

Section-A



BK BIRLA CENTRE FOR EDUCATION

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

PERIODIC TEST (2024-25)

PHYSICAL EDUCATION (048)



Class : XI Sci/Com/Hum

Date : 28/06/2024

Admission No.:

Duration: 1 Hrs

Max. Marks: 25

Roll No.:

General Instructions:

1. The question paper consists of 3 sections and 14 Questions.
2. Section A consists of question 1-7 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 8-13 carrying 2 marks each and are very short Answer types and should not exceed 60-90 words. All questions are compulsory.
4. Sections C consist of Question 14-15 carrying 3 marks each and are short Answer types and should not exceed 100-150 words. All questions are compulsory.

Section-A

1. Which Pranayam should be avoided during winters? (1)
i. Sheetkari
2. "Playing beyond the rules of the game" is violation of which of the following educational value? (1)
iv. Fair play
3. Word 'Yoga' derived from: (1)
iii. Yuj
4. Man is a -----, ----- and ----- being. (1)
ii. Physical, mental and spiritual
5. IOA was established in (1)
ii. 1927
- 6.
7. There are eight stages of training for a yogi to go through in order to reach "moksha" (release). What is the final stage called? (1)
iv. Samadhi
8. Cleaning of Colon is known as: (1)
iii. Bhasti

Section-B

9. What do you mean by term 'Yoga'? (2)
Ans- The word 'yoga' is derived from a Sanskrit word "yuj", which means union. Yoga is the union of the spirit with the soul. This union is a long process which may even take several births, according to Hindu scriptures.

10. Write a short note on the Olympic Flag. (2)

Ans- The Olympic flag was created by Baron Coubertin in 1913 and was released in 1914. “The Olympic flag has a white background, with five interlaced rings in the centre: blue, yellow, black, green and red. This design is symbolic; it represents the five continents of the world, united by Olympism, while the six colours are those that appear on all the national flags of the world at the present time (1931).”

11. Explain the concept of Pranayama. (2)

Ans- Pranayama is a science which helps to regularize vital energies through the regulation of breathing. The main purpose of Pranayama is to gain control over the Autonomous Nervous System and mental functions. Pranayama practice involves slow deep inhalation (Puraka), holding breath (Kumbhaka) and near complete exhalation (Rechaka). The flow of Prana or vital energy to all the vital parts of the body is regulated by these breath-regulating practices.

12. Illustrate the concept of fair play with sports examples (2)

Ans- Fair play is a concept of sports, it can be applied in many different ways and contexts beyond the sports field. Fair play refers to playing by the rules. Learning fair play behaviour in sport can lead to the development and reinforcement of similar behaviour in one’s everyday life. After participating in sports an individual develops the habit of fair play that is reflected in his/her attitude and behaviour in life and towards the community he/she lives in. In sports, an individual follows the rules. Referees and officials enforce rules through penalties and punishments.

13. Yogic concept considers health as a holistic way and sees the person as a whole. list down the five approaches. (2)

Ans- Yogic concept considers health as a holistic way and sees the person as a whole. The five approaches to manage any healthy life style and emerge victorious are ahara, vihara, achara, vichara and vyavahara.

14. Define yogic kriyas. (2)

Ans- According to tridosha theory (one of the fundamental theories of Indian medicine), the human body is made by three basic constituents called tridoshas, which are Vata (mechanical functional constituent of the body), Pitta (chemical functional constituent of the body) and Kapha (material functional constituent of the body). If there is any imbalance in the constituents of the body, it leads to diseases. Yoga recommends six purification processes to get and keep the equilibrium of these tridoshas. They are known as Shat kriyas (six purification processes).

Section-C

15. The path of yoga is a flight of eight steps. Efficiency in yoga is attained through step by step process. These are also known as eight elements of yoga. They are for the individual to think about and ponder over with a rational mind, because yoga is not about mindlessly accepting externally imposed rules- it is about finding the truth for oneself and connecting with it. On the basis of your knowledge of elements of yoga answer the following questions:-

a) Which is the first element of yoga? 1\2

Ans- Yama

b) Which is the last element of yoga? 1\2

Ans - Samadhi

c) The last three limbs of Ashtanga Yoga are the essential stages of meditation; name them. 1\2

Ans- Dharana, Dhyana and Samadhi

d) Name the five yamas or code of conduct towards the outside world? 1\2

Ans- Ahimsa, Satya, Asteya, Bramhacharya and Aparigraha

e) What is the meaning of Pranayama? (1)

Ans- Pranayama is the art of the life force or prana. Ancient yogis, who understood the essence of prana, studied it and devised methods and practices to master it. These practices are better known as Pranayama.

16. Write a brief note on the origin and conduct of Ancient Olympics. (3)

Ans- The Ancient Olympic Games were organized in honour of Zeus, the ruler of Greek gods and goddesses, as a part of a religious festival. Olympic Games or Olympics get their name from Mount Olympus, the highest mountain in Greece or Olympia, a town in Elis in ancient Greece. The festival and games began in 776 BCE at Olympia. At first, the only event at Olympia was the foot race. Later, sprints wearing full armour, and longer races, were added. Chariot racing and combat sports such as boxing and wrestling were soon regular features too. The open-air track for horse racing was called hippodrome. The participants were free male citizens of different city states within Greece. All participants had to receive 10-month training prior to the Olympic Games. Women were not allowed to participate in the games. The games were conducted every four years and the period between two games was known as Olympiad. The month when the Olympic Games were held was considered a sacred month and all disputes and wars would be stopped and peace would be declared to facilitate the movement of spectators and athletes.

(OR)

How did the Modern Olympic games originate? (3)

Ans- The idea behind restarting Olympic games came from French nobleman Baron Pierre de Coubertin. Coubertin was greatly interested in education, and he firmly believed that the best way to develop the minds of young people was to develop their bodies as well; he realised learning and athletics should go together. After he visited the ruins of ancient Olympia, it occurred to Coubertin that perhaps the best way to develop an interest in sports and games was to restart the Olympic Games. He hoped the new Games would bring back the ideals of physical, mental, and spiritual excellence displayed in the ancient Games, as well as build courage, endurance, and a sense of fair play in all who participated.

As a result of Coubertin's efforts, the first modern Olympic Games were held in 1896 in Athens, Greece. The Games attracted athletes from 14 nations, with the largest delegations coming from Greece, Germany, France and Great Britain. Coubertin remained president of the International Olympic Committee until 1925.

*******ALL THE BEST*******