



BK BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY| CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL

MID-TERM EXAMINATION 2023-24

PHYSICAL EDUCATION (048)



Class : XI Sci/Com/Hum

Date : 13/10/2023

Admission No.:

Duration: 3 Hrs

Max. Marks: 70

Roll No.:

General Instructions:

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

Section-A

Section A consists of Multiple Choice Type questions of 1 mark each

1. In which year, the International Olympic Committee was formed? (1)
a. 1886 b. 1890 c. 1892 d. 1894
2. Given below are the two statements labelled Assertion (A) and Reason (R). (1)
Assertion (A): Now a days, people have become more health conscious.
Reason (R): People want to develop immunity so that they may not fall prey to diseases.
In the context of above two statements, which one of the following is correct?
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. (A) is true, but (R) is false.
d. (A) is false, but (R) is true.
3. Dhyana is a process of complete constancy of _____. (1)
a. Mind b. Soul c. Limbs d. Heart
4. Name the category of disability which can be difficult for others to recognize/acknowledge. (1)
a. Physical Disabilities b. Hidden Disabilities
a. Cognitive Disabilities d. Intellectual Disabilities
5. Identify the corrective asana in the image given. (1)



- a. Tadasana b. Balasana c. Trikonasana d. Dhanurasana

6. Which one of the following components is not included in Khelo India Programme? (1)
- Playfield development
 - Talent search and development
 - Sports for women
 - To organize Cricket Competitions
7. ABC Public School celebrated World Disability Day in his school and organized a quiz competition; there was a question that when is World Disability Day celebrated? (1)
Select the right answer from the options given below _____.
- 2nd April
 - 21st June
 - 29th August
 - 3rd December
8. What is the other name of sudhi kriyas? (1)
- Asanas
 - Shatkarmas
 - Trataka
 - Kapalbhati
9. Suppose you are appointed as D.P.E in a school on the basis of your qualification as D.P.Ed, which one of the following classes you can teach? (1)
- I to V
 - VI to VIII
 - I to VIII
 - I to X
10. _____ connect to students with special needs to ensure they have support services. (1)
- Counsellors
 - Special Educators
 - Physiotherapists
 - Occupational Therapist
11. Occupational therapists are also known as _____ (1)
- Physical Education Teacher
 - Special Educators
 - Counsellor
 - Physiotherapists
12. Match List-I with List-II and select the correct answer from the code given below: (1)

(p)	Flexibility	(i)	Rhythm ability
(q)	Speed	(ii)	Percentage of lean body mass
(r)	Body composition	(iii)	To perform movements of same pattern at a faster rate
(s)	Coordinative ability	(iv)	Range of movements of joints

Codes:

- | | | | | |
|----|-----|-----|-----|-----|
| | (p) | (q) | (r) | (s) |
| a. | i | ii | iii | iv |
| b. | ii | i | iv | iii |
| c. | iv | iii | i | ii |
| d. | iv | iii | i | i |

13. What is the meaning of 'Fortius'? (1)
- Faster
 - Bigger
 - Higher
 - Stronger
14. What is the aim of physical education? (1)
- Physical Development
 - Mental Development
 - Wholesome Development
 - Social Development
15. How many colours are there in Olympic flag? (1)
- 4
 - 5
 - 6
 - 7

16. When an athlete performs pull ups what type of strength is required? (1)
- Explosive Strength
 - Dynamic Strength
 - Tatic Strength
 - None of these

17. Identify the following: (1)



- a. Nauli b. Neti` c. Basti d. Dhouti

18. Which is the component of wellness in the following? (1)
- Nutritional wellness
 - Physical wellness
 - Social wellness
 - All of the above

Section-B

Section B consists of 6 questions of 2 marks each

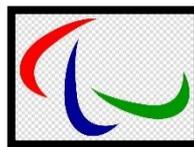
19. Discuss about Olympic Symbol. (2)
20. How to perform Pavanmuktasana explain the procedure? (2)
21. What is the role of special educators in any institution? (2)
22. Mention the two objectives of physical education. (2)
23. Mention the components of wellness. (2)
24. Identify the below given images of symbols/logos of various games and write their names: (2)



a.



b.



c.



d.

Section-C

Section C consists of 6 questions of 3 marks each

25. Define measurement in physical education. (3)
26. Elaborate the objectives of Olympic Game. (3)
27. On the basis of the image answer the given question: (3)



- a. _____ Disability is occurred from birth.
- b. In _____ disability individual had a problem in hearing.

- c. Carpel palsy is an example of _____.
28. What is flexibility? Discuss the various types of flexibility in brief. (3)
29. Explain Dhouti and Basti in detail. (3)
30. Write down a brief note on 'Khelo India' Programme. (3)

Section-D

Section D consists of 3 case based questions of 4 marks each

31. Rahul is a class 11 student who is passionate about physical education. He wants to pursue a career in the field but is unsure about the changing trends. He approaches you for guidance. How would you explain the changing trends in physical education and the potential career opportunities available? (4)



- a. Integrates of _____ the following represents a changing trend in physical education.
- b. _____ is a potential career opportunity in physical education.
- c. To provide _____ is important for physical education teachers to have an understanding of various disabilities.
- d. They are also responsible for coaching different _____ and sports.
32. The World Health Organization (WHO) published the International Classification of Functioning, Disability and Health. The ICF provides a standard language for classifying body function and structure, activity, participation levels, and conditions in the world around us that influence health. This description helps to assess the health, functioning, activities, and factors in the environment that either help or create barriers for people to fully participate in society. (4)



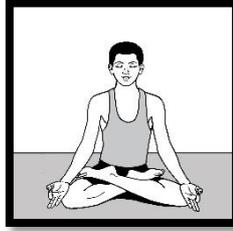
On the basis of the given image, fill the given blanks:

- a. Intellectual disability is also known as _____.
- b. _____ Disability is related to the functioning of the body.
- c. In Intellectual disability the IQ level of an individual is _____.
- d. Sleep disorders are also considered as _____.

OR

Down syndrome is an example of _____.

33. Kriya Yoga is also a process of physical detox that rejuvenates the internal organs and purifies the blood. This serves to free up the life force within the body. It is an effective technique that works directly with the source of growth - the spiritual energy deep in our spines. (4)



On the basis of the given image, fill the given blanks:

- a. Puraka refers to _____.
- b. Kumbhaka is further classified into _____ parts.
- c. Jal Neti helps to purify and clean the _____.
- d. Kapabhati is comes under the _____.

OR

_____ is the technique of washing and toning the large intestine.

Section-E

Section E consists of 4 questions of 5 marks each

34. Describe the organisational step-up of the International Olympic Committee. (5)
35. What do you mean by disability? Discuss the types of disability. (5)
36. Write down the importance of traditional games. (5)
37. What do you mean by Sutra Neti? Discuss its method, precautions and benefits. (5)

*******All the Best*******