?

- a) Circumduction
- b) Abduction
- c) Adduction
- d) Supination

Section B

- 19. What do you mean by an Evaluation?
- 20. What is psychological development?
- 21. What is vital capacity?
- 22. What do you mean by extension?
- 23. How does a physiotherapist help a child with disability?
- 24. What is adaptation process?

Section C

- 25. Discuss the applicability of test and measurement in sports.
- 26. What do you mean by axis? Discuss various types of axes.
- 27. What is meant by limbering down? Explain the beneficial effects of limbering down.
- 28. Discuss the procedure of measurement of arm length and upper arm length.
- 29. What are the major muscles involved in jumping & throwing?
- 30. Explain the importance of sports psychology in the field of physical education and sports.

Section D

31. **Read the text carefully and answer the questions:**

Honorable Prime Minister launched Fit India Movement to make fitness an integral part of our daily life. The aim of this committee is to make sports a part of the life of all Indians by bringing a behavioral change in their way of living.



Look at the image carefully.

- i. Fit India Movement was launched on _____.
- ii. _____ is the chairman of Fit India Movement.
- iii. The movement is the _____ ministerial effort.
- iv. This program is also used to promote _____ in a big way.

32. **Read the text carefully and answer the questions:**

Priyanshi asked her father about the Olympics; he told her that the Olympics are divided into two parts Ancient and Modern.



Look at the picture carefully.

- i. Modern Olympic was introduced at _____.
- ii. It was introduced by _____.

- iii. _____ is the committee for Modern Olympic.
- iv. Competitions are held after every _____ years.

33. Read the text carefully and answer the questions:

Mohit was fit and fine, but his friend was not, so he tells his friend the importance of physical fitness.



Identify the importance of physical fitness.

- i. _____ is the importance of physical fitness.
- ii. A combined routine, including-proper exercise and diet, has _____ effect on brain function.
- iii. It also keeps an individual _____ strong.
- iv. It elevates the flow of _____ to brain and enhances the memory.

Section E

- 34. Explain in detail about importance of Yoga.
- 35. What are the functions of skeletal system?
- 36. Enumerate the objectives of adaptive physical education.
- 37. What is Plateau? Mention its causes.

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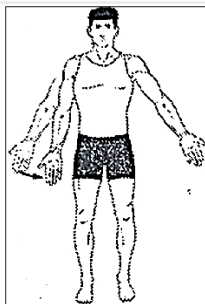
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Solution

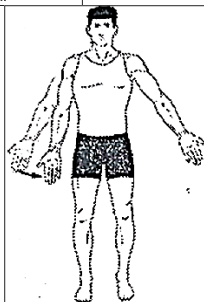
Section A

1. (c) Media sector
Explanation: Sports photography and journalism are part of a career in the media sector.
2. (a) Olympic Games
Explanation: Paralympic games were organised soon after the completion of the Olympic Games.
3. (c) All of these
Explanation: All of these
4. (d) All of these
Explanation: All of these
5. (a) Both A and R are true and R is the correct explanation of A.
Explanation: Both A and R are true and R is the correct explanation of A.
6. (a) a specific skill
Explanation: a specific skill
7. (c) Spiritual
Explanation: The ability to develop congruency between values and actions and to realise a common purpose that binds together contributes to spiritual wellness.
8. (a) Leadership
Explanation: Leadership is the ability to secure desirable actions from a group of followers voluntarily, without the use of force.
9. (a) (a) - (ii), (b) - (i), (c) - (iv), (d) - (iii)
Explanation: (a) - (ii), (b) - (i), (c) - (iv), (d) - (iii)
10. (b) Both A and R are true but R is not the correct explanation of A.
Explanation: Both A and R are true but R is not the correct explanation of A.
11. (d) All of these
Explanation: National Sports Federations looks after official sponsorships, selects national teams, elects governing bodies, and much more.
12. (b) Gene
Explanation: Gene
13. (c) Annually
Explanation: Khelo India Games are organised every year.
14. (c) Cognitive
Explanation: Cognitive impairments can be genetic or result from complications of pregnancy. Severe conditions like meningitis, measles, etc., can also be the causes of cognitive impairment.
15. (c) Obesity
Explanation: Obesity

16. (c)



Explanation:



17. (c) Rome

Explanation: Paralympics were first organised in Rome.

18. (d) Supination

Explanation: Supination is the opposite movement of the pronation. It is the outward rolling of the foot from the ground during walking or running.

Section B

19. It is the process of education that involves collection of data from the products which can be used for comparison with preconceived criteria to make judgement.
20. Psychological development is an objective of physical education that is related to the mental development of an individual by developing positive thoughts, behaviour, attitude, alertness of mind, concentration, confidence and calculated movements.
21. It is the volume of air that can be breathed out by force expiration after taking a deep breath. It is about 4800 cc in males and about 3100 cc in females.
22. Straightening parts so that the angle between them increases and parts move farther apart (straightening the lower limb at the knee).
23. A physiotherapist helps a child with disability to manage movement disorders, thereby encouraging a child's mobility and independence.
24. Adaptation is defined as the adjustment of physical and psychological functional systems to the training load.

Section C

25. Tests are processes to collect information about a specific skill, knowledge, behaviour, attitude etc. It refers to any specific instrument or technique used by administrators to obtain information from sportspersons or others. Measurements are associated with physical measurements such as height, weight, capacity, achievement etc. It refers to the process of administering a test to obtain quantitative data in the field of sports.
26. An axis is a straight line around which an object rotates. Movements at the joints of human musculoskeletal system are mainly rotational and take place about a line perpendicular to the plane in which they occur. This line is known as axis of rotation.

There are following types of axes of rotation:

- a. Sagittal axis: The sagittal axis passes horizontally from posterior to anterior. It is formed by the intersection of the sagittal and transverse plane. Sagittal axis passes from front to back.
- b. Frontal axis: The frontal axis passes horizontally from left to right. It is formed by the intersection of frontal and horizontal plane. Frontal axis passes from side to side.

c. Vertical axis: The vertical axis passes vertically from inferior to superior. It passes straight through the top of the head down between feet. It is formed by the intersection of sagittal and frontal plane. It is also known as longitudinal axis. It is the longest axis.

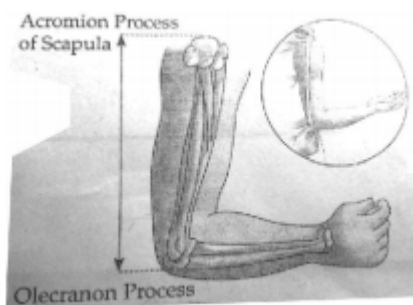
27. Limbering down means lowering down the intensity of the work by performing the stretching exercise followed by deep breathing, relaxation exercise is called cooling down.

Beneficial effects of limbering down. When we do exercise there is a lot of blood flow in our muscle if we stop suddenly there may be pooling of blood in the extremities and cause giddiness and some time collapse. Limbering down exercise prevent the post exercise soreness and stiffness.

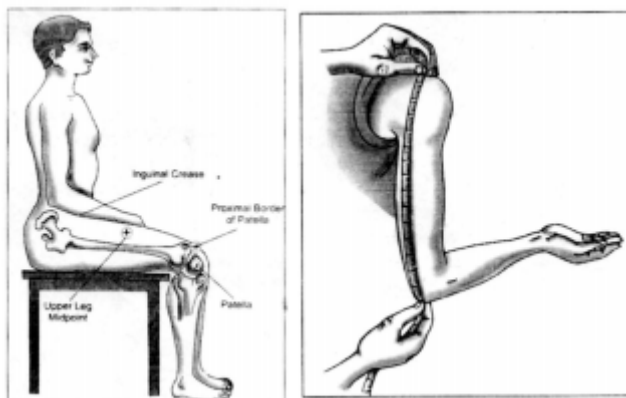
28. Procedure of measurement of 4 arm length -

The subject must stand with his arms hanging by the side of his body with his fingers outstretched. A measurement is made from the acromial i.e. the bony tip of the shoulder to the tip of the little finger.

Procedure of measurement of upper arm length -



The subject must stand upright with body weight distributed equally on both the feet. The right arm should be bent at 90 degree from the elbow with palm facing upwards. A measurement is made from acromial to the bony part of the mid elbow. Measurement must be taken to the nearest 0.1 cm. and recorded.



29. The leg, feet and gluteus muscle groups are used in jumping. Specific muscles which are involved in jumping are gluteus maximus, hamstrings, quadriceps and soleus. In fact, jumping occurs in three stages. The first stage is the preparatory stage where ankle muscles calf muscles and soleus tense to prepare launching. The second phase is the launch phase, where hip extensors, the hamstrings and gluteus maximus combine and the knee extensors extend the knees to allow the body to launch into the air. In the last stage is the landing phase where all the muscles embrace impact and allow the body to return to a resting position. The major muscles are pectorials, major, latissimus dorsi, anterior deltoid and teres major are involved in throwing. These muscles are comparatively responsible for velocity during the throw. The pectorials major is the large muscle in the chest and latissimus dorsi are the large muscles on each side of the back. Deltoid, biceps, triceps are also involved in throwing a javelin in athletics.

30. Human being has some physical limitations to exhibit his performance. To overcome these limitations, psychological, approach may help the individual to perform even beyond his limitation. Physical educationists, coaches and trainers have realized the importance of psychological preparation of athletes, before, during and after the competition. Hence, psychology is emerging as a new branch termed as sports psychology to achieve better performance in sports like:

1. Analyze the behaviour of sportman and his psychic state.

2. Identify talent for specific sports.
3. Create better learning situation.
4. Stabilizing the performance for longer period.
5. Assessing and then correcting psychological disorders.
6. Encourage the players to make a comeback in professional sports.
7. Important from research point of view.

Section D

31.
 - i. 29th August 2019
 - ii. Kiren Rijiju
 - iii. multi
 - iv. yoga
32.
 - i. 1892
 - ii. Pierre de Coubertin
 - iii. International Olympic Committee
 - iv. 4
33.
 - i. Mental strength
 - ii. positive
 - iii. mentally
 - iv. blood

Section E

34. Yoga brings peace and balance to the life of the practitioner. It brings you closer to God. It heightens your senses and makes you work efficiently. It enlightens you with the mysteries of life.
- Yoga is an art which connects our soul, mind, and body together. It makes us strong, flexible, peaceful and healthy. Yoga is very necessary. It makes us fit and healthy. A healthy mind can do everything.
- Maintaining a good health is much more important than growing financially because without health you cannot work and without working you cannot earn.

Inner Peace: Yoga increases peace in our body and fights against all our stress and problems. Doing Yoga increases peace level resulting in more joy and confidence. Decreased stress means better health.

Healthy: Modern life is very stressful, and there's a lot of pollution in the surrounding. People living in big cities have to face several problems, and one of them is laziness. Even 10-20 minutes of Yoga can awake your health fully. Better health means better life.

Activeness: Being active is a golden chance in itself. When you are lazy, feeling tired or sleepy, you are not able to complete the work correctly. Being active, you can complete your job and task with most accuracy and least time.

Makes you flexible: Doing yoga regularly helps in removing pain in joints.

Increases blood flow in the body: There couldn't be any better way to increase blood flow in body than Yoga. Yoga helps to keep the body oxygenated. It makes heart much healthy and makes it work more efficiently.

35. Main functions of skeletal system are given below.
- i. **Shape and structure:-** The bony framework gives human being its shape and structure like tall or small, thin or stout.
 - ii. **Support:-** It gives support to the body. The bones provide support to our muscular system.
 - iii. **Protection:-** Bones protect our vital organs. Example: skull protects brain, thoracic cage protects heart, lungs and pancreas.
 - iv. **Lever:-** Bones act as a lever like a simple machine. For example while lifting a weight, movable joints like elbow joint acts like fulcrum and length of arm bone acts like crow bar to reduce effort and helps to lift weight.
 - v. **Storehouse:-** The hollow space of bones acts like a storehouse of different minerals and salts like calcium, potassium, iron, etc.

- vi. **Production of RBCs:-** Red blood cells are produced in the bone marrow. It is the factory to produce RBCs.
 - vii. **Junction:-** Bones provide junction or attachment to skeletal muscle that helps in visible movement.
 - viii. **Self-repair:-** Whenever bones are damaged, they are capable of doing self repair.
36. The objectives of adaptive physical education are as follows:
- i. **To Develop Motor Skills:** This objective emphasis on developing motor skills of students with disabilities. They are necessary for performing not only specific skills but daily routine activities.
 - ii. **To Improve Physical Fitness:** This objective is to provide modified or adaptive exercises to students in order to improve their physical fitness.
 - iii. **To Ensure Students Participation in Physical Education Programmes:** This objective ensure that each student actively participate in physical education programmes regularly at his/her own level.
 - iv. **To Promote Sportsmanship Qualities:** This objective ensures promotion of sportsmanship qualities among differently abled students.
 - v. **To Ensure Services to Differently Abled Students:** This objective ensures that the differently abled student is provided with the physical education services that meet his/her needs properly.
 - vi. **To Improve Social Adjustments:** This objective is essential especially in present day world as the participation in programmes of adaptive physical education helps differently abled students to make social adjustments.
37. The general trends of rapid beginning continues for some time after it slows down and reaches a level where no further improvement occurs. The learning curve travels in almost a horizontal plane. These horizontal stretches indicative of no apparent progress are called plateau.
- Causes of Plateau
- i. **Boredom** - Some routine work often brings boredom, it is one of the causes of boredom
 - ii. **Lack of Practice** - Lack of practice often causes plateau and stagnated performance
 - iii. **Dirty environment** - Poor, dirty and unsafe environment may cause a plateau.
 - iv. **Lack of Motivation** - Lack of Motivation and less feedback often causes long learning plateau.

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