

Z-34-A

Roll No.

Total No. of Questions : 30]

[Total No. of Printed Pages : 7

11thSZARJD22

6434-A

PHYSICAL EDUCATION

Time : 2.30 Hours]

[Maximum Marks : 70

Section-A

(Multiple Choice Questions)

1 each

Choose the most appropriate answer of the following questions :

1. Which city of Andhra Pradesh hosted first Kho-Kho National Championship for men ?

(A) Hyderabad

(B) Sikandrabad

(C) Vijayawada

(D) None of these

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Turn Over

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2. How many players are in a Handball Team ?
- (A) 12
 - (B) 14
 - (C) 16
 - (D) None of these
3. What is the length and breadth of Kabaddi Court ?
- (A) 11 m × 8 m
 - (B) 11 m × 10 m
 - (C) 12.5 m × 10 m
 - (D) None of these
4. What is the colour of Olympic Flag ?
- (A) White and Green
 - (B) Blue and White
 - (C) Milky white
 - (D) None of these

5. If an Archer hit gold part of the target, how many points an Archer will get ?
- (A) 9
 - (B) 8
 - (C) 10
 - (D) None of these
6. The terminology 'Free Hit' is associated with :
- (A) Football
 - (B) Cricket
 - (C) Hockey
 - (D) None of these
7. What is the length of Badminton Court ?
- (A) 43 feet
 - (B) 40 feet
 - (C) 42 feet
 - (D) None of these

8. Muscle tear is also known as :

- (A) Muscle cramp
- (B) Muscle twist
- (C) Muscle rapture
- (D) None of these

Section-B

(Very Short Answer Type Questions)

2 each

9. Write in brief the meaning of Physical Education.

Or

Explain the term harmonious growth and development.

10. List *four* career option in Physical Education.

11. What are the bad effects of alcohol on a human being ?

12. Write a short note on National Event.

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13. What is Balanced Diet ?
14. How many kinds of fracture ? Write their names.
15. Name any *two* fundamental skills of Hockey.
16. Define the term Career.
17. Write a short note on Maulana Abul Kalam Trophy.
18. Give *two* definitions of Physical Education.

Section-C

(Short Answer Type Questions)

3 each

19. Discuss the aim and objectives of Physical Education.

Or

Explain the need and importance of Physical Education.

20. Write down *three* National Sports Awards.
21. What is Obesity ? Explain the causes of obesity.

22. Give the difference between strain and sprain.
23. Explain briefly the ancient history of Olympic Games.
24. What do you know about Olympic Rings and Torch ?
25. What is the role of diet on sports performance ?
26. Highlight the avenues in Physical Education in modern time.
27. Explain briefly the effects of exercise on digestive system.

Section-D

(Long Answer Type Questions)

5 each

28. What do you mean by Respiration ? Explain the effect of exercise on respiratory system.

Or

Elaborate muscular system in detail. Discuss the effect of exercise on muscular system.

29. Explain the role of sports psychology in the field of Physical Education and Sports.

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(7)

Or

Elucidate the significance of achievement and motivation in games and sports.

30. Discuss various form of drugs used by sportsperson and its evil effect.

Or

Define Health. Write down the importance of health education in present era.

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