PHYSICAL EDUCATION (048)

Sample Question Paper - 1

Class XI (2026-27)

TIME ALLOWED: 3 HRS | MAX MARKS: 70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. **Section A:** Q1-18 carry 1 mark each and are Multiple Choice Questions. All questions are compulsory.
3. **Section B:** Q19-24 carry 2 marks each and are very short answer types (60-90 words). Attempt any 5.
4. **Section C:** Q25-30 carry 3 marks each and are short answer types (100-150 words). Attempt any 5.
5. **Section D:** Q31-33 carry 4 marks each and are case studies.
6. **Section E:** Q34-37 carry 5 marks each and are long answer types (200-300 words). Attempt any 3.

SECTION A (1 Mark each)

Q1. The main aim of Physical Education is:

(a) Physical development

(b) Mental development

(c) All-round development of an individual

(d) Social development

Q2. Assertion (A): Yoga improves concentration and mental focus.

Reason (R): Meditation and Pranayama directly affect and calm the nervous system.

(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.

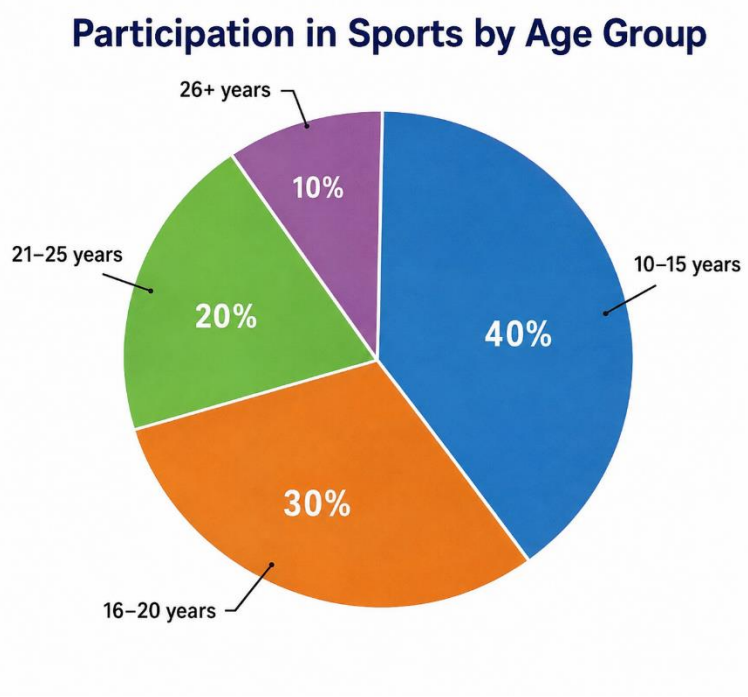
Q3. Historical: Who was the founder of the Modern Olympic Games?

(a) Aristotle

(b) Baron Pierre de Coubertin

(c) Plato

(d) Galen**Q4. Data-Based:**



Which age group has the highest participation rate based on the chart?

(a) 16-20 years

(b) 21-25 years

(c) 10-15 years

(d) 26+ years

Q5.

Identify the Asana shown in the image.

(a) Tadasana

(b) Vrikshasana (Tree Pose)

(c) Padmasana

(d) Bhujangasana

Q6. The formula to calculate Body Mass Index (BMI) is:

(a) Weight (kg) / Height (m)

(b) Height (m) / Weight $(kg)^2$

(c) Weight (kg) / Height $(m)^2$

(d) Weight (lbs) / Height (inch)

Q7. Assertion (A): Flexibility is crucial for preventing sports injuries.

Reason (R): Flexibility increases the range of motion of joints, reducing muscle strain.

(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.

Q8. The "Khelo India" programme was launched by the Indian government in:

(a) 2016

(b) 2018

(c) 2015

(d) 2020

Q9. Which of the following components is NOT a part of Physical Fitness?

(a) Speed

(b) Strength

(c) Intelligence

(d) Flexibility

Q10. What does WADA stand for in sports?

(a) World Anti-Doping Agency

(b) World Association of Doping Athletes

(c) World Anti-Drugs Agency

(d) World Athletics Development Association

Q11. The first ancient Olympic Games were held in:

(a) Athens

(b) Olympia Valley

(c) Paris

(d) Rome

Q12. Somatotype classification (Endomorph, Mesomorph, Ectomorph) was given by:

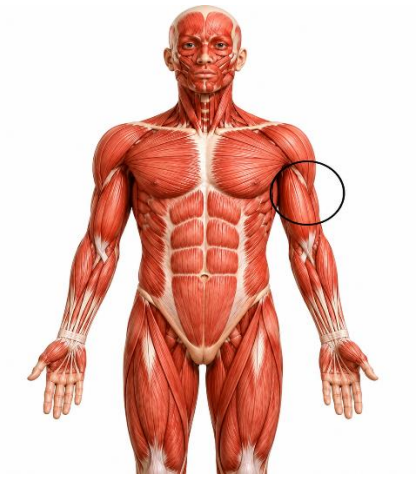
(a) W.H. Sheldon

(b) Baron Pierre de Coubertin

(c) Aristotle

(d) Galen

Q13



Identify the muscle shown in the diagram.

(a) Triceps

(b) Biceps

(c) Deltoid

(d) Hamstring

Q14. Which of the following is NOT an element of Ashtanga Yoga?

(a) Yama

(b) Niyama

(c) Asana

(d) Karma

Q15. The study of human movement in sports and physical activity is known as:

(a) Physiology

(b) Anatomy

(c) Kinesiology

(d) Psychology

Q16. Who is the current Union Minister of Youth Affairs and Sports in India? *(Note: Answer as per current official records)*

Q17. The capacity of muscles to overcome resistance is called:

(a) Speed

(b) Strength

(c) Endurance

(d) Agility

Q18. The ability to change direction quickly and maintain body control while moving is known as:

(a) Coordination

(b) Agility

(c) Flexibility

(d) Strength

SECTION B (2 Marks each, Attempt any 5)

Q19. Explain the concept of Physical Education in ancient Greece.

Q20. Define "Growth" and "Development" with a key difference.

Q21. Briefly explain the components of the Olympic Motto.

Q22. What is the role of a Speech Therapist for Children with Special Needs (CWSN)?

Q23. Name any two physiological factors affecting physical fitness.

Q24. Define the term "Kinesiology".

SECTION C (3 Marks each, Attempt any 5)

Q25. Explain the main components of Physical Fitness in detail.

Q26. Differentiate between "Endomorph" and "Mesomorph" somatotypes.

Q27. Explain the role and importance of "Asana" in Yoga.

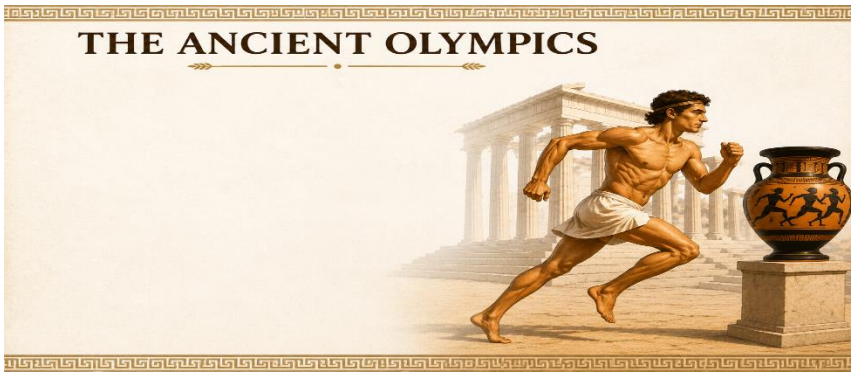
Q28. Briefly explain the primary career options available in Physical Education.

Q29. What are the major benefits of Physical Education activities for CWSN?

Q30. Explain the concept and significance of the FITT principle in training.

SECTION D (4 Marks each, Case Studies)

Q31. Case Study (Olympic Movement):



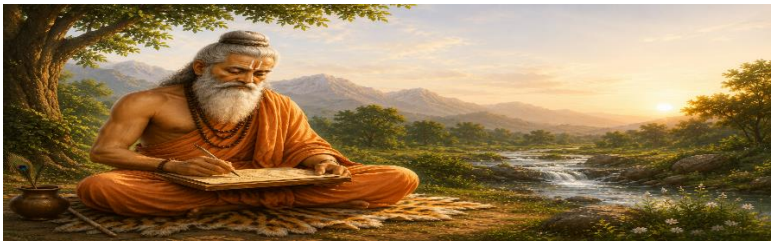
(i) In which year did the Ancient Olympic Games start?

(ii) Where were these games held?

(iii) Who were permitted to participate in ancient times?

(iv) What was awarded to the winners as a prize?

Q32. Case Study (Yoga):



(i) Who compiled the Yoga Sutras?

(ii) What are the first two steps of Ashtanga Yoga?

(iii) Why is practicing yoga beneficial for students?

(iv) What is the literal meaning of the Sanskrit root word 'Yuj'?

Q33. Case Study (Physical Fitness):

(i) What do you mean by physical endurance?

(ii) Name a standard test used to measure cardiovascular endurance.

(iii) What are the two primary types of endurance?

(iv) Why is maintaining good endurance important for overall health?

SECTION E (5 Marks each, Attempt any 3)

Q34. Explain the eight elements (Ashtanga Yoga) of Yoga in detail.

Q35. Explain the importance and scope of Anatomy and Physiology in Physical Education.

Q36. Elaborate on the various professional career paths available in Physical Education.

Q37. Discuss the role and importance of Physical Education and Sports for Children with Special Needs (CWSN).

ANSWER KEY & DETAILED EXPLANATIONS (SECTION A - MCQs)

Q.No	Correct Option	Detailed Explanation
Q1	**(c)**	The ultimate aim of Physical Education goes beyond physical training; it focuses on the holistic (all-round) development—physical, mental, emotional, and social—of an individual.
Q2	**(a)**	Both Assertion and Reason are true, and R correctly explains A because breathing control and meditative postures soothe the nervous system, sharpening focus.
Q3	**(b)**	Baron Pierre de Coubertin is globally recognized as the father of the modern Olympic Games, founding the IOC in 1894.
Q4	**(c)**	Based on the data breakdown provided, the 10-15 age bracket has the highest share (40%) of sports participation.
Q5	**(b)**	The posture described (standing on one leg like a tree) represents *Vrikshasana* (Tree Pose).
Q6	**(c)**	BMI is scientifically calculated by dividing body weight in kilograms by height in meters squared ($Weight/Height^2$).
Q7	**(a)**	Flexibility expands joint mobility, which directly prevents muscle tears and strains during physical activity.

Q.No	Correct Option	Detailed Explanation
Q8	**(b)**	The Government of India initiated the Khelo India program in 2018 to strengthen sports culture at the grassroots level.
Q9	**(c)**	Intelligence is a cognitive/mental attribute, whereas speed, strength, and flexibility are physical fitness components.
Q10	**(a)**	WADA stands for World Anti-Doping Agency, established to promote and monitor anti-doping policies globally.
Q11	**(b)**	The Ancient Olympic Games officially originated in 776 BC in the plains of Olympia Valley, Greece.
Q12	**(a)**	American psychologist W.H. Sheldon categorized human body shapes into Endomorph, Mesomorph, and Ectomorph in 1940.
Q13	**(b)**	The biceps brachii is the prominent muscle located on the front part of the upper arm.
Q14	**(d)**	Ashtanga Yoga comprises Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi. 'Karma' is not among the eight limbs.
Q15	**(c)**	Kinesiology is derived from 'Kinesis' (movement) and 'Logos' (study), focusing purely on human bodily movement.

Q.No	Correct Option	Detailed Explanation
Q16	**-**	*Answer depends on the acting sports minister at the time of examination.*
Q17	**(b)**	Strength is defined as the maximum force a muscle or muscle group can exert against a resistance.
Q18	**(b)**	Agility is the physical ability to shift directions swiftly while maintaining balance and precise body control.

SECTION D: Case Study Answers with Explanations

Q31. Case Study (Olympic Movement)

- **Context:** *Based on the historical background of the Ancient Olympic Games.*
- **(i) In which year did the Ancient Olympic Games start?**
  - **Answer: 776 BC**
  - **Explanation:** Historically, 776 BC is officially recorded as the date when the first recorded ancient Olympic games took place in Greece.
- **(ii) Where were these games held?**
  - **Answer: Olympia Valley, Greece**
  - **Explanation:** The games were named after and held in the sacred sanctuary of Olympia, dedicated to the Greek god Zeus.
- **(iii) Who were permitted to participate in ancient times?**
  - **Answer: Only free-born Greek men**
  - **Explanation:** Ancient Greek rules were very strict; women (married women weren't even allowed to watch), slaves, and foreigners (non-Greeks) were strictly barred from competing.
- **(iv) What was awarded to the winners as a prize?**
  - **Answer: An Olive Wreath (Kotinos)**
  - **Explanation:** Unlike modern sports, there were no cash prizes or gold medals. Winners received a sacred olive branch wreath cut from a wild olive tree, symbolizing high honor and divine favor.

Q32. Case Study (Yoga)

- **Context:** *Based on Maharishi Patanjali's Yoga and Ashtanga Yoga principles.*
- **(i) Who compiled the Yoga Sutras?**
  - **Answer: Maharishi Patanjali**
  - **Explanation:** He is widely regarded as the father of classical yoga philosophy for systematically collecting and organizing existing yoga knowledge into the Yoga Sutras.
- **(ii) What are the first two steps of Ashtanga Yoga?**
  - **Answer: Yama and Niyama**
  - **Explanation:** 'Yama' deals with social ethics (external restraints), and 'Niyama' deals with personal observances (internal disciplines). They form the moral foundation of yoga.
- **(iii) Why is practicing yoga beneficial for students?**
  - **Answer: It reduces stress, calms the nervous system, and improves concentration.**
  - **Explanation:** Regular practice of Asanas, Pranayama, and Meditation helps students handle academic pressure, memory retention, and anxiety effectively.
- **(iv) What is the literal meaning of the Sanskrit root word 'Yuj'?**
  - **Answer: "To join" or "To unite"**
  - **Explanation:** The word Yoga comes from 'Yuj', signifying the harmony and union of the individual mind/body with the universe or supreme consciousness.

Q33. Case Study (Physical Fitness)

- **Context:** *Based on physical endurance, stamina, and health.*
- **(i) What do you mean by physical endurance?**
  - **Answer: The ability of the body to sustain prolonged physical activity or exercise without getting fatigued.**
  - **Explanation:** It measures a person's stamina—how long they can keep running, swimming, or working out before exhaustion forces them to stop.
- **(ii) Name a standard test used to measure cardiovascular endurance.**
  - **Answer: The Cooper 12-Minute Run/Walk Test (or Harvard Step Test)**
  - **Explanation:** These tests measure how efficiently the heart, lungs, and blood vessels transport oxygen during prolonged physical effort.
- **(iii) What are the two primary types of endurance?**
  - **Answer: Aerobic Endurance (with oxygen) and Anaerobic Endurance (without oxygen)**
  - **Explanation:** Aerobic is used for long, steady activities (like marathons), while anaerobic is used for short, high-intensity bursts (like sprinting).
- **(iv) Why is maintaining good endurance important for overall health?**
  - **Answer: It strengthens the heart and lungs, regulates weight, and boosts daily energy levels.**
  - **Explanation:** High endurance ensures efficient blood circulation, lower risk of chronic lifestyle diseases, and keeps the body active throughout the day without feeling sluggish.

PHYSICAL EDUCATION (048)

Sample Question Paper - 2

Class XI (2025-26)

TIME ALLOWED: 3 HRS | MAX MARKS: 70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. **Section A:** Q1-18 carry 1 mark each and are Multiple Choice Questions (including Match the Following, Assertion-Reasoning, Image-based, and Data-based). All questions are compulsory.
3. **Section B:** Q19-24 carry 2 marks each and are very short answer types (60-90 words). Attempt any 5.
4. **Section C:** Q25-30 carry 3 marks each and are short answer types (100-150 words). Attempt any 5.
5. **Section D:** Q31-33 carry 4 marks each and are case studies with passage text.
6. **Section E:** Q34-37 carry 5 marks each and are long answer types (200-300 words). Attempt any 3.

SECTION A (1 Mark each)

Q1. The primary focus of Physical Education in the modern educational framework is:

(a) Winning professional sports leagues only

(b) Harmonious and overall development of the individual

(c) Memorizing rules of various games

(d) Gaining theoretical medical knowledge

Q2. Assertion (A): The Olympic flag features five interlocking rings on a white background.

Reason (R): These rings symbolise the union of the five inhabited continents and the meeting of athletes globally.

(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.

Q3. Historical: In which year and city were the first Modern Olympic Games inaugurated?

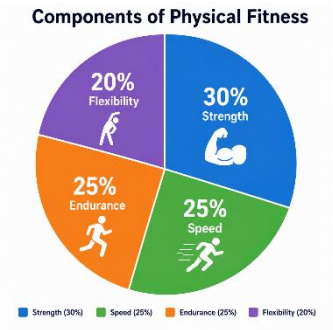
(a) 1900, Paris

(b) 1896, Athens

(c) 1904, St. Louis

(d) 1920, Antwerp

Q4. Data-Based:



Based on the pie chart, which component shares the highest percentage weightage?

(a) Speed

(b) Endurance

(c) Strength

(d) Flexibility

Q5. Image-Based:

Identify the Yogic Asana shown in the image.

(a) Tadasana

(b) Padmasana

(c) Bhujangasana

(d) Shalabhasana

Q6. A spinal postural deformity involving an exaggerated inward curve of the lumbar spine is called:

(a) Kyphosis

(b) Lordosis

(c) Scoliosis

(d) Flat Foot

Q7. Assertion (A): The Rikli and Jones Senior Citizen Fitness Test is used to assess functional fitness in older adults.

Reason (R): It includes safe, practical tests like chair stand and arm curl to measure lower and upper body strength.

(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.

Q8. Which of the following is considered an objective of Adventure Sports?

(a) Promoting fear and isolation

(b) Building risk management, leadership, and teamwork skills

(c) Earning high commercial profits

(d) Replacing formal classroom education

Q9. The structural framework of bones and joints that provides shape and support to the body is known as the:

(a) Muscular System

(b) Skeletal System

(c) Circulatory System

(d) Nervous System

Q10. The property of muscle tissue that allows it to return to its original shape after being stretched is called:

(a) Contractility

(b) Excitability

(c) Elasticity

(d) Extensibility

Q11. During adolescence, students frequently experience sudden emotional swings and identity crises. This phase falls under the study of:

(a) Sports Biomechanics

(b) Sports Psychology

(c) Exercise Physiology

(d) Sports Sociology

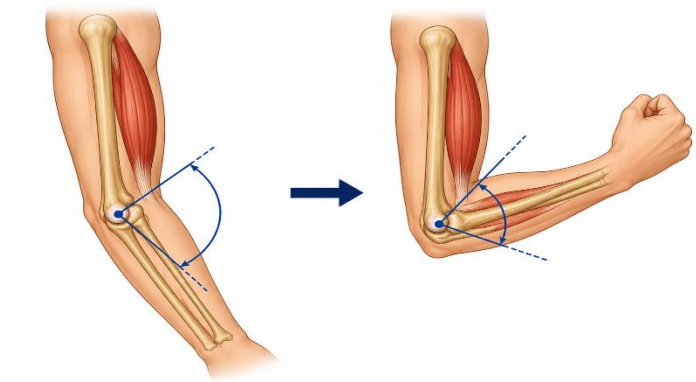
Q12. Which professional specialist works closely with Children with Special Needs (CWSN) to improve their daily living skills and sensory processing?

(a) Sports Commentator

(b) Occupational Therapist

(c) Ground Curator

(d) Financial Auditor



Q13. Image-Based:

Identify the type of joint movement shown in the illustration.

(a) Abduction

(b) Extension

(c) Flexion

(d) Adduction

Q14. The gradual, systematic increase of training load over a period of time to achieve higher fitness levels is known as:

(a) Overexertion

(b) Progression / Overload

(c) Reversibility

(d) Deconditioning

Q15. According to Maharishi Patanjali, which limb of Ashtanga Yoga deals with internal purifications and moral observances (*Niyamas*)?

(a) First step

(b) Second step

(c) Fifth step

(d) Eighth step

Q16. Match the Following:

Match **List-I** (Somatotypes) with **List-II** (Characteristics):

List-I	**List-II**
(i) Endomorph	(A) Thin, lean body build with fast metabolism
(ii) Mesomorph	(B) Round, soft physique with high fat storage tendency
(iii) Ectomorph	(C) Muscular, athletic, and well-defined build

Options:

(a) (i)-(B), (ii)-(C), (iii)-(A)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(A), (iii)-(C)

Q17. Match the Following:

Match **List-I** (Postural Deformities) with **List-II** (Descriptions):

List-I	**List-II**
(i) Kyphosis	(A) Lateral sideways S-shaped curve of the spine
(ii) Lordosis	(B) Excessive outward curve of the thoracic spine (Hunchback)

List-I	List-II
(iii) Scoliosis	(C) Excessive inward curve of the lumbar spine (Swayback)

Options:

(a) (i)-(A), (ii)-(B), (iii)-(C)

(b) (i)-(B), (ii)-(C), (iii)-(A)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(A), (iii)-(C)

Q18. Match the Following:

Match **List-I** (Olympic Symbols / Terms) with **List-II** (Significance):

List-I	List-II
(i) Olympic Flame	(A) International sports motto meaning "Faster, Higher, Stronger - Together"
(ii) Five Rings	(B) Symbolises continuity between ancient and modern Olympic traditions
(iii) Olympic Motto	(C) Represents the union of the five inhabited continents

Options:

(a) (i)-(B), (ii)-(C), (iii)-(A)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(A), (iii)-(C)

SECTION B (2 Marks each, Attempt any 5)

Q19. Define the term "Wellness" in the context of physical education.

Q20. What do you understand by "Adventure Sports"? Give two examples.

Q21. Mention any two major functions of the Human Skeletal System.

Q22. State the primary aim of Adapted Physical Education for Children with Special Needs (CWSN).

Q23. Define "Leadership" in the context of physical education and sports.

Q24. What is the significance of "Limbering Down" (Cooling Down) after intense physical activity?

SECTION C (3 Marks each, Attempt any 5)

Q25. Explain the various dimensions of Wellness (Physical, Mental, Emotional, and Social).

Q26. Write a short note on the Rikli and Jones Senior Citizen Fitness Test items.

Q27. Explain any three types of joint movements in sports (Flexion, Extension, Abduction).

Q28. Discuss any three common emotional or behavioral problems faced by adolescents and how to manage them.

Q29. Explain the safety measures and precautions to be kept in mind while performing adventure sports.

Q30. Describe the physiological importance of Warm-up before sports training.

SECTION D (4 Marks each, Case Studies with Passage Text)

Q31. Case Study (Olympic Movement & Values):

Read the passage below and answer the questions that follow:

"The Olympic Movement is directed by the International Olympic Committee (IOC). It stands for international cooperation, peace, and mutual understanding. The core educational values of the Olympics include fair play, joy of effort, respect for others, and balance between body, will, and mind."

(i) Which governing body directs the overall framework of the Olympic Movement?

(ii) State any two core educational values promoted by the Olympics.

(iii) What is the main objective of international cooperation through the Olympics?

(iv) Why is 'fair play' considered essential in sports competitions?

Q32. Case Study (Anatomy & Kinesiology in Sports):

Read the passage below and answer the questions that follow:

"Understanding human movement mechanics is vital for athletic performance. Kinesiology studies how muscles and skeletal levers work together. Movements like flexion, extension, abduction, and adduction occur across different anatomical planes and axes, dictating how an athlete runs, jumps, or throws."

(i) What does Kinesiology primarily study?

(ii) Define 'Flexion' with a simple example.

(iii) What is the difference between Abduction and Adduction?

(iv) Why is knowledge of body movements important for a coach?

Q33. Case Study (Test, Measurement & Evaluation):

Read the passage below and answer the questions that follow:

"Measurement provides raw data, testing gathers information, and evaluation interprets that data to make decisions. In schools, fitness testing batteries—such as BMI calculations and senior citizen functional tests—help determine health status and design tailored physical activity programs."

(i) What is the primary difference between Test and Evaluation?

(ii) What does BMI stand for and what does it measure?

(iii) Name one test item from the Rikli & Jones test battery.

(iv) Why are fitness tests important for school students?

SECTION E (5 Marks each, Attempt any 3)

Q34. Explain the structure and administrative setup of the Olympic Movement, highlighting the roles of the IOC and National Olympic Committees (NOCs).

Q35. Discuss the fundamental properties of skeletal muscles and explain how the muscular system functions during physical exercise.

Q36. Explain the concept of Ashtanga Yoga as outlined by Maharishi Patanjali, detailing any five of its limbs.

Q37. What are the core components of Physical Fitness (Strength, Speed, Endurance, Flexibility)? Explain methods to develop any two of them.

ANSWER KEY & DETAILED EXPLANATIONS (SECTION A - MCQs)

Q.No	Correct Option	Detailed Explanation
Q1	**(b)**	Physical education aims at the total, holistic development of an individual, balancing physical, mental, and social dimensions.
Q2	**(a)**	Both Assertion and Reason are accurate; the five rings represent continental unity and global sports brotherhood.
Q3	**(b)**	The revival of modern Olympic Games took place in Athens, Greece, in the year 1896 under Baron Pierre de Coubertin.
Q4	**(c)**	Based on the numerical distribution provided in the chart breakdown, Strength commands the highest share (30%).

Q.No	Correct Option	Detailed Explanation
Q5	**(b)**	Sitting cross-legged with an erect spine in meditation is universally recognized as *Padmasana*.
Q6	**(b)**	Lordosis is an excessive inward curvature of the lower spine (swayback).
Q7	**(a)**	Both statements are correct; Rikli & Jones evaluates functional physical capacity for seniors using safe daily tasks.
Q8	**(b)**	Adventure sports are designed to build courage, resilience, risk management, and teamwork.
Q9	**(b)**	The skeletal system consists of bones and joints that protect internal organs and provide structural shape.
Q10	**(c)**	Elasticity is the unique property allowing muscle fibers to recoil back to their original length after stretch.
Q11	**(b)**	Adolescent psychology deals with behavioral, emotional, and cognitive changes during teenage years.
Q12	**(b)**	Occupational therapists assist CWSN in mastering fine motor skills and daily functional independence.

Q.No	Correct Option	Detailed Explanation
Q13	**(c)**	Bending a joint to decrease the angle between articulating bones is defined as flexion.
Q14	**(b)**	Progressive overload is the fundamental rule of increasing training stress gradually for performance adaptation.
Q15	**(b)**	*Niyama* (internal discipline/observances) is the second step of Maharishi Patanjali's Ashtanga Yoga.
Q16	**(a)**	Endomorphs store high fat (B), Mesomorphs are athletic/muscular (C), and Ectomorphs are thin/lean (A).
Q17	**(b)**	Kyphosis is round upper back (B), Lordosis is inward lumbar curve (C), and Scoliosis is sideways curve (A).
Q18	**(a)**	Flame represents historical continuity (B), Rings mean continental union (C), and Motto means Faster-Higher-Stronger (A).

SECTION D: Case Study Answer Key & Explanations

Q31. Answer (Olympic Movement & Values):

(i) The **International Olympic Committee (IOC)**.

(ii) Fair play and respect for others (or joy of effort).

(iii) To foster international peace, global harmony, and mutual understanding through sports.

(iv) Fair play guarantees honesty, integrity, and equal competitive conditions without cheating.

Q32. Answer (Anatomy & Kinesiology in Sports):

(i) The mechanical and structural study of human bodily movement.

(ii) Flexion is a movement that decreases the angle between two body parts (e.g., bending the arm at the elbow).

(iii) Abduction moves a limb *away* from the body's midline, whereas adduction moves it *towards* the midline.

(iv) To optimize athletic techniques, prevent injuries, and improve movement efficiency.

Q33. Answer (Test, Measurement & Evaluation):

(i) A test is the tool/procedure to collect data, whereas evaluation is the judgment or interpretation of that data's value.

(ii) **Body Mass Index**; it measures body mass relative to height to check weight categories.

(iii) **Chair Stand Test** or **Arm Curl Test**.

(iv) To monitor fitness levels, identify weaknesses, and encourage healthy, active lifestyles.

PHYSICAL EDUCATION (048)

Sample Question Paper - 3

Class XI (2025-26)

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SECTION A (1 Mark each)

Q1. The term 'Physical Education' primarily emphasizes:

(a) Only participating in competitive matches

(b) The holistic development of human personality through physical media

(c) Memorizing historical dates of sports

(d) Building muscular strength only without mental health

Q2. Assertion (A): The Olympic headquarters are located in Lausanne, Switzerland.

Reason (R): Lausanne provides a neutral political and central geographical environment for international sports administration.

(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.

Q3. Historical: In which year was the International Olympic Committee (IOC) officially founded by Baron Pierre de Coubertin?

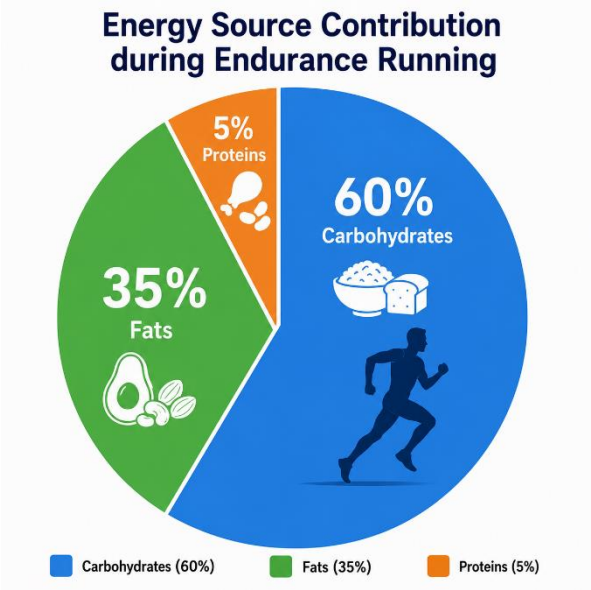
(a) 1892

(b) 1894

(c) 1896

(d) 1900

Q4. Data-Based:



Based on the pie chart, which fuel source contributes the highest percentage to energy production during prolonged endurance running?

(a) Proteins

(b) Fats

(c) Carbohydrates

(d) Minerals

Q5. Image-Based:

Identify the Yogic Asana shown in the image.

(a) Tadasana (Mountain Pose)

(b) Padmasana

(c) Vrikshasana

(d) Bhujangasana

Q6. Which component of the Rikli and Jones Senior Citizen Fitness Test is designed to test lower body flexibility?

(a) Chair Stand Test

(b) Back Scratch Test

(c) 6-Minute Walk Test

(d) Arm Curl Test

Q7. Assertion (A): Adapted Physical Education ensures that no student with special needs is left behind in sports.

Reason (R): It modifies standard rules, instructions, and playing equipment to suit individual capabilities.

(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.

Q8. The anatomical plane that divides the human body into left and right halves is called the:

(a) Transverse plane

(b) Frontal (Coronal) plane

(c) Sagittal (Median) plane

(d) Horizontal plane

Q9. The psychological process by which an individual focuses attention on specific environmental cues while ignoring distractions is known as:

(a) Motivation

(b) Selective Attention / Concentration

(c) Aggression

(d) Personality trait

Q10. The principle of sports training which dictates that training routines must change regularly to avoid boredom and monotony is called:

(a) Principle of Overload

(b) Principle of Variety

(c) Principle of Reversibility

(d) Principle of Specificity

Q11. According to Maharishi Patanjali, which limb of Ashtanga Yoga represents breath control and regulation of life force?

(a) Asana

(b) Pranayama

(c) Pratyahara

(d) Dhyana

Q12. Which professional specialist helps Children with Special Needs (CWSN) improve speech articulation, language comprehension, and communication skills?

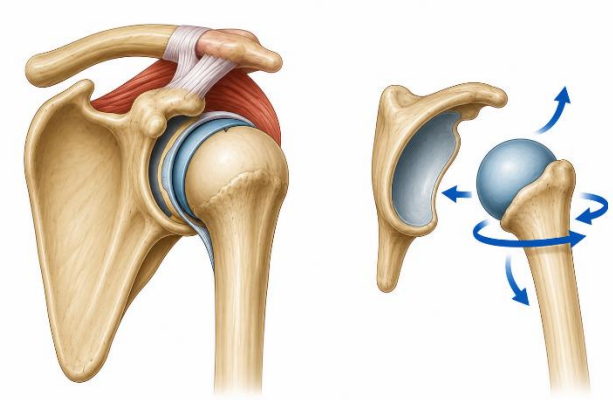
(a) Physiotherapist

(b) Speech Therapist

(c) Occupational Therapist

(d) Special Educator

Q13. Image-Based:



Identify the type of synovial joint shown in the illustration.

(a) Hinge Joint

(b) Pivot Joint

(c) Ball and Socket Joint

(d) Gliding Joint

Q14. The gradual decline of fitness levels and physiological adaptations due to a complete stoppage of training is explained by the:

(a) Principle of Progression

(b) Principle of Reversibility

(c) Principle of Rest and Recovery

(d) Principle of Active Participation

Q15. Which of the following is considered a core dimension of holistic Wellness?

(a) Occupational Wellness

(b) Emotional Wellness

(c) Physical Wellness

(d) All of the above

Q16. Match the Following:

Match **List-I** (Test Items) with **List-II** (What they measure):

List-I	**List-II**
(i) Arm Curl Test	(A) Lower body strength in seniors
(ii) Chair Stand Test	(B) Upper body strength in seniors
(iii) 2-Foot Up and Go Test	(C) Agility and dynamic balance in seniors

Options:

(a) (i)-(B), (ii)-(A), (iii)-(C)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

Q17. Match the Following:

Match **List-I** (Yogic Kriyas / Shatkarmas) with **List-II** (Primary Purpose):

List-I	**List-II**
(i) Neti	(A) Cleansing of the digestive tract and stomach
(ii) Dhauti	(B) Cleansing of the nasal passages
(iii) Trataka	(C) Concentrated gazing to improve eye sight and focus

Options:

(a) (i)-(A), (ii)-(B), (iii)-(C)

(b) (i)-(B), (ii)-(A), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

Q18. Match the Following:

Match **List-I** (Sports Terms) with **List-II** (Category):

List-I	**List-II**
(i) River Rafting	(A) Combative Sport

List-I	List-II
(ii) Judo	(B) Adventure Sport
(iii) Sprinting	(C) Track and Field Event

Options:

(a) (i)-(B), (ii)-(A), (iii)-(C)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

SECTION B (2 Marks each, Attempt any 5)

Q19. Define Physical Education as a modern academic discipline.

Q20. What is the significance of the Olympic Motto (*Citius, Altius, Fortius - Communiter*)?

Q21. State two major objectives of Adapted Physical Education.

Q22. What do you mean by 'Ashtanga Yoga'? Name its first two limbs.

Q23. Define 'Flexibility' and state its two main types.

Q24. What is the primary role of First Aid in managing sports injuries?

SECTION C (3 Marks each, Attempt any 5)

Q25. Explain the concept and significance of Wellness in daily life.

Q26. Describe the procedure and utility of any two test items from the Rikli and Jones Senior Fitness Test.

Q27. Explain the classification of joints in the human skeletal system with suitable examples.

Q28. Discuss the common psychological attributes or challenges faced by adolescent athletes.

Q29. Write a short note on the safety guidelines and precautions required during Adventure Sports.

Q30. Explain the physiological changes that occur in the respiratory system during moderate exercise.

SECTION D (4 Marks each, Case Studies with Passage Text)

Q31. Case Study (Olympic Movement & Structure):

Read the passage below and answer the questions that follow:

"The structural administration of the Olympic Movement relies on three main pillars: the International Olympic Committee (IOC) at the apex, International Sports Federations (IFs) governing specific sports worldwide, and National Olympic Committees (NOCs) managing Olympic affairs within individual countries. Together, they promote fair play, youth education, and sports ethics."

(i) Name the apex governing body of the Olympic Movement.

(ii) What is the specific role of International Sports Federations (IFs)?

(iii) What is the function of National Olympic Committees (NOCs)?

(iv) State one core ethical value promoted through this global administrative structure.

Q32. Case Study (Anatomy, Kinesiology & Movements):

Read the passage below and answer the questions that follow:

"Human movement is produced by skeletal muscles pulling on bones acting as levers across joints. Anatomical movements such as flexion, extension, abduction, and adduction occur across planes of motion. Understanding these mechanics helps physical educators correct form and prevent injuries."

(i) What mechanical elements interact to produce bodily movement?

(ii) Define 'Extension' in anatomical terms with an example.

(iii) Differentiate between the Sagittal and Frontal planes.

(iv) Why is biomechanical knowledge useful for sports trainers?

Q33. Case Study (Yoga as a Lifestyle):

Read the passage below and answer the questions that follow:

"Yoga is much more than physical postures; it is an ancient Indian lifestyle science aimed at uniting the body, mind, and spirit. Maharishi Patanjali categorized yoga into eight limbs (Ashtanga Yoga), starting from social ethics (Yama) and personal discipline (Niyama) all the way to ultimate meditation (Samadhi)."

(i) What is the ultimate philosophical aim of Yoga according to the text?

(ii) Who compiled the traditional system of Ashtanga Yoga?

(iii) What do 'Yama' and 'Niyama' deal with respectively?

(iv) How does regular yoga practice contribute to mental wellness?

SECTION E (5 Marks each, Attempt any 3)

Q34. Elaborate in detail on the history, vision, and core values of the Ancient and Modern Olympic Games.

Q35. Explain the structure of the Human Circulatory System and discuss how the heart adapts to long-term endurance training.

Q36. Describe Maharishi Patanjali’s Ashtanga Yoga in detail, explaining any five of its components.

Q37. What do you mean by Sports Training? Explain the core principles of sports training with appropriate examples.

ANSWER KEY & DETAILED EXPLANATIONS (SECTION A - MCQs)

Q.No	Correct Option	Detailed Explanation
Q1	**(b)**	Modern physical education targets wholesome intellectual, social, emotional, and physical growth.
Q2	**(a)**	Both Assertion and Reason are true; Lausanne serves as an independent, neutral hub for international sports bodies.
Q3	**(b)**	Pierre de Coubertin founded the IOC on June 23, 1894, leading to the first modern games in 1896.
Q4	**(c)**	Based on the charted breakdown, carbohydrates supply the majority (60%) of energy during steady aerobic activity.
Q5	**(a)**	Standing erect with aligned balance is the fundamental mountain pose, *Tadasana*.
Q6	**(b)**	The Back Scratch Test specifically measures upper body (shoulder) flexibility in senior citizens.
Q7	**(a)**	Both statements are correct; adaptation modifies activities to include CWSN seamlessly.

Q.No	Correct Option	Detailed Explanation
Q8	**(c)**	The sagittal (median) plane divides the body vertically into right and left portions.
Q9	**(b)**	Concentration / selective attention allows athletes to filter out distractions and focus on task cues.
Q10	**(b)**	The principle of variety avoids training monotony and psychological staleness by introducing new exercises.
Q11	**(b)**	*Pranayama* specifically focuses on controlling breath and regulating prana (life energy).
Q12	**(b)**	Speech therapists focus on language clarity, communication disorders, and speech articulation.
Q13	**(c)**	Ball and socket joints permit movement in multiple axes (e.g., shoulder and hip joints).
Q14	**(b)**	Reversibility implies fitness regression ("use it or lose it") when training stimuli are withdrawn.
Q15	**(d)**	Holistic wellness includes physical, emotional, social, intellectual, spiritual, and occupational domains.

Q.No	Correct Option	Detailed Explanation
Q16	**(a)**	Arm Curl measures upper body strength (B), Chair Stand measures lower body strength (A), and Up & Go measures agility (C).
Q17	**(b)**	Neti cleans the nose (B), Dhauti cleans the stomach/digestive tract (A), and Trataka improves eye gaze/focus (C).
Q18	**(a)**	River rafting is an adventure sport (B), Judo is a combative sport (A), and Sprinting is a track event (C).

SECTION D: Case Study Answer Key & Explanations

Q31. Answer (Olympic Movement & Structure):

(i) The **International Olympic Committee (IOC)**.

(ii) They govern, regulate, and promote their specific sports globally and supervise events during the Olympic Games.

(iii) They manage national Olympic participation, foster Olympic values, and prepare athletes within their respective countries.

(iv) Fair play, friendship, respect, or non-discrimination.

Q32. Answer (Anatomy, Kinesiology & Movements):

(i) Skeletal muscles, bones (acting as levers), and joints.

(ii) Extension increases the angle between articulating bones (e.g., straightening a bent arm at the elbow).

(iii) The Sagittal plane divides the body into left/right parts, whereas the Frontal plane divides it into front/back parts.

(iv) To optimize exercise efficiency, correct incorrect postures, and minimize the risk of athletic injuries.

Q33. Answer (Yoga as a Lifestyle):

(i) The ultimate union of the individual soul with the supreme universal consciousness.

(ii) **Maharishi Patanjali**.

(iii) 'Yama' deals with social/external ethics, while 'Niyama' deals with internal self-discipline and observances.

(iv) It calms the central nervous system, reduces emotional anxiety, lowers cortisol levels, and sharpens mental focus.

PHYSICAL EDUCATION (048)

Sample Question Paper - 4

Class XI (2025-26)

TIME ALLOWED: 3 HRS | MAX MARKS: 70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. **Section A:** Q1-18 carry 1 mark each and are Multiple Choice Questions (including Match the Following, Assertion-Reasoning, Image-based, and Data-based). All questions are compulsory.
3. **Section B:** Q19-24 carry 2 marks each and are very short answer types (60-90 words). Attempt any 5.
4. **Section C:** Q25-30 carry 3 marks each and are short answer types (100-150 words). Attempt any 5.
5. **Section D:** Q31-33 carry 4 marks each and are case studies with passage text.
6. **Section E:** Q34-37 carry 5 marks each and are long answer types (200-300 words). Attempt any 3.

SECTION A (1 Mark each)

Q1. The ultimate aim of Physical Education is best described as:

(a) Winning national and international championships

(b) The harmonious physical, mental, emotional, and social development of an individual

(c) Specializing in a single track and field event

(d) Gaining theoretical coaching credentials

Q2. Assertion (A): The Olympic flag features five interlaced rings on a plain white background.

Reason (R): These rings represent the union of the five inhabited continents and the meeting of athletes from across the globe.

(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.

Q3. Historical: In which ancient Greek region and year did the recorded history of the Olympic Games begin?

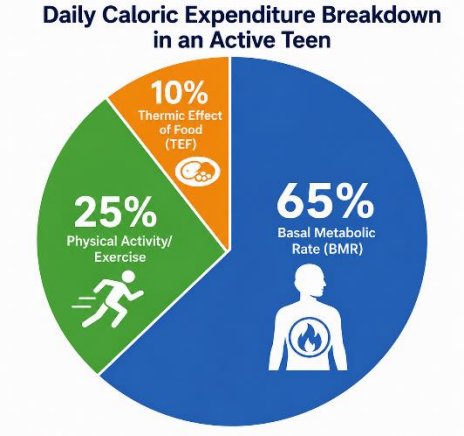
(a) Athens, 500 BC

(b) Olympia Valley, 776 BC

(c) Sparta, 1000 BC

(d) Delphi, 400 BC

Q4. Data-Based:



Based on the pie chart, which category consumes the largest share of total daily energy expenditure?

(a) Physical Activity

(b) Thermic Effect of Food

(c) Basal Metabolic Rate (BMR)

(d) Resting Digestion

Q5. Image-Based:

Identify the Yogic Asana shown in the image.

(a) Tadasana

(b) Shavasana (Corpse Pose)

(c) Bhujangasana

(d) Padmasana

Q6. Which test item from the Rikli and Jones Senior Citizen Fitness Test measures lower body strength?

(a) Back Scratch Test

(b) Chair Stand Test

(c) 8-Foot Up and Go Test

(d) Sit and Reach Test

Q7. Assertion (A): Adapted Physical Education plays a vital role in mainstreaming Children with Special Needs (CWSN).

Reason (R): It customizes rules, game spaces, and equipment to match the learner's specific functional capacity.

(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.

Q8. The anatomical plane that divides the human body into anterior (front) and posterior (back) halves is the:

(a) Sagittal plane

(b) Frontal (Coronal) plane

(c) Transverse plane

(d) Median plane

Q9. The psychological state of optimal arousal where an athlete feels completely immersed, focused, and effortless in performance is called:

(a) Anxiety

(b) Flow State

(c) Aggression

(d) Burnout

Q10. The training principle which states that sports training must target specific muscle groups, energy systems, and skills relevant to a particular sport is known as the:

(a) Principle of Overload

(b) Principle of Specificity

(c) Principle of Reversibility

(d) Principle of Variety

Q11. According to Maharishi Patanjali, which limb of Ashtanga Yoga involves complete absorption of consciousness and meditation (*Dhyana*) culminating in ultimate peace?

(a) Pratyahara

(b) Dharana

(c) Samadhi

(d) Asana

Q12. Which specialist primarily assists Children with Special Needs (CWSN) in improving gross motor skills, muscle tone, and physical mobility?

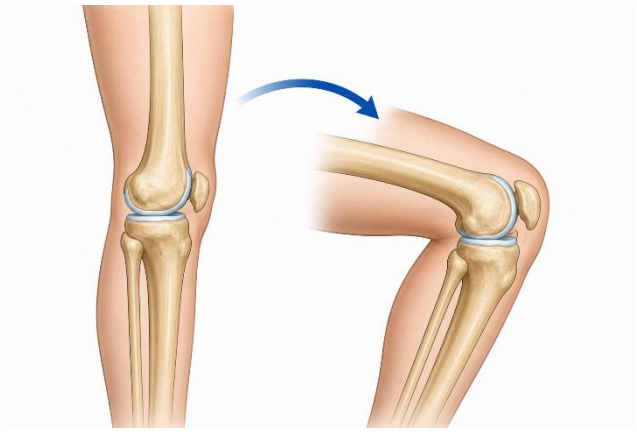
(a) Physiotherapist

(b) Speech Therapist

(c) Dietitian

(d) Sports Psychologist

Q13. Image-Based:



Identify the anatomical movement taking place at the joint.

(a) Extension

(b) Flexion

(c) Abduction

(d) Adduction

Q14. The specific physiological condition characterized by extreme physical and mental exhaustion due to excessive training load without adequate recovery is called:

(a) Supercompensation

(b) Overtraining

(c) Peak Performance

(d) Homeostasis

Q15. Which of the following dimensions is NOT recognized as a core component of Wellness in the standard Class 11 curriculum?

(a) Physical Wellness

(b) Emotional Wellness

(c) Commercial Wellness

(d) Spiritual Wellness

Q16. Match the Following:

Match **List-I** (Somatotypes - W.H. Sheldon) with **List-II** (Physical Characteristics):

List-I	**List-II**
(i) Endomorph	(A) Lean, slender, and narrow bone structure
(ii) Mesomorph	(B) Plump, soft physique with high fat accumulation
(iii) Ectomorph	(C) Muscular, hard, and athletic body build

Options:

(a) (i)-(B), (ii)-(C), (iii)-(A)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(A), (iii)-(C)

Q17. Match the Following:

Match **List-I** (Postural Deformities) with **List-II** (Corrective Measures):

List-I	**List-II**
(i) Knock Knees	(A) Horse riding and walking on the outer edges of feet
(ii) Bow Legs	(B) Keeping a pillow between knees while sleeping / Using calipers

List-I	List-II
(iii) Flat Foot	(C) Walking on heels and toes / Skipping rope

Options:

(a) (i)-(A), (ii)-(B), (iii)-(C)

(b) (i)-(B), (ii)-(A), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

Q18. Match the Following:

Match **List-I** (Types of Endurance) with **List-II** (Definitions):

List-I	List-II
(i) Speed Endurance	(A) Ability to resist fatigue in activities lasting over 30 minutes
(ii) Strength Endurance	(B) Ability to resist fatigue during high-speed movements
(iii) Aerobic Endurance	(C) Ability to perform muscular contractions against resistance repeatedly

Options:

(a) (i)-(B), (ii)-(C), (iii)-(A)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(A), (iii)-(C)

SECTION B (2 Marks each, Attempt any 5)

Q19. Define Physical Education in the context of modern holistic education.

Q20. What is the significance of the Olympic Flame?

Q21. Mention two major aims of Adapted Physical Education.

Q22. State the meaning of 'Pranayama' in Yoga.

Q23. What is meant by 'First Aid' in the event of sports injuries?

Q24. Define the term 'Strength' as a component of physical fitness.

SECTION C (3 Marks each, Attempt any 5)

Q25. Explain the concept of Wellness and how it differs from physical fitness.

Q26. Describe the procedure and utility of the 'Back Scratch Test' and 'Arm Curl Test' from the Senior Citizen Fitness Test.

Q27. Explain the structure and classification of Synovial Joints with examples.

Q28. Discuss the importance of goal-setting in sports psychology for student-athletes.

Q29. Write a short note on the historical evolution and objectives of the Khelo India Program.

Q30. Explain the short-term physiological changes that occur in the cardiovascular system during exercise.

SECTION D (4 Marks each, Case Studies with Passage Text)

Q31. Case Study (Adapted Physical Education & Inclusion):

Read the passage below and answer the questions that follow:

"Inclusion in sports ensures that children with special needs (CWSN) get equal opportunities to experience physical activity. Adapted Physical Education modifies traditional sports rules, playing areas, and equipment design. This customization helps build self-esteem, improves motor skills, and fosters social acceptance among all peers."

(i) What is the primary objective of Adapted Physical Education?

(ii) How do rule modifications help CWSN in sports?

(iii) State any two benefits of sports participation for special needs children.

(iv) Why is social acceptance crucial for children with special needs?

Q32. Case Study (Anatomy & Joint Movements):

Read the passage below and answer the questions that follow:

"Every athletic movement relies on the precise coordination of bones, joints, and skeletal muscles. Synovial joints permit wide ranges of movement across different anatomical planes. Actions like flexion, extension, abduction, and rotation define how athletes run, throw, and twist."

(i) Which type of joint allows the greatest range of motion in sports?

(ii) Define 'Abduction' with an anatomical example.

(iii) What is the function of synovial fluid inside a joint capsule?

(iv) Why must sports coaches understand anatomical planes?

Q33. Case Study (Yoga & Mental Health):

Read the passage below and answer the questions that follow:

"Yoga is an ancient science that harmonizes body and mind. Through practices like Asanas, Pranayama, and Meditation (Dhyana), individuals learn to regulate stress and cultivate mindfulness. In modern educational settings, yoga acts as an effective antidote to academic pressure and anxiety."

(i) What are the three primary dimensions harmonized by yoga?

(ii) How does Pranayama assist in stress management?

(iii) What is the role of Meditation (Dhyana) in Ashtanga Yoga?

(iv) Why is yoga considered beneficial for students?

SECTION E (5 Marks each, Attempt any 3)

Q34. Explain the organizational setup of the Olympic Movement, detailing the respective roles of the International Olympic Committee (IOC), National Olympic Committees (NOCs), and International Federations (IFs).

Q35. Discuss the structure of the Human Respiratory System and explain how gaseous exchange takes place during physical activity.

Q36. Explain Maharishi Patanjali's Ashtanga Yoga in detail, describing any five of its limbs.

Q37. What do you mean by Sports Training? Explain any four core principles of sports training with suitable examples.

ANSWER KEY & DETAILED EXPLANATIONS (SECTION A - MCQs)

Q.No	Correct Option	Detailed Explanation
Q1	**(b)**	Physical education aims for the complete, well-rounded growth (physical, mental, social, emotional) of an individual.
Q2	**(a)**	Both Assertion and Reason are true; the rings signify global athletic brotherhood across the five inhabited continents.
Q3	**(b)**	Ancient Olympic history officially traces back to Olympia Valley, Greece, in 776 BC.
Q4	**(c)**	Basal Metabolic Rate (BMR) accounts for the largest portion (around 60-70%) of total daily energy expenditure.

Q.No	Correct Option	Detailed Explanation
Q5	**(b)**	Lying flat on the back in absolute relaxation represents *Shavasana* (Corpse Pose).
Q6	**(b)**	The Chair Stand Test evaluates lower body strength (specifically leg endurance) in older adults.
Q7	**(a)**	Both statements are correct; adapted PE modifies environments to make sports completely inclusive for CWSN.
Q8	**(b)**	The frontal (coronal) plane divides the body vertically into front (anterior) and back (posterior) sections.
Q9	**(b)**	Flow state describes an optimal psychological zone of total engagement and effortless performance.
Q10	**(b)**	The principle of specificity requires training exercises to mimic the exact physiological demands of the target sport.
Q11	**(c)**	*Samadhi* represents the final stage of Ashtanga Yoga, characterized by complete meditative absorption and peace.
Q12	**(a)**	Physiotherapists focus on physical rehabilitation, mobility enhancement, and gross motor skill development.

Q.No	Correct Option	Detailed Explanation
Q13	**(b)**	Decreasing the angle between articulating bones (e.g., bending the knee) is defined as flexion.
Q14	**(b)**	Overtraining occurs when cumulative physical stress surpasses the body's capacity to recover.
Q15	**(c)**	Commercial wellness is not part of standard health dimensions (which include physical, mental, social, spiritual, emotional).
Q16	**(a)**	Endomorphs have high fat storage (B), Mesomorphs are muscular/athletic (C), and Ectomorphs are slender/lean (A).
Q17	**(d)**	Knock knees are corrected using pillows/calipers (B), Bow legs use outer edges/horse riding (A), Flat foot uses heels/toes (C).
Q18	**(a)**	Speed endurance relates to high-speed actions (B), Strength endurance to muscular resistance (C), and Aerobic endurance to long-term tasks (A).

SECTION D: Case Study Answer Key & Explanations

Q31. Answer (Adapted Physical Education & Inclusion):

(i) To provide equal, inclusive physical education and sports opportunities tailored for individuals with special needs.

(ii) Rule modifications level the playing field, making games accessible, safe, and enjoyable for CWSN.

(iii) Enhanced self-esteem, improved motor coordination, physical fitness, and social integration.

(iv) It builds mutual respect, breaks down social stigma, and helps special needs children feel valued members of the community.

Q32. Answer (Anatomy & Joint Movements):

(i) **Ball and socket joints** (such as the shoulder and hip joints).

(ii) Abduction is the movement of a body part *away* from the midline of the body (e.g., lifting the arm sideways).

(iii) It lubricates the joint surfaces, reduces friction during movement, and supplies nourishment to cartilage.

(iv) To design safe conditioning programs, correct poor movement mechanics, and prevent athletic injuries.

Q33. Answer (Yoga & Mental Health):

(i) Body, mind, and spirit.

(ii) Regulating inhalation and exhalation calms the autonomic nervous system, reducing physiological stress markers.

(iii) It focuses the wandering mind through single-pointed mental concentration, leading toward deep meditation.

(iv) It improves emotional stability, boosts academic concentration, reduces test anxiety, and enhances overall mental clarity.

PHYSICAL EDUCATION (048)

Sample Question Paper - 5

Class XI (2025-26)

TIME ALLOWED: 3 HRS | MAX MARKS: 70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. **Section A:** Q1-18 carry 1 mark each and are Multiple Choice Questions (including Match the Following, Assertion-Reasoning, Image-based, and Data-based). All questions are compulsory.
3. **Section B:** Q19-24 carry 2 marks each and are very short answer types (60-90 words). Attempt any 5.
4. **Section C:** Q25-30 carry 3 marks each and are short answer types (100-150 words). Attempt any 5.
5. **Section D:** Q31-33 carry 4 marks each and are case studies with passage text.
6. **Section E:** Q34-37 carry 5 marks each and are long answer types (200-300 words). Attempt any 3.

SECTION A (1 Mark each)

Q1. What is the core philosophy behind modern Physical Education?

(a) Training solely for national medals

(b) The wholesome physical, mental, emotional, and social integration of an individual

(c) Memorizing rules of team games

(d) Gaining professional sports coaching licenses

Q2. Assertion (A): The Olympic headquarters are located in Lausanne, Switzerland.

Reason (R): Lausanne provides a neutral political ground and central logistical hub for global sports administration.

(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.

Q3. Historical: In which year was the International Olympic Committee (IOC) established under the leadership of Pierre de Coubertin?

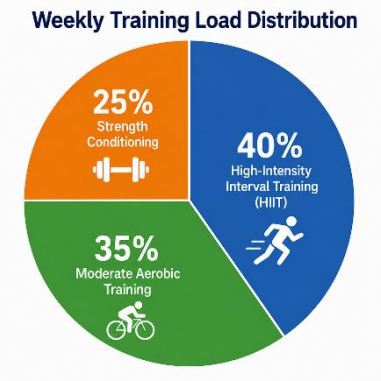
(a) 1892

(b) 1894

(c) 1896

(d) 1904

Q4. Data-Based:



Based on the pie chart, which training method occupies the highest percentage of the weekly routine?

(a) Moderate Aerobic Training

(b) Strength Conditioning

(c) High-Intensity Interval Training (HIIT)

(d) Flexibility Training

Q5. Image-Based:

Identify the Yogic Asana shown in the image.

(a) Tadasana

(b) Trikonasana (Triangle Pose)

(c) Padmasana

(d) Shavasana

Q6. Which test item from the Rikli and Jones Senior Citizen Fitness Test is specifically used to assess upper body flexibility?

(a) Chair Stand Test

(b) Back Scratch Test

(c) Arm Curl Test

(d) 6-Minute Walk Test

Q7. Assertion (A): Adapted Physical Education creates equal developmental pathways for Children with Special Needs (CWSN).

Reason (R): It alters environmental structures, equipment sizes, and rules to match individual capabilities.

(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.

Q8. The anatomical plane that divides the body vertically into right and left sections is known as the:

(a) Transverse plane

(b) Frontal plane

(c) Sagittal (Median) plane

(d) Horizontal plane

Q9. The psychological state where an athlete experiences excessive nervousness, worry, and physiological arousal before a major competition is termed as:

(a) Flow state

(b) Sports Competition Anxiety

(c) Intrinsic Motivation

(d) Emotional stability

Q10. The principle of training which highlights that physical gains are specific to the type of exercise performed is called the:

(a) Principle of Overload

(b) Principle of Specificity

(c) Principle of Reversibility

(d) Principle of Variety

Q11. According to Maharishi Patanjali, which limb of Ashtanga Yoga involves sensory withdrawal, where the mind detaches from external objects?

(a) Dharana

(b) Pratyahara

(c) Pranayama

(d) Samadhi

Q12. Which professional specialist works closely with CWSN to enhance fine motor coordination, sensory processing, and daily life independence?

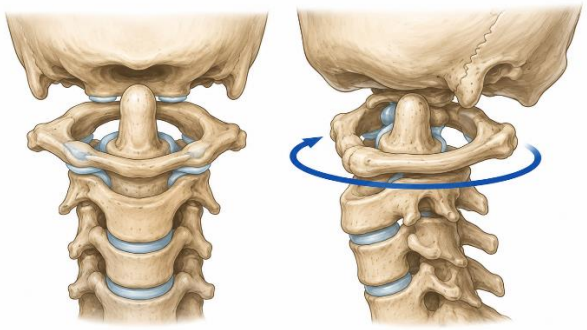
(a) Physiotherapist

(b) Occupational Therapist

(c) Speech Therapist

(d) Special Educator

Q13. Image-Based:



Identify the type of synovial joint shown in the diagram.

(a) Hinge Joint

(b) Pivot Joint

(c) Ball and Socket Joint

(d) Gliding Joint

Q14. The scientific principle that explains the regression of physical fitness when training is discontinued is known as:

(a) Principle of Progression

(b) Principle of Reversibility

(c) Principle of Active Participation

(d) Principle of Overload

Q15. Which of the following is considered an essential dimension of total Wellness?

(a) Emotional Wellness

(b) Physical Wellness

(c) Social Wellness

(d) All of the above

Q16. Match the Following:

Match **List-I** (Senior Citizen Test Items) with **List-II** (Measured Parameter):

List-I	**List-II**
(i) Arm Curl Test	(A) Aerobic endurance and stamina
(ii) 6-Minute Walk Test	(B) Lower body flexibility
(iii) Chair Sit-and-Reach Test	(C) Upper body strength

Options:

(a) (i)-(C), (ii)-(A), (iii)-(B)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(B), (ii)-(C), (iii)-(A)

(d) (i)-(C), (ii)-(B), (iii)-(A)

Q17. Match the Following:

Match **List-I** (Yogic Concepts) with **List-II** (Descriptions):

List-I	**List-II**
(i) Yama	(A) Internal observances and personal self-discipline
(ii) Niyama	(B) Physical postures designed for stability and health

List-I	List-II
(iii) Asana	(C) Universal moral codes and social ethics

Options:

(a) (i)-(C), (ii)-(A), (iii)-(B)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(B), (ii)-(C), (iii)-(A)

(d) (i)-(C), (ii)-(B), (iii)-(A)

Q18. Match the Following:

Match **List-I** (Sports Injuries) with **List-II** (Definitions):

List-I	List-II
(i) Sprain	(A) Stretching or tearing of muscle fibers or tendons
(ii) Strain	(B) Stretching or tearing of ligaments around a joint
(iii) Contusion	(C) Muscle injury caused by a direct heavy blow or impact

Options:

(a) (i)-(B), (ii)-(A), (iii)-(C)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

SECTION B (2 Marks each, Attempt any 5)

Q19. Define Physical Education as an integral component of general education.

Q20. What do the five interlocking rings of the Olympic flag represent?

Q21. State two primary objectives of Adapted Physical Education.

Q22. What is the literal meaning of the term 'Yoga'? Name its origin.

Q23. What is meant by a 'Contusion' in sports injuries?

Q24. Define 'Endurance' as a core component of physical fitness.

SECTION C (3 Marks each, Attempt any 5)

Q25. Explain the concept of Wellness and differentiate it from physical fitness.

Q26. Describe the procedure and utility of the 'Chair Stand Test' and '8-Foot Up and Go Test' for senior citizens.

Q27. Explain the classification of Synovial Joints in the human body with suitable sporting examples.

Q28. Discuss the common psychological challenges faced by adolescent athletes and suggest ways to manage them.

Q29. Write a short note on the scope and objectives of the Khelo India Program.

Q30. Explain the immediate physiological responses of the respiratory system during vigorous exercise.

SECTION D (4 Marks each, Case Studies with Passage Text)

Q31. Case Study (Olympic Ideals & Values):

Read the passage below and answer the questions that follow:

"The Olympic values go beyond athletic medals; they embody educational principles centered on friendship, solidarity, and fair play. Pierre de Coubertin envisioned sports as a medium for building character, fostering mutual respect among nations, and promoting international peace without discrimination."

(i) Who was the founder of the Modern Olympic movement?

(ii) Name any two core educational values of the Olympics mentioned in the text.

(iii) What was Pierre de Coubertin's vision regarding sports?

(iv) Why is fair play considered vital for international sports harmony?

Q32. Case Study (Biomechanics & Kinesiology):

Read the passage below and answer the questions that follow:

"Sports biomechanics applies the laws of physics and mechanics to human movement. Concepts like force, leverage, balance, and Newton’s laws dictate how athletes run faster, jump higher, or throw farther. Coaches analyze these movements across anatomical planes to maximize efficiency and prevent injuries."

(i) What is the primary focus of sports biomechanics?

(ii) Give one basic example of how physics applies to human movement in sports.

(iii) Name the anatomical plane that divides the body into front and back halves.

(iv) Why is biomechanical analysis important for athletes and coaches?

Q33. Case Study (Yoga as a Stress Management Tool):

Read the passage below and answer the questions that follow:

"In today's fast-paced academic environment, students frequently suffer from chronic stress and anxiety. Yoga offers a comprehensive, natural remedy through Asanas, Pranayama, and meditation. By regulating breathing patterns and calming the autonomic nervous system, regular yoga practice restores emotional balance and enhances mental clarity."

(i) How does modern student life impact mental health according to the passage?

(ii) Name the three key practices through which yoga addresses stress.

(iii) How does regulating breath (Pranayama) help manage anxiety?

(iv) Mention one long-term mental benefit of regular yoga practice.

SECTION E (5 Marks each, Attempt any 3)

Q34. Elaborate in detail on the administrative structure of the Olympic Movement, highlighting the specific roles of the IOC, National Olympic Committees (NOCs), and International Federations (IFs).

Q35. Explain the structure of the Human Circulatory System and discuss the short-term and long-term cardiac adaptations to exercise.

Q36. Describe Maharishi Patanjali's Ashtanga Yoga in detail, explaining any five of its components.

Q37. What do you mean by Sports Training? Explain any four fundamental principles of sports training with appropriate examples.

ANSWER KEY & DETAILED EXPLANATIONS (SECTION A - MCQs)

Q.No	Correct Option	Detailed Explanation
Q1	**(b)**	Physical education aims for the complete, balanced growth (physical, mental, social, emotional) of an individual.
Q2	**(a)**	Both Assertion and Reason are true; Lausanne is neutral ground for international sports administration.
Q3	**(b)**	The IOC was officially founded on June 23, 1894, under Pierre de Coubertin's leadership.
Q4	**(c)**	High-Intensity Interval Training (HIIT) holds the highest percentage (40%) in the weekly distribution chart.
Q5	**(b)**	Bending sideways in a triangle stance represents *Trikonasana* (Triangle Pose).

Q.No	Correct Option	Detailed Explanation
Q6	**(b)**	The Back Scratch Test specifically measures upper body (shoulder) flexibility in senior adults.
Q7	**(a)**	Both statements are correct; adapted PE customizes environments to make sports fully inclusive for CWSN.
Q8	**(c)**	The sagittal (median) plane divides the body vertically into right and left portions.
Q9	**(b)**	Sports competition anxiety represents excessive nervousness and physiological stress prior to performance.
Q10	**(b)**	The principle of specificity demands that training exercises mimic the exact physiological requirements of the target sport.
Q11	**(b)**	*Pratyahara* involves conscious sensory withdrawal, detaching the mind from external distractions.
Q12	**(b)**	Occupational therapists specialize in improving fine motor coordination, sensory integration, and daily functional skills.
Q13	**(b)**	Pivot joints allow rotational movement around a single axis (e.g., neck/atlas-axis joint).

Q.No	Correct Option	Detailed Explanation
Q14	**(b)**	Reversibility dictates that fitness adaptations regress when training is stopped ("use it or lose it").
Q15	**(d)**	Total wellness incorporates physical, emotional, social, spiritual, and intellectual dimensions.
Q16	**(a)**	Arm Curl measures upper body strength (C), 6-Minute Walk measures aerobic endurance (A), and Sit-and-Reach measures flexibility (B).
Q17	**(d)**	Yama represents universal social ethics (C), Niyama represents personal observances (A), and Asana represents postures (B).
Q18	**(a)**	Sprain involves ligaments (B), Strain involves muscle fibers/tendons (A), and Contusion involves impact bruising (C).

SECTION D: Case Study Answer Key & Explanations

Q31. Answer (Olympic Ideals & Values):

(i) **Baron Pierre de Coubertin**.

(ii) Friendship, solidarity, and fair play.

(iii) He envisioned sports as a powerful medium for character-building, mutual respect, and global peace.

(iv) Fair play guarantees integrity, honesty, and equal competitive conditions without cheating.

Q32. Answer (Biomechanics & Kinesiology):

(i) Applying mechanical laws and physics principles to study human movement efficiency.

(ii) Using ground reaction force to jump or pushing against water while swimming.

(iii) The **Frontal (Coronal) plane**.

(iv) To optimize athletic techniques, correct faulty movement mechanics, and minimize injury risks.

Q33. Answer (Yoga as a Stress Management Tool):

(i) It causes chronic stress, anxiety, and mental fatigue due to high expectations.

(ii) **Asanas**, **Pranayama**, and **Meditation**.

(iii) Deep breathing stimulates the parasympathetic nervous system, slowing heart rate and lowering stress hormones.

(iv) Enhanced mental focus, emotional resilience, lower anxiety levels, and overall psychological well-being.

PHYSICAL EDUCATION (048)

Sample Question Paper - 6

Class XI (2025-26)

TIME ALLOWED: 3 HRS | MAX MARKS: 70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. **Section A:** Q1-18 carry 1 mark each and are Multiple Choice Questions (including Match the Following, Assertion-Reasoning, Image-based, and Data-based). All questions are compulsory.
3. **Section B:** Q19-24 carry 2 marks each and are very short answer types (60-90 words). Attempt any 5.
4. **Section C:** Q25-30 carry 3 marks each and are short answer types (100-150 words). Attempt any 5.
5. **Section D:** Q31-33 carry 4 marks each and are case studies with passage text.
6. **Section E:** Q34-37 carry 5 marks each and are long answer types (200-300 words). Attempt any 3.

SECTION A (1 Mark each)

Q1. The primary objective of Physical Education in a school curriculum is:

(a) Winning inter-school athletic trophies only

(b) The comprehensive and harmonious development of human personality

(c) Memorizing exercise anatomy charts

(d) Training only professional athletes

Q2. Assertion (A): The Olympic Flame is a symbol of continuity between the ancient and modern Olympic Games.

Reason (R): It is traditionally kindled using sun rays at the ancient site of Olympia in Greece and relayed to the host city.

(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.

Q3. Historical: In which ancient Greek valley were the first recorded Olympic Games held in 776 BC?

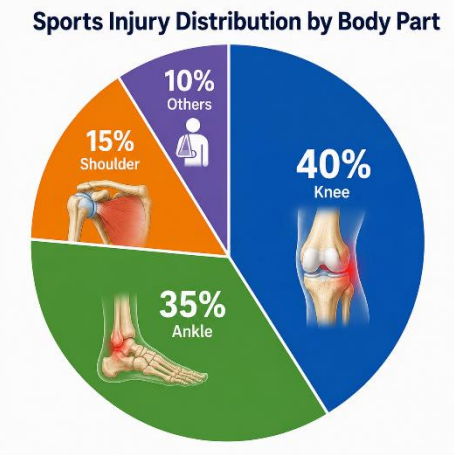
(a) Delphi Valley

(b) Olympia Valley

(c) Marathon Valley

(d) Athens Valley

Q4. Data-Based:



Based on the pie chart, which body part experiences the highest percentage of sports injuries?

(a) Ankle

(b) Shoulder

(c) Knee

(d) Others

Q5. Image-Based:

Identify the Yogic Asana shown in the image.

(a) Tadasana

(b) Padmasana

(c) Bhujangasana (Cobra Pose)

(d) Shavasana

Q6. Which test item from the Rikli and Jones Senior Citizen Fitness Test is used to measure agility and dynamic balance?

(a) Chair Stand Test

(b) Back Scratch Test

(c) 8-Foot Up and Go Test

(d) Arm Curl Test

Q7. Assertion (A): Adapted Physical Education ensures complete sports inclusion for Children with Special Needs (CWSN).

Reason (R): It customizes rules, equipment sizes, and instructions according to individual functional capabilities.

(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.

Q8. The anatomical plane that divides the body horizontally into superior (upper) and inferior (lower) portions is called the:

(a) Sagittal plane

(b) Frontal plane

(c) Transverse (Horizontal) plane

(d) Median plane

Q9. The psychological drive or internal/external force that initiates, sustains, and directs athletic behavior toward a goal is called:

(a) Anxiety

(b) Motivation

(c) Aggression

(d) Personality

Q10. The sports training principle which states that training load must be gradually increased over time to stimulate further adaptation is known as:

(a) Principle of Reversibility

(b) Principle of Progression / Overload

(c) Principle of Variety

(d) Principle of Specificity

Q11. According to Maharishi Patanjali, which limb of Ashtanga Yoga represents single-pointed concentration and mental focus (*Dharana*)?

(a) Pratyahara

(b) Dharana

(c) Dhyana

(d) Samadhi

Q12. Which professional specialist works primarily with athletes and students to enhance psychological focus, reduce performance anxiety, and build mental toughness?

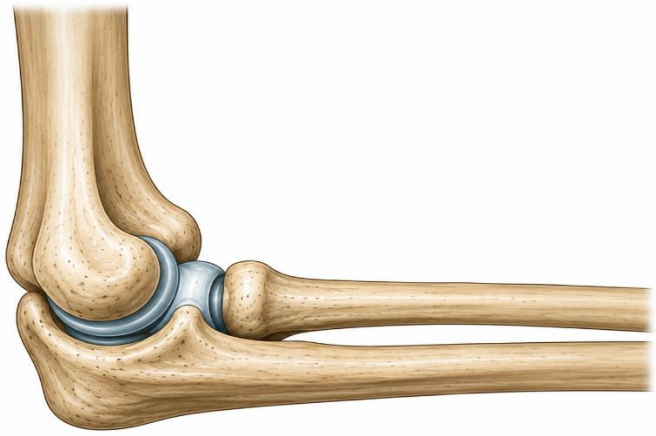
(a) Physiotherapist

(b) Sports Psychologist

(c) Speech Therapist

(d) Occupational Therapist

Q13. Image-Based:



Identify the type of synovial joint shown in the diagram.

(a) Ball and Socket Joint

(b) Hinge Joint

(c) Pivot Joint

(d) Gliding Joint

Q14. The physiological principle which states that fitness adaptations are lost when training is discontinued is known as:

(a) Principle of Progression

(b) Principle of Reversibility

(c) Principle of Overload

(d) Principle of Specificity

Q15. Which of the following is considered a key dimension of holistic Wellness?

(a) Spiritual Wellness

(b) Emotional Wellness

(c) Social Wellness

(d) All of the above

Q16. Match the Following:

Match **List-I** (Test Batteries) with **List-II** (Primary Target Group):

List-I	**List-II**
(i) Rikli and Jones Test	(A) General school students fitness evaluation
(ii) SAI Khelo India Fitness Test	(B) Functional fitness evaluation for senior citizens
(iii) BMI Calculation	(C) Universal body mass screening for weight status

Options:

(a) (i)-(B), (ii)-(A), (iii)-(C)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

Q17. Match the Following:

Match **List-I** (Yogic Asanas) with **List-II** (Primary Health Benefit / Posture Type):

List-I	List-II
(i) Tadasana	(A) Improves concentration and acts as a meditative seated posture
(ii) Padmasana	(B) Foundation posture that improves body alignment and balance
(iii) Bhujangasana	(C) Strengthens back muscles and corrects rounded shoulders

Options:

(a) (i)-(B), (ii)-(A), (iii)-(C)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

Q18. Match the Following:

Match **List-I** (Sports Injuries) with **List-II** (Classification):

List-I	List-II
(i) Fracture	(A) Soft tissue injury involving joint ligaments
(ii) Sprain	(B) Hard tissue injury involving bone breakage
(iii) Abrasion	(C) Superficial skin scrape or friction injury

Options:

(a) (i)-(B), (ii)-(A), (iii)-(C)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

SECTION B (2 Marks each, Attempt any 5)

Q19. Define Physical Education as an educational process.

Q20. What do you understand by the term 'Olympic Ideals'?

Q21. State two major objectives of Adapted Physical Education.

Q22. What is the significance of 'Niyama' in Ashtanga Yoga?

Q23. What is meant by 'First Aid'? Write its primary objective.

Q24. Define 'Flexibility' and name its two types.

SECTION C (3 Marks each, Attempt any 5)

Q25. Explain the concept of Wellness and describe its physical and emotional dimensions.

Q26. Describe the procedure and utility of the 'Chair Stand Test' and 'Back Scratch Test'.

Q27. Explain the classification of Synovial Joints in the human body with examples.

Q28. Discuss the importance of motivation in sports performance.

Q29. Write a short note on the main objectives of the Khelo India Program.

Q30. Explain the short-term physiological changes that occur in the cardiovascular system during exercise.

SECTION D (4 Marks each, Case Studies with Passage Text)

Q31. Case Study (Olympic Movement & Administration):

Read the passage below and answer the questions that follow:

"The smooth functioning of the global Olympic Movement depends on a well-defined hierarchy. At the apex sits the International Olympic Committee (IOC), which governs overall policies. Beneath it, International Sports Federations (IFs) manage specific sports disciplines, while National Olympic Committees (NOCs) foster Olympic values and manage local delegations within their respective countries."

(i) Name the supreme governing authority of the Olympic Movement.

(ii) What is the main responsibility of International Sports Federations (IFs)?

(iii) What role do National Olympic Committees (NOCs) play?

(iv) Why is this hierarchical structure necessary for the Olympic Games?

Q32. Case Study (Anatomy & Movement Planes):

Read the passage below and answer the questions that follow:

"Human motion does not occur in a vacuum; it takes place across specific anatomical planes and axes. Biomechanics analyzes movements like flexion, extension, abduction, and rotation to help athletes maximize efficiency and minimize the risk of joint and muscle injuries during sports training."

(i) What does Kinesiology and Biomechanics study in sports?

(ii) Give an example of a movement that decreases the angle between bones.

(iii) Which anatomical plane divides the body into front and back sections?

(iv) Why is biomechanical analysis crucial for sports coaches?

Q33. Case Study (Yoga & Lifestyle Management):

Read the passage below and answer the questions that follow:

"Yoga is a complete science of living that promotes physical vitality, emotional stability, and mental clarity. Maharishi Patanjali structured Ashtanga Yoga into eight progressive steps, beginning with external ethical disciplines (Yama) and internal observances (Niyama) and culminating in self-realization."

(i) What is the literal meaning of Yoga and its core purpose?

(ii) Who formulated the system of Ashtanga Yoga?

(iii) Differentiate briefly between Yama and Niyama.

(iv) How does yoga contribute to a healthy student lifestyle?

SECTION E (5 Marks each, Attempt any 3)

Q34. Elaborate in detail on the history, vision, and core values of the Ancient and Modern Olympic Games.

Q35. Explain the structure of the Human Respiratory System and discuss the mechanism of gaseous exchange during physical activity.

Q36. Describe Maharishi Patanjali's Ashtanga Yoga in detail, explaining any five of its components.

Q37. What do you mean by Sports Training? Explain any four fundamental principles of sports training with appropriate examples.

ANSWER KEY & DETAILED EXPLANATIONS (SECTION A - MCQs)

Q.No	Correct Option	Detailed Explanation
Q1	**(b)**	Physical education focuses on holistic human development, encompassing physical, mental, emotional, and social well-being.
Q2	**(a)**	Both Assertion and Reason are true; the torch relay connects ancient Greek heritage with modern global celebration.
Q3	**(b)**	The first recorded ancient Olympic games took place in 776 BC at the Olympia Valley in Greece.
Q4	**(c)**	Based on the charted distribution, knee injuries account for the highest share (40%).

Q.No	Correct Option	Detailed Explanation
Q5	**(c)**	Lifting the chest while lying flat on the stomach mimics a cobra, representing *Bhujangasana*.
Q6	**(c)**	The 8-Foot Up and Go Test assesses speed, agility, and dynamic balance in older adults.
Q7	**(a)**	Both statements are correct; adapted PE modifies rules and equipment to ensure total inclusion for CWSN.
Q8	**(c)**	The transverse plane divides the body horizontally into upper (superior) and lower (inferior) sections.
Q9	**(b)**	Motivation is the psychological catalyst that drives, sustains, and guides an athlete's effort toward a goal.
Q10	**(b)**	The principle of progression / overload requires training stress to increase steadily over time for continuous gains.
Q11	**(b)**	*Dharana* represents concentration, focusing the mind on a single point or object.
Q12	**(b)**	Sports psychologists specialize in mental conditioning, performance anxiety management, and building confidence.

Q.No	Correct Option	Detailed Explanation
Q13	**(b)**	The elbow joint acts as a classic hinge joint, permitting angular movement in one plane.
Q14	**(b)**	Reversibility implies that physiological adaptations fade away when training stimuli are withdrawn ("use it or lose it").
Q15	**(d)**	Holistic wellness embraces physical, emotional, social, intellectual, occupational, and spiritual dimensions.
Q16	**(a)**	Rikli & Jones targets seniors (B), SAI Khelo India targets school students (A), and BMI screens body weight status (C).
Q17	**(a)**	Tadasana provides foundational alignment (B), Padmasana is a meditative seated posture (A), and Bhujangasana strengthens back muscles (C).
Q18	**(a)**	Fracture involves bone breakage (B), Sprain involves joint ligaments (A), and Abrasion involves superficial skin scrapes (C).

SECTION D: Case Study Answer Key & Explanations

Q31. Answer (Olympic Movement & Administration):

(i) The **International Olympic Committee (IOC)**.

(ii) They govern, regulate, and supervise their specific sports disciplines globally and during the Olympic Games.

(iii) They manage national participation, promote Olympic values, and prepare local athletes within their respective countries.

(iv) To ensure organized management, fair play, uniform rule enforcement, and seamless global cooperation.

Q32. Answer (Anatomy & Movement Planes):

(i) The mechanical laws, physics principles, and structural mechanics governing human bodily movement.

(ii) **Flexion** (e.g., bending the arm at the elbow or bending the knee).

(iii) The **Frontal (Coronal) plane**.

(iv) To optimize athletic techniques, correct faulty movement postures, and minimize sports injury risks.

Q33. Answer (Yoga & Lifestyle Management):

(i) 'Yuj' (to join or unite); its core purpose is uniting body, mind, and spirit for balanced living.

(ii) **Maharishi Patanjali**.

(iii) Yama focuses on external social ethics and moral codes, whereas Niyama focuses on internal personal disciplines.

(iv) It reduces academic stress, calms the nervous system, enhances memory retention, and improves emotional control.

PHYSICAL EDUCATION (048)

Sample Question Paper - 7

Class XI (2025-26)

TIME ALLOWED: 3 HRS | MAX MARKS: 70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. **Section A:** Q1-18 carry 1 mark each and are Multiple Choice Questions (including Match the Following, Assertion-Reasoning, Image-based, and Data-based). All questions are compulsory.
3. **Section B:** Q19-24 carry 2 marks each and are very short answer types (60-90 words). Attempt any 5.
4. **Section C:** Q25-30 carry 3 marks each and are short answer types (100-150 words). Attempt any 5.
5. **Section D:** Q31-33 carry 4 marks each and are case studies with passage text.
6. **Section E:** Q34-37 carry 5 marks each and are long answer types (200-300 words). Attempt any 3.

SECTION A (1 Mark each)

Q1. The ultimate focus of modern Physical Education is:

(a) Training only for elite sports competitions

(b) The comprehensive, harmonious development of the human personality

(c) Memorizing anatomical charts and bones

(d) Winning medals at any cost

Q2. Assertion (A): The Olympic Flame represents a symbolic bridge between ancient and modern athletic traditions.

Reason (R): It is traditionally kindled using concentrated sun rays at Olympia, Greece, and relayed internationally to the host city.

(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.

Q3. Historical: In which year were the first recorded Ancient Olympic Games held in the Peloponnese region of Greece?

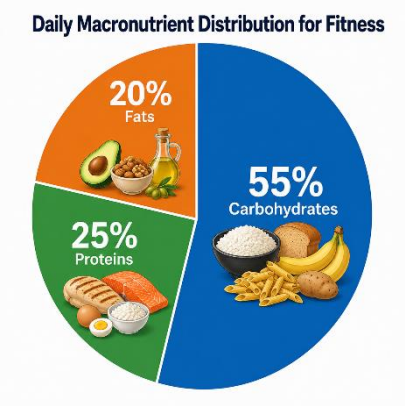
(a) 393 AD

(b) 776 BC

(c) 1896 AD

(d) 1920 AD

Q4. Data-Based:



Based on the pie chart, which nutrient constitutes the largest share of the daily fitness diet?

(a) Proteins

(b) Fats

(c) Carbohydrates

(d) Minerals

Q5. Image-Based:

Identify the Yogic Asana shown in the image.

(a) Tadasana

(b) Vrikshasana (Tree Pose)

(c) Padmasana

(d) Bhujangasana

Q6. Which test battery is officially used under the Khelo India program to assess physical fitness parameters in school children?

(a) Rikli and Jones Fitness Test

(b) SAI Khelo India Fitness Test Battery

(c) Harvard Step Test Only

(d) DEXA Scan

Q7. Assertion (A): Adapted Physical Education ensures equal opportunities for Children with Special Needs (CWSN) in sports.

Reason (R): It customizes and modifies standard rules, instructions, and playing equipment to suit individual capabilities.

(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.

Q8. The anatomical plane that divides the body vertically into anterior (front) and posterior (back) parts is the:

(a) Sagittal plane

(b) Frontal (Coronal) plane

(c) Transverse plane

(d) Median plane

Q9. The psychological process of directing concentration toward a specific task while ignoring external distractions is called:

(a) Motivation

(b) Concentration / Selective Attention

(c) Aggression

(d) Anxiety

Q10. The sports training principle which emphasizes that training stress must be gradually raised over time for continued adaptation is the:

(a) Principle of Reversibility

(b) Principle of Progression / Overload

(c) Principle of Variety

(d) Principle of Specificity

Q11. According to Maharishi Patanjali, which limb of Ashtanga Yoga deals with breath regulation and control of vital energy (*Prana*)?

(a) Asana

(b) Pranayama

(c) Pratyahara

(d) Dharana

Q12. Which professional specialist works primarily with CWSN to improve gross motor coordination, muscle tone, and physical rehabilitation?

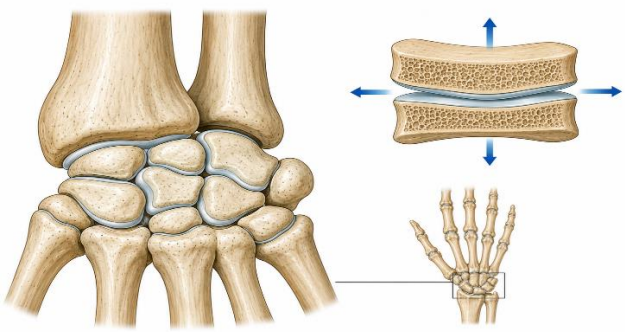
(a) Physiotherapist

(b) Speech Therapist

(c) Dietitian

(d) Sports Journalist

Q13. Image-Based:



Identify the type of synovial joint shown in the illustration.

(a) Hinge Joint

(b) Gliding Joint

(c) Pivot Joint

(d) Ball and Socket Joint

Q14. The physiological rule stating that fitness levels decline when training stimuli are removed is known as:

(a) Principle of Progression

(b) Principle of Reversibility

(c) Principle of Overload

(d) Principle of Specificity

Q15. Which of the following is recognized as a key dimension of holistic Wellness?

(a) Emotional Wellness

(b) Physical Wellness

(c) Social Wellness

(d) All of the above

Q16. Match the Following:

Match **List-I** (Test Items in SAI Khelo India Test) with **List-II** (What they measure):

List-I	**List-II**
(i) 50m Speed Sprint	(A) Explosive leg power / Jumping ability
(ii) Standing Broad Jump	(B) Acceleration and running speed
(iii) Sit and Reach Test	(C) Flexibility of lower back and hamstrings

Options:

(a) (i)-(B), (ii)-(A), (iii)-(C)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

Q17. Match the Following:

Match **List-I** (Yogic Asanas) with **List-II** (Corrective / Health Benefit):

List-I	List-II
(i) Tadasana	(A) Helps improve posture and core body balance
(ii) Bhujangasana	(B) Relieves backache and strengthens spinal muscles
(iii) Pawanmuktasana	(C) Relieves gas, acidity, and digestive disorders

Options:

(a) (i)-(A), (ii)-(B), (iii)-(C)

(b) (i)-(B), (ii)-(A), (iii)-(C)

(c) (i)-(C), (ii)-(B), (iii)-(A)

(d) (i)-(A), (ii)-(C), (iii)-(B)

Q18. Match the Following:

Match **List-I** (Leadership Qualities) with **List-II** (Descriptions):

List-I	List-II
(i) Integrity	(A) Ability to understand and share the feelings of team members
(ii) Empathy	(B) Moral uprightness, honesty, and consistency in actions
(iii) Decisiveness	(C) Capability to make firm, timely, and sound decisions

Options:

(a) (i)-(B), (ii)-(A), (iii)-(C)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

SECTION B (2 Marks each, Attempt any 5)

Q19. Define Physical Education as an academic discipline.

Q20. What do you understand by the term 'Olympic Ideals'?

Q21. State two major objectives of Adapted Physical Education.

Q22. What is the significance of 'Niyama' in Ashtanga Yoga?

Q23. What is meant by 'First Aid'? Write its primary objective.

Q24. Define 'Flexibility' and name its two types.

SECTION C (3 Marks each, Attempt any 5)

Q25. Explain the concept of Wellness and describe its physical and emotional dimensions.

Q26. Describe the test items and utility of the SAI Khelo India Fitness Test for school children.

Q27. Explain the classification of Synovial Joints in the human body with suitable examples.

Q28. Discuss the importance of leadership qualities in sports and physical education.

Q29. Write a short note on the safety guidelines and precautions required during Adventure Sports.

Q30. Explain the short-term physiological changes that occur in the cardiovascular system during exercise.

SECTION D (4 Marks each, Case Studies with Passage Text)

Q31. Case Study (Olympic Movement & Structure):

Read the passage below and answer the questions that follow:

"The structural administration of the Olympic Movement relies on three main pillars: the International Olympic Committee (IOC) at the apex, International Sports Federations (IFs) governing specific sports worldwide, and National Olympic Committees (NOCs) managing Olympic affairs within individual countries. Together, they promote fair play, youth education, and sports ethics."

(i) Name the apex governing body of the Olympic Movement.

(ii) What is the specific role of International Sports Federations (IFs)?

(iii) What is the function of National Olympic Committees (NOCs)?

(iv) State one core ethical value promoted through this global administrative structure.

Q32. Case Study (Anatomy & Movement Planes):

Read the passage below and answer the questions that follow:

"Human motion does not occur in a vacuum; it takes place across specific anatomical planes and axes. Biomechanics analyzes movements like flexion, extension, abduction, and rotation to help athletes maximize efficiency and minimize the risk of joint and muscle injuries during sports training."

(i) What does Kinesiology and Biomechanics study in sports?

(ii) Give an example of a movement that decreases the angle between bones.

(iii) Which anatomical plane divides the body into front and back sections?

(iv) Why is biomechanical analysis crucial for sports coaches?

Q33. Case Study (Yoga as a Lifestyle):

Read the passage below and answer the questions that follow:

"Yoga is much more than physical postures; it is an ancient Indian lifestyle science aimed at uniting the body, mind, and spirit. Maharishi Patanjali categorized yoga into eight limbs (Ashtanga Yoga), starting from social ethics (Yama) and personal discipline (Niyama) all the way to ultimate meditation (Samadhi)."

(i) What is the ultimate philosophical aim of Yoga according to the text?

(ii) Who compiled the traditional system of Ashtanga Yoga?

(iii) What do 'Yama' and 'Niyama' deal with respectively?

(iv) How does regular yoga practice contribute to mental wellness?

SECTION E (5 Marks each, Attempt any 3)

Q34. Elaborate in detail on the history, vision, and core values of the Ancient and Modern Olympic Games.

Q35. Explain the structure of the Human Respiratory System and discuss the mechanism of gaseous exchange during physical activity.

Q36. Describe Maharishi Patanjali's Ashtanga Yoga in detail, explaining any five of its components.

Q37. What do you mean by Sports Training? Explain any four fundamental principles of sports training with appropriate examples.

ANSWER KEY & DETAILED EXPLANATIONS (SECTION A - MCQs)

Q.No	Correct Option	Detailed Explanation
Q1	**(b)**	Physical education aims for the well-rounded growth (physical, mental, emotional, and social) of an individual.
Q2	**(a)**	Both Assertion and Reason are true; the flame links ancient Greek heritage with modern global celebration.
Q3	**(b)**	The first recorded ancient Olympic games took place in 776 BC at the Olympia Valley in Greece.
Q4	**(c)**	Based on the charted distribution, carbohydrates supply the majority share (55%) of a fitness diet.

Q.No	Correct Option	Detailed Explanation
Q5	**(b)**	Standing on one leg in a balanced tree stance represents *Vrikshasana* (Tree Pose).
Q6	**(b)**	The SAI Khelo India Fitness Test Battery is officially adopted for school children fitness profiling.
Q7	**(a)**	Both statements are correct; adapted PE customizes environments to make sports fully inclusive for CWSN.
Q8	**(b)**	The frontal (coronal) plane divides the body vertically into anterior (front) and posterior (back) sections.
Q9	**(b)**	Concentration / selective attention allows athletes to filter out distractions and focus on task cues.
Q10	**(b)**	The principle of progression / overload requires training stress to increase steadily over time for continuous gains.
Q11	**(b)**	*Pranayama* specifically focuses on controlling breath and regulating prana (life energy).
Q12	**(a)**	Physiotherapists focus on physical rehabilitation, mobility enhancement, and gross motor skill development.

Q.No	Correct Option	Detailed Explanation
Q13	**(b)**	Gliding joints permit smooth sliding movements between flat or curved bone surfaces (e.g., carpals).
Q14	**(b)**	Reversibility implies that physiological adaptations fade away when training stimuli are withdrawn ("use it or lose it").
Q15	**(d)**	Holistic wellness embraces physical, emotional, social, intellectual, occupational, and spiritual dimensions.
Q16	**(a)**	50m sprint measures speed (B), Standing broad jump measures explosive power (A), and Sit & reach measures flexibility (C).
Q17	**(a)**	Tadasana improves balance/posture (A), Bhujangasana strengthens back muscles (B), and Pawanmuktasana relieves gas/digestion (C).
Q18	**(a)**	Integrity represents honesty/uprightness (B), Empathy represents sharing feelings (A), and Decisiveness represents firm decision making (C).

SECTION D: Case Study Answer Key & Explanations

Q31. Answer (Olympic Movement & Structure):

(i) The **International Olympic Committee (IOC)**.

(ii) They govern, regulate, and supervise their specific sports disciplines globally and during the Olympic Games.

(iii) They manage national participation, promote Olympic values, and prepare local athletes within their respective countries.

(iv) Fair play, friendship, respect, or non-discrimination.

Q32. Answer (Anatomy & Movement Planes):

(i) The mechanical laws, physics principles, and structural mechanics governing human bodily movement.

(ii) **Flexion** (e.g., bending the arm at the elbow or bending the knee).

(iii) The **Frontal (Coronal) plane**.

(iv) To optimize athletic techniques, correct faulty movement postures, and minimize sports injury risks.

Q33. Answer (Yoga as a Lifestyle):

(i) 'Yuj' (to join or unite); its core purpose is uniting body, mind, and spirit for balanced living.

(ii) **Maharishi Patanjali**.

(iii) Yama focuses on external social ethics and moral codes, whereas Niyama focuses on internal personal disciplines.

(iv) It reduces academic stress, calms the nervous system, enhances memory retention, and improves emotional control.

PHYSICAL EDUCATION (048)

Sample Question Paper - 8

Class XI (2025-26)

TIME ALLOWED: 3 HRS | MAX MARKS: 70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. **Section A:** Q1-18 carry 1 mark each and are Multiple Choice Questions (including Match the Following, Assertion-Reasoning, Image-based, and Data-based). All questions are compulsory.
3. **Section B:** Q19-24 carry 2 marks each and are very short answer types (60-90 words). Attempt any 5.
4. **Section C:** Q25-30 carry 3 marks each and are short answer types (100-150 words). Attempt any 5.
5. **Section D:** Q31-33 carry 4 marks each and are case studies with passage text.
6. **Section E:** Q34-37 carry 5 marks each and are long answer types (200-300 words). Attempt any 3.

SECTION A (1 Mark each)

Q1. The main focus of "Health-Related Physical Fitness" is to:

(a) Maximize athletic performance for Olympic games

(b) Improve daily functioning and prevent lifestyle diseases

(c) Develop extreme muscular bulk

(d) Enhance sports tactical skills only

Q2. Assertion (A): The Special Olympics were created to provide year-round sports training for children and adults with intellectual disabilities.

Reason (R): Eunice Kennedy Shriver founded the Special Olympics to promote inclusion, courage, and joy among individuals with intellectual disabilities.

(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.

Q3. Historical: In which year did the first official Paralympic Games take place in Rome?

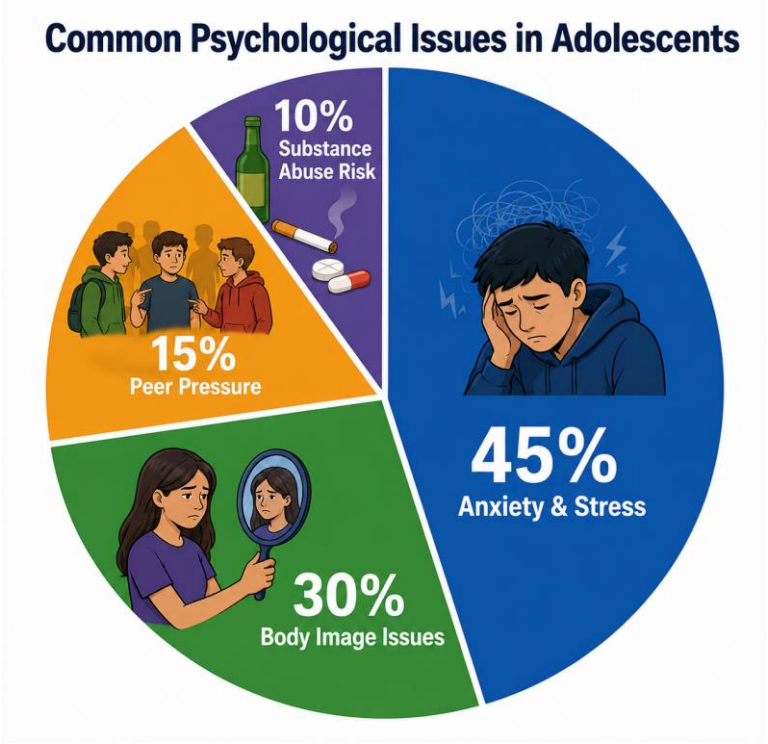
(a) 1948

(b) 1960

(c) 1988

(d) 1992

Q4. Data-Based:



Based on the pie chart, which psychological issue affects the highest percentage of adolescents?

(a) Body Image Issues

(b) Peer Pressure

(c) Substance Abuse Risk

(d) Anxiety & Stress

Q5. Image-Based:

Identify the Yogic Asana shown in the image.

(a) Padmasana

(b) Vajrasana (Thunderbolt Pose)

(c) Tadasana

(d) Shavasana

Q6. The World Anti-Doping Agency (WADA) was established to:

(a) Promote new nutritional supplements

(b) Eradicate the use of performance-enhancing drugs in global sports

(c) Manage the finances of the Olympic Games

(d) Organize the Paralympic Games

Q7. Assertion (A): Cooling down (Limbering down) after intense physical activity is just as important as warming up.

Reason (R): Cooling down gradually lowers the heart rate and helps remove lactic acid from the muscles, preventing stiffness.

(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.

Q8. The largest bone in the human skeletal system, located in the thigh, is the:

(a) Tibia

(b) Fibula

(c) Femur

(d) Humerus

Q9. The study of human behavior, mental processes, and emotions in the context of sports and exercise is known as:

(a) Sports Biomechanics

(b) Sports Psychology

(c) Sports Sociology

(d) Exercise Physiology

Q10. Which component of fitness refers to the range of motion available at a joint?

(a) Strength

(b) Speed

(c) Endurance

(d) Flexibility

Q11. According to Ashtanga Yoga, 'Ahimsa' (Non-violence) and 'Satya' (Truthfulness) are parts of:

(a) Niyama

(b) Yama

(c) Asana

(d) Pranayama

Q12. Which professional works with Children with Special Needs (CWSN) to design specific individualized educational programs (IEP) tailored to their learning abilities?

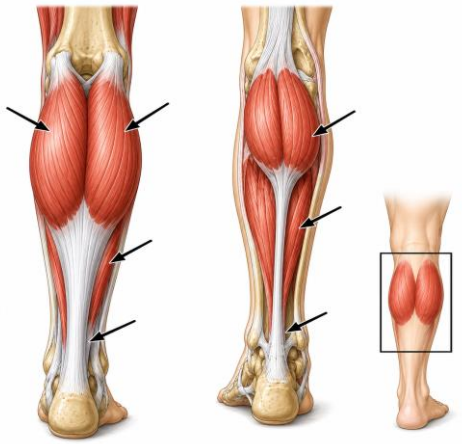
(a) Physiotherapist

(b) Special Educator

(c) Speech Therapist

(d) Dietitian

Q13. Image-Based:



Identify the muscle highlighted in the lower leg.

(a) Biceps Brachii

(b) Deltoid

(c) Gastrocnemius

(d) Pectoralis Major

Q14. The application of the laws of physics and mechanics to study human movement in sports is termed:

(a) Anatomy

(b) Physiology

(c) Kinesiology / Biomechanics

(d) Psychology

Q15. The period of transition from childhood to adulthood, characterized by rapid physical, psychological, and social changes, is called:

(a) Infancy

(b) Adolescence

(c) Adulthood

(d) Old Age

Q16. Match the Following:

Match **List-I** (Joint Movements) with **List-II** (Descriptions):

List-I	**List-II**
(i) Flexion	(A) Moving a body part away from the midline
(ii) Extension	(B) Decreasing the angle between two bones
(iii) Abduction	(C) Increasing the angle between two bones

Options:

(a) (i)-(B), (ii)-(C), (iii)-(A)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(A), (iii)-(C)

Q17. Match the Following:

Match **List-I** (Types of Doping) with **List-II** (Methods):

List-I	List-II
(i) Blood Doping	(A) Using synthetic hormones to build muscle mass
(ii) Anabolic Steroids	(B) Transfusing red blood cells to increase oxygen capacity
(iii) Stimulants	(C) Drugs used to increase alertness and reduce fatigue

Options:

(a) (i)-(C), (ii)-(A), (iii)-(B)

(b) (i)-(B), (ii)-(A), (iii)-(C)

(c) (i)-(A), (ii)-(C), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

Q18. Match the Following:

Match **List-I** (Organs/Systems) with **List-II** (Primary Function in Sports):

List-I	List-II
(i) Heart	(A) Provides structural framework and levers for movement
(ii) Lungs	(B) Pumps oxygenated blood to working muscles
(iii) Skeleton	(C) Facilitates the exchange of oxygen and carbon dioxide

Options:

(a) (i)-(A), (ii)-(C), (iii)-(B)

(b) (i)-(B), (ii)-(C), (iii)-(A)

(c) (i)-(C), (ii)-(B), (iii)-(A)

(d) (i)-(B), (ii)-(A), (iii)-(C)

SECTION B (2 Marks each, Attempt any 5)

Q19. Define 'Health-Related Fitness'.

Q20. What is the primary objective of the Paralympic Games?

Q21. Name any two psychological problems commonly faced by adolescents.

Q22. What are the benefits of practicing 'Vajrasana' after meals?

Q23. Define 'Biomechanics' in the context of physical education.

Q24. State any two side effects of using Anabolic Steroids in sports.

SECTION C (3 Marks each, Attempt any 5)

Q25. Explain any three dimensions of Wellness.

Q26. Differentiate between the Special Olympics and the Deaflympics.

Q27. Explain the role of a Physiotherapist and a Speech Therapist for CWSN.

Q28. Discuss the importance of Sports Psychology for coaches and athletes.

Q29. Briefly explain the three laws of motion given by Sir Isaac Newton with sports examples.

Q30. What is 'Warming up'? Explain its physiological benefits before a competition.

SECTION D (4 Marks each, Case Studies with Passage Text)

Q31. Case Study (Doping in Sports):

Read the passage below and answer the questions that follow:

"Doping poses a severe threat to the integrity of sports and the health of athletes. To gain an unfair advantage, some athletes use prohibited substances like anabolic steroids, stimulants, or blood doping. The World Anti-Doping Agency (WADA) strictly monitors and penalizes athletes to preserve fair play and protect their long-term well-being."

(i) What is the main purpose of the World Anti-Doping Agency (WADA)?

(ii) Why do some athletes resort to doping?

(iii) Name one prohibited substance mentioned in the passage.

(iv) State one ethical reason why doping is banned in sports.

Q32. Case Study (Test, Measurement & BMI):

Read the passage below and answer the questions that follow:

"Body Mass Index (BMI) is a reliable anthropometric tool used in schools and fitness centers to screen for weight categories—underweight, normal weight, overweight, and obesity. While it doesn't measure body fat directly, it helps physical education teachers identify students who may need nutritional guidance or specialized fitness programs."

(i) What does BMI stand for?

(ii) Write the standard formula to calculate BMI.

(iii) Name two weight categories identified by BMI screening.

(iv) How does BMI evaluation help a physical education teacher?

Q33. Case Study (Adolescent Psychology):

Read the passage below and answer the questions that follow:

"Adolescence is a transitional phase characterized by rapid physical growth and emotional turbulence. Teenagers often face peer pressure, body image issues, and academic stress. Sports and physical activities act as powerful psychological tools, helping adolescents channel their energy positively, build self-esteem, and manage anxiety effectively."

(i) What defines the phase of adolescence?

(ii) Name two common psychological challenges faced by teenagers.

(iii) How does participation in sports help adolescents mentally?

(iv) Why is peer pressure considered a major risk during this age?

SECTION E (5 Marks each, Attempt any 3)

Q34. Explain in detail the concept of Inclusion. Discuss the role of various professionals (Special Educator, Physiotherapist, Occupational Therapist) for Children with Special Needs.

Q35. Describe the structure and functions of the human heart. How does the cardiovascular system adapt to regular sports training?

Q36. Explain the concept of Ashtanga Yoga. Describe the first four limbs (Yama, Niyama, Asana, Pranayama) in detail.

Q37. What is the SAI Khelo India Fitness Test? Explain any four test items included in this battery along with their purpose.

ANSWER KEY & DETAILED EXPLANATIONS (SECTION A - MCQs)

Q.No	Correct Option	Detailed Explanation
Q1	**(b)**	Health-related fitness (like cardiovascular endurance, BMI) focuses on overall health, disease prevention, and daily functionality rather than sports skills.
Q2	**(a)**	Both Assertion and Reason are true. Eunice Kennedy Shriver founded the Special Olympics specifically for individuals with intellectual disabilities to foster inclusion.
Q3	**(b)**	The first official Paralympic Games were held in Rome, Italy, in the year 1960.
Q4	**(d)**	Based on the charted data, Anxiety & Stress represents the largest segment (45%) of adolescent psychological issues.

Q.No	Correct Option	Detailed Explanation
Q5	**(b)**	Sitting on the heels with an upright spine is *Vajrasana* (Thunderbolt Pose), the only asana recommended immediately after meals.
Q6	**(b)**	WADA's primary mission is to promote, coordinate, and monitor the fight against doping (prohibited drugs) in sports globally.
Q7	**(a)**	Both statements are true; cooling down safely returns the body to a resting state and flushes out lactic acid to reduce muscle soreness.
Q8	**(c)**	The femur (thigh bone) is the longest, heaviest, and strongest bone in the human skeletal system.
Q9	**(b)**	Sports Psychology deals with the mental and emotional aspects of athletes, such as motivation, anxiety, and concentration.
Q10	**(d)**	Flexibility is defined as the maximum range of motion possible at a specific joint.
Q11	**(b)**	*Yama* consists of universal moral codes and social disciplines, which include Ahimsa (non-violence) and Satya (truthfulness).
Q12	**(b)**	Special Educators are trained to create Individualized Education Programs (IEPs) tailored to the unique learning needs of CWSN.

Q.No	Correct Option	Detailed Explanation
Q13	**(c)**	The Gastrocnemius is the large muscle located in the calf (lower back leg) responsible for pointing the toes downward.
Q14	**(c)**	Kinesiology/Biomechanics uses physics to analyze human movement, ensuring athletic efficiency and injury prevention.
Q15	**(b)**	Adolescence (usually ages 12-19) is the critical transitional period linking childhood to adulthood.
Q16	**(a)**	Flexion decreases the joint angle (B), Extension increases it (C), and Abduction moves a limb away from the body's midline (A).
Q17	**(b)**	Blood doping involves RBC transfusions (B), Anabolic steroids build synthetic muscle (A), and Stimulants increase alertness (C).
Q18	**(b)**	The Heart pumps blood (B), Lungs exchange gases (C), and the Skeleton provides a structural framework (A).

SECTION D: Case Study Answer Key & Explanations

Q31. Answer (Doping in Sports):

(i) To monitor, regulate, and eliminate the use of performance-enhancing drugs in sports worldwide.

(ii) To gain an unfair competitive advantage over opponents, build unnatural muscle mass, or delay fatigue.

(iii) Anabolic steroids (or stimulants, blood doping).

(iv) It violates the core Olympic value of fair play and creates an unequal, dishonest competitive environment.

Q32. Answer (Test, Measurement & BMI):

(i) **Body Mass Index**.

(ii) $BMI = \frac{Weight (kg)}{Height (m)^2}$

(iii) Underweight, Normal weight (or Overweight, Obesity).

(iv) It helps them screen the health status of students and design targeted diet plans or physical activity programs for those at risk of obesity.

Q33. Answer (Adolescent Psychology):

(i) It is the transitional period of physical, psychological, and social development between childhood and adulthood.

(ii) Peer pressure, anxiety/stress (or body image issues).

(iii) Sports provide a healthy outlet for pent-up energy, improve self-esteem, build social skills, and release stress-relieving endorphins.

(iv) Because teenagers have a strong desire to "fit in," which can lead them to adopt negative behaviors like substance abuse or unhealthy diets just to be accepted by friends.

PHYSICAL EDUCATION (048)

Sample Question Paper - 9

Class XI (2025-26)

TIME ALLOWED: 3 HRS | MAX MARKS: 70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. **Section A:** Q1-18 carry 1 mark each and are Multiple Choice Questions (including Match the Following, Assertion-Reasoning, Image-based, and Data-based). All questions are compulsory.
3. **Section B:** Q19-24 carry 2 marks each and are very short answer types (60-90 words). Attempt any 5.
4. **Section C:** Q25-30 carry 3 marks each and are short answer types (100-150 words). Attempt any 5.
5. **Section D:** Q31-33 carry 4 marks each and are case studies with passage text.
6. **Section E:** Q34-37 carry 5 marks each and are long answer types (200-300 words). Attempt any 3.

SECTION A (1 Mark each)

Q1. The ultimate focus of modern Physical Education is:

(a) Winning national trophies only

(b) The comprehensive and harmonious development of the human personality

(c) Memorizing anatomical bones and charts

(d) Training elite Olympic athletes exclusively

Q2. Assertion (A): The Olympic Truce (*Ekecheiria*) was a sacred tradition in ancient Greece allowing safe travel to and from the Olympic Games.

Reason (R): It was established to foster peace, mutual respect, and harmony among warring Greek city-states during the festival of Zeus.

(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.

Q3. Historical: In which city and year were the Modern Olympic Games revived for the first time?

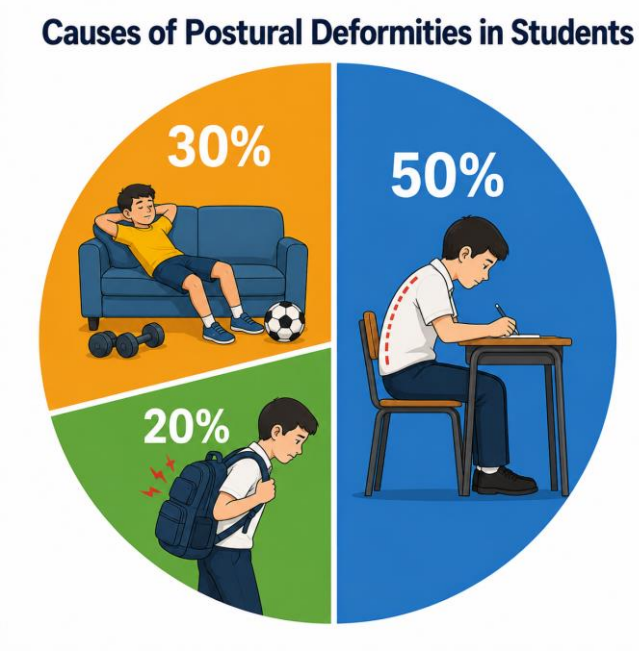
(a) Paris, 1900

(b) Athens, 1896

(c) St. Louis, 1904

(d) London, 1908

Q4. Data-Based:



Based on the pie chart, which factor is reported as the primary cause of postural deformities?

(a) Lack of Physical Exercise

(b) Carrying Heavy School Bags

(c) Incorrect Seating Posture

(d) Poor Nutritional Diet

Q5. Image-Based:

Identify the Yogic Asana shown in the image.

(a) Tadasana

(b) Halasana

(c) Sarvangasana (Shoulder Stand)

(d) Bhujangasana

Q6. Which test item from the Rikli and Jones Senior Citizen Fitness Test evaluates aerobic endurance and stamina?

(a) Chair Stand Test

(b) 6-Minute Walk Test

(c) Arm Curl Test

(d) Back Scratch Test

Q7. Assertion (A): Adapted Physical Education (APE) ensures that students with special needs are fully included in physical activities.

Reason (R): APE customizes rules, game spaces, and equipment to match the unique functional capabilities of each student.

(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.

Q8. The anatomical plane that divides the body vertically into right and left halves is called the:

(a) Transverse plane

(b) Frontal plane

(c) Sagittal (Median) plane

(d) Horizontal plane

Q9. The psychological drive coming from within an individual to participate in sports for pure enjoyment and personal satisfaction is known as:

(a) Extrinsic Motivation

(b) Intrinsic Motivation

(c) Competition Anxiety

(d) Aggression

Q10. The sports training principle stating that training load must increase progressively over time to provoke continued physiological adaptation is called:

(a) Principle of Reversibility

(b) Principle of Progression / Overload

(c) Principle of Variety

(d) Principle of Specificity

Q11. According to Maharishi Patanjali, which limb of Ashtanga Yoga deals with sensory withdrawal and mental detachment from external stimuli?

(a) Dharana

(b) Pratyahara

(c) Pranayama

(d) Samadhi

Q12. Which professional specialist helps Children with Special Needs (CWSN) improve daily living skills, fine motor control, and sensory integration?

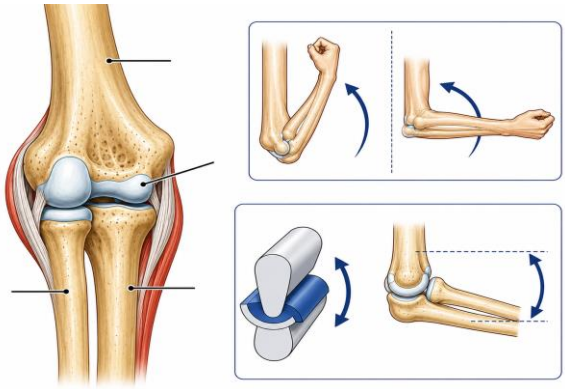
(a) Physiotherapist

(b) Occupational Therapist

(c) Speech Therapist

(d) Sports Journalist

Q13. Image-Based:



Identify the type of synovial joint shown in the diagram.

(a) Ball and Socket Joint

(b) Hinge Joint

(c) Pivot Joint

(d) Gliding Joint

Q14. The physiological principle stating that fitness levels and adaptations regress when training is stopped is known as:

(a) Principle of Progression

(b) Principle of Reversibility

(c) Principle of Overload

(d) Principle of Specificity

Q15. Which of the following is recognized as a key dimension of holistic Wellness?

(a) Intellectual Wellness

(b) Emotional Wellness

(c) Social Wellness

(d) All of the above

Q16. Match the Following:

Match **List-I** (Somatotypes - W.H. Sheldon) with **List-II** (Body Characteristics):

List-I	**List-II**
(i) Endomorph	(A) Muscular, athletic, and well-defined physique
(ii) Mesomorph	(B) Tall, slender, lean structure with fast metabolism
(iii) Ectomorph	(C) Soft, round body type with high tendency to store fat

Options:

(a) (i)-(C), (ii)-(A), (iii)-(B)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(B), (ii)-(C), (iii)-(A)

(d) (i)-(C), (ii)-(B), (iii)-(A)

Q17. Match the Following:

Match **List-I** (Postural Deformities) with **List-II** (Descriptions):

List-I	List-II
(i) Kyphosis	(A) Excessive inward curvature of the lower spine (Swayback)
(ii) Lordosis	(B) Rounded upper back / Hunchback appearance
(iii) Scoliosis	(C) Lateral sideways S-shaped curve of the backbone

Options:

(a) (i)-(A), (ii)-(B), (iii)-(C)

(b) (i)-(B), (ii)-(C), (iii)-(A)

(c) (i)-(B), (ii)-(A), (iii)-(C)

(d) (i)-(C), (ii)-(A), (iii)-(B)

Q18. Match the Following:

Match **List-I** (Newton's Laws of Motion) with **List-II** (Sports Application):

List-I	List-II
(i) First Law (Inertia)	(A) A runner pushing against starting blocks to propel forward
(ii) Second Law (Acceleration)	(B) A stationary football stays at rest until kicked

List-I	List-II
(iii) Third Law (Reaction)	(C) A heavier shot put requires more force to accelerate

Options:

(a) (i)-(B), (ii)-(C), (iii)-(A)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(A), (iii)-(C)

SECTION B (2 Marks each, Attempt any 5)

Q19. Define Physical Education as an educational process.

Q20. State two major objectives of the Olympic Movement.

Q21. What do you understand by the postural deformity known as 'Lordosis'?

Q22. Name two traditional cleansing techniques (Shatkarmas) used in Yoga.

Q23. Define the 'FITT' principle in sports training.

Q24. State the meaning of 'Motivation' in sports psychology.

SECTION C (3 Marks each, Attempt any 5)

Q25. Explain the importance of Wellness and lifestyle management in modern society.

Q26. Describe the procedure and utility of the 'Chair Stand Test' for senior citizens.

Q27. Explain any three major functions of the Human Skeletal System.

Q28. Discuss the role of Adapted Physical Education in empowering Children with Special Needs (CWSN).

Q29. Explain Newton's Second Law of Motion (Law of Acceleration) with suitable sporting examples.

Q30. Write a short note on the health benefits of performing 'Bhujangasana' and 'Tadasana'.

SECTION D (4 Marks each, Case Studies with Passage Text)

Q31. Case Study (Postural Deformities & Correction):

Read the passage below and answer the questions that follow:

"Good posture is essential for optimal body mechanics and skeletal alignment. However, due to incorrect sitting habits, lack of physical exercise, or carrying heavy loads, individuals often develop postural deformities like Kyphosis, Lordosis, and Scoliosis. These deformities impair balance, strain muscles, and can be corrected through targeted remedial exercises and yoga."

(i) What is the primary cause of postural deformities mentioned in the text?

(ii) What is 'Kyphosis' commonly referred to as?

(iii) Which region of the spine is affected in Lordosis?

(iv) How can postural deformities be effectively managed or corrected?

Q32. Case Study (Yoga as a Stress Management Tool):

Read the passage below and answer the questions that follow:

"Modern student life is marked by intense academic pressure and lifestyle stress. Yoga offers a holistic, natural remedy through physical postures (Asanas), breath control (Pranayama), and meditation (Dhyana). By calming the nervous system and improving mental focus, yoga promotes emotional wellness and resilience."

(i) Why do students face high stress levels in modern times?

(ii) What role does Pranayama play in managing stress?

(iii) Define the term 'Asana' according to yoga philosophy.

(iv) State two mental benefits of regular yoga practice for students.

Q33. Case Study (Test and Measurement in Schools):

Read the passage below and answer the questions that follow:

"Testing and measurement form an integral part of physical education. Battery tests like the SAI Khelo India Fitness Test assess school children across parameters such as speed, endurance, explosive strength, and flexibility. This data helps physical educators evaluate fitness levels and design tailored training regimens."

(i) What is the main objective of conducting fitness tests in schools?

(ii) Name any two physical parameters measured in the SAI Khelo India Test battery.

(iii) Which test item is used to assess lower body explosive power in students?

(iv) Why is data collection important for physical education teachers?

SECTION E (5 Marks each, Attempt any 3)

Q34. Elaborate in detail on the administrative setup and core values of the Olympic Movement, highlighting the roles of the IOC, NOCs, and IFs.

Q35. Discuss the physiological adaptations that occur in the Muscular System due to short-term and long-term exercise training.

Q36. Describe Maharishi Patanjali's Ashtanga Yoga in detail, explaining any five of its components.

Q37. What do you mean by Sports Training? Explain any four fundamental principles of sports training with appropriate examples.

ANSWER KEY & DETAILED EXPLANATIONS (SECTION A - MCQs)

Q.No	Correct Option	Detailed Explanation
Q1	**(b)**	Physical education aims for the well-rounded growth (physical, mental, emotional, and social) of an individual.
Q2	**(a)**	Both Assertion and Reason are true; the Olympic Truce (*Ekecheiria*) was established to ensure safe travel and peaceful coexistence during ancient games.

Q.No	Correct Option	Detailed Explanation
Q3	**(b)**	The first Modern Olympic Games were successfully inaugurated in Athens, Greece, in 1896.
Q4	**(c)**	Based on the charted distribution, incorrect seating posture accounts for the highest share (50%) of postural issues.
Q5	**(c)**	Lying on the back and raising hips/legs upward in an inverted support pose represents *Sarvangasana* (Shoulder Stand).
Q6	**(b)**	The 6-Minute Walk Test measures aerobic fitness and endurance capacity in older adults.
Q7	**(a)**	Both statements are correct; adapted PE modifies rules and equipment to ensure total sports inclusion for CWSN.
Q8	**(c)**	The sagittal (median) plane divides the body vertically into right and left portions.
Q9	**(b)**	Intrinsic motivation originates from within the individual for the sheer joy and satisfaction of playing.
Q10	**(b)**	Progression / overload requires training stress to increase steadily over time for continuous physical gains.

Q.No	Correct Option	Detailed Explanation
Q11	**(b)**	*Pratyahara* involves conscious sensory withdrawal, detaching the mind from external distractions.
Q12	**(b)**	Occupational therapists specialize in improving fine motor coordination, sensory integration, and daily living skills.
Q13	**(b)**	The elbow joint acts as a classic hinge joint, permitting angular movement in one plane.
Q14	**(b)**	Reversibility implies that physiological adaptations fade away when training stimuli are withdrawn ("use it or lose it").
Q15	**(d)**	Holistic wellness embraces physical, emotional, social, intellectual, occupational, and spiritual dimensions.
Q16	**(a)**	Endomorphs are soft/round (C), Mesomorphs are muscular/athletic (A), and Ectomorphs are tall/lean (B).
Q17	**(c)**	Kyphosis is round upper back (B), Lordosis is inward lumbar curve (A), and Scoliosis is sideways curve (C).
Q18	**(a)**	First law relates to inertia (B), Second law relates to acceleration/mass-force (C), and Third law relates to reaction (A).

SECTION D: Case Study Answer Key & Explanations

Q31. Answer (Postural Deformities & Correction):

(i) Incorrect sitting posture, lack of exercise, and carrying heavy school bags.

(ii) **Hunchback** or rounded upper back.

(iii) The **lumbar spine** (lower back region).

(iv) Through targeted remedial corrective exercises, yoga postures, ergonomic adjustments, and proper physical training.

Q32. Answer (Yoga as a Stress Management Tool):

(i) Due to high academic expectations, competitive environments, and demanding daily lifestyles.

(ii) Regulating breath calms the autonomic nervous system, reduces heart rate, and lowers stress hormones.

(iii) Steady, comfortable physical postures designed to bring stability to the body and calm to the mind.

(iv) Enhanced concentration, reduced anxiety, improved emotional stability, and better stress resilience.

Q33. Answer (Test and Measurement in Schools):

(i) To objectively assess students' physical fitness status, track progress, and identify health risks.

(ii) Speed, endurance, explosive strength, or flexibility (any two).

(iii) **Standing Broad Jump** (or Vertical Jump).

(iv) It gives teachers concrete data to evaluate program effectiveness, spot weaknesses, and design custom fitness plans.

PHYSICAL EDUCATION (048)

Sample Question Paper - 10

Class XI (2025-26)

TIME ALLOWED: 3 HRS | MAX MARKS: 70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. **Section A:** Q1-18 carry 1 mark each and are Multiple Choice Questions (including Match the Following, Assertion-Reasoning, Image-based, and Data-based). All questions are compulsory.
3. **Section B:** Q19-24 carry 2 marks each and are very short answer types (60-90 words). Attempt any 5.
4. **Section C:** Q25-30 carry 3 marks each and are short answer types (100-150 words). Attempt any 5.
5. **Section D:** Q31-33 carry 4 marks each and are case studies with passage text.
6. **Section E:** Q34-37 carry 5 marks each and are long answer types (200-300 words). Attempt any 3.

SECTION A (1 Mark each)

Q1. The primary aim of Physical Education is:

(a) Winning professional sports tournaments

(b) The comprehensive and harmonious development of human personality

(c) Memorizing anatomical bones and structures

(d) Training only Olympic medalists

Q2. Assertion (A): The Olympic flag features five interlaced rings symbolizing global unity.

Reason (R): These rings represent the union of the five inhabited continents and the meeting of athletes worldwide.

(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.

Q3. Historical: In which year and location were the first recorded Ancient Olympic Games held?

(a) Athens, 500 BC

(b) Olympia Valley, 776 BC

(c) Rome, 100 AD

(d) Paris, 1896 AD

Q4. Data-Based:

Based on the pie chart, which method is reported as the most widely used or prioritized for injury prevention?

(a) Wearing Protective Gear

(b) Proper Hydration

(c) Proper Warm-up

(d) Adequate Rest

Q5. Image-Based:

Identify the Yogic Asana shown in the image.

(a) Tadasana

(b) Paschimottanasana (Seated Forward Bend)

(c) Bhujangasana

(d) Padmasana

Q6. Which test item from the Rikli and Jones Senior Citizen Fitness Test evaluates lower body strength?

(a) Back Scratch Test

(b) Chair Stand Test

(c) 8-Foot Up and Go Test

(d) 6-Minute Walk Test

Q7. Assertion (A): Adapted Physical Education (APE) plays a vital role in mainstreaming Children with Special Needs (CWSN).

Reason (R): APE customizes rules, game spaces, and equipment to match individual functional capacities.

(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.

Q8. The anatomical plane that divides the human body horizontally into upper (superior) and lower (inferior) portions is the:

(a) Sagittal plane

(b) Frontal plane

(c) Transverse (Horizontal) plane

(d) Median plane

Q9. The psychological state of optimal focus, engagement, and effortless performance during sports is called:

(a) Competition Anxiety

(b) Flow State

(c) Burnout

(d) Aggression

Q10. The sports training principle which states that fitness adaptations are lost when training is discontinued is known as:

(a) Principle of Progression

(b) Principle of Reversibility

(c) Principle of Overload

(d) Principle of Variety

Q11. According to Maharishi Patanjali, which limb of Ashtanga Yoga represents internal observances and personal self-discipline (*Niyamas*)?

(a) First step (Yama)

(b) Second step (Niyama)

(c) Third step (Asana)

(d) Fourth step (Pranayama)

Q12. Which professional specialist works closely with CWSN to improve fine motor skills, sensory processing, and daily independence?

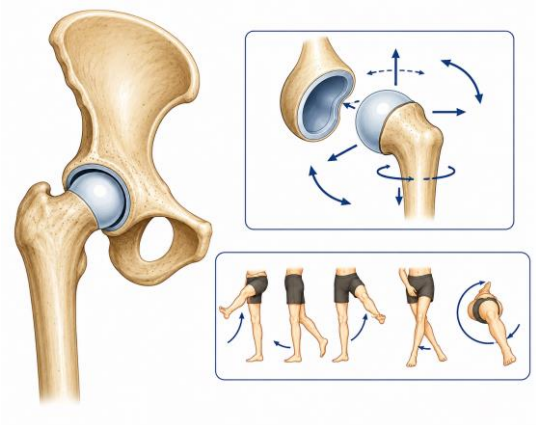
(a) Physiotherapist

(b) Occupational Therapist

(c) Speech Therapist

(d) Sports Commentator

Q13. Image-Based:



Identify the type of synovial joint shown in the illustration.

(a) Hinge Joint

(b) Pivot Joint

(c) Ball and Socket Joint

(d) Gliding Joint

Q14. The application of physics and mechanics to human bodily movement in sports is termed:

(a) Anatomy

(b) Physiology

(c) Sports Biomechanics / Kinesiology

(d) Sports Psychology

Q15. Which of the following is recognized as a key dimension of holistic Wellness?

(a) Physical Wellness

(b) Emotional Wellness

(c) Social Wellness

(d) All of the above

Q16. Match the Following:

Match **List-I** (Senior Citizen Test Items) with **List-II** (Measured Parameter):

List-I	**List-II**
(i) Chair Stand Test	(A) Upper body flexibility
(ii) Back Scratch Test	(B) Lower body strength
(iii) 8-Foot Up and Go Test	(C) Agility and dynamic balance

Options:

(a) (i)-(B), (ii)-(A), (iii)-(C)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

Q17. Match the Following:

Match **List-I** (Yogic Asanas) with **List-II** (Health Benefits):

List-I	List-II
(i) Tadasana	(A) Improves concentration and acts as a meditative posture
(ii) Padmasana	(B) Enhances body posture, balance, and vertical alignment
(iii) Bhujangasana	(C) Strengthens spinal muscles and relieves backache

Options:

(a) (i)-(B), (ii)-(A), (iii)-(C)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(C), (iii)-(A)

Q18. Match the Following:

Match **List-I** (Sports Injuries) with **List-II** (Classification):

List-I	List-II
(i) Sprain	(A) Bone fracture or breakage
(ii) Strain	(B) Soft tissue injury involving joint ligaments
(iii) Fracture	(C) Injury to muscle fibers or tendons

Options:

(a) (i)-(B), (ii)-(C), (iii)-(A)

(b) (i)-(A), (ii)-(B), (iii)-(C)

(c) (i)-(C), (ii)-(A), (iii)-(B)

(d) (i)-(B), (ii)-(A), (iii)-(C)

SECTION B (2 Marks each, Attempt any 5)

Q19. Define Physical Education as an essential component of modern education.

Q20. What do the five interlocking rings of the Olympic flag signify?

Q21. State two major objectives of Adapted Physical Education.

Q22. What is the significance of 'Pranayama' in Yoga practice?

Q23. Define 'First Aid' in the context of sports injuries.

Q24. State the meaning of 'Endurance' as a core component of physical fitness.

SECTION C (3 Marks each, Attempt any 5)

Q25. Explain the concept of Wellness and differentiate it from physical fitness.

Q26. Describe the procedure and utility of the '8-Foot Up and Go Test' for senior citizens.

Q27. Explain the classification of Synovial Joints in the human body with suitable examples.

Q28. Discuss the importance of goal-setting in sports psychology for student-athletes.

Q29. Explain Newton's First Law of Motion (Law of Inertia) with suitable sporting examples.

Q30. What is 'Warming up'? Explain its physiological benefits before a competition.

SECTION D (4 Marks each, Case Studies with Passage Text)

Q31. Case Study (Olympic Movement & Structure):

Read the passage below and answer the questions that follow:

"The Olympic Movement is governed globally by a well-structured hierarchy. At the apex is the International Olympic Committee (IOC), responsible for overall direction. International Sports Federations (IFs) govern specific sports worldwide, while National Olympic Committees (NOCs) manage Olympic delegations and promote sports ethics within their respective countries."

(i) Name the supreme governing body of the Olympic Movement.

(ii) What is the specific role of International Sports Federations (IFs)?

(iii) What is the function of National Olympic Committees (NOCs)?

(iv) Why is global cooperation essential for the success of the Olympic Games?

Q32. Case Study (Anatomy & Joint Movements):

Read the passage below and answer the questions that follow:

"Human movement is generated by skeletal muscles pulling on bony levers across joints. Synovial joints allow varied ranges of movement across anatomical planes. Actions like flexion, extension, abduction, and adduction define how athletes execute skills in running, jumping, and throwing."

(i) Which type of joint allows multi-axial movement in sports?

(ii) Define 'Flexion' with a simple sporting example.

(iii) Differentiate between Abduction and Adduction.

(iv) Why is anatomical knowledge necessary for sports trainers?

Q33. Case Study (Yoga & Lifestyle Management):

Read the passage below and answer the questions that follow:

"Yoga is an ancient Indian science that integrates body, mind, and spirit. Through Asanas, Pranayama, and meditation, individuals learn to master stress and enhance mental focus. In educational institutions, regular yoga practice helps students navigate academic pressure and emotional instability."

(i) What are the three primary dimensions integrated by yoga?

(ii) How does Pranayama help in managing stress?

(iii) Define the term 'Asana' in yogic philosophy.

(iv) Why is yoga considered beneficial for student mental health?

SECTION E (5 Marks each, Attempt any 3)

Q34. Elaborate in detail on the administrative structure and core values of the Olympic Movement, highlighting the roles of the IOC, NOCs, and IFs.

Q35. Discuss the structure of the Human Circulatory System and explain how the heart adapts to regular endurance sports training.

Q36. Describe Maharishi Patanjali's Ashtanga Yoga in detail, explaining any five of its components.

Q37. What do you mean by Sports Training? Explain any four fundamental principles of sports training with appropriate examples.

ANSWER KEY & DETAILED EXPLANATIONS (SECTION A - MCQs)

Q.No	Correct Option	Detailed Explanation
Q1	(b)	Physical education aims for the well-rounded growth (physical, mental, emotional, and social) of an individual.
Q2	(a)	Both Assertion and Reason are true; the five rings represent continental union and global sports brotherhood.
Q3	(b)	Ancient Olympic history officially traces back to Olympia Valley, Greece, in 776 BC.
Q4	(c)	Based on the charted distribution, proper warm-up accounts for the highest share (45%) of injury prevention methods.

Q.No	Correct Option	Detailed Explanation
Q5	**(b)**	Sitting forward and reaching for toes represents *Paschimottanasana* (Seated Forward Bend).
Q6	**(b)**	The Chair Stand Test evaluates lower body strength (leg endurance) in older adults.
Q7	**(a)**	Both statements are correct; adapted PE modifies environments to make sports fully inclusive for CWSN.
Q8	**(c)**	The transverse (horizontal) plane divides the body into upper (superior) and lower (inferior) halves.
Q9	**(b)**	Flow state describes an optimal psychological zone of total engagement and effortless performance.
Q10	**(b)**	Reversibility implies that physiological adaptations fade away when training stimuli are withdrawn ("use it or lose it").
Q11	**(b)**	*Niyama* represents internal discipline, purity, and personal self-observances (second step of Ashtanga Yoga).
Q12	**(b)**	Occupational therapists specialize in improving fine motor coordination, sensory integration, and daily living skills.

Q.No	Correct Option	Detailed Explanation
Q13	**(c)**	Ball and socket joints permit multi-axial movement (e.g., shoulder and hip joints).
Q14	**(c)**	Sports biomechanics / kinesiology applies physics laws to analyze human motion.
Q15	**(d)**	Total wellness embraces physical, emotional, social, intellectual, occupational, and spiritual dimensions.
Q16	**(a)**	Chair stand measures lower body strength (B), Back scratch measures upper body flexibility (A), and Up & go measures agility (C).
Q17	**(a)**	Tadasana improves balance/posture (B), Padmasana is a meditative posture (A), and Bhujangasana strengthens back muscles (C).
Q18	**(a)**	Sprain involves ligaments (B), Strain involves muscle fibers/tendons (C), and Fracture involves bone breakage (A).

SECTION D: Case Study Answer Key & Explanations

Q31. Answer (Olympic Movement & Structure):

(i) The **International Olympic Committee (IOC)**.

(ii) They govern, regulate, and supervise their specific sports disciplines globally and during the Olympic Games.

(iii) They manage national participation, promote Olympic values, and prepare local athletes within their respective countries.

(iv) To ensure organized management, fair play, uniform rule enforcement, and seamless global cooperation.

Q32. Answer (Anatomy & Joint Movements):

(i) **Ball and socket joints** (such as the shoulder and hip joints).

(ii) Flexion decreases the angle between articulating bones (e.g., bending the arm at the elbow).

(iii) Abduction moves a limb *away* from the body's midline, whereas adduction moves it *towards* the midline.

(iv) To optimize exercise efficiency, correct incorrect postures, and minimize the risk of athletic injuries.

Q33. Answer (Yoga & Lifestyle Management):

(i) **Body, mind, and spirit**.

(ii) Regulating inhalation and exhalation calms the autonomic nervous system, reducing physiological stress markers.

(iii) Steady, comfortable physical postures designed to bring stability to the body and calm to the mind.

(iv) It improves emotional stability, boosts academic concentration, reduces test anxiety, and enhances overall mental clarity.