



BK BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY| CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL

MID-TERM EXAMINATION 2024-25

PHYSICAL EDUCATION (048)



Class : XI Sci/Com/Hum

Date : 23/09/2024

Admission No.:

Duration: 3 Hrs

Max. Marks: 70

Roll No.:

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Sections E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3

Section-A

Section A consists of Multiple Choice Type questions of 1 mark each

1. IOA was established in [1]
[a] 1897 [b] 1929 [c] 1894 [d] 1927
2. SAI stands for- [1]
[a] Sports Appointment of India [b] Sports Authority of India
[c] Sports and Academics of India [d] Sports Accreditation of India
3. The word 'Fortius' in the Olympic Motto means- [1]
[a] Higher [b] Stronger [c] Faster [d] None of the above
4. Dressing and bandages are used to [1]
[a] increase the victim's pain [b] increase internal bleeding
[c] control bleeding and prevent infection [d] stitch up a deep wound
5. There are _____ NOCs in existence currently. [1]
[a] 216 [b] 205 [c] 206 [d] 215
6. How many verticals are there in Khelo India Program? [1]
[a] Ten [b] Eleven [c] Twelve [d] Thirteen
7. The word 'Yoga' is derived from- [1]
[a] Yug [b] Yuj [c] Yua [d] Yuy
8. Out of the following which one is not a part of Ashtanga Yoga? [1]
[a] Yama [b] Neti [c] Niyama [d] Samadhi

9. The Khelo India Program was launched by the Ministry of Youth Affairs and Sports, Govt. of India in the financial year- [1]
 [a] 2017-18 [b] 2016-17 [c] 2015-16 [d] 2018-19
10. Blink less gazing is known as- [1]
 [a] Basti [b] Nauli [c] Neti [d] Trataka
11. Which Pranayama should be avoided in winters? [1]
 [a] Sheetkari [b] Bhramari [c] Suryabhedana [d] Ujjayi
12. Which of the following is a congenital disability? [1]
 [a] Down Syndrome [b] Cerebral Palsy
 [c] Both A and B [d] None of the above
13. What type of disorder is ADHD? [1]
 [a] Mental [b] Emotional [c] Behavioral [d] Genetic
14. World Disability Day is celebrated on [1]
 [a] 2nd April [b] 21st June
 [c] 29th August [d] 3rd December
15. R.I.C.E. treatment refers to [1]
 [a] Rest, Ice, Crutches, Elevation [b] Rest, Ice, Compression, Elevation
 [c] Rest, Ibuprofen, Crutches, Exercise [d] Recovery, Ice, Compression, Exercise
16. Which of the following is not an HRF Component? [1]
 [a] Balance [b] Flexibility [c] Strength [d] Body Composition
17. Which of the following games is played with the help of animals? [1]
 [a] Kalaripayattu [b] Shatranj [c] Polo [d] Atya Patya
18. Where Lakshmibai National Institute of Physical Education (LNIFE) is situated? [1]
 [a] New Delhi [b] Kerala [c] Patiala [d] Gwalior

Section-B

Section B consists of 6 questions of 2 marks each. Attempt any 5.

19. Write a note on The Olympic Motto. [2]
 20. Write a note on Fit India Movement. [2]
 21. Explain the Yama- Asteya in brief. [2]
 22. What is the difference between Disability and Disorder? [2]
 23. What is Adaptive Physical Education? [2]
 24. Define Impairment and Disability. [2]

Section-C

Section C consists of 6 questions of 3 marks each. Attempt any 5.

25. Differentiate between Surya Bhedhana Pranayama and Anuloma-viloma. [3]
 26. Describe any one Olympic core value. [3]
 27. What kind of playing surfaces are used for indoor sports? Explain. [3]
 28. What is the difference between Physical fitness components: Speed and Agility. [3]
 29. What is the role of Physical Teacher in helping the CWSN? [3]
 30. Who is a leader? [3]

Section-D

Section D consists of 3 case based questions of 4 marks each.

31.

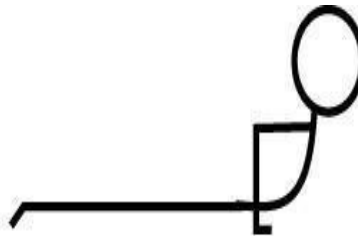
[4]



- A. The above pose can be identified as
a. Vajrasna b. Trikonasna c. Chakrasna d. Padmasna
- B. This asana is used to cure
a. Obesity b. Diabetes c. Knee pain d. Asthma
- C. Normal Blood pressure in an adult is _____
a. 120/80mm b. 140/90mm c. 80/100mm d. 100/80mm
- D. This asana is contraindicated when a person is suffering with _____
a. Knee pains b. Gastric problem c. Sciatica d. Hernia

[OR]

Mr. Shyam aged 50 years is recommended to practice the below asana as a therapeutic measure. He is a software engineer by occupation and spends a lot of time sitting at one place. He developed certain symptoms like frequent urge for urination, tiredness, excessive weight gain along with being anxious and gets easily irritated.



- A. From the shape of the body in the given pose, it can be identified as _____
a. Gomukhasana b. Bhujangasana c. Tadasana d. Vajrasana
- B. Mr. Shyam is diagnosed with _____
a. Only Diabetes b. Both Diabetes & Hypertension
c. Only Hypertension d. Asthma
- C. Blood sugar levels are controlled by _____ hormone
a. Thyroxin b. Insulin c. Pituitary d. Progesterone
- D. This asana should be avoided by people suffering with _____
a. Obesity b. Hernia c. Diabetes d. Hypertension

32. MR. Kumar works in the sports field in which he describes what's happening at sporting events and offer their opinions to listeners and viewers: [4]



Identify the career in sports.

- a. _____provides a real-time commentary of a game or event.
b. He is also known as _____.
c. He discusses news, weather, or the like, as on television or radio.
d. They give _commentary on a sporting event.
33. MR. Ramesh tells his daughter about the aim and objectives of physical education; he told her that there is an objective that helps to develop social relationships with others. Look at the image carefully. [4]



- a. _____ objective of physical education is shown in the above picture.
b. This is the objective to attain _____ quality.
c. Players get to know each other in spite of different _____, domiciles, and backgrounds.
d. This objective helps to develop _____ traits.

Section-E

Section E consists of 4 questions of 5 marks each. Attempt any 3.

34. What is the aim of physical education? [5]
35. Explain First aid along with aim and objectives. [5]
36. Explain the concept of Inclusion. [5]
37. What is the role of a Physical Education teacher for children with special needs? [5]

*******All the Best*******