

Self Assessment Paper

General Instructions :

- (i) The question paper consists of 30 questions and all are compulsory
- (ii) Questions 1-12 carry 01 marks each and are Multiple Choice Questions
- (iii) Questions 13-16 carry 02 marks each and shall not exceed 40-60 words
- (iv) Questions 17-26 carry 03 marks each and shall not exceed 80 -100 words
- (v) Questions 27-30 carry 05 marks each and shall not exceed 150-200 words.

Question numbers 1 to 12 carry 1 mark each.

- AI** 1. When was IOA established. 1
- (a) 1937 (b) 1935
(c) 1925 (d) 1927
- OR
- What is the scope of Coaching? 1
- (a) Social Parks (b) Sports Clubs
(c) Hotels (d) All of the above
2. The ability to overcome resistance is called: 1
- (a) Muscular strength (b) Muscular Endurance
(c) Flexibility (d) Body composition
- AI** 3. What is the motto of Deaflympic? 1
- (a) Spirit in Motion (b) Per Ludos Aequalitas
(c) Cetus, Altius Fortius (d) Let me win brave in my attempt
- OR
- The number of yogic kriyas are : 1
- (a) Four (b) Five
(c) Six (d) Three
4. Sports injuries can be prevented by: 1
- (a) Keeping the body hydrated (b) Proper diet
(c) Using of common sense (d) All of the above
5. What is the full form of B.M.I.? 1
- (a) Body Management Index (b) Body Mold Index
(c) Body Mass Index (d) Body Motivation Index
6. Number of bones in an-adult human body are approximately— 1
- (a) 215 (b) 210
(c) 218 (d) 206

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7. How is psychology defined today? 1
- (a) The science of behaviour and mental processes
 (b) The science of human behaviour and mental processes
 (c) The science of mind
 (d) The study of motivation, emotion, personality, adjustment and abnormality

OR

8. What is the full form of 'NADA'? 1
- (a) National Auto Doping Agency (b) Natural Anti-Doping Academy
 (c) National Anti-Drugs Agency (d) National Anti-Doping Agency
8. Thomas cup is related to which Game? 1
- (a) Hockey (b) Judo
 (c) Badminton (d) Football
9. When was the first special Olympics held? 1
- (a) 1966 (b) 1968
 (c) 1970 (d) 1972
10. The aim of health-related fitness is to prevent. 1
- (a) Power (b) Way
 (c) Capacity (d) Diseases
11. Given below are the two statements labelled Assertion (A) and Reason (R). 1
- Assertion (A) :** The general movements of infants are highly uncoordinated.
Reason (R) : Immature condition of the nervous system.
- In the context of above two statements, which one of the following is correct?
- (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

12. Match the following : 1

	Event		First Held
1.	Olympic Games	(a)	1896
2.	Worldwide Championships	(b)	1983
3.	World Indoor Championships	(c)	1985
4.	Universiade	(d)	1959

13. Identify the below given Asanas and write their names: 2

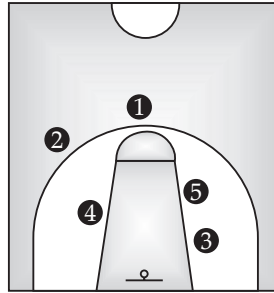




(d)

14. Identify and write the players position in the given diagram below.

2



1. -----
2. -----
3. -----
4. -----
5. -----

15. What values are gained through Olympic Games?

2

16. Discuss the teaching career in physical education.

2

OR

Principles of training have an important part to play in the development of a sports person. Why?

2

17. Define line of gravity and its importance.

3

18. The Marathon Race was first introduced in 1876 at the first modern Olympic games in Athens. The inclusion of this great dramatic and spectacular event in the modern Olympics was mainly due to the initiative and efforts taken by a Frenchman by name Michael Breal who was one of the delegates of the congress which initiated the Modern Olympics. He also instituted a trophy for this race. This race was introduced in order to commemorate the explorer a famous Athenian runner by name Pheidippides. In 490 B.C the Persians invaded Greece and fought with the Greeks at the battlefield of Marathon. In that battle the Persians were defeated, and the Greek commander Miltiades wanted to convey that good news to Athens. He therefore called for Pheidippides, the famous Athenian runner and asked him to run all the way to Athens and communicate the news to the anxious city. Pheidippides had fought in the battle that day as a soldier. Although he was tired, he obeyed the orders of his commander and ran all the way from Marathon to Athens, a distance of about 18 leagues (i.e. about 27 miles) until he fell down dead.

3

Give the answer for the following questions based on paragraph:

18.1. The Marathon Race was first introduced in ----- at the first modern Olympic games in Athens.

- | | |
|----------|----------|
| (a) 1876 | (b) 1875 |
| (c) 1874 | (d) 1873 |

18.2 This race was introduced in order to commemorate the explorer a famous Athenian runner by name -----

- | | |
|-------------------|-------------------|
| (a) Michael Breal | (b) Miltiades |
| (c) Pheidippides | (d) None of these |

18.3 In ----- B.C the Persians invaded Greece and fought with the Greeks at the battlefield of Marathon.

- | | |
|---------|---------|
| (a) 490 | (b) 491 |
| (c) 498 | (d) 478 |

19. Write a short note on smooth muscle.

3

OR

- [AI]** Write the benefits of Kaphala Bhati Yogic Kriya. 3
20. Write in detail about Pratyahara. 3
21. What is flexibility? 3

OR

- [AI]** Make a list of performance enhancing substances and describe any two. 3
22. Highlight the differences between growth and development. 3
23. Write difference between slow twitch fibre and fast twitch fibre. 3
24. Calculate the BMI of a male person whose body weight is 70 kg and his height is 1.70 m. Also state the category in which he falls. 3
- [AI]** 25. What is trekking and explain the types of trekking. 3
26. Describe the role of the central advisory board of physical education and recreation. 3

OR

- What do you mean by the term physical fitness? 3
27. How is internal respiration different from external respiration? 5
28. Write any five safety measures which should be taken while Mountaineering. 5

OR

- [AI]** How can we improve the leadership skills of team members? 5
29. Discuss "Yoga as an Indian heritage". 5

OR

- [AI]** What are the 12 verticals into which Khelo India Programme has been divided? 5
30. Explain any three components of physical fitness. 5

Finished Solving the Paper ?
Time to evaluate yourself !
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OR

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