

Shivalik International Convent School Nangal Chowk

Class +1

(Pre-board)

Physical Education

Time- 3 Hrs

MM-70

General Instruction :-

- Attempt all questions.
- Questions (1 to 20) carrying 1 mark each (Section- A)
- Questions (21 to 27) carrying 1 mark each (Section-B)
- Questions (28 to 34) carrying 2 mark each (Section-C)
- Questions (35 to 37) carrying 3 mark each (Section-D)
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- Questions (38 to 41) carrying 5 mark each (Section-E)

(Section-A)

- Q.1 Which of the following do not promote teaching of Physical Education?
(a) YMC College (b) LNUPE (c) HPU Shimla (d) FSSAI
- Q.2 SAI stands for _____
(a) Sports Agency of India (b) Sports authority of India.
(c) Sports alliance of India (d) None of these
- Q.3 The first Olympic game were started in
(a) 775BC (b) 767BC (c) 776BC (d) 776AD
- Q.4 How many rings are present in Olympic symbol?
(a) 5 (b) 6 (c) 2 (d) 4
- Q.5 Who started modern Olympic games?
(a) Crow-Crow (b) IOC (c) Decubertin (d) Godgeus.
- Q.6 Wada stands for?
(a) World anti during agency (b) World anti doping agency
(c) Wide anti dropping agency (d) Western anti doping agency.
- Q.7 Warming up avoids injury
(a) True (b) False.
- Q.8 Limbering down is also called _____
(a) Warming up (b) Homstring (c) Cooling down.
- Q.9 Development continues from _____
(a) Birth to death (b) Childhood to adolescence
(c) Infancy to childhood.
- Q.10 Beta 2 – Against is used for _____
(a) Fatigue and pain (b) Recovery
(c) Remove fluids (d) To treat asthma
- Q.11 According to which scientist " psychology is the study of the human behavior and human relationship.
(a) Crow and Crow (b) N.I.Mum
(c) Watson (d) Rass
- Q.12 What is a skill
(a) Ability to perform some moment
(b) Ability to perform a whole movement
(c) Ability to perform large muscle activities
(d) Ability to do yoga
- Q.13 In Oympic matto " Altius" means?
(a) Higher (b) Faster (c) Stronger (d) None of these
- Q.14 10A stands for
(a) Indian Oath Academy (b) Indian Olympic Association

- (c) Invalid Olympic Association (d) International Olympic Association.
- Q.15 Yoga is derived from.
(a) English word (b) Latin word (c) Sanskrit Word
- Q.16 BMI stands for _____
(a) Body mass Index (b) Body Mass Innovation
(c) Base mass Index
- Q.17 Growth is measurable?
(a) True (b) False
- Q.18 Development is Indirect and Invisible?
(a) True (b) False
- Q.19 Expand WHO...
(a) World Health Organization (b) World Happy Organization
(c) Wide Health Organization (d) Western Health Organization.
- Q.20 IOC is _____
(a) International Oath Council (b) International Olympic Committee
(c) Indian Olympic Council (d) None of these
- Q.21 What is Yoga?
- Q.22 Define Doping?
- Q.23 Write One Objective of Olympic Game.
- Q.24 What is Test?
- Q.25 Define BMI?
- Q.26 What is meant by lifestyle?
- Q.27 What is meant by yogic kriyas.

(Section-C)

- Q.28 Define Physical Education
- Q.29 What do you mean by integrated physical Education.
- Q.30 Discuss "healthy diet"?
- Q.31 What do you mean by anabolic steroids?
- Q.32 What do you mean by anatomy and physiology?
- Q.33 Explain Pranayama
- Q.34 Define Warming Up?

(Section-D)

- Q.35 Elucidate the importance of physical fitness and wellness in brief?
- Q.36 Write any 3 principles of 'Sports Training'.

Or

Write 3 importance of Yoga.

- Q.37 Explain Somato types.

(Section-E)

- Q.38 Explain the components of physical fitness.
- Q.39 Discuss the main objectives of physical Education.

Or

Explain the different types of joints in Human Body

- Q.40 Write Short note on 1) Olympic Motto 2) Olympic Flag 3) Olympic Flame 4) Stroke Volume
5) Cardiac Output.

- Q.41 Explain elements of Yoga?

Or

Explain Human Circulatory system and write its functions?