

APEEJAY COMMON EXAMINATION 2021-2022

CLASS-XI

Physical Education (048)

Term- II

Time Allowed: 2 Hours

Maximum Marks: 35

General Instructions:

1. There are three sections in the question paper namely Section A, Section B and Section C.
2. Section A consists of 9 questions amongst which 7 questions have to be attempted. Each question carries 2 marks and should have 30-50 words.
3. Section B consists of 5 questions amongst which 3 questions have to be attempted. Each question carries 3 marks and should have 80-100 words.
4. Section C consists of 4 questions amongst which 3 questions have to be attempted. Each question carries 4 marks and should have 100-150 words.

(SECTION-A)

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| Q1. | Define adaptive physical education with aim. | (1+1) |
| Q2. | Explain any two benefits of Tadasana and Garudasana | (1+1) |
| Q3. | Define adventure sports. Write any two-safety measures of river rafting | (1+1) |
| Q4. | What is the importance of psychology in the field of sports? (any two) | (1+1) |
| Q5. | What do you understand by the term Blood Doping and Gene Doping? | (1+1) |
| Q6. | Explain the benefits of cultural asanas. | (1/2 x 4=2) |
| Q7. | How 'sports psychology helping athlete' overcome performance fears? | (2) |
| Q8. | Differentiate between pranayama and meditation? | (1+1) |
| Q 9. | Write a short note on Paralympic committee of India. | (2) |

(SECTION-B)

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| Q10. | Differentiate between growth and Development. (any three differences) | (1x3) |
| Q11. | Explain any six essential qualities of a good leader. | (1/2 x 6=3) |
| Q12. | Briefly explain any three problems of adolescents. Explain how these can be managed. | (1/2+1/2=3) |
| Q13. | What is Doping? Explain in detail the ill-effects of the prohibited substances.. | (1+2) |
| Q14. | Write a short note on Special Olympic Bharat. | (3) |

(SECTION-C)

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| Q15. | Describe any four performance enhancing substances used in doping. | (1x4=4) |
| Q 16. | What is the role of Physical Education teacher in educating children with the special needs? | (1x4=4) |
| Q 17. | Explain the elements of yoga in detail. | (1/2 x 8=4) |
| Q 18. | Explain the various principles of the sports training. | (1x4=4) |