

CLASS—XI ADD.
SUB.: - P.E.

TIME: - 50 MINS.
M.M.: - 25

GENERAL INSTRUCTIONS-

- 1- The question paper consists of 11 questions.
- 2- All the questions are compulsory.
- 3- Answer to question 1-6 carrying 1 mark should be in approximately 20-30 words.
- 4- Answer to question 7-9 carrying 3 mark should be in approximately 80-100 words.
- 5- Answer to question 10-11 carrying 5 mark should be in approximately 150-200 words.

Q1. The volume of blood pumped out by each ventricle per minute is called: -

- a) Stroke volume
- b) Blood pressure
- c) Heart beat
- d) Cardiac output

Q2]. Which is the main characteristic of growth: -

- a) It is physical in nature
- b) It is comprised of qualitative change
- c) It takes place throughout the life an individual
- d) It is sociological in nature

Q3]. Which of the following is not a method of warming up: -

- a) Jogging
- b) Stretching
- c) Wind sprint
- d) Pushups

Q4]. Kinesiology deals with the: -

- a) Study of movement
- b) Study of speed of running
- c) Study of throwing angle
- d) Study of jumping distance

Q5]. What is the main problem of adolescent: -

- a) Rapid physical change
- b) Rebellious behavior
- c) Concern about future and career
- d) All of these

Q6]. The main effect of anaerobic steroid is to: -

- a) Stimulate growth
- b) Relieve pain
- c) Control BP
- d) Induce sleep

Q7]. What is the gliding joint? Give an example:-

Q8]. Enlist the basic principles of training. Briefly describe anyone: -

Q9]. Describe the physical characteristic of an infant in brief.

Q10]. Why is the study of anatomy and physiology important? Give reason.

Q11]. What are the side effect of anabolic steroid, narcotics and diuretics?