

Std. 11

Time : 3 hrs.

11-9-2015

Half Yearly Examination in **PHYSICAL EDUCATION** M. Marks : 70

1. Yoga as an Indian heritage. Define meaning and importance of yoga. (5)
2. Enlist the types of Asnas. Explain two of them. (5)
3. What do you understand by sports injuries? Explain. (5)
4. Give details of prevention of sports injuries. (5)
5. Give brief history of ancient and modern olympics. (5)
6. What are the objectives of olympics? (5)
7. Write short notes on obesity, diabetes and hyper tension. (3)
8. Explain Dronacharya Award. (3)
9. Write down elements of yoga. (3)
10. Explain role of massage exercise on common sports injuries. (3)
11. Role of first aid in sports injuries. (3)
12. Write down full form of I.O.C. (1)
13. Write down full form of I.O.A. (1)
14. Enlist the sports awards in India. (1)
15. Olympic motto, Litius, Altius, Fortius. Explain. (2)
16. Name the five continents in the flag. Five ring (2)
17. Write down the olympic oath. (2)
18. Elaborate the development of values through olympic movement. (8)
19. Explain the physiological importance of yoga. (8)

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