

Dr. M.K.K Arya Model School Panipat
Mid Term Exam September 2021
Subject:- Physical Education
Class-XI
Part - A

M.M. - 20

TIME – 40 Minutes

GENERAL INSTRUCTIONS:

- a) The question paper consists of 12 questions and all are compulsory.**
- b) Question 1-10 carry 01 mark each and all are Multiple Choice Question.**
- c) Questions 11 - 12 carry 05 marks each and shall not exceed 150-200 words.**

1. The Age group of Youth Olympics is. **10X1 = 10**
(a) 9-12 Year (b) 12 - 14 Year (c) 14 -18 Year (d) 15-18 Year
2. Ranji Trophy is a _____ cricket tournament.
(a) National (b) International (c) Professional Level (d) Domestic
3. Which of the following is Advantages of measurement?
(a) Potential (b) Motivation (c) Classification (d) All of these
4. Five minutes step test is used to measure the.
(a) Muscular Strength (b) Muscular Endurance (c) Agility (d) Cardio-respiratory endurance
5. Yoga elements can be explained in terms of:
(a) Kapalbhati (b) Neti (c) Yama (d) Ashtanga Yoga
6. Which asana is named after the bird eagle?
(a) Garudasana (b) Vrikshasana (c) Shashankasana (d) Vajrasana
7. Which sport involves the participant to reach the end point of a pre-defined route without falling?
(a) Paragliding (b) Rock climbing (c) Scuba Diving (d) Bungee Jumping
8. How many types of River Rafting?
(a) 3 (b) 4 (c) 5 (d) 6
9. The term “Citius” in the Olympic Motto Denotes?
(a) Higher (b) Faster (c) Stronger (d) All of the above
10. The Ancient Olympic Games initially a.
(a) 3 Day event (b) 2 Day event (c) 1 Day event (d) 5 Day event
12. What are the elements of Yoga? Give a brief description of them. **2X5 = 10**

OR

Write the meaning and objectives of Adventure Sports.

13. Write an essay on ‘Somatotypes’.

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Mid Term Exam September 2021
Subject:- Physical Education
Class-XI
Part - B

M.M. - 15

TIME – 40 Minutes

GENERAL INSTRUCTIONS:

- a) The question paper consists of 5 questions and all are compulsory.**
- b) Questions 13-17 carry 03 marks each and shall not exceed 80 -100 words.**

13. The calliper is a device which measures the thickness of a fold of our skin and underlying layer of fat thickness describes the amount of subcutaneous fat when the fold is lifted and its thickness is measured by specialized callipers.

(i) On which part of human body, the fat percentage is measured?

- (a) Thigh (b) Shoulder (c) Chest (d) Biceps

(ii) Which type of calliper is used to measure fat of our body?

- (a) Vernier caliper (b) Divider caliper (c) Skinfold caliper (d) Oddleg calliper

(iii) Measuring the fat of a body by skinfold calliper is a method based on:

- (a) Hypothesis (b) Reality (c) Fact (d) Truth

14. Mention the rules for competitors for Ancient Olympic Games.

15. Write importance of Yoga in Sports.

16. Describe the leadership qualities developed by physical education.

17. What do you mean by test and measurements?