



**DELHI PUBLIC SCHOOL**  
**SAIL TOWNSHIP, RANCHI**  
**ANNUAL EXAMINATION (2017-18)**

**Class:- XI**  
**Time- 3 Hrs.**

**Subject:- Physical Education**  
**F. M:- 70**

**General Instructions:-**

(i) This question paper consists of 26 questions.

(ii) All question are compulsory.

(iii) Answers to question carrying 1 mark should be in approximately 10to 20 words.

(iv) Answers to questions carrying 3 marks should be in approximately 30 to 50 words.

(v) Answers to questions carrying 5 marks should be in approximately 70to 100 words.

- Q.1 Define psychology. [1]
- Q.2 What is second wind? [1]
- Q.3 What do you mean by equilibrium? [1]
- Q.4 Define physiology. [1]
- Q.5 What is buoyancy force? [1]
- Q.6 Write about Olympic Flag. [1]
- Q.7 What is sports journalism? [1]
- Q.8 Define Endurance. [1]
- Q.9 What do you mean by slow twitch fibres? [1]
- Q.10 What is style? [1]
- Q.11. Define adventure sports. [1]
- Q.12 What are the soft skills required for different careers in physical education? [3]
- Q.13 Explain any three principles of sports training? [3]
- Q.14 Mr. Rajesh is a renowned football coach in our school. When he joined the school, he selected Our football team and designed a training programme. During the training he noted that few football players were good attackers but due to lack of endurance, they were unable to play up to the last moment. He used various methods to enhance their endurance and got success at last. On the basis of above paragraph, answer the following questions: [3]
- (a) What are the values shown by Mr. Rajesh?
- (b) What was the weakness of attackers?
- (c) Which methods can be used to enhance endurance ?
- Q.15 Explain the centripetal and centrifugal Forces and their application in sports. [3]

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- Q.16 What are the traits of Endomorph and mesomorph. [3]
- Q.17 Explain the various types of warming up. [3]
- Q.18 Write any six safety measures for river rafting. [3]
- Q.19 Explain the principles of Adapted Physical Education. [3]
- Q.20 What do you mean by warming up? Explain the methods of warming up. [5]
- Q.21. Differentiate between growth and development. [5]
- Q.22. Discuss about the types of ergogenic aids in detail. [5]
- Q.23 Explain the developmental characteristics at different stages of adolescence. [5]
- Q.24 Write a note on Rajiv Gandhi Khel Ratna Award and Dronacharya Award. [5]
- Q.25 Explain the components of physical fitness. [5]
- Q.26 Elaborate the causes of plateaus in the field of physical education and sports. [5]

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