

Std. 11

Time : 3 hrs.

13-9-2016

Half Yearly Examination in **PHYSICAL EDUCATION** (Additional)

M. Marks : 70

1. Define contusion. (1)
2. 'THE BONES ARE BROKEN AND GO DOWN THE NORMAL LEVEL.' Name the fracture and where is it usually found? (1)
3. This prohibited substance causes trembling, headaches and risk of cardiac arrest. Name it. (1)
4. Define blood doping. (1)
5. Define Yoga. (1)
6. Give the full form of WADA. (1)
7. In 1940 Olympic was held at \_\_\_\_\_ . (1)
8. Define adapted physical education. (1)
9. Define wellness and lifestyle. (2)
10. What are health status indicators? (2)
11. What are the different types of bone injuries? (2)
12. What is dislocation of lower jaw? (2)
13. Explain narcotics. (2)
14. In which two sports alcohol is banned as a prohibited substance? (2)
15. Explain samadhi. (2)
16. Write a short note on blood doping. (2)
17. Give the first-aid for strain. (3)
18. Explain yama. (3)
19. What is the eligibility for Dronacharya award? (3)
20. What are the aims of National Institution of Sports? (any six) (3)
21. How did ancient Olympic games started? (3)
22. "Do the components of positive lifestyle helps in leading a healthy life?" Discuss in detail. (5)
23. Write short notes on any two of the following :
  - a) Book writing
  - b) Sports journalism
  - c) Sports photography(5)

24. Explain the following :
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|------------------|-------------------|
| a) Olympic motto | b) Olympic flag   |
| c) Olympic flame | d) Olympic ideals |
| e) Olympic oath  |                   |
- (5)
25. Give the prevention and management of hypertension. (5)
26. How can a sportsman prevent sports injuries? (5)
27. Explain any 5 performance enhancing substances. (5)

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