

GUESS PAPER - 2008
CLASS- XI
SUBJECT – PHYSICAL EDUCATION

MAX. MARKS: 70

TIME ALLOWED: 3 HRS

GENERAL INSTRUCTIONS:

1. Question paper carries two parts namely A-B.
2. Answer to questions carrying 2 marks should not exceed 30 words each.
3. Answer to questions carrying 4 marks should not exceed 60-80 words each.
4. Answer to questions carrying 6 marks should not exceed 100-125 words each.
5. The number of question should be written clearly.

PART - A

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| Q.1. Definition of physical Education. | 2 |
| Q.2. What is the scope of physical Education? | 2 |
| Q.3. What do you understand by the avenues of career preparation? | 2 |
| Q.4. Expand the following abbreviations.
(a) LNIPE, (b) NSNIS, (c) LNCPE. | 2 |
| Q.5. What are the motivation and self assessment steps to choose career? | 2 |
| Q.6. What is Vital Capacity? | 2 |
| Q.7. Write short notes on any two:
(a) Blood (b) Oxygen Debt (c) Blood Pressure | 2 |
| Q.8. Define Motivation. | 2 |
| Q.9. Define Adolescence. | 2 |
| Q.10. Define Sports Psychology. | 2 |
| Q.11. Define health and health education. | 2 |
| Q.12. Define Obesity. | 2 |
| Q.13. Explain Circulatory System. Explain with the help of diagram. | 3 |
| Q.14. Explain the effect of exercise on the muscular system. | 3 |

- Q.15.** Define a balanced diet. 3
- Q.16.** What are the effects of tobacco? 3
- Q.17.** Explain briefly any four career options in physical education. 4
- Q.18.** Explain Briefly the sportsmanship and Sports Ethics. 4
- Q.19** Give the relevance of Physical Education in Inter disciplinary context. 6

Or

Explain the need and importance of physical education.

PART - B

- Q.20** Describe the history of badminton. 2
- Q.21** Write down any four rules of badminton. 2
- Q.22** Explain any four skills of badminton. 2
- Q.23** Define & explain any two.
a) Service b) Game point c) Deuce d) Let 2
- Q.24** Mention four important tournaments of badminton. 2
- Q.25** What do you know about Arjuna Awards? 2
- Q.26** Explain the four preventive methods for common sports injuries. 2
- Q.27** Give the dimensions of single and double badminton court. Draw a diagram. 6

Or

Write down the brief measurement of badminton Racket and shuttle. Draw a diagram.