Practice Paper

Class XI

SUBJECT:- PHYSICAL EDUCATION

Q1 Define adaptive physical education?

Q2 Mention the health threats in life?

Q3 Write down the Olympic oath?

Q4 Define the term asana?

Q5 What is blood doping?

Q6 What do you mean by sports environment?

Q7 What do you mean by test?

Q8 Define physiology?

Q9 What do you mean by equilibrium?

Q10 What are the causes of plataue?

Q11 What is limbering down?

Q12 What are the principle of integrated physical education?

Q13 Describe briefly the development of physical education post independence?

Q14 What are the Olympic idols?

Q15 What are the athletes responsibility?

Q16 What are the principle of physical activity environment?

Q17 What do you mean by skill, technique and style?

Q18 Write the principles of sports training?

Q19 “ During summer vacation camp at school, every child reach the

 school on time except Sunil Kumar. There were lots of activities

 such as art, music, dance, yoga, Aerobics and Gymnastics. Every

 body got a chance to show case their skills except Sunil Kumar

 because of his late coming.

(i) Name the club activities of Summer camp.

(ii) What values are not shower by Sunil Kumar?

(iii) Why was Sunil not given a chance to show its talent?

Q20 What are the components of physical fitness?

Q21 How will you prevent health threats through life style change?

Q22 If the weight of a person is 70 kg and height is 1.70 meter. Calculate his BMI and category?

Q23 What do you understand by anthropromatric measurement? How will you measure leg length, height and weight of a person?

Q24 Explain the structure of muscle with the help of a diagram?

Q25 Explain emotion. How can we control emotion?

Q26 Explain the management of adolescent problems?