

JB ACADEMY, AYODHYA
ANNUAL EXAMINATION (2024-25)
CLASS – XI, SUB : PHYSICAL EDUCATION(048)

TIME ALLOWED: 3 HRS

MAX. MARKS: 70

GENERAL INSTRUCTIONS:

The question paper consists of 5 sections and 37 Questions.

- 1) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.*
- 2) 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.*
- 3) 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.*
- 4) Sections D consist of Question 31-33 carrying 4 marks each and are case studies.*
- 5) Sections 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)

Q1. Identify the asana:



- | | |
|--------------------|-----------------|
| a) Mandukasana | b) Halasana |
| c) Supta Vajrasana | d) Gaumukhasana |

Q2. To over-come resistance is known as ?

- | | | | |
|-----------------|--------------|---------------|-----------|
| (a) Flexibility | (b) Strength | (c) Endurance | (d) Speed |
|-----------------|--------------|---------------|-----------|

Q3. Hip joint is an example of :

- | | | | |
|---------------------|-----------------|-----------------|---------------------------|
| (a) Immovable joint | (b) Hinge joint | (c) Pivot joint | (d) Ball and socket joint |
|---------------------|-----------------|-----------------|---------------------------|

Q4. Vital capacity is the amount of.

- | | |
|--|---|
| (a) Blood pumped out by Heart in one min | (b) max amount of Air breath-out from lungs |
| (c) Heart size | (d) Blood pressure |

Q5. Common Fitness Test are

- (a) JCR, Kraus Weber, SAI Khelo-India Test
- (b) Blood Pressure Test, Bone Caliper, Muscle Biopsy
- (c) BMI, W H R Test, Allergy Test
- (d) Sheldon Body Type, Carl Jung Personality Test

Q6. The obesity range of BMI in male is

- (a) 24.9
- (b) 25
- (c) 30
- (d) 18.5 >

Q7. The performance enhancement drug generally used by boxers and judo players to reduce their weight

- (a) Anabolic steroid
- (b) Diuretic
- (c) Cannabinoids
- (d) Blood Doping

Q8. Who is the present president of IOA ?

- (a) P.T Usha
- (b) Thomas Bach
- (c) Rajlaxmi Singh Deo
- (d) None of the above

Q9. Which of the following improve concentration ?

- (a) Neti
- (b) Dhauti
- (c) Tratak
- (d) Kapal-Bhati

Q10. The correct measurement of Heart Rate is done by.....?

- (a) Flexometer
- (b) Skinfold Caliper
- (c) Weighing machine
- (d) B P Apparatus

Q11. Match the following.

	LIST-I		List-II
A	Pre-natal Stage	1	3 to 6 Years
B	Infancy	2	1 to 2 Years
C	Early Childhood	3	7 to 12 Years
D	Later Childhood	4	Conception till birth

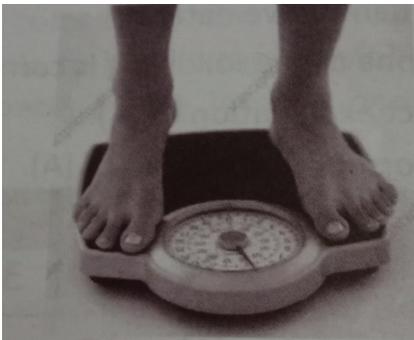
(A) 4,2,1,3

(B) 3,4,1,2

(C) 4,1,2,3

(D) 1,4,2,3

Q12. Identify and name the Test along with name of anthropometric tools in given picture.



(A)



(B)

Q13. 18. A child has.....bones.

- a) 206 b) 230 c) 240 d) 270

Q14. IOC members are

- a) OCA, EOC, PASG c) BWF, WA, FIFAFIBA
b) India, USA, Russia, China d) All

Q15. The other name of limbering down is :

- a) Training b) General warming-up c) Specific warming -up d) Cooling down

Q16. Infancy stage is started from :

- a) 7 to 12 years b) 13 to 19 years c) 0 to 2 years d) 3 to 6 years

Q17. Physical education provides career in:

- a) Teaching b) Coaching c) Media and Health Industry d) All

Q18. Meso-cycle is a training of :

- a) One week b) 4 to 10 days c) 3 to 6 weeks d) 3 months

(SECTION - B)

Q19. Write a note on Narcotics.

Q20. Write the objectives of IOA.

Q21. Write a note on Kapal-Bhati.

Q22. Mention the types of Disorder.

Q23. Explain PRICE procedure for soft tissue injuries.

Q24. Differentiate between Skill and Technique.

(SECTION - C)

Q25. What is WHR? How is it calculated?

Q26. Explain the process of respiration.

Q27. Differentiate between flexion and Extension.

Q28. Explain the problems in Adolescence.

Q29. What you understand by team Cohesion.

Q30. Write down the disadvantages of Doping.

(SECTION - D)

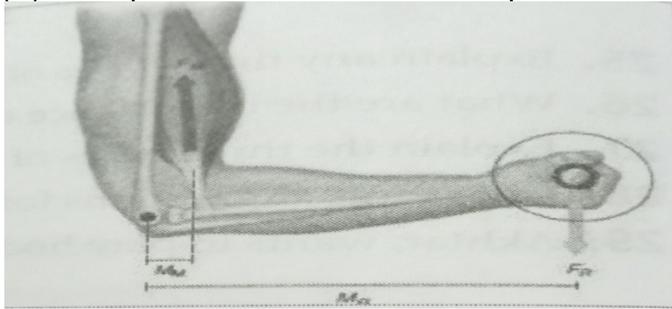
Q.31. Krish a physical education student read the chapter on biomechanics in sports, but he was unable to understand the principle of biomechanics .By analyzing the given picture help Krish to fill the given blanks. (1x4)

(A).....is the principle that defines the lower the center of mass, the greater mass, the more the stability increases.

(B)Hockey slap shots and hitting a golf ball are examples of the.....principle.

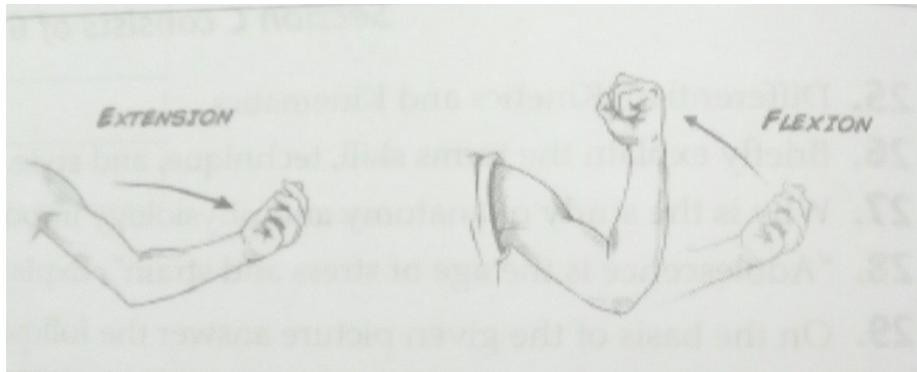
(C)The production of maximum force requires the use of all possible joints movements that contributes to the task`s object is the principle of.....

(D)The impulse-Momentum Relationship is the.....motion.



Q32.

(1x4)



.Rahul, studied the chapter on Biomechanics in which asked about the different movements to his elder brother Rohan. Look at the picture carefully and fill in the space given.

- (A) Flexion describes a bending movement that.....the angle between two body parts.
- (B) Extension is a movement that.....the angle between two body parts.
- (C) Extension is also known as the.....
- (D) Extension of the knee is to increase the angle between the.....and the femur.

Q33. Dhriti was asked to speak on different types of movements possible in human body and their importance.

(1x4=4)

- i. How many basic types of movements would Dhriti talk about?
- ii. What movements that she demonstrated were possible at the shoulder joint?
- iii. At what joints do the above movements take place?
- iv. In Jumping jaz which two types of movements are implemented.

(SECTION - E)

- Q34. Explain Training Load, Overload, Adaptation and Recovery.
- Q35. Explain the general working of Skeletal system. Explain about joints briefly.
- Q36. Describe the various types of body Categories.
- Q37. Briefly explain about Axis and Plane movements.