



Brilliant Public School
Seepat Road Bahatarai, Bilaspur (C.G.)
Final Term, 2017-18
Class – XI
Subject – Physical Education

Time: 3:00 Hrs.
Date: 05.03.2018

M.M.: 70
Monday

General Instructions:

1. Attempt all questions.
2. Questions 1 to 7 carrying 01 marks should be in approximately 30 words.
3. Questions 8 to 13 carrying 02 marks should be in approximately 60 words.
4. Questions 14 to 20 carrying 03 marks should be in approximately 100 words.
5. Questions 21 to 26 carrying 05 marks should be in approximately 150 - 200 words.

1. What is physical education?
2. What is yoga?
3. What is load?
4. What is sprain?
5. What is Doping?
6. Full form of SAI?
7. What is the aims of physical education?
8. Highlight the components of positive life style?
9. Why there is a need of sports environment?
10. Define test and measurements?
11. What do you mean by Growth?
12. Explain the factors which effect wellness?
13. Elaborate the function of "IOC"?
14. What is specific warming up and warming up? Explain the methods of warming up?
15. Explain the essential elements of positive sports environment?
16. Briefly mention the importance of yoga?
17. What is joints? Mention about the major types of joints?
18. What is BMI? What is the calculation method of BMI?
19. Explain any three principles of physical activity environment?
20. Explain the principles of stability?

21. What is circulatory system? Explain the structure, location and function of heart with diagram?
22. Write short notes in brief on the following:
 - i) Olympic motto
 - ii) Olympic flag
 - iii) Olympic flame
 - iv) Olympic oath.
 - v) Flexibility.
23. Explain the types of levers with the help of diagram?
24. Elucidate the doping control procedure in details?
25. Explain the elements of yoga in brief?
26. Draw neat and clean diagram of badminton court with measurement ?(use only pencil)

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SAMPLE PAPERS