



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



**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. Theme 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]
20. Write any two causes of cognitive disability? [2]
21. List down various components of Health related physical fitness. [2]
22. Stage any two functions of bones. [2]
23. Explain the functions of heart. [2]
24. What do you mean by doping? Which two agencies regulate doping related activities? [2]

### **Section-C**

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

25. What is limbering down? [3]
26. Differentiate between kinetics and kinematics. [3]
27. Discuss Any 3 importance of test measurement and evaluation in sports with suitable examples. [3]
28. What are the causes of cognitive impairment? [3]
29. What do you mean by Kapalbhathi. [3]
30. List down the different Shatakarmas and explain any two. [3]

### 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]

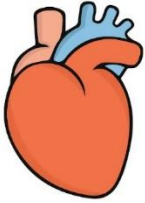


Look at the picture and answer the following questions:

- Arpit perform \_\_\_\_\_ on a regular basis
- Sanskrit word Yuj means \_\_\_\_\_.
- Above exercise is considered to be the \_\_\_\_\_ 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 \_\_\_\_\_.

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

[4]



Look at the image and answer the following questions:

- Heart has \_\_\_\_\_ chambers.
- The heart circulates \_\_\_\_\_ to different parts of the body.
- \_\_\_\_\_ carry blood away from the heart.
- The heart is closed in a \_\_\_\_\_ 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:

- Principle of \_\_\_\_\_ is shown in the above picture.
- This principle is also known as \_\_\_\_\_.
- This principle is produced by the application of force acting at some distance, from the axis by \_\_\_\_\_.
- This principle is a part of the principles of \_\_\_\_\_.

**Section-E**

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

34. Define plane and its types. [5]
35. Describe the rule of physical activity in a developing leadership quality. [5]
36. Describe the methods of warming up in detail. [5]
37. What is sports training? Explain the terms Overload Adaptation and Recovery in sports training. [5]

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