

Physical Education.

Class_11th

Time_1:30.

M.M35

General instructions.

- . There are 3 section in the paper a, b ,and c.
- . Section a consists 24 question you have to attempt 20 only.
- . Section b consists 24 question you have to attempt 20 only.
- . Section c consists 12 question you have to attend 10 only.

Section_A

Q.1. Physical education come through video.

- a) Reading and writing
- b) Playing video games
- c) Activities of big muscles
- d) Watching sports matches

Q.2. Which of the following is not the objective of physical education.

- a) Physical development
- b) Social development
- c) Fun and recreation
- d)None of these

Q .3 The sport which is not included in the Olympic is:

- a) Cricket
- b) Hockey
- c) Football
- d) Athletic

Q4 . What is the aim of physical education?

- a) physical development
- b) motor development
- c) Mental development
- d) All round development

Q5.Sports management is based upon....?

- a) efficient and talented official
- b) Smart and clever official

- c) Weak and greedy official
- d) None of these

Q6. For a reports what qualities are desired most?

- a) Sweet speaking skill
- b) Soft speaking skills
- c) Excellent speaking skills
- d) Beautiful personalities

Q7. What is the scope of coaching?

- a) Social parks
- b) Sports club
- c) Hotels
- d) All of the above

Q8. Physical education improve the ability to control?

- a) Stress and strain
- b) Good habits
- c) Eating disorder
- d) Mental growth

Q9 . Physical education is the field of education which deals with the muscles activities and their related response is said by?

- a) C.H Browell
- b) Aap her
- c) J.B.Nash
- d) J.H.william

O 10.Who can take decision independently?

- a) Mentally fit person
- b) Socially advanced person
- c) Muscular person
- d) Careless person

Q 11. Social development is related to?

- a) Physical traits
- b) Physiological traits
- c) Social traits
- d) None of these

Q12 . Physical education career option is

- a) Sports photography
- b) Sports administration
- c) Sports broadcasting

d) All of the above

Q13 . Who is the father of modern olympic game?

- a) Pierre-de- coubertin
- b) Aristotle
- c) John Pele
- d) None of these

Q 14. How many rings are there in the Olympic symbol?

- a) 4
- b) 5
- c) 6
- d) 7

Q 15. The Olympic ideal is

- a) Faster
- b) Higher
- c) Stronger
- d) All of the above

Q16 . The five rings in the Olympic flag represent

- a) Five continents
- b) 5 countries
- c) Five colours
- d) 5 years

Q 17. Where is the headquarter of the international Olympic committee?

- a) Geneva
- b) Paris
- c) London
- d) Lausanne

Q 18. Which continent represent the yellow circle in the Olympic logo?

- a) America
- b) Asia
- c) Europe
- d) Africa

Q 19 The value of Olympic are

- a) Excellence
- b) Respect
- c) Friendship
- d) All of these

Q 20. Paralympic game was first organised in

- a) 2010
- b) 1960
- c) 1896
- d) 1982

Q 21. In which kind of Olympic is the sports competition organised the whole year

- a) In summer Olympic
- b) In special olympic
- c) In deaflympics
- d) None of these

Q 22. How many country are involved in the special olympic association

- a) 204
- b) 200
- c) 104
- d) 172

Q 23. The Indian Olympic association was established in

- a) 1947
- b) 1982
- c) 1927
- d) 1896

Q24 . Sir dorabji Tata is related to

- a) Indian Olympic association
- b) Olympic committee
- c) Paralympic
- d) None of these

(Section-B)

Q25 .Physical fitness components are

- a) speed and flexibility
- b) Muscular endurance
- c) Muscular strength
- d) All of these

Q26 . The component of health related physical fitness is

- a) Walking
- b) Running
- c) Jumping
- d) Body composition

Q27 . Performing daily chores without any fatigue you is

- a) Mental wellness
- b) Dynamic abilities
- c) Physical fitness
- d) None of these

Q28 . The strength of two face the resistance is

- a) Strength
- b) Speed
- c) Tolerance
- d) Flexibilities

Q29 . Explosive strength is

- a) Flexibilities and speed
- b) Speed and strength
- c) Endurance and speed
- d) None of these

Q30 . The ability of covering the maximum distance in minimum time is

- a) Endurance
- b) Speed
- c) Strength
- d) Flexibilities

Q31 . Ability to make maximum turn or twist on the joint of the body is

- a) Flexibilities
- b) Speed
- c) Strength
- d) Coordination

Q32 . Components of wellness are

- a) Social wellness
- b) Physical wellness
- c) Emotional wellness
- d) All of these

Q33. Components of health related fitness are

- a) Cardiovascular endurance
- b) Muscular strength
- c) Muscular endurance
- d) All of these

Q34. Living in happy life while maintaining coordination in every field is

- a) Technique
- b) Wellness
- c) Lifestyle
- d) All of the above

Q35. Which of the following terms is related to lifestyle

- a) Energetic
- b) Self confidence
- c) Stress free
- d) All of the above

Q36. The maximum effort made to lift a weight is called

- a) Explosive strength
- b) Endurance
- c) Speed
- d) Maximum strength

Q37 . Which strength development method does not show muscle moment

- a) Isotonic
- b) Isometric
- c) Isokinetic
- d) None of the above

Q38 . Exercising for a longer duration with less weight is related to

- a) Endurance
- b) Strength
- c) Speed
- d) Coordination

Q39 . Coordination in the nervous system and the muscles is related to

- a) Endurance abilities
- b) Speed ability
- c) Coordinative ability
- d) Strength ability

Q40 . Body composition is related to

- a) Health related fitness
- b) Physical fitness
- c) Both a and b
- d) None of the above

Q41 . Objective of adapted physical education

- a) Development in personal ability
- b) Development in social qualities

- c) Physiological satisfaction
- d) All of the above

Q42 . The term Paralympic originated from

- a) Para
- b) Per
- c) Poor
- d) Pure

Q43 . Special olympic begin in India from

- a) 1947
- b) 1896
- c) 1987
- d) 2001

Q44 . Special olympic was renamed in

- a) 1986
- b) 2001
- c) 2010
- d) 1987

Q45 . The aim of special olympic is to conduct

- a) Games for mentally disabled people
- b) Games for intellectually disabled people
- c) Games for all people
- d) None of the above

Q46 . The father of Paralympic game is

- a) Kennedy
- b) Coubertin
- c) G.D Sondhi

Q47 . The first Paralympic game were held in

- a) 1960
- b) 2010
- c) 1982
- d) 1906

Q48 . Deaflympics is related to

- a) Dumb people
 - b) Dump disabled
 - c) Blind disabled
 - d) Intellectually disabled
- (Section-c)

Q49 . According to Patanjali, the elements of yoga are

- a) 6
- b) 7
- c) 8
- d) 1

Q50 . Who said yogashchit vritti nirodhah?

- a) Ved Vyas
- b) Lord Sri Krishna
- c) Arjuna
- d) Patanjali

Q51 . The elements of Yama are

- a) Truth , nonviolence ,priest, Shiva
- b) Nonviolence , purity ,self study, meditation on god
- c) Truth ,non stealing ,non violence, continents ,meditation on God
- d) None of the above

Q52 . The elements of niyama are

- a) 3
- b) 4
- c) 5
- d) 6

Q53 . The pre stage of meditation is

- a) Dharna
- b) Samadhi
- c) Withdrawal
- d) Pranayam

Q54 . Yog nidra is practised

- a) Lying on the back
- b) Lying on the stomach
- c) By standing
- d) By sitting

Q55 . The process of making the sensors introvert is

- a) Pranayama
- b) Yama
- c) Withdrawal
- d) Niyama

Q56 . According to Patanjali which part of Dhyan is yoga.

- a) First
- b) Seventh
- c) Sixth
- d) Eight

Q57 . The word yoga is derived from which Sanskrit?

- a) Nir
- b) Yuj
- c) Yukti
- d) None of these

Q58 . Which of the following has a role to help a Divyang?

- a) Counsellor
- b) Physical therapist
- c) Occupational therapist
- d) All of the above

Q59 . Structural change is done in the school under adapted physical education

- a) For inclusion
- b) To beauty the school
- c) In the interest of principal
- d) All of the above

Q60 . Implementation of an educational process of children with special needs and with normal children is called

- a) General education
- b) Special education
- c) Inclusive education
- d) None of the above

Syllabus

Physical Education , Class 11th

- 1 – Changing trends & career in Physical Education
- 2 – Olympic value Education
- 3 – Physical Fitness, wellness and Life style
- 4 – Physical Education and Sports for CWSN
- 5 - Yoga

