



# St. Xavier's Sr. Sec. School

Delhi-54

Final Examination in **PHYSICAL EDUCATION**

Std. 11

M. Marks : 70

14-2-2017

Time : 3 hrs.

Roll No:

Total printed pages :	01
Total printed questions :	26

1. Define Physical Education. 1
2. Define Anatomy. 1
3. Define Psychology. 1
4. Define growth and development. 1
5. Define sports training. 1
6. Define physiology. 1
7. Define learning. 1
8. Define yoga. 1
9. What is doping? 1
10. Define skill. 1
11. What is warming up? How is it performed? Give its importance. 3
12. Explain limbring down. Explain its benefits. 3
13. Explain women adolescent problems and their management. 3
14. Explain motivation and its importance in games and sports. 3
15. Explain Newton's Laws of motion. (any two) 3
16. Meaning and importance of biomechanics in physical education and sports. 3
17. Effects of sports training on heart. Explain. 3
18. Explain skeleton system and types of joints. 3
19. Importance of test and measurement in sports. 3
20. Explain the importance of yoga in sports. 3



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|-----|----------------------------------------------------------|---|
| 21. | Explain function and mechanism of respiratory system.    | 5 |
| 22. | Define and differentiate between growth and development. | 5 |
| 23. | Define Laws of Learning and their management.            | 5 |
| 24. | Explain aims and objectives of physical education.       | 5 |
| 25. | Explain emotion. Concept and controlling of emotion.     | 5 |
| 26. | Explain the principles of sports training.               | 5 |

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