

S.E. EXAMINATION - 2018
Subject - Physical Education
Class - XI

SC

M.M.: 70

Time: 3 hours

General instructions:-

- (i) Questions paper consists of 26 questions.
- (ii) All questions are compulsory.
- (iii) The answer of one mark questions should be 20 to 30 words. Answer of three mark questions should be 80 to 90 words. And answer of five marks questions should be 150 to 200 words.

1. What is endurance? 1
- ✓ 2. Write down the Olympic oath? 1
- ✓ 3. What is pranayama? 1
4. Define meaning of shatkarmas and yogic kriyas? 1
- ✓ 5. What is coaching career in physical education? 1
- ✓ 6. What are the types of doping? 1
- ✓ 7. What do you mean by indicators of health? 1
- ✓ 8. Define physical education? 1
- ✓ 9. What is health related fitness? 1
- ✓ 10. What is body composition? 1
- ✓ 11. Explain the aim of Neta Ji Subash institute of sports? 3
- ✓ 12. Name at list three components of wellness? 3
- ✓ 13. What is function of IOC and IOA? 3
- ✓ 14. What is Olympic symbol and motto? 3
- ✓ 15. Explain the prevention and management of diabetes? 3
- ✓ 16. Explain Olympic flag, what is the role of rings in the Olympic flag? 3
17. Describe about in competition and out of competition testing for doping control? 3
- ✓ 18. What is blood doping? 3
- ✓ 19. Explain the concept of sports environment? 3
- ✓ 20. High light the components of positive life style? 3
- ✓ 21. Define physical fitness? , what are the common factors affecting physical fitness and wellness? 5
22. Write short notes: - 5
 - (a) hormones and metabolic modulators
 - (b) stimulants
 - (c) urine testing
 - (d) narcotics.
- ✓ 23. Explain about Rajiv Gandhi Khel Ratna award in detail? 5
- ✓ 24. Mention the exercise guidelines at different stages of growth? 5
25. Write shorts notes: - 5
 - (a) asanas
 - (b) meditation)
 - (c) management of diabetes
 - (d) yogic kriyas
 - (e) yama?
26. Write sports notes on the following: - 5
 - (a) career in book publishing
 - (b) career in communication on media
 - (c) health related careers
 - (d) industrial recreation?