

**SUBJECT: PHYSICAL EDUCATION**

**Class : 11<sup>th</sup>**

**MAXIMUM MARKS: 70**

**TIME :3 Hrs**

**A. Multiple Choice Questions                      01 marks each**

1. The dimension of playfield of Hockey is  
a) 91.40m x 55.00m    b) 90.00m x 60.00m    c) 80.00 x 50.00m    d) None of the above
2. Who is the founder of Modern Olympic Games?  
a) Meluis    b) Barren-de-Coubertus    c) Herenles    d) None of the above
3. What is cash money of Dronacharya Award?  
a) Lakh    b) 4 Lakh    c) 1 Lakh    d) 5 Lakh
4. What is the breadth of Kho Kho Field?  
a) 15m    b) 14m    c) 16m    d) 13m
5. What is the distance between last line and first cross line  
a) 2.75 m    b) 2.50m    c) 2.30m    d) 2.65m
6. How many sitting blocks are there in Kho Kho Field.  
a) 6    b) 9    c) 8    d) 10
7. What is the length of Badminton Court?  
a) 44feet    b) 20feet    c) 17feet    d) none of the above
8. In case of injury, how many players can be substituted?  
a) 2 only    b) 1 only    c) 3 only    d) none of the above

**B. Very short answer type questions (02 marks each)**

9. Write in brief the meaning of Physical Education  
Or  
Explain any career options.
10. What is warming up?
11. Define sports psychology.
12. What is contusion?
13. Write a short note on spin.
14. Name any five Voluntary Organization involved in Health Promotion.
15. Name any three types of strokes in hockey.
16. What is Iona in Kabadi?
17. What is Olympic Ring?
18. Write any two effects of Alcohol on individual.

**C. Short Answer Type Questions (03 marks each)**

19. What do you understand by the term Physical Education? Explain?

Or

What effects do exercise have respiratory system?

20. What are the aims and objective of Physical Education?

21. Name two courses of sports and physical education under sports authority of India?

22. What do you mean by Durgs? Explain briefly.

23. Discuss rules and regulation of Badminton game?

24. Name common sports injuries. Discuss any of them?

25. What is the role of diet on sports performance?

26. Explain the role of motivation in sports?

27. What is the Olympic Torch March Past?

**D. Long Answer Type Questions (05 marks each)**

28. What is the need and importance of Physical Education?

Or

Define Physical Education. What are the aims and objectives of Physical Education?

29. What do you mean by motivation and self-Assessment for career choice?

Or

Explain the effects of exercise on muscular system.

30. Describe the main natural sports events.

Or

Describe the main history of Modern Olympic Games.