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QUESTION BANK

PHYSICAL EDUCATION

CLASS 11



Chapter wise / Topic wise
Introduction supported by
Know the Terms / Facts /
Formulae / Links



Answers strictly as per
CBSE Marking Scheme



Strictly based on the latest
Syllabus and Design of the
Question Paper

FOR
**MARCH
2016
EXAMS**



Includes KVS
Solved Paper 2015



Questions from Kendriya Vidyalaya Sangathan (KVS)
Delhi Directorate of Education (DDE)
and National Capital Territory (NCT)
with complete solutions



Questions / Tables /
Flowcharts for effective
comprehension of concepts



Includes questions
based on 'HOTS'
and value based questions

Strictly Based on the Latest Syllabus issued by CBSE Board for 2016 Examination

QUESTION BANK

Chapter-Wise Solutions

Physical Education

Includes Solved Paper (KVS) 2015

Class XI

Published by :

 **OSWAAL BOOKS**

"Oswaal House" 1/11, Sahitya Kunj, M.G. Road, AGRA-282002

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© Publisher

Typeset by : Oswaal Books

Printed by : Aadhya Printers

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PREFACE

CBSE always believes in Global Trends of Educational Transformation. The CBSE curriculum gets its lead from National Curriculum Framework – 2005 and Right to Free and Compulsory Education Act – 2009. The aim of CBSE Curriculum is not just to let learners obtain basic knowledge but to make them life-long learners. CBSE always updates and reviews the syllabus to make it more relevant with educational transformation and in last few years the chapters and topics which CBSE has added are very interesting and increase practical knowledge.

Oswaal Question banks are designed to nurture individuality and thus enhance one's innate potentials which help in increasing the self-study mode for students. This book strengthens knowledge and attitude related to subject. It is designed in such a way that students can set their own goals and can improve their problem solving and thinking skills.

The journey of this book is never ending as this book is reviewed every year and new questions, previous year's examination questions, new HOTS or any change in syllabus is updated time to time. Also regular review and reader's feedback increases the efficiency of this book gradually.

Moreover, every Question Bank strictly follows the latest syllabus and pattern, and contains more than sufficient questions and brief description of chapters, which help students in practicing and completing the syllabus. Higher Order Thinking Skills (HOTS) questions, solutions to important NCERT questions and questions from Kendriya Vidyalaya Sangathan (KVS) makes this book complete and very efficient. Solutions are always checked twice and tried to make precise as per marking scheme. Practically, this book provides students everything they need to learn.

At last we would like to thank our authors, editors, reviewers and specially students who regularly send us suggestions which helps in continuous improvement of this book and makes this book stand in the category as "One of the Best". Wish you all Happy Learning.

–Publisher

SYLLABUS

PHYSICAL EDUCATION (CURRICULUM) – Class XI

(Implemented from 2015-16)

Theory

Max. Marks : 70

Periods : 180

Unit I Changing Trends & Career in Physical Education

- Define Phy. Edu., Its Aims & Objectives
- Development of Phy. Edu.—Post Independence
- Concept & Principles of Integrated Phy. Edu.
- Concept & Principles of Adaptive Phy. Edu.
- Special Olympic Bharat
- Career Options in Phy. Edu.

Unit II Physical Fitness, Wellness & Life style

- Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- Component of physical fitness
- Component of wellness
- Preventing Health Threats Through Lifestyle Change
- Components of Positive Lifestyle

Unit III Olympic Movement

- Ancient & Modern Olympics
- Olympic Symbols, Ideas, Objectives & Values
- International Olympic Committee
- Indian Olympic Association
- Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award
- Organisational set-up of CBSE Sports & Chacha Nehru Sports Award
- Paralympic Movement

Unit IV Yoga

- Meaning & Importance of Yoga
- Yoga as an Indian Heritage
- Elements of Yoga
- Introduction to – Asanas, Pranayam, Meditation & Yogic Kriyas
- Physiological benefits of Asana & Pranayam
- Prevention & Management of Common Lifestyle Diseases; Obesity, Asthma, Diabetes, Hypertension & Back-Pain

Unit V Doping

- Concept & classification of doping
- Prohibited Substances & Methods
- Athletes Responsibilities
- Side Effects of Prohibited Substances
- Ergogenic aids & doping in sports
- Doping control procedure

Unit VI Physical Activity Environment

- Introduction to physical activity
- Concept & need of sports environment
- Essential elements of positive sports environment
- Principles of physical activity environment
- Components of health related fitness
- Behaviour change technique for physical activity
- Exercise Guidelines at different stages of growth

Unit VII Test & Measurement in Sports

- Define Test & Measurement
- Importance of Test & Measurement in Sports
- Calculation of BMI & Waist–Hip Ratio
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Procedures of Anthropometric Measurement—Height, Weight, Arm & Leg Length and Skin Fold

Unit VIII Fundamental of Anatomy & Physiology

- Define Anatomy, Physiology & its Importance
- Function of Skeleton System, Classification of Bones & Types of Joints
- Properties of Muscles
- Function & Structure of Muscles
- Function & Structure of Respiratory System, Mechanism of Respiration
- Structure of Heart & Introduction to Circulatory System
- Oxygen debt, second–wind

Unit IX Biomechanics & Sports

- Meaning & Importance of Biomechanics in Physical Education & Sports
- Newton’s Law of Motion and its application in sports
- Levers & its types and its application in sports
- Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports
- Force – Centrifugal & Centripetal and its application in sports

Unit X Psychology & Sports

- Definition & Importance of Psychology in Physical Education & Sports
- Define & Differentiate Between Growth & Development
- Developmental Characteristics at Different Stages of Development
- Adolescent Problems & Their Management
- Define Learning, Laws of Learning & Transfer of Learning
- Plateau & causes of plateau
- Emotion : Concept & Controlling of emotion

Unit XI Training in Sports

- Meaning & Concept of Sports Training
- Principles of Sports Training
- Warming up and Limbering down
- Load, Adaptation & Recovery
- Skill, Technique & Style
- Symptoms of Over–load & How to Overcome it

Practical	Max. Marks : 30
01. Physical Fitness	05 Marks
02. Athletics : Any two events : Sprints & Jumps*	05 Marks
03. Health & Fitness Activities : Medicine Ball/Thera Tube/Pilates/Rope Skipping (any one)	05 Marks
04. Skill of any one Individual Game of Choice from the given list***	05 Marks
05. Viva	05 Marks
06. Record File*	05 Marks

* The events being opted must be other than from those administered under Physical Fitness Test.

- **
1. Write benefits of Medicine Ball, Thera Tube & Pilates.
 2. Measure BMI of ten members from family or neighbourhood & show graphical representation of the data.
 3. Draw a neat diagram of Standard Track with all its specifications. Mention all the Track & Field events. Mention the latest records at Indian, World & Olympic Level.

*** Badminton, Judo, Swimming, Table Tennis, Taekwondo & Tennis

KENDRIYA VIDYALAYA SANGATHAN
SESSION ENDING EXAMINATION 2014-15
SUBJECT : PHYSICAL EDUCATION
CLASS–XI
(SOLVED PAPER)

Time : 3 Hrs.

M.M. : 70

Note : (i) All questions are compulsory.

- | | |
|---|---|
| 1. Define the physical fitness and wellness . | 5 |
| 2. Factors affecting physical fitness and wellness. | 5 |
| 3. Define the word physical education. | 5 |
| 4. What is modern olympic ? | 5 |
| 5. What is IOC and IOA ? | 5 |
| 6. What is word yoga ? | 5 |
| 7. What are the elements of yoga ? | 5 |
| 8. What are common injuries in sports ? | 5 |
| 9. How to prevent injuries in sports ? | 5 |
| 10. What is first aid ? | 5 |
| 11. What is BMI ? | 5 |
| 12. Meaning of anatomy and physiology. | 5 |
| 13. Explain the adolescent problems and their management. | 5 |
| 14. What are the principles of sports training ? | 5 |



SOLUTIONS

1. **Physical fitness :** It is the ability of an individual to carry out his daily routine without getting tired and having extra amount of energy to meet any kind of unforeseen emergency.
- Wellness :** It is the ability to live life fully, with vitality and meaning. It is dynamic and multi-dimensional. Wellness incorporates physical, emotional, spiritual, intellectual, interpersonal, social and environmental dimensions.
- Physical fitness and wellness is required for proper growth and development. It enables the body's physiological systems to function more efficiently and smoothly. Physical fitness is not only one of the most important keys to a healthy body but also the basis of dynamic and creative intellectual activity.
- (i) It improves the quality of life. In our daily life a physically fit person can manage the routine work efficiently and without getting fatigue.
 - (ii) It helps in the prevention of cardiovascular diseases. A physically fit person is less prone to coronary heart diseases.
 - (iii) It improves the efficiency of cardiovascular system.
 - (iv) Helps in harmonious growth and development.
 - (v) Fulfils proper nutritional requirement.
 - (vi) It helps in better management of stress and tension.
 - (vii) Delays the aging process.
 - (viii) Quick recovery after injury or illness. Recovery from fatigue is also faster and quicker.
 - (ix) Improvement of motor abilities. Our strength, speed, flexibility, endurance, and coordination are improved to a great extent.
 - (x) Better quality of work. It regulates and improves overall body functions. Response becomes more accurate therefore less wastage of energy.
 - (xi) Better functioning of systems leading to good health and optimum development of body.
 - (xii) Attain good shape, size, structure and controlled weight. We can also remove postural deformity through it.

2. **Factors affecting physical fitness & wellness :**

- (i) **Anatomical** : An individual must be appropriate in body size, shape and structure essential for the performance. Sometime genetic impaired organs is responsible for weakness in structure which limit individual performance.
- (ii) **Physiological** : Physiological system like muscular, respiratory, circulatory and nervous system must function effectively because if one is physiologically fit then only he can perform the specific movement of the game/sport.
- (iii) **Psychological factor or stress tension** : Can become barrier in performance by contributing tension and anxiety which affects the fitness level of a person. One must be mentally tough/strong and prepared to perform better.
- (iv) **Climate** : Physical fitness also gets influenced by different climatic conditions such as summer, winter, humid etc.
- (v) **Diet** : Plays an important role in maintaining physical fitness level. Diet requirement varies from individual to individual game wise. Therefore while planning fitness programme diet factor must also be given due consideration.
- (vi) **Healthy surrounding** : A healthy environment at home/school/playfields is helpful in proper growth and development of an individual which create a better learning situation. There is a need for proper working environment for participation in sports activities otherwise it will affect the fitness of individual. (any five)

3. **Physical education :**

The term 'Physical Education' is complex and broad based. It includes many types of phenomena. In the beginning, physical education was used in the terms of physical activities, because physical education was essential for the people to survive. But the main stress on physical education was laid down in ancient Greece. The philosophers like Socrates Aristotle and Plato were of the opinion that physical training was must for youth. Even in India, physical activities were the essential part of life in ancient time. The meaning of the physical education changed many times during the various civilizations. Generally, it has been misunderstood. Someone was of the view that physical education is, whatever physical educators do. Sometimes, it was confused with physical training, playing games, physical culture, health education and recreation. But as a matter of fact it is more than these terms.

Following definition clear the meaning of physical education to a great extent:

- (i) According to **H.C. Buck**, "Physical Education is the part of general education programme which is considered with growth, development and education of children through the medium of big muscle activities. It is the education of whole child by means of physical activities. Physical activities are tools and are so selected and conducted as to influence every child's life physically, mentally, emotionally and morally."
- (ii) **J.B. Nash** says "Physical Education is that phase of the whole field of education that deals with big muscle activities and their related responses."
- (iii) According to **C.L. Brownell**, "Physical Education is the accumulation of wholesome experience through participation in large muscle activities that promote optimum growth and development."
- (iv) **Cassidy** says, "Physical Education is the sum of changes in the individual caused by experiences centering motor activity."

In light of the above definitions, it can be said that Physical Education is an integral part of general education and it is essential for human beings.

4. The rebirth of Olympic Games after 1896 is called as Modern Olympic.

Olympic Flag : Olympic flag was designed according to Coubertin's suggestion in 1913. But this was firstly flown to Olympic stadium in 1920, Antwerp Olympic Games. It consists of five coloured ring circles interlinked with each other on white background. This flag symbolises supporting attitude of all people of the various continents. The colours of rings are blue, black and red (top) yellow and green (bottom).

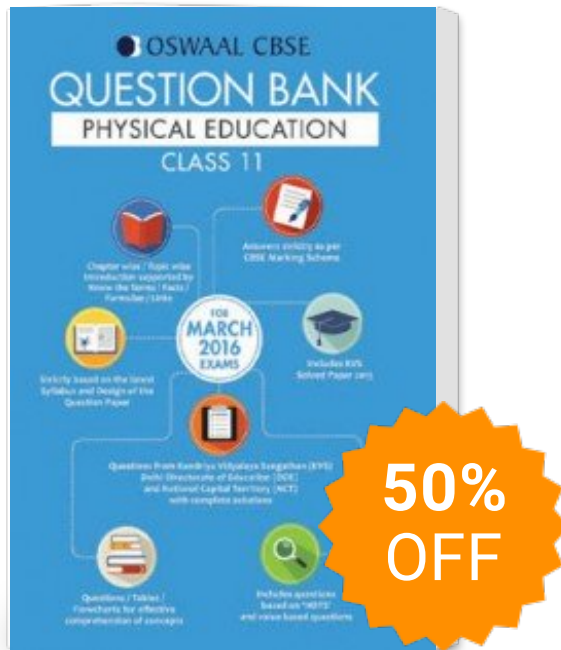
Olympic Torch : First time an Olympic flame was ceremoniously lighted in 1928 at Amsterdam Olympics. This Olympic Torch symbolises the continuity between the Ancient and Modern Olympic Games. The torch used to kindle the flame (at the host stadium) is first lit by the sun rays at Olympiad (Greece) and then carried to the site of games by relay of runners.

Olympic Motto : The Olympic Motto is "Citius, Altius, Fortius" which means to perform for the fastest, highest and strongest competition. This motto was pronounced by Baron Pierre De Coubertin at Paris Olympics in 1900.

Olympic Prize : In ancient times, the Olympic heroes were awarded with olive crown but in modern olympics they are rewarded with medals and certificates. First position receives gold medal, second position gets silver medal and third position gets bronze medal. Upto first six positions they also get certificates. Any rules and regulations regarding games are set by International Olympic Committee (IOC). The head office of IOC is at Lausanne (Switzerland).

Olympic Oath : Olympic Oath is taken by the athlete of the host country. He holds the corner of the flag on behalf of all competitors. The oath is as "we swear that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sports and the honour of our country."

Oswaal CBSE Question Bank chapter-wise solutions For Class 11 Physical Education



Publisher : Oswaal Books

ISBN : 9789351275862

Author : Panel Of Experts

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