

**Kendriya Vidyalaya ITBP, GAUCHAR**

**Physical Education (048)**  
**Term – 1 CLASS XI (2021-22)**

**Maximum marks: 35**

**Time: 1 hr 30 min**

**General instructions:**

1. There are three sections in the question paper namely Section A, Section B, and Section C.
2. Section A consists of 24 questions amongst which 20 questions have to be attempted.
3. Section B consists of 24 questions amongst which 20 questions have to be attempted.
4. Section C consists of 12 questions amongst which 10 questions have to be attempted.

**SECTION A (KNOWLEDGE AND UNDERSTANDING)**

1. What is the aim of physical education?
  - I. Growth and development
  - II. Health lifestyle
  - III. Overall personality development
  - IV. None of the above
2. Which is not a health-related physical fitness?
  - I. Muscular endurance
  - II. Flexibility
  - III. Speed
  - IV. Cardio respiratory endurance
3. Maximum range of movement around the joints is known as.....
  - I. Endurance
  - II. Flexibility
  - III. Strength
  - IV. Speed
4. Which is not a part of passage for respiratory system?
  - I. Pharynx
  - II. Larynx
  - III. Trachea
  - IV. Pancreas
5. Physiology refers to.....
  - I. Functioning of body
  - II. Structure of body
  - III. Fitness of body
  - IV. None of the above
6. Types of muscles in human body includes.....
  - I. Smooth
  - II. Skeletal
  - III. Cardiac
  - IV. All of the above
7. Skeletal system helps in.....
  - I. Movement
  - II. Posture
  - III. Protection of internal organs
  - IV. All of these
8. Healthy lifestyle and regular exercise leads to.....
  - I. Osteoporosis
  - II. Sarcopenia
  - III. Obesity
  - IV. Stress relief
9. When was Asian Games hosted by India?
  - I. 1950
  - II. 1951
  - III. 1987
  - IV. 1996
10. Which of the body type of people is good for Gymnastics?
  - I. Endomorph
  - II. Mesomorph
  - III. Ectomorph
  - IV. None of these
11. When and where was the first Olympic flag hoisted?
  - I. 1924
  - II. 1920
  - III. 1984
  - IV. 1914

12. What is the full form of DSO?
- I. District sports official
  - II. District sports officer
  - III. District sports office
  - IV. Director of sports
13. Ability to work for long time without getting fatigue is.....
- I. Strength
  - II. Flexibility
  - III. Endurance
  - IV. Speed
14. India took part in the Olympics for the first-time in.....
- I. 1960
  - II. 1920
  - III. 1900
  - IV. None of these
15. Aims can be achieved step by step and these steps are called.....
- I. Points of success
  - II. Objectives
  - III. Appreciation
  - IV. Culture
16. When was the first Paralympics held?
- I. 1986
  - II. 1948
  - III. 1960
  - IV. 1952
17. Body mass index is calculated by using .....
- I. Body height and weight
  - II. Only body height
  - III. Only body weight
  - IV. None of the above
18. When was the first ancient Olympics held ?
- I. 776 B.C.
  - II. 394 A.D.
  - III. 393 A.D.
  - IV. None of the above
19. Q31. "Citius, Altius, Fortius - Communiter" stands for.....
- I. Olympic creed
  - II. Olympic Motto
  - III. Olympic symbol
  - IV. None of the above
20. Which of the following is the example of immovable joints?
- I. Shoulder
  - II. Skull
  - III. Knee
  - IV. None of the above
21. Sarcopenia means.....
- I. Low bone density
  - II. Too much body fat
  - III. Decreased muscle mass
  - IV. Low blood pressure
22. Avni Lakhera is associated with which sports?
- I. Shooting
  - II. Badminton
  - III. Table Tennis
  - IV. None of the above
23. What is the colour of Olympic Flag?
- I. White
  - II. Black
  - III. Green
  - IV. Red
24. Who announces the closing of the Olympic Games?
- I. President of IOC
  - II. Prime minister of host country
  - III. President of host country
  - IV. None of the above

### SECTION B (APPLICATION + HOTS)

25. Who is more stable at the same height?

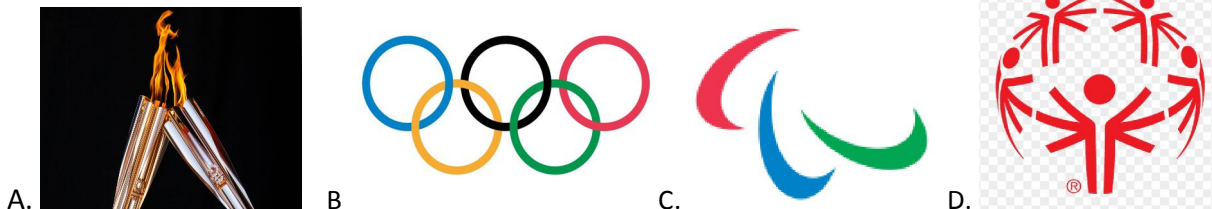
- I. A fat person
  - II. A thin person
26. Mohan's height is 3 feet 3 inches is an example of .....
- I. Test
  - II. Measurement
  - III. Both
  - IV. None of the above
27. Healthy lifestyle promoted by.....
- I. Good Diet
  - II. Adequate rest
  - III. Regular exercise
  - IV. All of the above
28. Ability to perform similar movements at fastest speed is.....
- I. Endurance
  - II. Speed
  - III. Flexibility
  - IV. None of the above
29. The position of centre of gravity changes depending on the.....
- I. Position of forces
  - II. Position of the body
  - III. Position of stability
  - IV. Position of intersection of force
30. Match the following from column A to Column B

Column A	Column B
1. Ball and socket joint	A. Bone of feet and wrist
2. Hinge joint	B. Shoulder joint
3. Gliding joint	C. Knee joint
4. Long bone	D. Upper and lower limbs

- I. 1-A, 2-B, 3-C, 4-D
  - II. 1-B, 2-A, 3-C, 4-D
  - III. 1-B, 2-C, 3-A, 4-D
  - IV. 1-D, 2-C, 3-B, 4-A
31. Match the following columns.

Column A	Column B
1. AAHPER	A. Sit and reach test
2. Muscular Endurance	B. Harvard step test
3. Flexibility	C. Evaluation
4. Cardiovascular fitness	D. Walk/Run test

- I. 1-C, 2-D, 3-A, 4-B
  - II. 1-D, 2-C, 3-B, 4-A
  - III. 1-B, 2-C, 3-A, 4-D
  - IV. 1-A, 2-B, 3-C, 4-D
32. Identify the following Olympic symbols.....



- I. A. Olympic torch, B. Olympic Ring, C. Paralympic, D. Special Olympics.
- II. A. Olympic ring, B. Olympic torch, C. Paralympic, D. Special Olympics.
- III. A. Olympic torch, B. Paralympic C. Special Olympics, D. Olympic Ring
- IV. A. Olympic Ring, B. Special Olympics. C. Paralympic, D. Olympic torch,

33. Identify the fitness components.....



A.



B.



C.



D.

- I. A. Endurance, B. Balance, C. Coordination, D. Agility.
- II. A. Agility, B. Balance, C. Coordination, D. Endurance.
- III. A. Agility, B. Coordination, C. Endurance, D. Balance.
- IV. A. Coordination, B. Balance, C. Agility, D. Endurance.

34. Through which test we can measure the abdomen strength?

- I. Push ups
- II. Curl up
- III. Half Squat
- IV. None of the above

35. Name the component which is measure by this test?



- I. Endurance
- II. Flexibility
- III. Speed
- IV. Coordinative Ability

36. Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R).

**Assertion (A):** Mental alertness is one of the major components of wellness.

**Reason (R):** It helps in acting quickly and correctly in any circumstances of life.

In the context of above two statements, which one of the following is correct?

- I. Both A and R are true and R is the correct explanation of A.
- II. Both A and R are true and R is not the correct explanation of A.
- III. A is true but R is false
- IV. R is true and A is false

37. Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R).  
**Assertion (A):** All athletes get together in the stadium to participate in Olympic games and take oath in the Olympic ceremony.

**Reason (R):** The country who host previous Olympic games, its representative holds the flag and come forward.

In the context of above two statements, which one of the following is correct?

- I. Both A and R are true and R is the correct explanation of A.
- II. Both A and R are true and R is not the correct explanation of A.
- III. A is true but R is false
- IV. R is true and A is false

38. Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R).

**Assertion (A):** Anatomy is the study of structure of organism with focus on organs, tissues and systems.

**Reason (R):** on the basis of knowledge of body structure, a coach can choose the appropriate sports for the sportsperson.

In the context of above two statements, which one of the following is correct?

- I. Both A and R are true and R is the correct explanation of A.
- II. Both A and R are true and R is not the correct explanation of A.
- III. A is true but R is false
- IV. R is true and A is false

39. Trachea is also known as.....

- I. wind pipe
- II. Pharynx
- III. Voice Box
- IV. Nose

40. Skinfold technique is used to measure.....

- I. Weight
- II. Fat percentage
- III. Girth measurement
- IV. Height

41. Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R).

**Assertion (A):** Physical fitness is important for a healthy life.

**Reason (R):** Indian premier league is a hockey event.

In the context of above two statements, which one of the following is correct?

- I. Both (A) & (R) are true and (R) is correct explanation of (A)
- II. Both (A) & (R) are true BUT (R) is not the correct explanation of (A)
- III. (A) is true but (R) is false
- III. (A) is false but (R) is true

42. Arteries carry.....

- I. Oxygenated blood
- II. Deoxygenated blood
- III. Blood to the heart
- IV. None of the above

43. Respiratory system helps in.....

- I. Smelling
- II. Breathing
- III. Producing sound
- IV. All of the above

44. Match the following column.

Column A	Column B
1. Mirabai chanu	A. Badminton
2. Vinesh phogat	B. Boxing
3. P V Sindu	C. Wrestling
4. Lovlina Borgohain	D. Weightlifting

I. 1D, 2C, 3A, 4B

II. 1D, 2A, 3C, 4B

III. 1D, 2B, 3A, 4C

IV. 1A, 2B, 3C, 4D

45. Identify the pics of different games...



A.



B.



C.



D.

I. Football, Boxing, skiing , Golf

II. Golf, Boxing, skiing , Football

III. Boxing, Football, Skiing, Golf

IV. Skiing, Golf, Football, Boxing

46. Which course of physical Education is not recognized by NCTE?

I. D.P.Ed

II. M.P.Ed

III. B.P.Ed

IV. B.P.E.S.

47. Lungs, Alveoli, Trachea, Bronchi are the parts of which system?

I. Skeletal System

II. Digestive System

III. Respiratory System

IV. None of the above

48. A sharp and alert mind is sign of which component of wellness?

I. Intellectual wellness

II. Financial wellness

III. Environment wellness

IV. None of the above.

### SECTION C (CASE STUDY)

One student of class XI struggling with obesity due to which she has low self-esteem and confidence. As a result, she started dieting to control her weight, but this dieting program was self-designed and lack knowledge of nutrition.

49. what will be your advice to student to control her weight?

I. Exercising

II. Skipping meal

III. Balance Diet

IV. Both A And C

50. As a physical student, what do you feel will be the pitfall of dieting?

I. Extreme weight lose

II. Dehydration

III. Deficiency of essential nutrients

IV. all of the above

51. what is the meaning of the term Pitfalls of dieting?

I. Importance

II. Drawbacks

III. Need

IV. Outcomes

Rohan is state level thrower, now he is preparing for national level competition but before preparing any schedule, his coach wants to know his upper body strength.

52. Which test he will conduct to measure upper body strength?

- I. Curl up
- II. Pull ups
- III. Static squat test
- IV. None of the above

Shilpa, a skiing champion was addressing her schoolmates at a school function. She informed students that the winter Olympics are held every four years, two years after the summer Olympics. She stressed that these events are now as popular and prestigious as summer Olympics.

53. When was the first winter Olympic held?

- I. 1927
- II. 1924
- III. 1926
- IV. 1928

54. The first president of the India Olympic Association was.....

- I. Ratan Tata
- II. Neville Tata
- III. Dorab ji Tata
- IV. Jamshedji Tata

55. Which of the following is not a event of Winter Olympic Games?

- I. Ice Hockey
- II. Ski Jumping
- III. Freestyle skiing
- IV. None of the above

A physical education teacher wants to make a new Basketball team in the school. He called the students on the ground and taught them fundamental skills and also tried to explain the biomechanics aspects in the learning of basketball skills.

56. What are the basic fundamental skills of basketball?

- I. Dribbling
- II. Catching
- III. Passing
- IV. All of the above

57. The percentage of fat, bone, water, and muscles in human body is called.....

- I. Muscular endurance
- II. Body composition
- III. Flexibility
- IV. Muscular strength

The importance of sports and fitness in one's life is invaluable. Sports are an extremely important component for overall development of any nation. In the last few years India has made steady progress in the field of sports. It's time we inspire young talent, proper infrastructure and training of the highest level. India has introduced a programme (31st jan to 8 feb 2018) to revive culture in India at the grass root level by building a strong framework for all sports played in the country and established India as great sporting nation.

58. What was the name of that programme?

- I. Fit India
- II. Khelo India
- III. National games
- IV. National tournament

59. The name of which sports literally means "keep your breath".

- I. Swimming
- II. Running
- III. Ice hockey
- IV. Kabaddi

As we know injury is the part of games and sports but good flexibility can prevent the injury through all stages of life.

60. What do you think would be the most effective test to measure flexibility.?

- I. 100 m
- II. Push ups
- III. Sit and reach
- IV. None of the above

**ANSWER KEY (PHYSICAL EDUCATION) CLASS 11 term-1, 2021-22**

SET A			
Q. NO.	ANS WER	Q. NO.	ANS WER
1	III	46	IV
2	III	47	III
3	II	48	I
4	IV	49	IV
5	I	50	IV
6	IV	51	II
7	IV	52	II
8	IV	53	II
9	II	54	III
10	III	55	IV
11	II	56	IV
12	II	57	II
13	III	58	II
14	III	59	IV
15	II	60	III
16	III		
17	I		
18	I		
19	II		
20	II		
21	III		
22	I		
23	I		
24	I		
25	I		
26	II		
27	IV		
28	II		
29	II		
30	III		
31	I		
32	I		
33	II		
34	II		
35	II		
36	I		
37	III		
38	I		
39	I		
40	II		
41	III		



42	I		
43	IV		
44	I		
45	I		