

BHARATIYA VIDYA BHAVAN'S V.M.PUBLIC SCHOOL, VADODARA  
SESSION 2017-18  
First Evaluation

Class: XI  
Subject: Physical Education

Max Marks: 50  
Time Allotted : 2 Hrs

**General instructions:**

1. All questions are compulsory.
2. Answer to questions carrying 2 marks should not exceed 40-60 words each.
3. Answer to questions carrying 3 marks should not exceed 60-80 words each.
4. Answer to questions carrying 5 marks should not exceed 100-125 words each.

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|---|---|
| 1) What is Physical education?  | 2 |
| 2) Define adapted Physical education.   | 2 |
| 3) Enlist the courses available in the field of Physical Education in India.  | 2 |
| 4) What are the four components of wellness?  | 2 |
| 5) What do you understand by lifestyle?   | 2 |
| 6) Define recreational activities.  | 2 |
| 7) What is the motto of Olympic movement?   | 2 |
| 8) What are the important slogans of Olympic movements?   | 2 |
| 9) How many total awards are given in each event of Olympic Games?  | 2 |
| 10) Dronacharya award is given to whom.   | 2 |
| 11) Explain in brief in coaching career in Physical Education.  | 3 |
| 12) Describe advantage of anaerobic exercise.   | 3 |
| 13) How many factors affecting Physical Fitness? Explain any two of them<br>which you Consider more important for Physical Fitness. | 3 |
| 14) Write and Explain Olympic oath.   | 3 |
| 15) Write short note on following any two careers.  | 3 |
| 1. Sports Broadcasting.   |   |
| 2. Sports Photography.  |   |
| 3. Market.  |   |
| 4. Sports Journalism.   |   |
| 16) What are the objectives of physical education?<br>Write all objectives and discuss any two.                                     | 5 |
| 17) What is Physical Fitness? Explain its components in brief.  | 5 |
| 18) Discuss opening and closing ceremonies of Ancient Olympic Games.  | 5 |