



# 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

Name:

Duration: 3 Hrs

Max. Marks: 70

Exam RNo.:

## General Instructions:

1. 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. Section B consists 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. Section C consists of Question 25-30 carrying 3 marks each and is short answer type and should not exceed 100-150 words. Attempt any 5.
5. Section D consists of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and is long answer type and should not exceed 200-300 words. Attempt any 3.

## SECTION A

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

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] 2<sup>nd</sup> April [b] 21<sup>st</sup> June [c] 29<sup>th</sup> August [d] 3<sup>rd</sup> 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] Kalarippayattu [b] Shatranj [c] Polo [d] Atya Patya
18. Where Lakshmbai National Institute of Physical Education (LNIFE) is situated? [1]  
 [a] New Delhi [b] Kerala [c] Patiala [d] Gwalior

## SECTION B

19. Write a note on The Olympic Motto? [2]  
 =>The motto of the Olympic Games is “Citius – Altius – Fortius” which is Latin for “Faster- Higher- Stronger”. It expresses the aspirations of the Olympic Movement. It was proposed by Pierre de Coubertin upon the creation of the International Olympic Committee in 1894. The Olympic motto was first announced in 1924 held at the Olympic Games in Paris, France.
20. Write a note on Fit India Movement? [2]  
 => The Khelo India Programme has been introduced to revive the sports culture in India the grassroots level by building a strong framework for all sports played in our country and to establish India as a great sporting nation.
21. Explain the Yama- Asteya in brief? [2]  
 => => Asteya (non-stealing): Asteya teaches that everything we need in life is already within us. By choosing Asteya, we rise above our “base cravings” and become self-sufficient because we no longer desire something

outside of ourselves. Feeling gratitude for what we have, and only taking what is freely given, makes it easy to wipe out feelings of envy or entitlement, and for authentic generosity.

22. What is the difference between Disability and Disorder? [2]

=> 1. The term Disorder refers to the disruption or disturbance caused to the normal functions of a body. Whereas the term Disability is a very vast one and encompasses all kinds of physical impairments, activity limitations, and participation restrictions.

2. Disorder is more of a 'characteristic' classified in medical terms according to clinically significant disturbance in an individual's physical, cognitive and Disability is a condition that produces a long-term impairment that affects activities of daily living, such as eating, walking, and maintaining personal hygiene emotional regulation or behavior.

3. There are physical, disorders like stomach disorders which cause disturbance in normal functioning, and disorders can be mental or cognitive in nature, for example anxiety disorder. Substance abuse disorder, addiction disorder, attention disorder, eating disorder are few more common examples of disorders. Examples of Disability are congenital, or present from birth, occurring during a person's life time, invisible disability (not noticeable easily) and temporary disability

23. What is Adaptive Physical Education? [2]

=> Adapted Physical Education (APE) generally refers to school-based Programmes for students aged 3–21 years. It is a structured way to make Physical Education and sports accessible to all with modified instruction, resources, space and environment for CWSN as per their ability.

24. Define Impairment and Disability? [2]

=> **Impairments** are problems in body function or alterations in body structure – for example, paralysis or blindness.

**DISABILITY:** refers to FUNCTIONAL inability or limitations to perform certain activities (activity limitation) and interact with the world around them (participation restrictions).

### SECTION C

25. A good leader delegates duties and responsibility. Do you agree? [3]

26. Describe any one Olympic core value? [3]

=> Respect lies at the heart of Olympism – respect for yourself and your body, for other people, for rules and regulations, for sports and for the environment. In fact, respect is the key to strong friendships, fair play and sportsmanship. Understanding the impact of our actions, positive or negative, is an important part of playing a participative role in our communities. Respecting yourself and others goes beyond sport.

27. What kind of playing surfaces are used for indoor sports? Explain. [3]

=> **Courts:** Indoor courts are very popular for sports like badminton, basketball, handball, as they can be played around the year without restrictions of weather and climate. The indoor courts mostly have a synthetic or wooden surface. Sports like badminton are also played on synthetic mats laid on wooden floors. i. Wooden courts  
ii. Synthetic courts

2. **MUGA:** MUGA is a multi-utility games arena (MUGA) are popular at indoor sports facilities where multiple activities can be planned and organised. The rubberised surface are easy to maintain and are durable and safe.

28. What is the difference between Physical fitness components: Speed and Agility? [3]

=> **Speed** – Speed refers to an individual's ability to perform the movement in the shortest possible time. It is the minimum time taken to complete the task. Examples are 100 m and 200 m sprint, ice hockey etc.

**Agility** – Agility is an individual's ability to change the direction of the body rapidly and accurately. It is a combination of speed, balance, power and co-ordination. Rugby, football, hockey are the examples of sports requiring agility.

29. What is the role of Physical Teacher in helping the CWSN? [3]  
=> Physical Education Teacher – The Physical Education teachers need to determine the abilities of students with special needs. They also need to determine measures to support their participation in sports, games and fitness activities through general, modified and specially designed PE Programme.

The role of a physical education teacher is

1. improving general movement, movement skills and movement patterns
2. improving hand-eye coordination, flexibility, muscular strength, endurance
3. Developing different sports-specific skills such as in basketball, soccer, swimming etc.
4. Improving social skills such as listening, understanding, implementing, playing in small to large groups, taking responsibilities, leadership etc.
5. Providing psychological support by channelizing energy to reduce anxiety, hyperactivity, tension and depression, developing self-esteem, reducing feelings of isolation

30. Who is a leader? [3]  
=>

#### SECTION D

31.



1. The above pose can be identified as?

- [a] Vajrasna [b] Trikonasna [c] Chakrasna [d] Padmasna

2. This asana is used to cure?

- [a] Obesity [b] Diabetes [c] Knee pain [d] Asthma

3. Normal Blood pressure in an adult is \_\_\_\_\_?

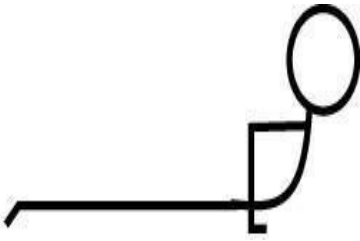
- [a] 120/80mm [b] 140/90mm [c] 80/100mm [d] 100/80mm

4. 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.



1. From the shape of the body in the given pose, it can be identified as \_\_\_\_\_?  
[a] Gomukhasana [b] Bhujangasana [c] Tadasana [d] Vajrasana
2. Mr. Shyam is diagnosed with \_\_\_\_\_?  
[a] Only Diabetes [b] Both Diabetes & Hypertension  
[c] Only Hypertension [d] Asthma
3. Blood sugar levels are controlled by \_\_\_\_\_ hormone?  
[a] Thyroxin [b] Insulin [c] Pituitary [d] Progesterone
4. 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 offers their opinions to listeners and viewers.



Identify the career in sports?

- [a] **commentator** provides a real-time commentary of a game or event.
- [b] He is also known as **reporter**
- [c] He discusses news, **sports events**, weather, or the like as on television or radio.
- [d] They give **live** 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?



- [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

34. What is the aim of physical education? [5]

=> Physical Education is “education through movement”. It aims to maximize our physical ability, leading us to be healthy, knowledgeable, skilful, creative, productive and influential in all walks of life. Thus, the aim of Physical Education is the optimal and wholesome development of the individual for complete living, as well as optimum performance in sports competitions. According to National Plan of Physical Education and Recreation, “The aim of Physical Education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities as will help him to live happily with others and build him up as a good citizen.”

35. Explain First aid along with aim and objectives? [5]

=> The term First Aid was officially adopted in England for the first time in 1879 by St. John’s Ambulance Association. It refers to the treatment which is given to the casualty suffering from either a minor or serious illness or injury, to preserve life, prevent the condition from worsening, or to promote recovery prior to professional medical help becoming available. It includes initial intervention in a serious condition such as performing cardiopulmonary resuscitation (CPR) while waiting for an ambulance, as well as the complete treatment of minor conditions, such as applying a plaster to a cut. A First Aid procedure is generally performed by someone with basic medical training.

And the aims and objectives are:

To prepare properly for any emergent situation to avoid errors and act quickly and calmly.

To assess and address life-threatening conditions first

To minimize further injury, infection and complications

To make the victim as comfortable as possible, thereby enabling him to save energy.

To transport the victim to a medical facility as per necessity.

36. Write a detailed note on the concept of Adaptive Physical Education? [5]

=>

Adapted Physical Education is the art and science of developing, implementing, and monitoring a carefully designed Physical Education instructional programme for a learner with a disability, based on a comprehensive assessment, to give the learner the skills necessary for a lifetime of rich leisure, recreation, and sport experiences to enhance physical fitness and wellness. Adapted Physical Education (APE) generally refers to school-based Programmes for students aged 3–21 years. It is a structured way to make Physical Education and sports accessible to all with modified instruction, resources, space and environment for CWSN as per their ability. According to Adapted Physical Education National Standards (APENS) Adapted Physical Education is Physical Education which has been adapted or modified, so that it is as appropriate for the person with a disability as it is for a person without a disability. In other words, Adaptive Physical Education (APE) is Physical Education which has been adapted or modified to make it as appropriate for a person who is differently-abled as it is for a person without disability. It is basically a Physical Education Programme specially designed for differently-abled students so that physical education activities are safe, achievable, enjoyable and, therefore, a successful experience. APE is safe and beneficial even for infants and toddlers who need early intervention services because of developmental delays in physical, cognitive, communication, social and emotional aspects. Moreover, APE is not only for differently-abled infants and students but also for the people of all ages.

37. What is the role of a School Counsellor for children with special needs? [5]

=> School Counsellor –The school counsellor is the specialist who works with students with special needs in schools and provides a comprehensive Programme that helps CWSN with their academic goals, their social, personal and career development. School Counsellors involve parents, teachers, other school personnel, and members of the community in assisting students’ development into effective members of the community. They work with the various members of the school community to create a positive school climate in which children can learn. It is their duty to assure a coordinated team effort to address the needs of all students and

ensure student access to school and community resources. More specifically, School Counsellors use individual and small-group counselling to help students develop aptitudes such as:

- a. skills in communicating, cooperating, and resolving conflict
- b. the ability to engage in behaviours that foster good physical and mental health and to avoid behaviours that detract from good physical and mental health
- c. skills in planning and making decisions, resulting in higher self-efficacy and a sense of personal responsibility
- d. an awareness of resources about educational and vocational opportunities and ways to access those resources
- e. positive attitudes towards one's self, as both a student and a potential worker
- f. an awareness of and appreciation for both genders and the contributions of cultural diversity in society
- g. a comprehensive plan for school and work experiences through high school and beyond