

**Guess Paper – 2014**  
**Class – XI**  
**Subject – Physical Education**

**MM=70**

**Time= 3 hrs.**

**PART-A**

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|-------|---|---|
| Q.1   | What is the Meaning of Physical Education?  | 1 |
| Q.2.  | Write full form of M.Phil, Ph.D.  | 1 |
| Q.3.  | Define health.  | 1 |
| Q.4.  | Write about the Olympic movement.   | 1 |
| Q.5.  | Define a leader.  | 1 |
| Q.6.  | Define fitness.   | 1 |
| Q.7.  | Define stress.  | 1 |
| Q.8.  | Write about the Concept of Adapted Physical Education.  | 1 |
| Q.9.  | What are the Objectives of physical education?  | 2 |
| Q.10. | Define “Sports Sociology”.  | 2 |
| Q.11. | What is the importance of measurement in physical Education and sports?                         | 2 |
| Q.12. | Explain the effects of exercise on the muscular system.   | 2 |
| Q.13. | What are the components of occupational health hazards?   | 2 |
| Q.14. | Define Biomechanics. Mention basic concepts of Biomechanics are helpful in physical education.  | 3 |
| Q.15. | What are the Qualities of a Student Leader or Captain?  | 3 |
| Q.16. | Give brief explanation about AAHPER physical Fitness test.                                      | 3 |
| Q.17. | List down the components of health related fitness.   | 3 |
| Q.18. | List the names of Career Preparation Institutions in physical education and write the full form | 5 |

- of any four of them.
- Q.19. Explain the principles of physical fitness. 5
- Q.20. Give a brief account of Modern Olympics. 5
- Q.21. Write down the of exercise on circulatory system. 5

**PART-B**

- Q.22. Give a brief account of history of game/Sport. 2
- Q.23. List any three personalities of the game/sport. 3
- Q.24. Draw the diagram of the field/court of the related games/sports. 5
- Q.25. Explain any two fundamental skills of the game/Sport. 2
- Q.26. Explain any three terminologies related to game/Sport. 3
- Q.27. Explain the general rules of game of your choice. 5

Paper Submitted By:

Name Prikshit kumar

Email [prikshitthakur19@rediffmail.com](mailto:prikshitthakur19@rediffmail.com)