

DEHRADUN PUBLIC SCHOOL
ASSIGNMENT (2023- 24)
SUBJECT- PHYSICAL EDUCATION (048)
CLASS - XI

UNIT I: Changing Trends & Career in Physical Education

Multiple choice questions:

- Q1.** Which of the following materials cannot be used in preparing playing surface in sports?
a. Cricket
b. Hockey
c. Football
d. Athletics
- Q2.** Which One Of The Following Components Is Not Included In Khelo India Programme?
a. Playfield Development
b. Sports For Women
c. To Make Players Rich
d. Promotion Of Tribal Games
- Q3.** Yonex Cup Is Related To Which Sports?
a. Table Tennis
b. Badminton
c. Tennis
d. Football

Assertion -Reason type questions:

Given below are the two statements labeled as Assertion (A) and Reason (R).

- Q4. Assertion (A):** Physical education is the development of built-it qualities in the child through physical activities.

Reason (R): Physical education helps achieve all round development.

In the context of 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 and (R) is not the correct explanation of (A).
c. (A) is true but (R) is false.
d. (A) is false but (R) is true.
- Q5. Assertion (A) :** Today, careers in physical education and sports are focused on teaching and coaching in schools, colleges and universities.
- Reason (R) :** Not many physical education and sport professionals are pursuing careers in the fitness field, working in health clubs or corporate fitness centres.
- In the context of 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 and (R) is not the correct explanation of (A).
c. (A) is true but (R) is false.
d. (A) is false but (R) is true.

Subjective type questions:

- Q6.** List any two sports organisations that use artificial pitches.
- Q7.** Explain in detail any three career options of physical education.
- Q8.** What are the objective of physical education?
- Q9.** What are the changing trends in physical education?
- Q10.** The topic for school annual debate this year is 'Aims and Objectives of Physical Education'. While quite a few students feel the subject should be made compulsory, some students think having this as part of the curriculum will be a waste of time. The Principal has selected you to speak in favour of it and explain why physical education should be made a compulsory part of the syllabus.
- i. Explain physical education.

- ii. How does physical education enhance social skills?
- iii. What are the qualities that physical education helps improve in a person?

UNIT II: Olympism

Multiple choice questions:

- Q1.** The first Olympics is believed to have been played in:
a. 776 BC b. 394 AD c. 1898 d. 1894
- Q2.** Which one of the following is not the value of Olympism?
a. Friendship b. Solidarity c. Discrimination d. Fair play
- Q3.** What is the meaning of 'Fortius'?
a. Faster b. Bigger c. Higher d. Stronger

Assertion – Reason type questions:

Given below are the two statements labeled as Assertion (A) and Reason (R).

- Q4. Assertion (A):** The Olympic flag is made up of a white silk cloth in which five rings are embedded with each other.
Reason (R): The Olympic flame is the symbol of peace.
In the context of 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 and (R) is not the correct explanation of (A).
c. (A) is true but (R) is false.
d. (A) is false but (R) is true.
- Q5. Assertion (R) :** Summer olympics are held every four years .
Reason (R) : The 2020 olympics were scheduled to be held in Japan.
In the context of 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 and (R) is not the correct explanation of (A).
c. (A) is true but (R) is false.
d. (A) is false but (R) is true

Subjective type questions:

- Q6.** What is the Olympic Motto?
- Q7.** Describe National Olympics Committee.
- Q8.** Write a short note on the following:
i. Olympic Motto ii. Olympic Flag
- Q9.** Write down the functions of International Olympic Committee.
- Q10.** Sports traditionally has been the domain of the fit and able-bodied. Many people started to feel that the physically challenged people should also be able to enjoy sports and the competition. Thereafter, the role of sports and competition assumed importance for the intellectually challenged people as well. This brought about a lot of changes in the Olympic movement. Starting as finding the fittest athlete, today, besides finding winners, the Olympic movement has come to represent participation from all strata of society. These Games are held under the International Olympic Committee where India is represented by the Indian Olympic Committee.
i. What are the changes modern Olympics have witnessed since their inception in 1896?
ii. What role does the International Olympic Committee have?
iii. Write briefly about the Indian Olympic Committee.

UNIT III: Physical Fitness, Wellness and Lifestyle

Multiple choice questions:

- Q1. Performing daily chores without any fatigue is:
- a. Mental wellness
 - b. Dynamic ability
 - c. Physical fitness
 - d. None of these
- Q2. Which is NOT a balance test?
- a. Standing Balance Test
 - b. One Leg Stand
 - c. Plate Tapping
 - d. Flamingo Balance
- Q3. Which is a component of Skill related Fitness?
- a. Agility
 - b. Balance
 - c. Coordination
 - d. All of the above

Assertion –Reason type questions:

Given below are the two statements labeled as Assertion (A) and Reason (R).

Q4. **Assertion (A):** Endurance means the ability to continue an activity for a longer duration without fatigue.

Reason (R): Using maximum strength for completing a task is known as endurance. In the context of 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 and (R) is not the correct explanation of (A).
 - c. (A) is true but (R) is false.
 - d. (A) is false but (R) is true.
- Q5. **Assertion [A]:** Health is a state of good physical, mental and social well being.
- Reason [R]:** Homeostasis is the ability to maintain internal stability in an organism to compensate for external environmental changes.
- In the context of 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 and (R) is not the correct explanation of (A).
 - c. (A) is true but (R) is false.
 - d. (A) is false but (R) is true.

Subjective type questions:

- Q6. According to WHO, what is health?
- Q7. Explain the importance of physical fitness and wellness.
- Q8. Describe the seven components of wellness.
- Q9. What is the difference between Physical fitness component Speed and agility?
- Q10. In today's time, doing well at studies and scoring high marks in examination is the sole focus of many students and their parents. Many consider taking part in sports and physical activities as taking time off from their studies. But this is a misconception as a fit body is a must for a fit mind. Currently, wellness and fitness are part of a better lifestyle and this is gradually gaining importance. To do well one needs to feel well and sports and regular physical activity contributes a lot to this. We now understand that both these are multidimensional and interlinked. Keeping this in mind,
- i. How do we define physical fitness, wellness and lifestyle?
 - ii. What are the six dimensions of wellness?
 - iii. What are the advantages and disadvantages of modern lifestyle?

UNIT IV: Physical Education and Sports for CWSN

Multiple choice questions:

- Q1. Disability due to polio virus infection is:
a. Cerebral Palsy b. Poliomyelitis c. Spina Bifida d. Leprosy
- Q2. Name The Category Of Disability Which Can Be Difficult For Others To Recognize/ Acknowledge.
a. Physical b. Hidden c. Cognitive d. Intellectual
- Q3. World Disability Day Is Celebrated On
a. 2 April b. 21 June c. 29 August d. 3 December

Assertion -Reason type questions:

Given below are the two statements labeled as Assertion (A) and Reason (R).

Q4. Assertion (A): Physical education is recognized as an indispensable portion of the school curriculum.

Reason (R): It helps students attain physical, emotional, mental and social prowess and builds-up their self-esteem

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

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

Q5. Assertion (A): Adaptive Physical Education provide CWSN the capacity to be functionally active

Reason (R): Its goal is to help CWSN enhance their gross motor skills.

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

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

Subjective type questions:

Q6. What is intellectual disability?

Q7. What is the role of various professionals for the differently abled? Explain.

Q8. How does Adaptive Physical Education provide CWSN the capacity to be functionally active?

Q9. Why are safety issues important for CWSN during Physical Education?

Q10. Abhimanyu is a physical education teacher. It makes him very sad to know that there are many children with disabilities in his school who are unable to participate in physical education activities and so he decides to include participate of such students also in physical education activities. He started contribute in the physical improvement of a disabled child through special organisation, suitable venue and appropriate and improved material. He also requests to the principal for the availability of various professionals in the school for children with disabilities.

- What are the objectives of adapted physical education?
- What is the role of special educator for a CWSN?
- What is the role of counsellor for a Divyang person?

- ii. Classify asanas based on their positions?
- iii. Write a brief note on the performance of asanas.

UNIT VI: Physical Activity and Leadership Training

Multiple choice questions:

- Q1. Which is not a good quality of a leader?
a. Good personality b. Bad orator c. Regular d. None of the above
- Q2. Which of the following is not adventure sports in air?
a. Para gliding b. Hang gliding c. Scuba diving d. Sky surfing
- Q3. Which of the following is not a physical activity?
a. Dancing b. Gardening c. Domestic work d. Reading a book

Assertion –Reason type questions:

Given below are the two statements labeled as Assertion (A) and Reason (R).

Q4. Assertion(A): Adventure sports are also known as extreme sports

Reason(R): These are sporting activities that involve high level of danger as they involve speed, heights and a lot of effort

In the context of 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 and (R) is not the correct explanation of (A).
 - c. (A) is true but (R) is false.
 - d. (A) is false but (R) is true.
- Q5. Assertion(A):** As sports captain, the suggestions given to prevent injuries would include use of protective gear.

Reason (R): As sports captain, the suggestions given to prevent injuries would include use of protective gear

In the context of 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 and (R) is not the correct explanation of (A).
- c. (A) is true but (R) is false.
- d. (A) is false but (R) is true.

Subjective type questions:

- Q6. How would you define adventure sports?
- Q7. What are the four types of physical activity?
- Q8. List the qualities of good leader.
- Q9. How does physical education helps in creating in leader?
- Q10. Physical education leads to developing leadership skills. PE sets up an attitude of team spirit and social working as well as teaches success and failure to be two sides of the same coin. This is vital for a leader to learn and practise. While sports and physical education has much to offer for the body, it also helps sharpen social and mental skills and can help generate passion for taking everybody along towards a common goal. A fit body can accommodate a fit mind. Keeping this in mind, answer the following questions:
- i. What attributes does PE develop in shaping up leaders?
 - ii. Decision-making is learnt by leaders on the sports fields! Comment.

iii. What skills does PE help develop that prove beneficial to a leader later.

UNIT VII: Test, Measurement and Evaluation

Multiple choice questions:

- Q1. Which scale is used to rank the things?
a. Nominal measurement scale b. Interval scale c. Ordinal scale d. Ratio scale
- Q2. The ability to effectively integrate the moments of the body parts is
a. Agility b. Balance c. Co-ordination d. Speed
- Q3. Test and measurement scores are helpful in
a. determining the strengths, weaknesses and limitations of a student
b. discouraging the student from participating in a particular activity
c. helping a student pick up the sports activity of his/her choice
d. predicting the student's future level of achievement

Assertion –Reason type questions:

Given below are the two statements labeled as Assertion (A) and Reason (R).

Q4. Assertion(A):A test is a tool to evaluate the skill, knowledge, capacities or aptitudes of an individual or a group.

Reason(R): Evaluation in the form of numerical values or scores requires measurement.

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

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

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

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

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

Q5. Assertion(A): A diagnosis is necessary to identify a person's physical education activity-related strengths, weaknesses, and limits

Reason(R): The diagnosis aids in identifying the student's need(s).

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

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

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

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

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

Subjective type questions:

Q6. What is the purpose of 'Intelligence Test'?

Q7. What is a 'Test'? List any four types of tests.

Q8. What are the objectives of test and Measurement?

Q9. Distinguish between Test, Measurement and Evaluation. Highlight their importance in Sports.

Q10. Evaluation and measurement is important to assess the base and then the progress in all facets of life, more so in sports. Performance enhancement is always a goal but one needs to know and understand the starting baseline. Before any sports can be initiated, a clear understanding of why it is important to test, measure and evaluate any sports performance has to be in place.

➤ Based on the above case study answer the following questions.

i. What do you understand by test, measurement and evaluation?

ii. Why is it important?

iii. How do these factors help you in effective planning of the school sports curriculum?

UNIT VIII: Fundamentals of Anatomy, Physiology Kinesiology in Sports

Multiple choice questions:

- Q1. Body composition is related to:
a. Physiology b. Anatomy c. Kinesiology d. All of the above
- Q2. Sagittal plane divides the body into:
a. Front and Back b. Left and Right c. Upper and Lower half d. none of these
- Q3. The scientific study about the human or non-human body movements it is known as ____
a. Physiology b. Anatomy c. Biology d. Kinesiology

Assertion –Reason type questions:

Given below are the two statements labeled as Assertion (A) and Reason (R).

Q4. Assertion (A): Larynx is also called voice box.

Reason (R): Larynx is a strong tube of approximately 12 cm long.

In the context of 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 and (R) is not the correct explanation of (A).
- c. (A) is true but (R) is false.
- d. (A) is false but (R) is true.

Q5. Assertion (A): Kinesiology, known as “human kinetics.

Reason (R): Kinesiology is the study and practice of human movement and function using the principles of anatomy, physiology, biomechanics, psychology, and neuroscience.

In the context of 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 and (R) is not the correct explanation of (A).
- c. (A) is true but (R) is false.
- d. (A) is false but (R) is true

Subjective type questions:

Q6. Which is the longest and the smallest bone in human body?

Q7. State the function of the heart.

Q8. What do you understand by Kinesiology?

Q9. Describe various types of movements in joints with the help of examples.

Q10. When we sit up or stand, the body tends to maintain the posture. This is the equilibrium and is multifactorial in origin. The body needs to maintain equilibrium not only at rest but also during movement. There are seven fundamental movements in the human body. These work in tandem to maintain balance and equilibrium at rest and while in motion. Losing this capability is incapacitating. The stability of the human body follows the principles of physics and these determine the degree of stability. Thus, a young child is less stable than an adult, so an adult can run faster and stand for long while maintaining equilibrium. Use of this equilibrium and related concept of centre of gravity finds great importance in sports.

- i. How do you define equilibrium? What are the different types of equilibrium? What are the seven fundamental movements?
- ii. What are the guiding principles determining degree of stability?
- iii. How is the concept of equilibrium and centre of gravity used in sports?

UNIT IX: Psychology and Sports

Multiple choice questions:

Q1. Rapid physical changes happen in:

- a. Infancy b. Childhood c. Adolescence d. Adulthood

Q2. Who known as father of experimental psychology?

- a. Wilhelm Wundt b. John B Watson c. Richard H Cox d. Sigmund Freud

Q3. Rajita regularly binges on large meals. She then makes herself vomit and follows up with two hours of exercise. Rajita is most likely suffering from which eating disorder?

- a. Toxemia b. Obesity c. Bulimia nervosa d. Anorexia nervosa

Assertion –Reason type questions:

Given below are the two statements labeled as Assertion (A) and Reason (R).

Q4. **Assertion(A): Extroverts** Have more self-confidence, take more interest in others, are outgoing, lively and realistic

Reason(R): They are very social and form friends quite easily. Actors, social and political leaders etc belong to this group

In the context of 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 and (R) is not the correct explanation of (A).
c. (A) is true but (R) is false.
d. (A) is false but (R) is true.

Q5. **Assertion (A):** Adolescence is a stage of rapid development.

Reason (R): In this stage, changes happen in the physical, mental, emotional and social spheres of young people.

In the context of 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 and (R) is not the correct explanation of (A).
c. (A) is true but (R) is false.
d. (A) is false but (R) is true.

Subjective type questions:

Q6. How does the sports psychology help in motor skill learning?

Q7. Discuss the management of adolescent problems.

Q8. Discuss the developmental characteristics of early childhood and their impact on learning.

Q9. In what ways could knowledge of sports psychology benefit athletes?

Q10. Mind and our thought processes determine our life. Success and failures arise with our thoughts.

Our behaviour is linked to our feelings and thoughts. This is important in all aspects of life but vital in the field of sports. Today, sports psychology plays an important role in shaping champions. In fact, most top sportspersons seek sports psychologists' help to reach their peak. Although it is a relatively new field, it has proven to be of immense value for top players and sportspersons. While sports psychology focuses on skill development, counselling and training, most modern sports trainings are designed keeping in mind the athletes' psychology. As stresses of modern life grow, understanding of and implementation of sports psychology into training is becoming more and more important.

- i. Define sports psychology. What areas does it focus on?
ii. How does having a sports psychologist help a sportsperson?

iii. How does aid from a sports psychologist enhance an athletes' performance?

UNIT X: Training and Doping in Sports

Multiple choice questions:

- Q1. According to the principle of progression, load should be:
- Increased suddenly
 - Increased gradually
 - Decreased suddenly
 - Decreased gradually
- Q2. **Exercise is a short-term activity which results in**
- normalizing the heart rate
 - decreasing blood pressure
 - increase in blood flow
 - decrease in heart rate
- Q3. **The main benefit of systematic and scientific sports training is an increase in**
- performance
 - injuries
 - physical labour
 - supervision

Assertion –Reason type questions:

Given below are the two statements labeled as Assertion (A) and Reason (R).

Q4. Assertion (A): Stimulants are considered as drugs.

Reason (R): Gene doping is Physical method of doping.

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

- Both (A) and (R) are true and (R) is the correct explanation of (A).
 - Both (A) and (R) are true and (R) is not the correct explanation of (A).
 - (A) is true but (R) is false.
 - (A) is false but (R) is true.
- Q5. Assertion (A):** Sports training is planned and controlled process.
- Reason (R):** Training is essential in the field of sports and physical education.
- In the context of above two statements, which one of the following is correct?
- Both (A) and (R) are true and (R) is the correct explanation of (A).
 - Both (A) and (R) are true and (R) is not the correct explanation of (A).
 - (A) is true but (R) is false.
 - (A) is false but (R) is true.

Subjective type questions:

- Q6. What do you understand by 'Prohibited substances', in sports?
- Q7. Explain any five principles of sports training.
- Q8. Why is systematic sports training required for an athlete?
- Q9. What do you understand by Principle of Meso Cyclicity?
- Q10. Prince enrolled himself in a basketball academy where his coach explained the planned training process based on scientific principles. Apart from this, information about what to keep in mind while training during coaching and ways to focus on skill development and techniques, were provided. A player is unable to give his best performance in the absence of the above information. Apart from this, information was also provided that the banned medicines should not be included in their diet.
- Based on the above case study answer the following questions.
- Discuss principle of specificity in sports training.
 - Discuss the principle of variety in sports training.
 - What do you understand by doping?