

SAMPLE QUESTION PAPERS

PHYSICAL EDUCATION

Strictly according to the latest CBSE design, syllabus & marking scheme

BENEFITS

- ★ **Ten Sample Question Papers** covering important concepts from an examination perspective (1-5 Solved and 6-10 for Self Assessment*)
- ★ Strict adherence to CBSE '**Question Paper Design**' for exam oriented preparation
- ★ Typologies of Questions specified by CBSE for examination success
- ★ Answers are strictly framed as per CBSE Marking Scheme and follow the word limit specified by Board

CLASS
11

March 2016
EXAMINATION

DESIGN OF THE QUESTION PAPER

Sr. No.	Type of Questions	Questions	No. of Questions	Total Marks
01	Essay	05	3	15
02	Short Answer Type - I (SA-I)	03	9	27
03	Short Answer Type - II (SA-II)	02	10	20
04	Very Short Answer Type - I	01	08	08
TOTAL			30	70

*Solutions for SQP 6 - 10 can be downloaded from www.oswaalbooks.com



Strictly Based on Latest Syllabus Issued by CBSE
for 2016 Examination

SAMPLE QUESTION PAPERS

PHYSICAL EDUCATION



*Solutions for SQP 6-10 can be downloaded
from www.oswaalbooks.com

**March 2016
EXAMINATION**

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* **SOLUTIONS** for **Sample Question Paper 6 to 10** can be downloaded from
www.OswaalBooks.com



TIPS ON

How to Score

High in your Examination?

1 Believe in Yourself

This is the foremost barrier to be crossed for scoring high marks in exams. One needs to believe in his / her ability to learn, memorize and reproduce what has been learnt. Exams are nothing but the test of our faith, confidence and knowledge.

2 Follow a Time – Table

A well set time table allotting specific durations for studying, sleeping, playing/surfing the net and eating can help every student a lot. Every above quoted thing has to be done every day. A proper schedule can help a student beat examination stress.

3 Set Every Day Goals

Preparations should be done every day to excel at the day of exams without depending upon any miracle capsule to bail you out at the last moment. By setting everyday targets and goals, one can achieve incredible results in terms of efficiency and performance.

4 Take care of your Health

Health is wealth. This adage never fails. Only a sound body and sound mind can work effectively towards achieving any objective. Thus to sum up, healthy body is a mandate for rigorous mental exercise that comes up during examinations.

5 Practice Daily

We eat daily, we sleep daily, so why not study daily?

Regular practice in every subject will keep students close to a subject. If one avoids any subject for more than three days in a go, he/she is bound to lose interest in it.

6 Play Games

Playing games – both the indoors and outdoors, help in inculcating a practical approach towards dealing with a problem along with beating the examination stress.

7 Presentation

Till now we have discussed the pre-exam tips. This is a crucial tip while writing the examinations. A systematic and neat display of answers can boost your chances of scoring high.

8 Time Management

You need to manage time not only during exam preparations, but also at the time of solving the Question paper. Carrying a wrist watch during exams is an excellent way to manage time well. You should also try to save some time at the end of the paper to recheck the answers.

9 Sleep Well

A sound sleep a night before exam helps us relax and rejuvenates our mind. The tired brain needs and we need to understand the needs of our brain, only then we will be able to make the most out of it especially during examinations.

10 Relax Yourself

This is last but not the least. Relaxing is like meditating. When we are relaxed we are the most efficient in reproducing what we have learnt.

top tips...

How to get

The 'OSWAAL' Advantage?

1 OSWAAL

1. Your Elixir of Positivity & Confidence

Positivity and confidence can do wonders to your grades, far more than you can think. By studying from Oswaal Sample Question papers, you develop confidence in yourself which makes you positive and hence gives you the winners advantage!! A bunch of important questions along with their systematic presentation helps you tremendously in studying effectively.

2 OSWAAL - Your Planner

2. For Examination Preparations

You must make a schedule for your studies followed by strict implementation of that schedule. Oswaal SQP's give you questions on the important topics or topics which need more practice or time. Oswaal SQP's include last year exam questions as well as sample papers for the proper schedule of your study. You may also study with your friends and make the entire learning process fun!!

3 OSWAAL - Your Confidence Booster

3. Just before the Exam

One should never try to read, study or cram anything new just before the beginning of your exam. You can just open your Oswaal SQP's and read through the answers highlighted by you a night before for the last time and then put away all your books. This gives you a new wave of confidence just before the commencement of your exam!

SYLLABUS

PHYSICAL EDUCATION (CURRICULUM) – Class XI (2015-16)

Theory

Max. Marks : 70
Periods :180

Unit I Changing Trends & Career in Physical Education

- Define Physical Education, Its Aims & Objectives
- Development of Physical Education - Post Independence
- Concept & Principles of Integrated Physical Education
- Concept & Principles of Adaptive Physical Education
- Special Olympic Bharat
- Career Options in Physical Education

Unit II Physical Fitness, Wellness & Lifestyle

- Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- Components of Physical Fitness
- Components of Wellness
- Preventing Health Threats through Lifestyle Change
- Components of Positive Lifestyle

Unit III Olympic Movement

- Ancient & Modern Olympics
- Olympic Symbols, Ideals, 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 Fundamentals 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 & 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

PHYSICAL EDUCATION-XI
*** Design of the Question Paper**

Total : 70 Marks

Unit No.	Name	VSQA	SQA-I	SQA-II	LQA
I	Physical Fitness Wellness & Lifestyle	1 (1)	1 (2)	1 (3)	
II	Changing Trends & Career in Physical Education.	1 (1)		1 (3)	
III	Olympic Movement	1 (1)		2 (6)	
IV	Yoga		2 (4)	1 (3)	
V	Doping		1 (2)	1(3)	1 (5)
VI	Management of Injuries	1 (1)	1 (2)	1 (3)	
VII	Test & Measurement in Sports		1 (2)	1 (3)	
VIII	Fundamentals of Anatomy & Physiology	1 (1)	2 (4)	1 (3)	1 (5)
IX	Biomechanics and Sports	1 (1)			
X	Psychology & Sports	1 (1)	1 (2)		1 (5)
XI	Training in Sports	1 (1)	1 (2)		
	Total	8 (8)	10 (20)	9 (27)	3 (15)

*** DISTRIBUTION OF MARKS**

Unit I	Physical Fitness, Wellness & Lifestyle	10
Unit II	Changing Trends & Career in Physical Education	
Unit III	Olympic Movement	07
Unit IV	Yoga	23
Unit V	Doping	
Unit VI	Management of Injuries	
Unit VII	Test & Measurement in Sports	18
Unit VIII	Fundamentals of Anatomy & Physiology	
Unit IX	Biomechanics and Sports	12
Unit X	Psychology & Sports	
Unit XI	Training in Sports	

PHYSICAL EDUCATION-XI

* BLUE PRINT FOR SQP

Total : 70 Marks

Unit No.	Name	Marks	VSQA	SQA-I	SQA-II	LQA	Total
1.	Physical Fitness Wellness & Lifestyle	10	2(2)	1(2)	2(6)		5(10)
2.	Changing Trends & Career in Physical Education.						
3.	Olympic Movement	07	1(1)		2(6)		3(07)
4.	Yoga	23	1(1)	4(8)	3(9)	1(5)	9(23)
5.	Doping						
6.	Management of Injuries						
7.	Test & Measurement in Sports	18	1(1)	3(6)	2(6)	1(5)	7(18)
8.	Fundamentals of Anatomy & Physiology						
9.	Biomechanics and Sports	12	3(3)	2(4)		1(5)	6(12)
10.	Psychology & Sports						
11.	Training in Sports						
	Total	70	8(8)	10(20)	9(27)	3(15)	30(70)

* **Note** : Design & Blueprint developed by 'Oswaal Subject Expert'.

Sample Question Paper – 1

(Solved)

Time : 3 Hours

Max. Marks : 70

General Instructions :

- (1) All questions are compulsory.
 - (2) Question numbers **1 to 8** carry **1 mark** each.
 - (3) Question number **9 to 18** carry **2 marks** each.
 - (4) Question numbers **19 to 27** carry **3 marks** each and one question has internal choice.
 - (5) Question numbers **28 to 30** carry **5 marks** each.
-

- | | |
|--|---|
| 1. Define physical fitness. | 1 |
| 2. Write the basic ways of adopting a physical activity for a disabled person. | 1 |
| 3. Write about Special Awards Scheme. | 1 |
| 4. Write the types of injuries. | 1 |
| 5. Write the effects of regular exercise. | 1 |
| 6. Write the areas of biomechanical analyses. | 1 |
| 7. What is intrinsic motivation ? | 1 |
| 8. Define endurance. | 1 |
| 9. What do you mean by recreation ? | 2 |
| 10. Write four elements of Yoga. | 2 |
| 11. Write the various types of asanas. | 2 |
| 12. Write the names of some commonly used drugs. | 2 |
| 13. What are various types of immediate treatment of sports injuries ? | 2 |
| 14. Prepare a health status chart. | 2 |
| 15. What do you mean by stressed breathing ? | 2 |
| 16. Write various functions of circulatory system. | 2 |
| 17. Distinguish between reaction time and movement time. | 2 |
| 18. What is growth ? | 2 |
| 19. Explain the importance of games and sports for the development of fitness. | 3 |
| 20. Explain the meaning of physical education using various statements. | 3 |
| 21. Describe general rules related to organisation of competitions. | 3 |
| 22. Write the symbols of modern Olympic games. | 3 |
| 23. What is Yama ? | 3 |

OR

- | | |
|----------------------|---|
| Define hypertension. | 3 |
|----------------------|---|

- | | |
|---|---|
| 24. What are the effects of alcohol on the performance of sportsman ? | 3 |
| 25. What are joint injuries ? Explain the first aid for joint injuries. | 3 |
| 26. Describe various factors affecting the heart rate. | 3 |
| 27. Discuss various functions of Blood. | 3 |
| 28. 'Yoga is an Indian heritage.' Elaborate. | 5 |
| 29. Highlight the effects of regular exercise on circulatory system. | 5 |
| 30. Differentiate between isometric, isotonic and isokinetic exercises. | 5 |

□□

Sample Question Paper – 2

(Solved)

Time : 3 Hours

Max. Marks : 70

General Instructions :

- (1) All questions are compulsory.
 - (2) Question numbers **1 to 8** carry **1 mark** each.
 - (3) Question number **9 to 18** carry **2 marks** each.
 - (4) Question numbers **19 to 27** carry **3 marks** each and one question has internal choice.
 - (5) Question numbers **28 to 30** carry **5 marks** each.
-

- | | |
|---|---|
| 1. Write the composition of body. | 1 |
| 2. Define integrated physical education. | 1 |
| 3. Name the place where Ancient Olympic Games were originated. | 1 |
| 4. Define sprain. | 1 |
| 5. What is nervous system ? | 1 |
| 6. Define biomechanics. | 1 |
| 7. Define anxiety. | 1 |
| 8. Define methods of endurance development. | 1 |
| 9. Define aerobic activity. | 2 |
| 10. Define Yoga. | 2 |
| 11. Write the types of Yoga. | 2 |
| 12. Classify harmful drugs. | 2 |
| 13. What is first-aid ? | 2 |
| 14. Define measurement and discuss its importance in Physical Education and Sports. | 2 |
| 15. Write the components of physical fitness. | 2 |
| 16. Define skeletal and muscular system. | 2 |
| 17. What is general training. | 2 |
| 18. What are the stages of growth in the development of a child ? | 2 |
| 19. Enlist the role of physical education in promoting community health. | 3 |
| 20. Write the various professional ethics. | 3 |
| 21. Give an introduction of Ancient Olympic Games. | 3 |
| 22. What is the importance of SGFI ? | 3 |
| 23. What is obesity ? Discuss its causes and health problems caused due to it. | 3 |
| OR | |
| Explain the six advantages of Pranayama. | 3 |
| 24. Describe bad effects of alcohol on human being. | 3 |

- | | |
|--|---|
| 25. What are bone injuries ? | 3 |
| 26. State the administration of “Kraus-Weber Fitness Test”. | 3 |
| 27. Draw the internal structure of lungs. | 3 |
| 28. Write essay on drugs and sports relationship. | 5 |
| 29. Draw the internal structure of heart and explain briefly. | 5 |
| 30. Define sports psychology and give its importance in the field of sports. | 5 |

□□

Sample Question Paper – 3

(Solved)

Time : 3 Hours

Max. Marks : 70

General Instructions :

- (1) All questions are compulsory.
 - (2) Question numbers **1 to 8** carry **1 mark** each.
 - (3) Question number **9 to 18** carry **2 marks** each.
 - (4) Question numbers **19 to 27** carry **3 marks** each and one question has internal choice.
 - (5) Question numbers **28 to 30** carry **5 marks** each.
-

1. Define Wellness. 1
2. Write the properties of the member of physical profession. 1
3. Write the names of Padma Shri Awardees. 1
4. What are sports injuries ? 1
5. Mention the factors affecting physical compounds. 1
6. Define distance. 1
7. What is sports psychology ? 1
8. Define maximum strength. 1
9. Define health and health education. 2
10. Write the causes of obesity. 2
11. Write the role of Yoga in sports. 2
12. Write two harmful effects of tobacco. 2
13. Write various types of immediate treatment in health injuries. 2
14. Define BMI and AAPHER test. 2
15. What do you mean by stressed breathing ? 2
16. Classify blood cells. 2
17. Define interval training. 2
18. How can you manage anxiety in sports ? 2
19. Write the objectives of health education. 3
20. Explain briefly the concept of Integrated Physical Education. 3
21. Write a note on various symbols and important components of Olympic Games. 3
22. Write a note on functioning of sports authority of India. 3
23. Differentiate between 'Yoga' and 'Asanas'. 3

OR

- Discuss various effects of Obesity. 3

- | | |
|---|---|
| 24. Write the harmful effects of drinking alcohol using diagram. | 3 |
| 25. What is Rehabilitation in sports ? | 3 |
| 26. State Rockport Fitness Walking Test with necessary calculation procedure. | 3 |
| 27. Describe the functions of Circulatory System. | 3 |
| 28. How could you prevent from the Yoga related injuries. | 5 |
| 29. Write an essay on muscular systems, its varieties and functioning. | 5 |
| 30. What are the problems of adolescents ? Write an essay. | 5 |



Sample Question Paper – 4

(Solved)

Time : 3 Hours

Max. Marks : 70

General Instructions :

- (1) All questions are compulsory.
 - (2) Question numbers **1 to 8** carry **1 mark** each.
 - (3) Question number **9 to 18** carry **2 marks** each.
 - (4) Question numbers **19 to 27** carry **3 marks** each and one question has internal choice.
 - (5) Question numbers **28 to 30** carry **5 marks** each.
-

1. Write the components of physical fitness. 1
 2. Name two motivating factors for choosing physical education as a profession. 1
 3. Write the full form of I.O.A. 1
 4. Define first aid. 1
 5. Write the components of physical fitness. 1
 6. Define speed. 1
 7. Define drive. 1
 8. Write name of the various training methods. 1
 9. Define health education. 2
 10. Write a few lines on any two elements of Yoga. 2
 11. How Yoga helps in rehabilitation of injuries ? 2
 12. Write the chemical formula of alcohol and write how it is prepared ? 2
 13. What are the causes of sports injuries ? 2
 14. What are circulatory and digestive systems ? 2
 15. What is anxiety ? 2
 16. Define respiratory and nervous system. 2
 17. Explain Pace Races method. 2
 18. What are the characteristics of childhood ? 2
 19. Mention any six factors affecting physical fitness in brief. 3
 20. Describe the six skill related components of fitness. 3
 21. Write the names of various National Sports Awards. 3
 22. Write a note on Modern Olympic Games. 3
 23. Enumerate various preventive methods of Obesity. 3
- OR**
24. Explain any three standing asanas with their benefits. 3
 24. Diagrammatically show bad effects of smoking. 3

- | | |
|--|---|
| 25. Explain the first aid treatment of bone injuries ? | 3 |
| 26. Describe various factors affecting the heart rate. | 3 |
| 27. Explain fatigue and its remedies and symptoms. | 3 |
| 28. What are common Yoga related injuries. | 5 |
| 29. Write an essay on skeletal system. | 5 |
| 30. Discuss the relevance of physical education in inter-disciplinary context. | 5 |

□□

Sample Question Paper – 5

(Solved)

Time : 3 Hours

Max. Marks : 70

General Instructions :

- (1) All questions are compulsory.
 - (2) Question numbers **1 to 8** carry **1 mark** each.
 - (3) Question number **9 to 18** carry **2 marks** each.
 - (4) Question numbers **19 to 27** carry **3 marks** each and one question has internal choice.
 - (5) Question numbers **28 to 30** carry **5 marks** each.
-

1. Write the meaning of fitness development. 1
2. Name two career options in the field of physical education. 1
3. What were the ideals of Olympic games ? 1
4. What is bone injury ? 1
5. What is reproductive system ? 1
6. Define linear and curvilinear motion. 1
7. Write the types of motivation. 1
8. Define circuit training. 1
9. Explain any two components of wellness, in brief. 2
10. What do you mean by Samadhi ? 2
11. Write the importance of Yoga. 2
12. Write the works of UNICEF. 2
13. What is the common first aid of sports injuries ? 2
14. Write the Health status chart. 2
15. Write a short note on smooth muscles and draw its vertical view. 2
16. Define heart rate and factors affecting it. 2
17. Briefly explain the term conditioning. 2
18. Explain fatigue with its remedies. 2
19. Enlist the principles for development of Physical Fitness. 3
20. Write the various scopes of physical education. 3
21. Write a note on Olympic Ideals and their values. 3
22. Write a note on Asian Games. 3
23. Enlist the causes of hypertension. 3

OR

- Write a detailed note on School Games Federation of India. 3
24. Write a note on drug addiction hazards. 3
25. What is Rehabilitation of sports injury ? 3

26. How would you administer the Body Mass Index (BMI). Give example also. **3**
27. Define blood pressure & list its types. Describe the factors on which B. P. relies. **3**
28. Elucidate the preventive measures for sports injuries. **5**
29. Briefly discuss the respiratory system. **5**
30. Classify the lever with diagrams and their importance. Also explain principle of leverage. Draw a diagram of body which justifies as a lever. **5**

□□

Sample Question Paper – 6

(Unsolved)

Time : 3 Hours

Max. Marks : 70

General Instructions :

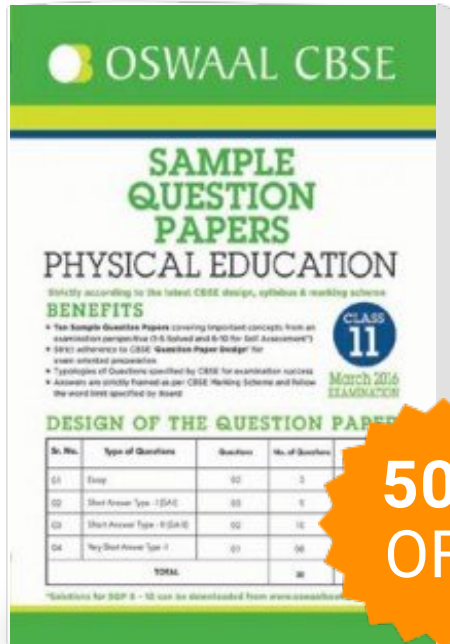
- (1) All questions are compulsory.
 - (2) Question numbers 1 to 8 carry 1 mark each.
 - (3) Question number 9 to 18 carry 2 marks each.
 - (4) Question numbers 19 to 27 carry 3 marks each and one question has internal choice.
 - (5) Question numbers 28 to 30 carry 5 marks each.
-

1. Write the components of wellness. 1
2. Write the career options for physical activities. 1
3. What do the rings in the olympic flag represent ? 1
4. Define medical emergency. 1
5. Write the main components of breathing. 1
6. Define velocity. 1
7. Write various techniques of motivation. 1
8. Define speed in sports. 1
9. Explain in brief any two factors affecting Physical Fitness and Wellness. 2
10. What is Pranayama ? 2
11. Write curative effects of Yoga. 2
12. Define cardiovascular endurance. 2
13. Explain about any three techniques of motivation for higher achievement in sports. 2
14. Define narcotics and its effects. 2
15. What is the common first aid of sports injuries ? 2
16. Write importance of measurements in physical education and sports. 2
17. Write a short note on smooth muscle and draw its vertical section. 2
18. Give the list of various types of muscles. 2
19. Explain any three components of physical fitness. 3
20. Write the various factors along with self assessment for career's choice. 3
21. Enumerate the objectives which can be achieved through Olympics. 3
22. What is the full form of SGFI ? Also name its officials. 3
23. Write the various prevention measures and treatment of hypertension. 3

OR

- What is the role of Yoga in sports, with specific reference to Asanas, Pranayama and Meditation ? 3
24. What are the bad effects of tobacco on sports performance ? 3

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