
CBSE Class 11 Physical Education
Sample Paper 03

Max Marks. 70 Duration: 3 Hrs

General Instructions:

- Question paper consists of 26 questions.
 - All questions are compulsory
 - Questions 1 to 11 are 01 Mark questions. These must be answered in 10-20 words.
 - Questions 12 to 19 are 03 Marks questions. That must be answered in 30-50 words.
 - Questions 20 to 26 are 05 Marks questions. That must be answered in 75-100 words.
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1. What are Muscles?
 2. What are stimulants?
 3. What is Asana?
 4. What are the Olympic ideals?
 5. What are the components of wellness?
 6. What is the aim of physical education?
 7. Define adapted physical education.
 8. Define development?
 9. What is in dynamic equilibrium?
 10. What is training?
 11. Define adaptation.
 12. Mention a few safety measures for adventure sports.
 13. Who do you mean by pranayama? What are the stages of pranayama?
 14. Name the prohibited substances. Describe any one of them.
 15. Enlist the components of physical fitness. Explain any two.
 16. What is anthropometric measurement? What is the procedure to measure body weight?
 17. Write the functions of skeletal system.
 18. What are the laws of learning? Describe any one Law:
 19. Write causes of load.
 20. What is limbering down. What are its benefits?
 21. What is the importance of Psychology in physical education and sports?
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22. What is lever? What are its types? Describe their application in sports?
 23. Describe the types of bones?
 24. What is the importance of test and measurement?
 25. What is lifestyle? What are the components of positive lifestyle? Describe any three.
 26. What is camping? What are the objectives of camping?
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CBSE Class 11 Physical Education

Sample Paper 03

Answers

1. **What are Muscles?**

Ans. Muscles are the tissues and fibers, which are attached to the bones, cartilages and ligaments and help in the movements of body parts.

2. **What are stimulants?**

Ans. This group of drugs includes Psychomotor stimulants, sympathomimetic amines and miscellaneous CNS stimulants. They may produce alertness, wakefulness and an increase in the ability to concentrate.

3. **What is Asana?**

Ans. Asana means the position or posture of body. It also means to sit in an easy posture. Asanas are performed to keep the body flexible, agile and young.

4. **What are the Olympic ideals?**

Ans. The main ideals of Olympic games have been to develop physical strength, beauty, discipline, values and virtues by harmonious co-existence. The ancient Greeks were idealists to enhance the philosophy of idealism. The Olympic games draw attention of the world towards the importance of physical training.

5. **What are the components of wellness?**

Ans. These indicators include the following :

- a. Social wellness
- b. intellectual wellness
- c. Physical wellness
- d. Occupational wellness
- e. Spiritual

6. **What is the aim of physical education?**

Ans. Different educationists have expressed their views about the aims of physical education. According to J.F. Williams, physical education should aim to provide skilled leadership, adequate facilities and ample time for the individuals and the group to participate that are physically wholesome, mentally stimulating and socially sound.

7. **Define adapted physical education.**

Ans. Adapted physical education can be defined as a diversified programme of activities, especially designed for an individual who meets verification criteria for physical, mental

or emotional disabling and is notable to participate safely and successfully, without modification.

8. Define development?

Ans. Development can be defined as a progressive series of changes in an orderly coherent pattern. Development is a physical property. Development cannot be measured in the same way as growth.

9. What is in dynamic equilibrium?

Ans. A body unstable equilibrium when moving, it does not return to its previous position on moving, when its centre of gravity is lowered.

10. What is training?

Ans. Sports training is a planned and controlled process for achieving goals, which change in the motor performance and behaviours through measures that prepare a sports person for higher level of achievements.

11. Define adaptation.

Ans. Adaptation refers to the development for teaching, training and coaching skills needed for a well balanced approach in a therapeutic, educational and sports environment.

12. Mention a few safety measures for adventure sports.

Ans.

- a. Never approach wild animals.
- b. Always be alert and beware of your surrounding.
- c. Do not keep food in your tent.
- d. Look out for snakes, spiders and other creatures.
- e. Never hike alone, always go with a friend. Tell someone else of your plans. (To explain each and every pointing in details)

13. Who do you mean by pranayama? What are the stages of pranayama?

Ans. It is the combination of two words Prana and Yama or to make the body strong and able for spiritual activities through pranayama.

- a. Purak to fill pranayama in lungs.
- b. Kumbhaka to stop pranayama in lungs.
- c. Rechaka Breathe out pranayama fastly.

The appropriate control over inhalation and exhalation is pranayama.

14. Name the prohibited substances. Describe any one of them.

Ans.

- a. Beta Agonists
- b. Peptide hormones
- c. Hormones and metabolic Modulator
- d. Diuretic
- e. Anabolic steroids
- f. Stimulants
- g. Narcotics
- h. Blood doping

Beta 2 Agonists commonly prescribed for the treatment of asthma are prohibited in sports. Endurance athletes who dope themselves with beta-2-agonists to do so in an attempt to enhance their respiratory efficiency.

15. Enlist the components of physical fitness. Explain any two.

Ans. The components of physical fitness:

- i. Strength
- ii. Flexibility
- iii. Speed
- iv. Coordinative abilities
- v. Endurance
- vi. **Speed:** It is the ability to perform movement at a faster rate or it is the ability to perform movement in a short period of time and sports e.g., practicing with faster rhythm, speed endurance, repetition method acceleration runs etc.
- vii. **Endurance:** It is the ability to sustain or continue activity or it is the ability to resist fatigue. It is one of the important components for middle and long distance races and it is required for almost all major games like-football Hockey and Basketball.

16. What is anthropometric measurement? What is the procedure to measure body weight?

Ans. it is the scientific study of human size, shape proportion, composition, maturation and gross function in order to understand human growth. Anthropometry is a science that deals with the measurements of size, weight and proportions of the human body.

Body weight: It measures the total body weight of the subject, instrument used is weighing machine.

Procedure: Body weight is the weight of the body. The subject is asked to stand erect on

the weighing machine with bare feet and in minimum clothes. Results are recorded from the reading scale of the weighing machine in kilogram results will be accurate if the weight of the clothes are also measured separately and subtracted from the recorded weight of the subject, or researcher provides a standard garment to the subject.

17. **Write the functions of skeletal system.**

Ans. The functions of skeletal system are as follows:

- a. Provides support: The skeletal system provides a frame for body and gives a particular structure, shape to the body.
- b. Provides protection: The skeletal system provides protection to the vital organs such as the brain, eyes and ears.
- c. Movement and commotion: Skeletal system participates in movements and locomotion due to contraction of the muscles.

18. **What are the laws of learning? Describe any one Law:**

Ans.

- a. Law of readiness
- b. Law of exercise
- c. Law of effort

Law of readiness: This is that law of learning which keeps an eye over that person who is selected for learning whether he is mentally ready for the learning of activities. If he takes interest in learning, whether he is mentally ready for the learning of activities. If he takes interest in learning whether he is mentally ready for learning when one person is not ready to learn any activity or thing.

19. **Write causes of load.**

Ans. Load: It is a process for tackling the training and competition demand, which causes temporary disturbance of the physical and physiological state of homeostasis.

The causes of load are as under:

- a. **Rapid spurt in training load:** Rapid spurt in training load is hazardous. The load is increased for some time. It is increased only after adaptation of load.
 - b. **Participation in too many competitions:** An athlete has to exhibit his best technique during the competition so if he participates in too many competitions, it causes a lot of fatigue.
 - c. **Insufficient Recovery:** After a day long training programme, an athlete must get sufficient sleep and rest. The stresses of families work, should also be taken into
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consideration.

20. **What is limbering down. What are its benefits?**

Ans. Limbering down is a necessary activity after works.out of any activity. It has the following benefits.

- a. **Decrease in tension:** During training or competition, muscles remains under tension. Proper cooling down decrease muscular tension. Along with this mental tension is also reduced to some extent after performing an appropriate limbing down.
- b. **Supply of oxygen:** During sternums training there is a lack in the amount of oxygen in comparison to resting position.
- c. **Body temperature becomes normal:** During high intensity and strenuous training or competition, the body temperature increase more than 160° Fahrenheit. appropriate cooling down helps in reducing body temperature.

21. **What is the importance of Psychology in physical education and sports?**

Ans.

- a. **Helps in preparing:** Athelets Psychologically for competition: Sports Psychology mentally prepares the athlete Psychologically for competition.
- b. **Helps in understanding the Behaviour:** Sports Psychology helps in understanding the behaviour of athelets taking part in competition.
- c. **Helps in increasing Physiological capacities:** Sports Psychology plays a significant role in increasing physiological capacities like strength, speed and flexibility.
- d. **Helps in learning Motor skills:** Sports Psychology plays a significant role in the learning of motor skills, learning of motor skill depends upon the individuals level of readiness.

22. **What is lever? What are its types? Describe their application in sports?**

Ans. Lever is a rigid bar which can rotate round its axis on a point called fulcrum. In lever system, the distance traveled by a point is proportional to the distance from the other axis. The more the distance from the fulcrum, the greater will be the distance of doing work. Type of lever: Lever can be of the following three kinds according to the situation off ulcrum. (F), Power (P) and Resistance (R).

- i. First order lever. In this fulcrum is in the middle and power (P) and resistance (R) are at the ends.

Example: (a) Tricep extension of the elbow.

- ii. Second order lever: In this lever of this kind resistance (R) is between the fulcrum (F)
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and power (P) eg.

- iii. This classification depends upon this fact whether the foot is resting the load or not.
- iv. Third order lever: In this lever, the power (P) is in the middle and the resistance (R) and fulcrum (F) are on the ends. The levers of this kind also occur in the human body. Brachiales is joined to the ulnar axis below the elbow joint. The weight of the forearm is the resistance.

23. Describe the types of bones?

Ans.

- a. **Long bone:** Long bones consist of a tubular shaft and two irregular ends.
- b. **Short bone:** Short bones distributed all over the skeleton as in vertebral column tarsal and carpal bones.
- c. **Flat bones:** Flat bones are flat in shape with a thin and broad surface area. Scapula, sternum, ribs and skull bones are made of compact bone tissues and covered with compact tissue.
- d. **Irregular bones:** These bones have variable shapes, hence they can be grouped under the above categories.
- e. **Sesamoid bones:** These bones are embedded with a tendon. These bones are found in places where a tendon passes over a joint as in hands, knees and foot.

24. What is the importance of test and measurement?

Ans.

- i. **Measuring progress:** In order to judge the fulfillment of the objectives of physical education we should check the progress or improvement of the students.
- ii. **Motivation:** The test and measurement act as a means of motivation for the pupils to improve and maintain their physical fitness or skills in sports.
- iii. **Grouping of students:** Grouping of students can be done with the help of measurement. The classification of group can lead to better group performance on same status.
- iv. **Proper coaching:** Knowing the limitations and weakness of students through test and measurements.
- v. **Evaluation:** Measurements are necessary for knowing the effectiveness of a programme and to carry out changes as required.

25. What is lifestyle? What are the components of positive lifestyle? Describe any three.

Ans. Life style is a way of living of an individual. It is related with physical, psychological,

social and economic environment. The components of positive life style are:

- a. **Physical activity:** Physical activity or exercise is a vital component of a positive life style. Regular physical exercise is needed to maintain in a healthy weight and to enhance strength and flexibility of the body.
- b. **Healthy diet:** The healthy and balanced nutrition is important to live a healthy life style. The body requires a well balanced diet every day in order to consume an adequate amount of vitamins, nutrients and minerals.
- c. **Stress management:** Stress management is also a significant component of positive life style. Every individual is well aware that emotional stress play a major role in enhancing abdominal weight gain and heart diseases.

26. **What is camping? What are the objectives of camping?**

Ans. Camping is an outdoor recreational activity. The campers leave urban area, their home/region and enjoy nature while spending time outdoors.

Today there is great diversity in the way youth camps are operated throughout our society. Some are skill oriented, other's are directed towards social or religion goods, some are dedicated to the entertainment for children. Essentially, a camping:

1. Lets students live in the camp with a social environment of miniature scale.
 2. Helps teacher's to observe and understand their's students development in terms of personal aspirations.
 3. Allows students to appreciate their environment and natural surroundings.
 4. Develops team spirit and harness leadership skills.
 5. Provides opportunities for students to be independent and exercise self discipline.
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