BK BIRLA CENTRE FOR EDUCATION

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

Post Mid Term (2025-26)

PHYSICAL EDUCATION (048)

Class : **XI Sci/Com/Hum**
Date : **10/01/2026**
Admission No.:

Duration: **1 Hrs**
Max. Marks: 25
Roll No.:

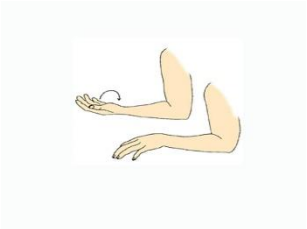
General Instructions:
The question paper consists of 3 sections and 15 Questions.
Section A consists of question 1-7 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
Sections B consist of questions 8-13 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. All questions are compulsory.
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. For preventing sports injuries, the knowledge of which of the following subject is essential? (1)
   a. Anatomy
   b. Kinesiology
   c. Physiology
   d. All the above

2. "Psychology is the science of human behaviour." Whose statement is it? (1)
   a. Pillsbury
   b. Watson
   c. Singer
   d. Woodworth

3. The plane which divides the body into a left and a right is called. (1)
   a. Coronal Plane
   b. Sagittal Plane
   c. Vertical Plane
   d. Transverse Plane

4.  (1)
   a. Adduction Abduction
   b. Inversion Eversion
   c. Pronation Supination
   d. Flexion Extension

5. The stage of infancy is for the age group. (1)
   a. 0-2 years
   b. 6-8 years
   c. 3-5 years
   d. 9-12 years

6. Using the sweep shot in hockey, wherein more force and time are applied, gives it much more power than a hit and is an example of which Principle of Biomechanics. (1)
   a. Force-Motion
   b. Force-Time
   c. Range of Motion
   d. Segmental Interaction
7. Team Cohesion is affected by which one of the following factors? (1)
   a. Size of the group
   b. Inter dependency
   c. Time
   d. All of these

Section-B

8. What is Resilience (2)
   ANS - Resilience is the ability of a person to cope with stress, adversity or failure and bounce back stronger.
9. Differentiate between flexion and extension. (2)
   ANS -

Flexion	Extension
Decreases the angle at a joint	Increases the angle at a joint
Example: bending the elbow	Example: straightening the elbow

10. How does sports psychology enhances physiological capacities of sportspersons? Discuss in Brief. (2)
    ANS - **Role of sports psychology in enhancing physiological capacities**
    Sports psychology improves concentration, motivation, confidence and stress management, which helps athletes perform better and utilize their physical capacities efficiently.
11. Define Biomechanics. (2)
    ANS - Biomechanics is the study of forces and movements acting on the human body during physical activities and sports.
12. What is plane of movement? (2)
    ANS - A plane of movement is an imaginary flat surface through which movements of the body or body parts take place.Which emotional changes do take place during adolescence? Discuss in brief.
    (2)

Section-C

13. Psychological attributes are the specific characteristics of a person that influence their behaviour and thought. These attributes are very significant to consider when trying to understand the reason for someone's behaviour. Here, our main concern is about the psychological attributes of sportspersons or athletes such as attention, resilience and mental toughness. These psychological attributes play a very effective role in sports performance. (3)
    On the basis of above passage, answer the following questions:-
    a. Attention is the --- ability----------of an athlete/sportsperson to keep on task?
    b. there are various--- **psychological attributes** ----------such as attention, resilience and mental toughness.
    c. ---------- Resilience---------can be defined as the ability or tendency to bounce back
    d. with good ---- **resilience**,--------, athletes/sportspersons stay positive in every situation
    e. Mental toughness-- **resilience**,-------motivation
    f. Psychological attributes play a very effective role in --- **sports performance**.----------.
14. List down all the principles of biomechanics and explain any 2 in detail. (3)

1. ANS - Force–Motion
2. Force–Time
3. Range of Motion

4. Balance and Stability
5. Segmental Interaction
6. Coordination Continuum

Explain any two:

(i) Force–Time Principle:

The greater the time a force is applied, the greater the change in motion. Example: a longer follow-through in throwing increases speed.

(ii) Segmental Interaction Principle:

Maximum force is produced when body segments move in a proper sequence, from larger to smaller muscles

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