Class: XI PHYSICAL EDUCATION

Time: 03 Hours SAMPLE PAPER- 2025 Maximum Marks: 70

General instructions:

- The questions paper consists of 5 sections and 37 questions.
- Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- Section B consists of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- Section C consists of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- Section D consists of questions 31-33 carrying 4 marks each and are case studies. There are internal choices available.
- Section E consists of questions 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

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		Section A	
1)	In 1948, the Central Government Physical Education Committees were established, also		
	referred to as:		
	a) Tara Chand Committee	c) RajkumariAmritkaur Committee	
	b) Simon Committee	d) NSNIS Committee	
2)	How many times have the Olympics been postponed since their resuscitation as modern		
	events?		
	a) Once -1916	c) Thrice- 1916, 1940 & 1944	
	b) Twice-1940, 1944	d) Never postponed	

- 3) "It encourages us to consider sport as a tool for mutual understanding among individuals and people from all over the world" is an example of which of the following Olympic values?
 - a) Friendship
- b) Respect
- c) excellence
- d) Fair play

4) Identify the image



- a) Dand Dhoti
- b) Sutra Neti
- c) JalaNeti
- d) Vaman Dhoti
- 5) What does the element of Dharna in ashtanga yoga refer to?
 - a) Breathing control

- c) control of the senses
- b) complete stability of the mind
- d) union with the supreme soul
- 6) Which medical professional can help children with a number of oral disorders such as trouble swallowing, motor skills, speech issues, cognitive-linguistic conditions and language?
 - a) Physiotherapist

c) speech therapist

b) occupational therapist

d) special education counselor

7) A disability present at the time of birth is also known as a) Invisible disability c) congenital disability b) Locomotor disability d) temporary disability 8) In order to prevent external blood loss, it is best to: a) Apply direct pressure over the wound. b) Take the patient to hospital c) Wash the wound with water. d) Apply cream on the wound 9) What is the ability to perform cardio vascular exercises like running, aerobics exercises or swimming for an extended period of time called? b) Strength a) Speed c) Endurance d) Flexibility 10) A skinfold measurement devices used on the body is called as" a) Caliper c) sphygmomanometer b) Waist measuring tape d) none of the above. 11) Rohan is a 15 year old athlete, his waist circumference is 80 cm and hip circumference is 100 cm. What is the waist-hip ratio of Rohan? a) 0.8 b) 0.9 d) 1.25 12) Match List – I with List – II and select the correct answer from the code given below: List - I List - II Bone Connects muscle to bone (i) (ii) Cartilage Connects bones to each other Ligament Provide cushioning and prevent friction (iii) 4 Tendon Framework to body **CODES** i ii iii iv 2 3 1 4 a) b) 4 3 2 1 2 3 4 c) 1 2 4 1 3 13) Which of the following is known as windpipe? a) Pharynx b) Larynx c) Trachea d) Oropharynx 14) Given below are the two statements labeled Assertion (A) and Reason (R): **Assertion** (A): Understanding by mechanical principles helps athletes improve technique and prevent injuries. **Reason (R)**: Biomechanics is crucial in analyzing human movement patterns and optimizing sports performance. a) Both (A) and (R) are true and (R) is the correct explanation of (A). b) Both (A) and (R) are true but (R) is not the correct explanation of (A). c) Both (A) and (R) are false. d) (A) is false but (R) is true. 15) It is An imaginary horizontal surface which divides the body into upper and lower part is known as: a) Digital Plane b) Frontal Plane c)Transverse Plane d) Vertical Plane 16) Psychological attribute That refers to the ability to maintain focus motivation and positive thinking in the face of pressure adversity and uncertainty

a) Resilience b) Mental Toughness c) Team Cohesion d) Attention 17) The process of the body getting accustomed to a particular training program is known as: a) Recovery b) Training Load c) Adaptation d) Overload 18) Which of the following is NOT a side effect associated with anabolic steroid use in sports? a) A) Liver damage c) Increased risk of heart disease b) Enhanced recovery time d) Mood swings **Section B** (Attempt any five questions) 19) Write the purpose of RFID chips? 20) Write a brief explanation of the "pursuit of excellence". 21) Why is it important to focus on the child, not the disability, in social interactions? 22) Describe how physical activity can influence one's ability to lead effectively. 23) How is body mass index calculated, and what does it indicate about an individual's health? 24) How are smooth muscle muscles different from cardiac muscle? **Section C** (Attempt any five questions) 25) How have the modern Olympics influenced the development of sports and physical education globally? Provide examples to support your answer." 26) How important is understanding of joint structure to avoid sports injuries? 27) Differentiate between kinetic and kinematic analysis in the context of sports performance. Give examples to illustrate each type of analysis. 28) Compare and contrast the movements occurring around the three cardinal axes in terms of their biomechanical implications for sports performance. 29) Describe the key developmental milestones and characteristics observed during infancy. How do these milestones contribute to the overall physical, cognitive, and socio-emotional development of infants? 30) How can coaches help athletes develop their skills in sports? Give one example of how a coach might provide feedback to improve technique. **Section D** (Internal Choices Available) 31) XYZ has a diverse student population, including 20 students with different disabilities. Recognizing the importance of physical activity for all, the school has implemented and adapted (APE) physical education program. This program is designed to ensure that every student, regardless of their abilities, has the opportunity to participate in activities that promote health and social interactions. The program is guided by training professionals who specialize in adaptive physical education. From the case study, answer the following questions a) _____ is the professional who helps improve speech and communication skills. b) Name the professional responsible for designing an individualized educational plan at the school. c) _____ is the type of disability that affects cognitive functions. d) Write any one disability etiquette. The APE program is guided by professionals who specialize in _____ physical

education.

32) Ombeer Singh is 50 years old recreational athlete what fitness Recently, he decided to undergo a comprehensive he ensure he remains in optimal health and to identify any area completed a Vo2 Max test on the treadmill. His one repetition press was 80 kg. He completes 40 push-ups in 1 minute and composition test.	ealth related fitness assessment to as for improvement. Ombeer Singh on maximum (1 RM) for the bench
a) type of test did Ombeer Singh undergo to r	neasure his cardiovascular fitness?
b) is the test to measure lower body flexibility	<i>/</i> .
c) One repetition maximum (1 RM) is a test to measure fitness components.	e health related
d) His ability to perform 40 push-ups in one minute is a related fitness components. Or	an indicator of health
Ombeer Singh's one repetition maximum (1 RM) for	r the bench press is kg.
33) Vivek is a 25 year old professional marathon runner for the upcoming City marathon His coach Mr Chauhan de program for him. During the fifth week started feeling excessin performance despite this he pushed through training session experience Muscle soreness, irritability and disturb sleep. Codecided to adjust his training program. Mr Chauhan focused and ensure adequate rest.	esigns a personalize training ssively fatigued and notice a drop ion by the end of 6 week he loach noticed these signs and
From the case study, answer the following questions	
a) is the primary cause of Vivek excessive fa	atigue during 5th week.
 b) Mr. Chauhan, Vivek's coach, noticed signs of adjust the training program. 	in Vivek, prompting him to
c) Despite feeling fatigued, Vivek pushed through his t	raining sessions, leading to
by the end of the 6th week.	
d) is the main purpose of recovery.	
Section E (Attempt any three question)	ons)
"In the realm of physical education, the Government of India and committees post-independence aimed at promoting sports them."	-

- 34) " a
- 35) State the physiological and psychological benefits of practicing yogic kriyas (shat karma). How do these cleansing techniques contribute to holistic health and well-being? Provide examples of specific shat karmas and their therapeutic applications in modern lifestyles."
- 36) "Discuss the concept of wellness and its dimensions. Explain how each dimension contributes to achieving holistic well-being. Provide examples to illustrate the practical application of wellness strategies in everyday life."
- 37) Evaluate the impact of peer pressure on adolescent substance abuse and strategies for prevention and management.