



St. Xavier's Sr. Sec. School

Delhi-54

Final Examination in **PHYSICAL EDUCATION** – Std. 11
16-2-2016

M. Marks : 70
Time : 3 hrs.

Roll N

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Total printed pages :	01
Total printed questions :	25

1. Define training. 1
2. Define sports training. 1
3. Define warming-up. 1
4. Define physical education. 1
5. Define psychology. 1
6. Define sports psychology. 1
7. Define learning. 1
8. Define bio-mechanics. 1
9. Law of action reaction. 1
10. Define dynamic motto. 1
11. Explain the types of warming up. 3
12. Discuss the methods of warming up. 3
13. Discuss the importance of cool down. 3
14. Differentiate between growth and development. 3
15. Need of motivation in sports. Discuss. 3
16. Explain the meaning and importance of yoga. 3
17. Explain the meaning of adolescent. 3
18. Discuss - meaning and types of doping. 3
19. Discuss the classification of skills in detail. 5



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20. You can take a horse to the water but you cannot make him drink. Explain. 5
21. Explain the laws of learning in detail. 5
22. Explain common sports injuries and how to prevent them. 5
23. Define physiology and its importance. 5
24. Components of positive lifestyle. 5
25. Explain sports ethics. Give examples. 6

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