

**CLASS: 11th**

**Code: A**

Roll No 

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**Physical Education**  
**National Skills Qualification Framework**  
(NSQF)  
[Hindi and English Medium]  
**ACADEMIC**

समय: 2.30 घण्टे]

[ पूर्णांक: 60

Time allowed: 2.30 hours]

[ Maximum Marks: 60

- कृपया जांच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 4 तथा प्रश्न 30 हैं।  
Please make sure that the printed pages in this question paper are 5 in number and it contains 30 questions.
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें।  
Before beginning to answer a question, its Serial Number must be written.
- उत्तर-पुस्तिका के बीच में खाली पन्ना न छोड़ें।  
Don't leave blank page/pages in your answer-book.
- उत्तर-पुस्तिका के अतिरिक्त कोई अन्य शीट नहीं मिलेगी। अतः आवश्यकतानुसार ही लिखें और लिखा उत्तर न काटें।  
Except answer-book, no extra sheet will be given. Write to the point and do not strike the written answer.
- परीक्षार्थी अपना रोल नं० प्रश्न-पत्र पर अवश्य लिखें। रोल नं० के अतिरिक्त प्रश्न-पत्र पर अन्य कुछ भी न लिखें और वैकल्पिक प्रश्नों के उत्तरों पर किसी प्रकार का निशान न लगाएं।  
Candidate must write their Roll No. on the question paper. Except Roll No. do not write anything on question paper and don't make any mark on answer of objective type questions.
- कृपया प्रश्नों के उत्तर देने से पूर्व यह सुनिश्चित कर लें कि प्रश्न-पत्र पूर्ण व सही है, परीक्षा उपरान्त इस सम्बन्ध में कोई भी दावा स्वीकार नहीं किया जायेगा।  
Before answering the questions, ensure that you have been supplied the correct and complete question paper, no claim in this regard, will be entertained after examination.

Instructions (निर्देश): -

1. All questions are compulsory. (सभी प्रश्न अनिवार्य हैं)
2. Question no. **1 to 15** are MCQ/ One Word/ Fill in the Blank type's questions carrying **one marks** each. (प्रश्न 1 से 15 तक एक नंबर के हैं)
3. Question no **16 to 21** are very short answer type question carrying **two marks**.  
(प्रश्न 16 से 21 दो नंबर के हैं)
4. Question no **22 to 27** are short answer type question carrying **three marks**.  
(प्रश्न 22 से 27 तीन नंबर के हैं)
5. Question no **28 and 30** are long answer type questions carrying **five marks**.  
(प्रश्न 28 से 30 पांच नंबर के हैं)

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[ खण्ड-अ ]  
[Section-A]

**Objective Types Questions**

**15 x 1 = 15 Marks**

- Q- 1 There are \_\_\_\_\_ energy systems in our body.
- Q- 2 \_\_\_\_\_ stores information permanently in your computer.
- Q- 3 \_\_\_\_\_ has the shortest training cycle period?
- Q- 4 Write full form of C.P.U.
- Q- 5 Write full form of ROM?
- Q- 6 In which form carbohydrates is stored in our body?
- Q- 7 How many domains of childhood?
- A) 1.                      B) 2.  
C) 3.                      D) 4.
- Q- 8 How many weeks in macro plan?
- a) 54. b) 52. c) 51. d) 50.
- Q- 9 How many types of communication?
- a) 1. b) 2. c) 3 d) 4
- Q- 10 What is meaning of ' M ' in SMART ?
- a) money. b) measurable.  
c) mesothelioma d) None of these
- Q- 11 Injury of tissues is called:-
- a) sprain. b) strain  
c) both a & b. c) none of these
- Q- 12 lack of water in our body is called:-
- a) hydration. b) dehydration

c) malnutrition. c) all of the above

Q- 13 Assertion: A good pair of weight training gloves is important for training.

Reason: They give a better grip.

- (a) assertion is correct but reason is wrong statement.
- (b) reason is correct but assertion is wrong statement.
- (c) both are correct but reason is not correct explanation of assertion.
- (d) both are correct and reason is correct explanation.

Q- 14 Assertion: Regular hand washing is unessential factory for good health

Reason: Hand washing prevents us from infection.

- (a) assertion is correct but reason is wrong statement.
- (b) reason is correct but assertion is wrong statement.
- (c) both are correct but reason is not correct explanation of assertion.
- (d) both are correct and reason is correct explanation.

Q- 15 Assertion: Warning up is very important before doing any sports.

Reason: It increase the risk of injuries and muscles cramps.

- (a) assertion is correct but reason is wrong statement.
- (b) reason is correct but assertion is wrong statement.
- (c) both are correct but reason is not correct explanation of assertion.
- (d) both are correct and reason is correct explanation.

[ खण्ड—ब ]

[Section-B]

**Very Short Answer Types Questions**

**6 x 2 = 12 Marks**

Q- 16 Write about mesomorph ?

Q- 17 What is cognitive development?

Q- 18 What is medical aid ?

Q- 19 Write about ' Planck ' ?

Q- 20 What is word processor?

Or

What is nose bleeding?

Q- 21 What is recreational activities?

Or

What is hygiene ?

[ खण्ड—स ]

[Section-C]

### **Short Answer Types Questions**

**6 x 3 = 18 Marks**

Q- 22 What is strain?

Q- 23 Write the effect of heredity on personal health?

Q- 24 Write the benefits of warming up?

Q- 25 What is biological age?

Q- 26 What is qualities of entrepreneur ?

Or

Why is the environment health is important?

Q- 27 What is anaerobic activities?

Or

Write about squats and push ups ?

Part- D

[ खण्ड—द ]

[Section-D]

### **Long Answer Types of Questions**

**3 x 5 = 15 Marks**

Q- 28 Explain basic sports injuries and it's remedies?

Or

Explain recognizing emergencies and factors responding recognizing emergencies?

Q- 29 How to be safe and act responsibly at playground?

Or

Explain the following

1) Talent detection

2)Talent Identification

3) Talent development.

Or

Q- 30 Explain macro, measo and micro planning?

Or

Discuss the factors affecting the selection of equipment for play field?