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Physical Education

Class - XI

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Time allowed: 3 hours

Maximum Marks: 70

**General Instructions:**

- (i) Attempt all questions.
  - (ii) Answers to questions carrying 01 mark should be in approximately 30 words.
  - (iii) Answers to questions carrying 02 marks should be in approximately 60 words.
  - (iv) Answers to questions carrying 03 marks should be in approximately 100 words.
  - (v) Answers to questions carrying 05 marks should be in approximately 150-200 words.
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1. What is meant by lifestyle?
2. What are health status indicators? Enlist them.
3. Define physical education.
4. What do you mean by integrated physical education?
5. Write down the famous sermon of Olympic games?
6. What do you mean by shatkarma or yogic kriyas?
7. What do mean by gene doping?
8. What is Rehabilitation?
9. Discuss 'healthy diet' as a component of positive lifestyle.
10. What is Sports journalism?
11. Mention any four rules for competitions in Ancient Olympic Games.
12. Discuss any two ways to prevent diabetes.
13. Describe any two responsibilities of athletes, regarding anti-doping policy.
14. What do you mean by first aid? What first aid will you provide in case of dislocation of joints?
15. What is Yoga?
16. Elucidate the importance of physical fitness and wellness in brief.
17. Write down objectives and contribution of central advisory board of physical education and recreation.
18. Write a note on Chacha Nehru Sports Award.
19. What do you mean by pranayama? Mention the types of pranayama.
20. Describe about-in-competition and out of competition testing for doping control.
21. Write a brief note on:
  - a) Sprain
  - b) Strain
  - c) Contusion
22. Enumerate the factors affecting physical fitness and wellness in detail.
23. Write short note on any two of the following:



- a) Adapted physical education
- b) Career in sports industry
- c) Sports authority of India

24. Write short notes in briefly on the following:

- a) Olympic motto
- b) Olympic flag
- c) Olympic flame
- d) Olympic awards
- e) Olympic oath

25. Discuss the elements of Yoga.

26. What is doping? Explain the side effects of prohibited substances in detail.

27. How can you prevent the sports injuries? Explain in detail.



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