

Exam ID.

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| Candidates must write the Set No. on the title page of the OMR Sheet. |
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**DAV PUBLIC SCHOOLS, ODISHA ZONE –I  
PA-II EXAMINATION, 2021-22**

- Check that this question paper contains 13 printed pages.
- Set number given on the right hand side of the question paper should be written on the OMR SHEET by the candidate.
- Check that this question paper contains 60 questions.

**CLASS – XI  
SUB : PHYSICAL EDUCATION (048)**

Time : 90 Minutes

Maximum Marks: 35

**General Instruction:**

1. *There are three sections in the Question paper namely Section A, Section B and Section C.*
2. *Section A consists of 24 questions amongst which 20 questions have to be attempted.*
3. *Section B consists of 24 questions amongst which 20 questions have to be attempted.*
4. *Section C consists of 12 questions amongst which 10 questions have to be attempted.*
5. *All the questions carry equal marks. (0.70 for each question)*
6. *There is no negative marking*

*Section – A*

Section – A consists of 24 questions. Attempt a total of 20 questions, as per specific instructions for each question. The first attempted 20 questions would be evaluated.

*(Knowledge and Understanding)*

**Q.1. The study of motion is known as:**

- (A) Kinesiology    (B) Biomechanics    (C) Physiology    (D) Anatomy

- Q.2. The human heart is about the size of a/an**  
(A) average size apple (B) hen's egg  
(C) man's closed fist (D) big almond
- Q. 3. Which part of the respiratory system is called the voice box**  
(A) Nasal cavity (B) Pharynx (C) Larynx (D) Trachea
- Q.4. The study of the internal structure of the human body is called :**  
(A) Physiology (B) Anatomy (C) Kinesiology (D) Biomechanics
- Q.5. Short bones are as long as wide and they are in ..**  
(A) Oval shape (B) Cube shape (C) Rectangular shape (D) None of these
- Q.6. Which of the following is the longest bone in the human body.**  
(A) Femur (B) Radius (C) Humerus (D) Ulna
- Q.7. When did the first Ancient Olympic Games start ?**  
(A) 772 BC (B) 776 BC (C) 774 BC (D) 770 BC
- Q.8. Which of the following country did Baron Pierre de Coubertin belong to?**  
(A) France (B) Greece (C) Denmark (D) Switzerland
- Q.9. "Citius Altius Fortius is the Olympic motto stands for**  
(A) Faster (B) Higher (C) Stronger (D) All of the above
- Q.10. The term "Citius" in the Olympic motto denotes :**  
(A) Higher (B) Faster (C) Stronger (D) All of the above
- Q.11. Who is known as the Father of the Modern Olympic Games?**  
(A) Henry Bidion (B) Aristotle  
(C) Baron Pierre de Coubertin (D) Plato
- Q.12. Which of the following represents the correct combination of colours of Olympic rings:**  
(A) Blue, Black, Red Yellow, Green (B) Brown, Blue, Yellow, Black, Red  
(C) Purple, Green, Red, Pink, Yellow (D) Blue, Yellow, Brown, Green, Purple
- Q.13. The capacity of an individual to perform the normal task of daily living without undue fatigue and having more energy to do some more work is known**

as:

- (A) Physical fitness (B) Wellness  
(C) Mental fitness (D) Lifestyle

**Q.14. Which of the following is/are a factor(s) that affect wellness?**

- (A) Diet (B) Physical Activities  
(C) Heredity (D) All of the above

**Q.15. The way of living of individuals, families and societies which is manifested in coping with their physical, social, psychological and economic environments known as?**

- (A) Lifestyle (B) Physical fitness (C) Wellness (D) None

**Q.16. The capacity of a person by which he leads a balanced life is known as:**

- (A) Healthy lifestyle (B) Wellness  
(C) Physical fitness (D) All of the above

**Q.17. Which of the following does not belong to the importance of test and measurement?**

- (A) Goal setting (B) Earning money  
(C) Talent identification (D) Effective planning

**Q.18. Which of the following is known as the ideal fitness?**

- (A) Physical fitness (B) Wellness  
(C) Mental fitness (D) None of the above

**Q.19. "Test refers to any specific instrument, procedure or technique used by an administrator to elicit to a response from the test taker." Who defined the test?**

- (A) Bary L. Johnson (B) H.M. Barrow and Mcgee  
(C) Jack Nelson (D) Webster's Dictionary

**Q.20. What is the degree of health risk of a person with a BMI of more than 40 and a waist-hip ratio of more than 0.85?**

- (A) Moderate (B) Very high (C) High (D) Low

**Q.21. Which of the following activities are involved in the overall development of human personality?**

- (A) Physical (B) Mental (C) Social & intellectual (D) All of the above

**Q. 22. Which of the following career options are available in the field of Physical Education?**

- (A) Teaching                      (B)Coaching                      (C)Health-related                      (D) All of the above

**Q.23. Which of the following qualification is required for a Physical Education teacher in school?**

- (A) M.Ed.                      (B)B.Ed.                      (C)M.P.Ed.                      (D) None of these

**Q.24. Which of the following city belongs to Neta Ji Subash National Institute of Sports (NSNIS)?**

- (A) Patiala                      (B)Sangrur                      (C)Ludhiana                      (D) Amritsar

***Section – B***

**Section – B consists of 24 questions. Attempt a total of 20 questions, as per specific instructions for each question. The first attempted 20 questions would be evaluated.**

**Q.25. When was the Olympic flag first flown?**



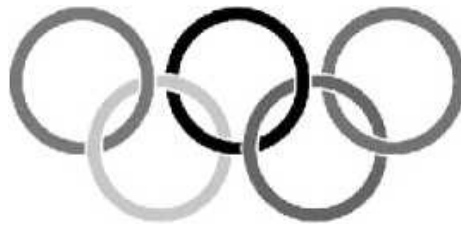
- (A) 1914                      (B)1930                      (C)1920                      (D) 1924

**Q. 26. Name the fundamental skill players performing in the below-shown picture.**



- (A)Catching                      (B) Objective of balanced diet  
(C) Component of balanced diet                      (D) None of the above

**Q.27. Identify the Picture**



- (A) Olympic Circles (B)Olympic Chakras  
(C) Olympic Rings (D) None of above

**Q.28. Based on the below-shown picture answer the questions**



**In which of the following category a man is falling**

- (A) Overweight (B)Ideal weight (C) Underweight (D) None of above

**Q.29. The total number of bones in children are**

- (A) 213 (B) 211 (C)215 (D)217

**Q.30. Vertebra is an example of :**

- (A) Long bone (B) Flat bone (C) Short bone (D) irregular bone

**Q.31.In the following, which is not the component of health-related fitness?**

- (A) Flexibility (B) Muscular Strength  
(C) Muscular Endurance (D) Speed

**Q.32. Match the following**

- |                                    |  |
|------------------------------------|--|
| 1) Qualities of a good leader      | a) Cultural Integration related to                       |
| 2) Customs and traditions          | b)Intelligence, loyalty, honesty, dedication, belongs to |
| 3) Perfect handball dribbling with | c) Democratic values means both hands.                   |
| 4) Winning and losing gracefully   | d) Neuromuscular development shows                       |

- (A)2 4 3 1  
(B)2 1 4 3

|       |   |   |   |
|-------|---|---|---|
| (C) 4 | 1 | 2 | 3 |
| (D)3  | 1 | 2 | 4 |

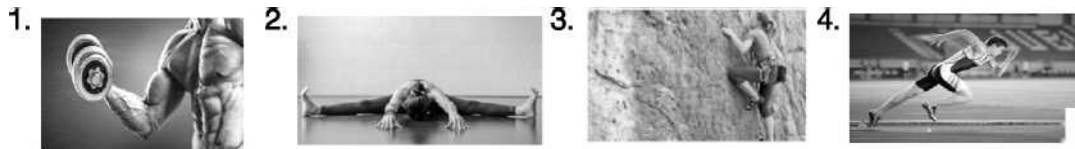
**Q.33. Match the following**



- a) Luduig Guttman
- b) Pierre de Coubertin
- c) Eugene Rubens-alcais
- d)Eunice Kennedy Shriver

|       |   |   |   |
|-------|---|---|---|
| (A) 3 | 1 | 4 | 2 |
| (B) 4 | 1 | 3 | 2 |
| (C) 2 | 4 | 1 | 3 |
| (D) 4 | 2 | 3 | 1 |

**Q. 34. Identify the odd one.**



|       |      |      |       |
|-------|------|------|-------|
| (A) 1 | (B)2 | (C)3 | (D) 4 |
|-------|------|------|-------|

**Q.35.Match the following**

- 1) Khelo India Programme helps in searching
- 2) Khelo India programme is giving emphasis on

- a) Guru-Shishya Parampara
- b) The premier competition in its sport.

3) Athletes from the nation of Commonwealth participates in

c) Talents from grassroots

4) A world cup is generally considered

d) Commonwealth Games

(A) (a)-(ii), (b)-(iii), (c)-(i), (d)-(iv)

(B) (a)-(iii), (b)-(i), (c)-(iv), (d)-(ii)

(C) (a)-(iv), (b)-(iii), (c)-(ii), (d)-(i)

(D) (a)-(iv), (b)-(iii), (c)-(i), (d)-(ii)

**Q.36. Which of the following is used to assess the needs and capacities of an athlete?**

(A) Measurement

(B) Assessment

(C) Test

(D) Evaluation

**Q.37. Given below are the two statements labeled Assertion (A) and Reason (R).**

**A.** The motion of short bones is limited, and they glide on one another.

**R.** The ulna and radius bones are examples of short bones.

***In the context of the above two statements, which one of the following is correct?***

(A) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

(B) (A) is true, but (R) is false.

(C) Both (A) and (R) are true and (R) is the correct explanation of (A).

(D) (A) is false, but (R) is true.

**Q.38. Given below are the two statements labeled Assertion (A) and Reason (R).**

**A.** Better educated people are more likely to choose healthier lifestyles.

**R.** Higher educational background people are not aware of the demerits of smoke, alcohol, non-healthy foods, etc.

***In the context of the above two statements, which one of the following is correct?***

(A) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

(B) (A) is true, but (R) is false.

(C) Both (A) and (R) are true and (R) is the correct explanation of (A).

(D) (A) is false, but (R) is true.

**Q.39. Given below are the two statements labelled Assertion (A) and Reason (R).**

**A.** Long bones are hard and dense that provide strength, structure, and mobility to the body.

**R.** It joins with other bones and is covered with a thin sheet of cartilage.

***In the context of the 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

**Q.40. Given below are the two statements labelled Assertion (A) and Reason (R).**

- (A) Environmental pollution is responsible for more than one-third of health-related problems.
- (R) In 2015, water pollution, led to 0.5 million deaths, while unsafe sanitation caused 0.32 million deaths

*In the context of the above two statements, which one of the following is correct?*

- (A) (A) is false, but (R) is true.
- (B) (B) (A) is true, but (R) is false.
- (C) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (D) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

**Q.41. In the below-shown picture which component is a Physical Education teacher trying to develop among children?**



- (A) Mental Development
- (B) Physical Development
- (C) Social Development
- (D) None of these

**Q.42. In which category a person falls if his BMI is less than 18.5?**

- (A) Underweight category
- (B) Obese category
- (C) Recommended weight category
- (D) Overweight category

**Q.43. Match the following**

- |  |                 |
|--|-----------------|
| (a) A point where two or more bones are connected                      | (i) Joint       |
| (b) A form of connective tissue that is semi-rigid yet flexible.       | (ii) Tendon     |
| (c) A strong piece of tissue in the body connecting a muscle to a bone | (iii) Cartilage |
| (d) Fibrous cords that bind the bones together at joints               | (iv) Ligament   |



- (A) (a)-(ii), (b)-(iii), (c)-(i), (d)-(iv)      (B) (a)-(iii), (b)-(ii), (c)-(i), (d)-(iv)  
 (C) (a)-(i), (b)-(iii), (c)-(ii), (d)-(iv)      (D) (a)-(iv), (b)-(iii), (c)-(i), (d)-(ii)

**Q.44. Match the following**

- |  |  |
|--|--|
| (a) Meals should include proper nutrients like | (i) 1. 7 to 8 hours of sleep daily                   |
| (b) An individual requires                     | (ii) Fats, carbohydrates, fibers, vitamins, minerals |
| (c) Physical activity should be between        | (iii) Types 2 diabetes, high blood pressure          |
| (d) Obesity leads to                           | (iv) 30 minutes to 45 minutes                        |

- |       |   |   |   |
|-------|---|---|---|
| (A) 4 | 3 | 2 | 1 |
| (B) 2 | 1 | 4 | 3 |
| (C) 3 | 2 | 1 | 4 |
| (D) 3 | 4 | 1 | 2 |

**Q.45. Given below are the two statements labelled Assertion (A) and Reason (R).**

**A.** Measurement is the act of assessing.

**R.** Evaluation is a statement of quality, goodness, merit, value, or worthiness about what has been assessed.

*In the context of the 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.

**Q.46. Given below are the two statements labelled Assertion (A) and Reason (R).**

**A.** Evaluation is "the process of delineating, obtaining, and providing useful information for judging decision alternatives."

**R.** Evaluation is a statement of quality, goodness, merit, value, or worthiness about what has been assessed.

*In the context of the 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.

**Q.47. Given below are the two statements labelled Assertion (A) and Reason (R).**

**A.** Physical Education Programmes should aim to expend money for the growth

and development of an individual

**R.** It promotes healthy habits of sleep, exercise, food, etc. for optimum health  
***In the context of the 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.

**Q.48. Identify the Picture**



**Which is the longest bone in the human skeletal?**

- (A) Ulna
- (B) Radius
- (C) Femur
- (D) None of these

**Section – C**

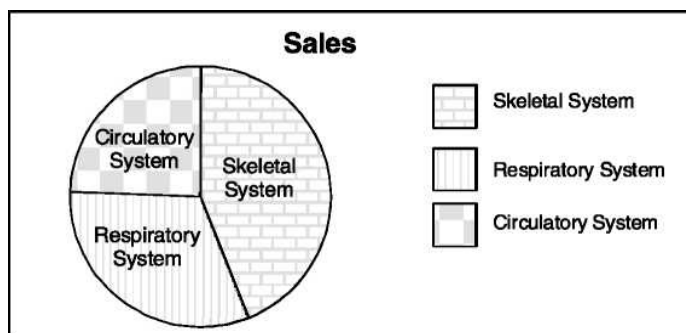
**Section – C consists of 12 questions. Attempt a total of 10 questions, as per specific instructions for each question. The first attempted 10 questions would be evaluated.**

**(Data and Case Studies)**

**Q.49. Which is the shortest bone in human Skeletal?**

- (A) Carpals
- (B) Stapes
- (C) Metacarpals
- (D) None of these

**Q.50. The following data is collected on the various systems of the body and their effect on sports performance. Answer the question based on the following given data.**

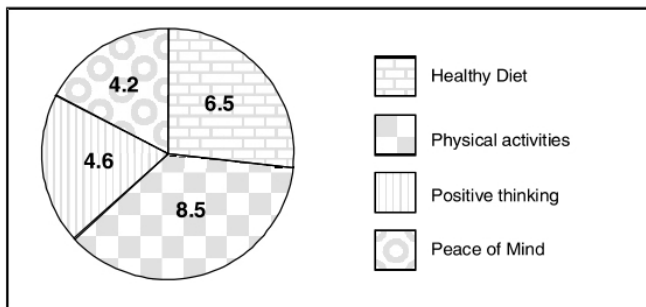


**Which of the following is related to cardiovascular endurance?**

- (A) Circulatory System (B) Skeletal System  
(C) Respiratory System (D) None of above

**Q.51. Manish is a physical education teacher. After completing the third unit of the 11th class, he has given an assignment to students regarding the collection of data. The assignment was based on how a man can lead a healthy fit and disease-free life.**

*Answer the questions according to the following given data.*



**Which of the following is very important to lead a healthy lifestyle?**

- (A) Right amount of all the nutrients (B) Performing physical activities  
(C) Both (a) and (b) (D) None of above

**Q.52. Niharika Thakur is a student of the 11th class in Aaryan International School. She is a good boxer and participated in various school competitions. Karam Singh is a boxing coach of Niharika. Karam Singh noticed that she was practising wrong defensive skills and the correction of these movements is very important to achieve a high level of performance. Karam Singh found that Niharika Thakur is**

- (A) Practicing wrong attacking skills (B) Practicing wrong defensive skills  
(C) Practicing wrong offensive skills (D) All of the above

**Q.53. Birbal Singh was recently appointed as a Physical education teacher in a very reputed school. On his first day, he called the students on the ground in a practical period of physical education. Due to Covid-19 students came to the school after a long time. Birbal Singh observed that students were looking unfit and feeling discomforts and tiredness in running and jumping activities.**

*What will be the first procedure Birbal Singh adopts to check the fitness level of students?*

- (A) Evaluation (B) Measurement (C) Test (D) None of the above

**Q.54. Rohit is a Physical Education teacher in a very reputed school. He wants to organize CBSE Nation Athletic meet in his school. He is very hardworking and inspired by the Olympic values and ideals. He always tries to inculcate the true value of the Olympics and emphasis on playing the matches with true sportsman spirit.**

**Which of the following does not belong to the Olympic values?**

- (A) Peace and friendship
- (B) Winning a Gold medal
- (C) True sportsmanship
- (D) Participation is important than Winning the game

**Q.55. Ashwani is a 14 years old student. His parents give him daily 100 rupees for his pocket money. But they do not check where Ashwani is using that pocket money. He usually spends this money on eating junk food such as cold drinks, ice creams, chips burgers, etc. As a result, his health is affected adversely.**

**The pocket money of Ashwani is**

- (A) Spoiling his health
- (B) Making him physically fit
- (C) Keeping him away from various diseases
- (D) None of the above

**Q.56. Aman is a Physical education teacher of class 11th in AP International School. Ayush was selected in the National handball tournament in some other school for three days and he will have to stay there for three days with their teammates. They will have to play, eat and live together in one school campus.**

**Which type of quality did Ayush develop during staying for three days away from the home?**

- (A) Physical development
- (B) Mental development
- (C) Emotional development
- (D) Social development

**Q.57. Piyush Thakur was a medical student of class 11th. He was also a member of the school football team. Some people and his friends were suggesting that he should quit his game and focus more on the study because it could be very difficult to continue with both sports with medical together. They also suggested that he should choose some simple subject as an optional subject to get maximum marks.**

**Why people were advising Piyush to quit his sports?**

- (A) Because his parents do not allow him to play.
- (B) Physical education teacher emphasis to concentrate on study.
- (C) Some people said that it was difficult to continue sports with the medical

subject.

(D) None of above

**Q.58. Jashan was a student of class 11th. Due to bad eating habits, he had gained weight. One day Ramesh a physical educator teacher called Jashan on the ground and explained the importance of participation in games, physical activities and a balanced diet. Then Jashan realized that he should have to take part in various physical activities to lead a healthy and disease-free life. According to the above-based case answer the following questions.**

**Jashan can be physically fit by doing regular exercises and taking..**

- (A) Carbohydrates and protein-rich diet
- (B) The right amount of vitamins and minerals
- (C) Both(a) and (b)
- (D) None of the above

**Q.59. Karman is an 11 class student in a very reputed school. He belongs to a very rich family. His father is a very famous businessman. He always comes to school in different cars. His driver drops and picks him from the school. He does not participate in any physical activity in the school and always avoids participating in school sports activities.**

**Which of the following profession Karman's father was involved in?**

- (A) Physical education teacher
- (B) Government employee
- (C) Businessman
- (D) None of the above

**Q.60. Jhanvi is a 12 years old basketball team captain in a very reputed school. She went to participate in the School State basketball competition with her team. They were playing a Semifinal match. The match was very tough and interesting. Both the teams were playing full of their ability and potential. The last 2 minutes were left and the referee gave a decision against Jhanvi and gave possession to the opponent players. Which tournament Jhanvi was playing?**

- (A) School District handball
- (B) School State basketball
- (C) School State handball
- (D) School National basketball

\*\*\*\*\* ALL THE BEST \*\*\*\*\*