

MARKING SCHEME
Physical Education
Class XI (2024-25)

Note: Any other relevant answer, not given here but given by the candidates, should be awarded accordingly.

Q.N O:	KEY POINTS/ VALUE POINTS	ALLOTTE D MARKS	TOTAL MARKS
1	A) TARACHAND COMMITTEE	1	1
2	C) Thrice- 1916, 1940 & 1944	1	1
3	A) Friendship	1	1
4	C) Jala neti	1	1
5	b) complete stability of the mind	1	1
6	b) occupational therapist	1	1
7	c) congenital disability	1	1
8	a) Applied direct pressure over the wound	1	1
9	c) Endurance	1	1
10	a) calliper	1	1
11	a) 0.8	1	1
12	b) 4-3-2-1	1	1
13	c) Trachea	1	1
14	a) Both (A) and (R) are true and (R) is the correct explanation of (A).	1	1
15	c) Transverse plane	1	1
16	b) Mental Toughness	1	1
17	c) Adaptation	1	1
18	b) enhance recovery time	1	1
19	The purpose of RFID chips is to enable wireless identification and tracking of objects or individuals using radio waves.	2	2
20	The pursuit of excellence involves striving for the highest standards of achievement or performance in a particular endeavor, driven by a relentless dedication to continuous improvement and mastery. It encompasses setting ambitious goals, maintaining disciplined effort, learning from setbacks, and consistently pushing boundaries to reach one's full potential.	2	2
21	It is important to focus on the child, not the disability, in social interactions because doing so promotes inclusivity, respect, and dignity. By emphasizing the child's abilities, strengths, and unique personality rather than defining them by their disability, we foster a positive environment that encourages self-esteem, social integration, and equal opportunities for participation in activities and relationships. This approach helps build empathy, reduces stigma, and supports the child in developing a positive self-image and fulfilling their potential in all aspects of life.	2	2
22	Physical activity plays a crucial role in enhancing one's ability	2	2

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	<p>to lead effectively through various physiological, psychological, and behavioral mechanisms:</p> <ul style="list-style-type: none"> ● Physical Health and Energy Levels: ● Stress Reduction and Mental Clarity: ● Team Building and Communication: ● Role Modeling and Inspiration: 		
23	<p>Body Mass Index (BMI) is calculated using the following formula:</p> <p>BMI= weight (kg) divided by height (m)²</p> <p>BMI is a numeric value derived from an individual's weight and height. It provides a rough estimate of body fat and helps categorize individuals into different weight categories:</p> <ul style="list-style-type: none"> ● Underweight: BMI less than 18.5 ● Normal weight: BMI between 18.5 and 24.9 ● Overweight: BMI between 25 and 29.9 ● Obese: BMI 30 or higher 	1+1	2
24	<p>Smooth muscle and cardiac muscle are two distinct types of muscle tissues found in the human body, each with unique structural and functional characteristics:</p> <ul style="list-style-type: none"> ● Structure: Smooth muscle is non-striated and spindle-shaped, while cardiac muscle is striated and branched. ● Location: Smooth muscle is found in hollow organs and vessels, while cardiac muscle is exclusive to the heart. ● Control: Smooth muscle is primarily controlled involuntarily by the autonomic nervous system, while cardiac muscle is both involuntarily controlled by the autonomic nervous system and intrinsically regulated by its own pacemaker. 	2	2
25	<p>The Modern Olympics, since their inception in 1896, have profoundly influenced the development of sports and physical education on a global scale in several significant ways:</p> <ol style="list-style-type: none"> 1. International Participation and Unity: 2. Sporting Excellence and Innovation: 3. Promotion of Physical Education: 4. Inspiration and Role Models: 	1 x 3	3
26	<p>Understanding joint structure is crucial for athletes and sports enthusiasts to effectively prevent sports injuries for several reasons:</p> <ol style="list-style-type: none"> 1. Biomechanical Functionality: 2. Identifying Vulnerabilities: 3. Proper Technique and Form: 	1x 3	3

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	<p>4. Injury Rehabilitation: 5. Preventive Conditioning</p>																							
27	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">Aspect</th> <th style="width: 35%;">Kinetic Analysis</th> <th style="width: 50%;">Kinematic Analysis</th> </tr> </thead> <tbody> <tr> <td>Focus</td> <td>Examines forces and torques involved in movement.</td> <td>Analyzes motion parameters (positions, velocities, accelerations).</td> </tr> <tr> <td>Example</td> <td>Measuring ground reaction forces during sprinting.</td> <td>Tracking joint angles in a tennis serve.</td> </tr> <tr> <td>Tools</td> <td>Force plates, load cells, biomechanical sensors.</td> <td>Motion capture systems, video analysis software.</td> </tr> <tr> <td>Information Obtained</td> <td>Quantifies external and internal forces (e.g., ground reaction forces, muscle forces).</td> <td>Provides data on movement patterns, joint angles, and trajectories.</td> </tr> <tr> <td>Purpose</td> <td>Understands mechanical aspects influencing performance and injury risk.</td> <td>Evaluates movement quality, technique refinement, and skill optimization.</td> </tr> <tr> <td>Applications</td> <td>Used in injury prevention, biomechanical research, and optimizing training protocols.</td> <td>Enhances sports performance through technique analysis, skill development, and rehabilitation.</td> </tr> </tbody> </table>	Aspect	Kinetic Analysis	Kinematic Analysis	Focus	Examines forces and torques involved in movement.	Analyzes motion parameters (positions, velocities, accelerations).	Example	Measuring ground reaction forces during sprinting.	Tracking joint angles in a tennis serve.	Tools	Force plates, load cells, biomechanical sensors.	Motion capture systems, video analysis software.	Information Obtained	Quantifies external and internal forces (e.g., ground reaction forces, muscle forces).	Provides data on movement patterns, joint angles, and trajectories.	Purpose	Understands mechanical aspects influencing performance and injury risk.	Evaluates movement quality, technique refinement, and skill optimization.	Applications	Used in injury prevention, biomechanical research, and optimizing training protocols.	Enhances sports performance through technique analysis, skill development, and rehabilitation.	1 x 3	3
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28	<p>Comparison and Contrast:</p> <ul style="list-style-type: none"> ● Range of Motion: <ul style="list-style-type: none"> ○ Sagittal: Primarily involves forward and backward movements, maximizing linear acceleration and deceleration. ○ Frontal: Involves lateral movements, emphasizing stability and lateral agility. 	1 x 3	3																					

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	<ul style="list-style-type: none"> ○ Transverse: Focuses on rotational movements, essential for generating power and controlling direction. ● Functional Role: <ul style="list-style-type: none"> ○ Sagittal: Supports propulsion and acceleration in activities requiring straight-ahead motion. ○ Frontal: Enhances lateral stability, agility, and movement control in side-to-side actions. ○ Transverse: Facilitates rotational power generation and precise movement adjustments. ● Sports Examples: <ul style="list-style-type: none"> ○ Sagittal: Sprinting, jumping (e.g., long jump), and kicking (e.g., soccer). ○ Frontal: Side-stepping (e.g., football), lateral jumps (e.g., basketball), and skating. ○ Transverse: Golf swing, tennis serve, baseball pitching, and martial arts techniques. 		
29	<p>Contributions to Overall Development:</p> <ul style="list-style-type: none"> ● Physical Development: Achieving motor milestones supports physical growth and coordination, enabling infants to explore their surroundings and interact with objects and people. ● Cognitive Development: Sensory exploration and language acquisition during infancy foster cognitive skills essential for learning, problem-solving, and understanding the world. ● Socio-emotional Development: Early attachments and emotional expressions form the basis for future relationships and social interactions, influencing emotional resilience and social competence. 	3	3
30	<p>Coaches play a crucial role in helping athletes develop their skills in sports through structured training, personalized feedback, and psychological support. One effective way a coach can provide feedback to improve technique is through video analysis. By recording an athlete's performance during practice or competition, coaches can review specific movements, identify areas for improvement, and provide constructive feedback on technique adjustments. This visual feedback helps athletes visualize their actions, understand technical nuances, and make necessary corrections to</p>	3	3

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	enhance their overall performance in the sport.		
31 (a)	Speech therapist	1	1
31 (b)	Specical educator	1	1
31 (c)	Intellectual Distability	1	1
31 (d)	<ol style="list-style-type: none"> 1. Ask before your help 2. Keep your tone low 3. Never play with their equipment (any one or any other appropriate etiquette) Or Adaptive physical education	1	1
32 (a)	Vo2 Max	1	1
32 (b)	Sit and reach test	1	1
32 (c)	Muscular Strength	1	1
32 (d)	Muscular Endurance Or 80 kg	1	1
33 (a)	Over Training	1	1
33 (b)	Drop in performance	1	1
33 (c)	Muscle soreness, irritability and disturb sleep	1	1
33 (d)	Improving performance	1	1
34	<p>Khelo India Programme: Launched in 2018, Khelo India aims to revive the sports culture in India at the grassroots level. It focuses on identifying and nurturing young talent across various sports disciplines through annual competitions at the school and college levels.</p> <p>Fit India Movement: Initiated in 2019 by Prime Minister Narendra Modi, the Fit India Movement promotes physical fitness and encourages people of all ages to adopt an active and healthy lifestyle. It includes awareness campaigns, fitness challenges, and community events.</p> <p>National Sports Development Fund (NSDF): Established to support the development of sports in India, NSDF provides financial assistance to talented athletes, training academies, and sports federations. It aims to improve sports infrastructure, coaching facilities, and international sports exposure for athletes.</p> <p>National Rural Sports Programme (NRSP): Introduced to promote sports and physical activity in rural areas, NRSP focuses on organizing sports competitions, establishing sports</p>	1 x 5	5

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	<p>infrastructure, and providing training opportunities to enhance participation and talent development in rural communities.</p> <p>Rashtriya Yuva Khel Abhiyan (RYKA): Launched to promote sports among youth, RYKA aims to develop a sports ecosystem at the district level. It includes the setting up of sports clubs, training camps, and organizing sports events to engage young individuals in physical activities and sports.</p>		
35	<p>Physiological Benefits:</p> <ol style="list-style-type: none"> 1. Detoxification: Many shat karmas involve cleansing techniques such as dhauti (cleansing of the digestive tract), which help remove toxins and waste products from the body. For example, kunjai kriya involves induced vomiting to cleanse the stomach and upper digestive system, aiding in detoxification. 2. Improved Digestive Health: Practices like jal neti (nasal cleansing with saline water) and sutra neti (nasal cleansing with a thread) help clear nasal passages and sinuses, improving respiratory health and enhancing the body's natural defense mechanisms against infections. 3. Enhanced Vitality: Techniques such as kapalabhati (skull shining breath) and trataka (gazing meditation) stimulate the nervous system and increase blood circulation, promoting vitality and energy levels in the body. <p>Psychological Benefits:</p> <ol style="list-style-type: none"> 1. Stress Reduction: Shat karmas often include practices like basti (colon cleansing) and nauli kriya (abdominal churning), which help release tension and stress stored in the abdominal area. This can lead to a sense of relaxation and mental clarity. 2. Mental Focus: Practices such as trataka (gazing meditation) and dhauti kriya (cleansing techniques) enhance concentration and improve mental focus, making them beneficial for individuals dealing with distractions and mental fatigue in modern lifestyles. <p>Holistic Health and Well-being: Shat karmas contribute to holistic health by addressing both physical and mental aspects of well-being. By purifying the body and mind, these practices create a foundation for overall health, longevity, and</p>	2+3	5

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	<p>spiritual growth in yoga traditions.</p> <p>Therapeutic Applications in Modern Lifestyles: In modern lifestyles, specific shat karmas are increasingly recognized for their therapeutic benefits:</p> <ul style="list-style-type: none"> ● Neti kriyas (nasal cleansing) are used to alleviate sinus congestion and respiratory allergies. ● Basti kriya (colon cleansing) is considered beneficial for digestive disorders and improving gut health. ● Trataka (gazing meditation) is practiced to enhance focus and alleviate eye strain from prolonged screen time. <p>In conclusion, yogic kriyas or shat karma play a vital role in promoting holistic health and well-being by combining physical purification with mental clarity and spiritual rejuvenation. These practices offer therapeutic benefits that are increasingly relevant and beneficial in addressing the challenges of modern lifestyles.</p> <p>"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."</p>		
36	<ol style="list-style-type: none"> 1. Concept of Wellness: Define wellness as a holistic approach to health that encompasses physical, mental, emotional, social, and spiritual well-being. Highlight its proactive nature in promoting optimal health and quality of life. 2. Dimensions of Wellness: <ul style="list-style-type: none"> ○ Physical Wellness: Focus on maintaining a healthy body through regular exercise, balanced nutrition, and adequate rest. Example: Engaging in daily physical activity and following a nutritious diet to improve cardiovascular health. ○ Mental Wellness: Emphasize mental health and cognitive function through stress management, positive thinking, and mindfulness practices. Example: Practicing meditation or yoga to reduce anxiety and enhance mental clarity. 	1 x 5	5

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	<ul style="list-style-type: none"> ○ Emotional Wellness: Addressing emotions effectively, fostering resilience, and developing healthy coping mechanisms. Example: Seeking support from friends or counselors during challenging times to maintain emotional balance. ○ Social Wellness: Nurturing meaningful relationships, fostering a sense of belonging, and contributing positively to the community. Example: Volunteering for community service activities to strengthen social connections and support networks. ○ Spiritual Wellness: Exploring personal beliefs, values, and purpose in life to find meaning and inner peace. Example: Engaging in spiritual practices such as prayer, reflection, or nature walks to enhance spiritual well-being. <p>3. Contributions to Holistic Well-being: Discuss how each dimension of wellness interacts with others to create a balanced and fulfilling life. Emphasize the interconnectedness and synergy among physical, mental, emotional, social, and spiritual dimensions.</p> <p>4. Practical Application: Provide real-life examples or scenarios where individuals integrate wellness strategies into their daily routines to enhance overall well-being. Highlight the importance of personalized approaches and proactive health management.</p>		
37	<p>Adolescents who succumb to peer pressure and engage in substance abuse are at higher risk of various negative consequences, including impaired academic performance, health problems, legal issues, and strained relationships with family and peers. The impact can be long-lasting, affecting their future opportunities and well-being.</p> <p>Strategies for Prevention and Management:</p> <p>1. Education and Awareness Programs:</p> <ul style="list-style-type: none"> ○ Schools can implement comprehensive substance abuse prevention programs that educate students about the risks and consequences of drug and alcohol use. These programs should include factual information, 	2+3	5

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	<p>discussions on peer pressure, and strategies for resisting temptation.</p> <p>2. Promoting Positive Peer Influence:</p> <ul style="list-style-type: none"> ○ Encouraging positive peer relationships and creating a supportive school environment can mitigate negative peer pressure. Schools can foster peer support groups, mentoring programs, and leadership opportunities that promote healthy behaviors and discourage substance use. <p>3. Parental Involvement and Communication:</p> <ul style="list-style-type: none"> ○ Parents play a crucial role in preventing substance abuse by maintaining open communication with their adolescents. Establishing clear expectations, setting boundaries, and discussing the risks of substance use can empower adolescents to make informed decisions and resist peer pressure. <p>4. Role of Community and Support Services:</p> <ul style="list-style-type: none"> ○ Community organizations, healthcare providers, and mental health professionals can collaborate with schools to provide resources and support for adolescents struggling with substance abuse. Access to counseling, peer support groups, and addiction treatment services is essential for intervention and recovery. <p>5. Policy and Enforcement:</p> <ul style="list-style-type: none"> ○ Implementing and enforcing school policies that prohibit substance use on campus and during school-related activities can deter adolescents from experimenting with drugs and alcohol. Consistent enforcement and consequences for policy violations reinforce the message that substance abuse is unacceptable. 		