

Final Examination in PHYSICAL EDUCATION

Std. 11

M. Marks : 70

14-2-2017

Time : 3 hrs.

Roll No:

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Total printed pages :	01
Total printed questions :	26

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| 1. | Define Physical Education. | 1 |
| 2. | Define Anatomy. | 1 |
| 3. | Define Psychology. | 1 |
| 4. | Define growth and development. | 1 |
| 5. | Define sports training. | 1 |
| 6. | Define physiology. | 1 |
| 7. | Define learning. | 1 |
| 8. | Define yoga. | 1 |
| 9. | What is doping? | 1 |
| 10. | Define skill. | 1 |
| 11. | What is warming up? How is it performed? Give its importance. | 3 |
| 12. | Explain limbring down. Explain its benefits. | 3 |
| 13. | Explain women adolescent problems and their management. | 3 |
| 14. | Explain motivation and its importance in games and sports. | 3 |
| 15. | Explain Newton's Laws of motion. (any two) | 3 |
| 16. | Meaning and importance of biomechanics in physical education and sports. | 3 |
| 17. | Effects of sports training on heart. Explain. | 3 |
| 18. | Explain skeleton system and types of joints. | 3 |
| 19. | Importance of test and measurement in sports. | 3 |
| 20. | Explain the importance of yoga in sports. | 3 |

21. Explain function and mechanism of respiratory system. 5
22. Define and differentiate between growth and development. 5
23. Define Laws of Learning and their management. 5
24. Explain aims and objectives of physical education. 5
25. Explain emotion. Concept and controlling of emotion. 5
26. Explain the principles of sports training. 5

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