



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



ANSWER KEY FINAL EXAM – 2024-25

PHYSICAL EDUCATION (048)

Class : **XI Sci/Com/Hum**

Date : **20/02/2025**

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. Which of the following is not an Objective of physical education?

[1]

- a. Social development
- b. Physical development
- c. Mental development
- d. Economic development

2. The first winter Olympic were held in _____.

[1]

- a. France
- b. India
- c. China
- d. Greece

3. Identify the disability given below:

[1]

- a. Physical disability
- b. Intellectual disability
- c. Cognitive disability
- d. Hearing disability

4. _____ is the first teacher of yoga.

[1]

- a. Krishna Kumar
- b. Ramdev
- c. Patanjali
- d. Yogeshwar

5. Which one of the methods is used to deal or treat the individuals who use drugs?

[1]

- a. Seek help
- b. Detoxification
- c. Medication
- d. All of the above

6. Which one of the following is not the principle of biomechanics?

[1]

- a. Stability
- b. Speed
- c. Maximum effort
- d. Linear motion

7. Sports psychology plays an important role in controlling_____.

[1]

- a. Emotions
- b. Behavior
- c. Capacities
- d. Motor skills

8. Ectomorph have_____ Body.

[1]

- a. Fatty
- b. Muscular
- c. Lean
- d. Athletic

9. In which activity body temperature becomes normal?

[1]

- a. Warm up
- b. Training
- c. Running
- d. Limbering down

10. The run and touch game that is very simple to play is_____.

[1]

- a. Kushti
- b. Kabaddi
- c. Kho-Kho
- d. None

11. R. I. C. E treatment refers to_____.

[1]

- a. Rest, Ice, Crutches, Elevation
- b. Rest, Intensity, Crutches, Exercise
- c. Rest, Ice, Compression, Elevation
- d. Recovery, Ice, Compression, Elevation

12. In the following which is not the component of health-Related fitness?

[1]

- a. Flexibility
- b. Speed
- c. Muscular strength
- d. Muscular endurance

13. Sports biomechanics is traditionally divided into the areas of _____.

[1]

- a. Kinematics
- b. Kinetics
- c. Both 'a' and 'b'
- d. Geometry

14. What is the approximate weight of the human heart?

[1]

- a. 200 grams
- b. 300 grams
- c. 400 grams
- d. None of these

15. Training load must be greater than the _____ Load

[1]

- a. Overload
- b. Normal
- c. adapted load
- d. None of these

16. How many bones are there in lower limbs?

[1]

- a. 60
- b. 62
- c. 64
- d. None of these

17. Team cohesion is:

[1]

- a. Social process
- b. Fundamental process
- c. Dynamic process
- d. None of these

18. In yoga _____ means retaining the breath.

[1]

- a. Puraka
- b. Rachaka
- c. Kumbhak
- d. Bhastrika

Section-B

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

19. What is the meaning of sports psychology?

[2]

Psychology is a science about "understanding of behaviour and cognitive processes".

20. Write any two causes of cognitive disability?

[2]

Biological.

Psychological.

Delay in early screening and poor management of disability.

Lifestyle

21. List down various components of Health-related physical fitness.

[2]

1. C.V Endurance
2. Muscular Endurance
3. Muscular strength
4. Flexibility
5. Body composition

22. Stage any two functions of bones.

[2]

This skeletal system provides shape and support to the body.

It allows the body to create movement by forming the framework of the body, to which the muscles are attached. The movement of the body happens due to the contraction and relaxation of the muscles. Skeletal system provides protection to the soft internal organs. For example, our ribcage protects our heart and lungs, same way our skull protects our brain. The hard substance of the bones also serves as a store house of minerals.

23. Explain the functions of heart.

[2]

The circulatory system is responsible for the transportation of the gases i.e., oxygenated blood from heart to the body cells and deoxygenated blood back to the heart, and then deoxygenated blood from heart to lungs and oxygenated blood back to the heart with the help of arteries and veins.

24. What do you mean by doping? Which two agencies regulate doping related activities?

[2]

Doping refers to an athlete's use of prohibited drugs or methods to improve training and sporting results. Steroids are the drugs that often come to mind when we talk about doping. In addition, doping also includes an athlete's use of other forbidden drugs (such as stimulants, hormones, diuretics, narcotics, and marijuana), use of prohibited methods (such as blood transfusions or gene doping), and even the refusal to take a drug test or an attempt to tamper with doping controls.

Section-C

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

25. What is limbering down?

[3]

Slimming down or cooling down is also called warming down. This is an easy exercise that will allow the body to gradually shift from the exertional state to the resting state. It is necessary activity after training our competition. Depending on the intensity of the exercise, cooling down can involve a slow

jog or walk, or stretching can be used to lower intensities. Players take a cooling bath ice bath or cryotherapy for relaxing their muscles.

26. Differentiate between kinetics and kinematics.

[3]

Kinetics deals with forces and motion only. Whereas kinematics deals with objects solely in terms of their position velocity or acceleration.

Kinetics helps you to figure out how forces affect motion. Whereas Kinematics helps you to understand how an object moves through space but not why it moves or how the motion was initiated.

In case of kinetics a body that has no force acting up on it will not move at all. Whereas in case of kinematics an object that is not being affected by a force will just continue moving at its current velocity (unless acted upon by another force).

27. Discuss Any 3 importance of test measurement and evaluation in sports with suitable examples.

[3]

- 1 For getting knowledge about progress.
2. For preparation of effective planning.
3. For knowing the abilities and capacities.

28. What are the causes of cognitive impairment?

[3]

- 1 Genetic causes
- 2poverty
3. mental health problems
4. accidents
5. infectious diseases
6. disturbances in endocrine glands

29. What do you mean by Kapalbhathi.

[3]

The word Kapal Bhati is composed of two word,i.e.,'Kapal' and 'Bhati Kapal means 'skull' and 'Bhati' means 'light' or bellowing. Kapal Bhatti is breathing exercise. It stimulates the brain. It has a very good effect on the nerves. . jiskriya shouldn't be performed by those who are facing some mental problems.

30. List down the different Shatakarmas and explain any two.

[3]

- 1 Neti
2. Dhauti
3. Bhasti
4. Nauli
5. Tartak
- 6.Kapalbhathi

Kapalbhathi The word Kapal Bhati is composed of two word,i.e.,'Kapal' and 'Bhati Kapal means 'skull' and 'Bhati' means 'light' or bellowing. Kapal Bhatti is breathing exercise. It stimulates the brain. It has a very good effect on the nerves. . jiskriya shouldn't be performed by those who are facing some mental problems.

Nauli Kriya Nauli kriya has a very important place in Shatakarma. It is very good kriya for cleansing and purification of intestines, In the beginning Nauli Kriya is not easy to perform but by constant efforts and practise Nauli starts to come out.

Section-D

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

31. Arpit perform an exercise on a daily basis which keeps him fit and fine.

[4]

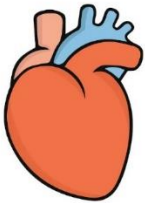


Look at the picture and answer the following questions:

- Arpit perform **Exercise** on a regular basis
- Sanskrit word Yuj means **Unite**.
- Above exercise is considered to be the **union** of body mind and soul.
- The aim of this exercise at school level is to encourage positive and healthy lifestyle for physical, mental, and emotional health of **Childrten**.

32. Lakshman, a cardiologist told her daughter about the heart.

[4]



Look at the image and answer the following questions:

- Heart has **4** chambers.
- The heart circulates **Blood** to different parts of the body.
- Pulmonary Artery** carry blood away from the heart.
- The heart is closed in a **pericardium** sac

33. Jim baseball player told her brother Jin about the rules and regulations and also the principles of angle of motion.

[4]



Identify the principle and find out the answer to the questions:

- a. Principle of **angular motion** is shown in the above picture.
- b. This principle is also known as **Moment of inertia**.
- c. This principle is produced by the application of force acting at some distance, from the axis by **Torque**.
- d. This principle is a part of the principles of **Rotational motion**.

Section-E

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

34. Define plane and its types.

[5]

A single plane divides the entire body into two parts. There are three planes of motion in which our body moves. Most of our moments are not straight up or down or side to side or in a single direction etc., especially in sports.

- a. **Sagittal plane (Median plane):** - It lies vertically and divides the body into right and left parts. Flexion and extension types of movement occur in this plane. Example: kicking a football, chest pass in netball, walking, jumping, and squatting.
- b. **Frontal plane (lateral or coronal plane):** - It also lies vertically and divides the body into anterior/ Ventral- and posterior/ Dorsal- parts. Abduction and adduction movements occur in this plane. Example, jumping jack exercises, raising and lowering arms and legs sideways, and cartwheel.
- c. **Transverse plane (horizontal plane):** - It lies horizontally and divides the body into superior and inferior parts. Rotation types of movement occur in this plane. Example, hip rotation in a golf swing, twisting in a discus throw, pivoting in netball, and spinning in skating.

35. Describe the rule of physical activity in a developing leadership quality.

[5]

Physical activity helps develop leadership qualities by building discipline teamwork and resilience it teaches individuals how to set goals manage time and overcome challenges all essentials for effective leadership

36. Describe the methods of warming up in detail.

[5]

Methods of warming up includes

1. **General warm up :** Light aerobic activity like jogging increases blood flow and muscle temperature.
2. **Dynamic stretching:** Movements like arm circles and leg swings improves flexibility and range of motion.
3. **Sports specific warm up :** Activities that mimic the movement of the sports prepare the muscles for the workout.

37. What is sports training? Explain the terms Overload Adaptation and Recovery in sports training.

[5]

Sports training is a systematic process of preparing athletes for competition.

1. **Overload** : Gradually increasing the intensity or volume of training to challenge the body.
2. **Adaptation**: The body's response to overload leading to improvement in fitness.
3. **Recovery**: Allowing the body time to rest and repair after training, Crucial for preventing injuries and maximizing adaptation.

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