



ST. XAVIER'S SENIOR SECONDARY SCHOOL, DELHI - 110 054
Annual Examination in **PHYSICAL EDUCATION**

Std. 11
15-2-2018

Time : 3 hrs.
Max. Marks : 70

1. Define doping. 1
2. What is sports training? 1
3. Define emotion in sports. 1
4. Define learning. 1
5. Define psychology. 1
6. Define kinesiology and biomechanics. 1
7. Define anatomy. 1
8. Define physiology. 1
9. Define test in sport. 1
10. Measurement in sports. 1
11. Doping side effects on sportsmen. Explain. 3
12. Importance of warming up and limbering down in games and sports. 3
13. Explain importance of psychology in physical education and sports. 3
14. Importance of kinesiology in games and sports. 3
15. Explain importance of physiology in games and sports. 3
16. Explain principles of sports training. 5
17. Explain laws of learning. 5
18. Explain athletes responsibility as far as doping in games and sports concerned. 5
19. Define and differentiate between growth and development is concerned. 5
20. Explain force - centrifugal and centripetal and its application in sports. 5
21. Explain functions of skeleton system. 5
22. Explain importance of test and measurement in sports. 5
23. Explain evaluation in sports. 5
24. Explain circulation system with the help of diagram. 5

-X-X-X-X-X-X-