Practice Paper

Class XI

SUBJECT:- PHYSICAL EDUCATION

1. What do you mean by integrated phy. Edu.?
2. Define the term life style.
3. Elaborate the term IOC and SAI.
4. What is hyper tension?
5. What is out of competition testing?
6. Define physical activity.
7. What is the formula of calculating waist hip ratio?
8. Define anatomy.
9. Who will have greater stability? -- a fat person or a thin person of same height.
10. What do you mean by learning?
11. Define the term training.
12. Enlist the principles of adaptive phy. Edu. And describe any one of them.
13. Write a short note on special Olympic bharat.
14. What are the function of IOC.
15. Explain the methods prohibited in the field of sports.
16. How does sports equipment help for developing positive sports environment?
17. Describe the physiological basis of warming up.
18. Write a brief note on load, adaptation and recovery.
19. Neeti along with her father was regular at district park in early morning. She realized that most of the children were obese. She along with her few classmates wanted to help these children. She discussed with her physical education teacher and the Principal of the school decided to organize an awareness rally for the neighbourhood.

(i) How can obesity be prevented?

(ii) Give any two disadvantages of obesity.

(iii) What values are shown by Neeti and her classmates?

1. Describe the components of positive life style.
2. Why is a healthy life style important?
3. “yoga is our cultural heritage”. Explain this statement.
4. What is BMI and waist hip ratio? How are these calculated?
5. Define anatomy and physiology. Elucidate the importance of anatomy and physiology in the field of sports.
6. Define force, its types and explain its application in sports.
7. Define psychology. Explain the importance of sports psychology in phy. Edu. and sports.