Practice Paper

Class XI

SUBJECT:- PHYSICAL EDUCATION

Q1 What do you mean by sports journalism?

Q2 State the meaning of Wellness?

Q3 Who started the modern Olympic game and when?

Q4 What do you mean by meditation?

Q5 Write the full form of WADA?

Q6 What is cardiac output?

Q7 Define measurement?

Q8 What is cardio vascular fitness?

Q9 What do you mean by biomechanics?

Q10 Define adolescence?

Q11 What do you mean by load?

Q12 What are the objective of physical education?

Q13 Describe the objective of NSNIS?

Q14 Write a short note on CHACHA NEHRU AWARD?

Q15 What is the procedure of blood doping?

Q16 What is the difference between Physical activity and exercise?

Q17 What are the types and causes of load?

Q18 Mention few exercises for proper warming up and limbering down?

Q19 Recently Sarita Devi refused to accept the medal during the

ceremony. The international body which regulates boxing as taken a stringent action against Sarita Devi and the coaches.

1. Do you agree with the decision of Sarita Devi? Justify your

answer.

1. What values do you think Sarita Devi has not shown by her

behaviour during the medal ceremony?

Q20 What are the components of wellness?

Q21 Explain the factors affecting physical fitness and wellness?

Q22 What is meditation? What is the importance of meditation of yoga?

Q23 What is the importance of the test and the measurement?

Q24 Describe the structure and working of heart with the help of a diagram?

Q25 State and explain Newton’s law of motion and their application in sports?

Q26 Describe the management of adolescence problem?