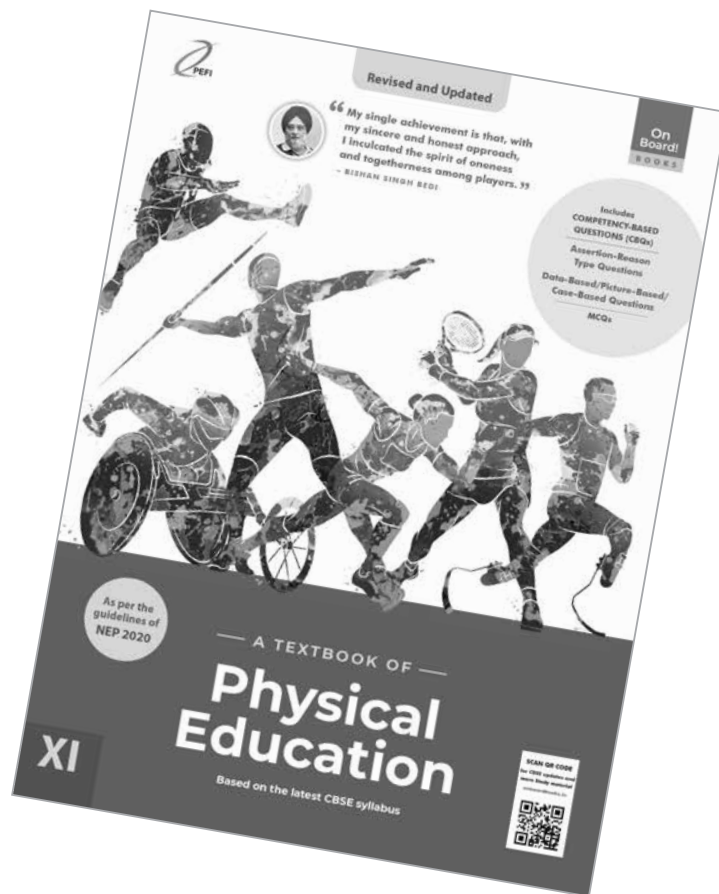


WORKSHEETS

— A TEXTBOOK OF —
Physical Education
Class XI



On
Board!

BOOKS

An imprint of Ratna Sagar P. Ltd.

© On Board! Books

CONTENTS

1. Changing Trends and Career in Physical Education 3 (Worksheet 1)
2. Olympic Value Education 5 (Worksheet 2)
3. Physical Fitness, Wellness and Lifestyle 7 (Worksheet 3)
4. Physical Education and Sports for CWSN 9 (Worksheet 4)
5. Yoga 11 (Worksheet 5)
6. Physical Activity and Leadership Training 13 (Worksheet 6)
7. Test, Measurement and Evaluation 15 (Worksheet 7)
8. Fundamentals of Anatomy, Physiology and Kinesiology in Sports 17 (Worksheet 8)
9. Psychology and Sports 19 (Worksheet 9)
10. Training and Doping in Sports 21 (Worksheet 10)

WORKSHEET 1

CHAPTER 1

CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION

Answer the following questions.

A. Multiple-Choice Questions

1. What is the full form of NTA?
a. National Tutor's Association b. New Testing Agency
c. National Testing Agency d. None of these
2. A Pan Indian Sports Scholarship scheme covers _____ most talented young athletes from different disciplines.
a. 1200 b. 1000 c. 1400 d. 1500
3. Which is not a traditional sport of India?
a. Kabaddi. b. Kho-kho c. Mallakhamba. d. Swimming.
4. FIBA World Cup is associated with
a. Football. b. Basketball. c. Boxing. d. Badminton.
5. National Games of India is commonly known as
a. Indian Sports. b. Indian Oscar. c. Indian Olympics. d. Khelo-India.

B. Short Answer Type-I Questions

1. What is the basic structure of academic education in physical education required to have a fruitful career in the field?

2. What are the assets that the Sports Authority of India look for in their senior officers?

Name:

Teacher's signature:

Class: XI

Date:

3. What is the career prospect in the field of Sports Medicine?

4. Why is teaching physical education considered a science in its own right?

5. Briefly discuss the career prospect of personal trainer in India.

C. Short Answer Type-II Questions

1. What are the duties of Sports Authority of India?

2. Write short notes on any two of the following:

a. Career in sports broadcasting

b. Career in sports journalism

c. Publication and authorship of books

WORKSHEET 2

CHAPTER 2 OLYMPIC VALUE EDUCATION

Answer the following questions.

A. Multiple-Choice Questions

- When was the first recorded Olympics held?
a. 786 BCE b. 776 BCE c. 706 BCE d. 756 BCE
- Which medals were awarded in the ancient Olympic Games?
a. Gold medals b. Silver medals c. Bronze medals d. No medals
- When were the Olympic Games abolished?
a. 394 CE b. 767 CE c. 596 CE d. 678 CE
- For how many years the President of IOC is elected by the members?
a. 10 b. 12 c. 8 d. 6
- Which new word is added in the motto of Olympic Games in 2021?
a. Faster b. Together c. Higher d. Stronger

B. Short Answer Type-I Questions

- Describe briefly the structure of International Olympic Committee (IOC).

- Briefly describe about the Olympic Oath.

- What is the aim of Special Olympics?

Name:

Teacher's signature:

Class: XI

Date:

4. What are the rules set for the competitors of the Olympic Games?

5. Briefly describe the closing ceremony of the Olympic Games.

C. Short Answer Type-II Questions

1. How is the structure of International Olympic Committee different from that of Indian Olympic Association?

2. Write short notes on any three of the following Olympic Values:

a. Friendship and solidarity

b. Peace

c. Fair play

d. Equality

3. How does dynamic strength differ from static strength?

4. What is wellness and why is it important to keep physically fit and well?

5. How can we reduce depression and stress and improve concentration by keeping a healthy and positive lifestyle.

C. Short Answer Type-II Questions

1. Healthy lifestyle and regular exercises can prevent health threats. How?

2. Write short notes on any three of the following topics:

- a. Body Composition b. Flexibility c. Endurance d. Coordinative abilities

WORKSHEET 4

CHAPTER 4 PHYSICAL EDUCATION AND SPORTS FOR CWSN

Answer the following questions.

A. Multiple-Choice Questions

- When was the name of Special Olympic India changed to Special Olympic Bharat?
a. 2010 b. 2008 c. 2004 d. 2001
- Which medal Avani Lekhara won in 2021 Summer Paralympic Games in Tokyo?
a. Gold medal b. Silver medal c. Bronze medal d. both a. and c.
- To which part of the body the disease hypertonia is related to?
a. Joints b. Bones c. Muscles d. Heart
- When was the Saksham Scholarship Scheme launched by the Ministry of HRD?
a. 2015 b. 2016 c. 2018 d. 2014
- Where was the first Deaflympics held?
a. New Delhi b. Tokyo c. Paris d. London

B. Short Answer Type-I Questions

- What are the visions of Special Olympics Bharat?

- What are the different forms of disability and how is adaptive physical education helpful for disabled people?

Name:

Teacher's signature:

Class: XI

Date:

3. What are the different points where adaptive physical education is mainly focused?

4. What are the eight types of physical impairment that are recognized by IPC?

5. What are the characteristics of Deaflympics?

C. Short Answer Type-II Questions

1. What has been India's contribution in the implementation of Inclusive education?

2. Who are special educators? What are their roles?

WORKSHEET 5

CHAPTER 5 YOGA

Answer the following questions.

A. Multiple-Choice Questions

- How many limbs are there in Yoga?
a. 6 b. 9 c. 8 d. 11
- Which asana is also referred to as palm tree pose?
a. Tadasana b. Sukhasana c. Padmasana d. Naukasana
- How many Yoga sutras were described by Patanjali?
a. 199 b. 201 c. 208 d. 196
- Which of the following is not one of the categories of asanas?
a. Meditative asanas b. Relaxative asanas c. Energetic asanas d. Cultural asanas
- Which of the following is not a Relaxative asana?
a. Shashankasana b. Vajrasana c. Shavasana d. Makarasana

B. Short Answer Type-I Questions

- How is Dharana different from Dhyana?

- Why is Shashankasana put under the category of Relaxative Asanas?

Name:

Teacher's signature:

Class: XI

Date:

3. How is yoga-nidra attained? What are the conditions required for it?

4. What is pranayama and what are its benefits? Name the eight types of pranayama.

5. What are the benefits of practicing eight limbs of yoga?

C. Short Answer Type-II Questions

1. What are Cultural asanas? What are the different types of Cultural asanas?

2. What is yogic kriya? What are the six yogic kriyas?

WORKSHEET 6

CHAPTER 6 PHYSICAL ACTIVITY AND LEADERSHIP TRAINING

Answer the following questions.

A. Multiple-Choice Questions

- Which is not an adventure sport?
a. Paragliding b. Swimming c. Trekking d. River rafting
- Which of these is not an equipment required for rock climbing?
a. Harness b. Knee brace c. Paddle d. Rope
- Which is not a quality of leadership?
a. Clarity of thoughts b. Sense of integrity c. A vision d. Muscle power
- Which is not the role of a leader?
a. Planning b. Execution of planning c. Dictating rules d. Communicating
- Which slows down the progress by putting a break in the training and performance session?
a. Anger b. Injury c. Precaution d. Carelessness

B. Short Answer Type-I Questions

- What are adventure sports?

- A leader is a guide, philosopher and a friend for his fellow mates. How?

Name:

Teacher's signature:

Class: XI

Date:

3. How does physical education present a person opportunity to become a leader?

4. How is an adventure sport a real test of character for a person?

5. Why one should take safety measures while performing adventure sports?

C. Short Answer Type-II Questions

1. What are the different types of adventure sports? Why do sportspersons need safety equipment for adventure sports?

2. Write three safety measures which need to be taken to prevent sports injuries during pre-activity, during-activity and post-activity sessions.

WORKSHEET 7

CHAPTER 7 TEST, MEASUREMENT AND EVALUATION

Answer the following questions.

A. Multiple-Choice Questions

- Who is an underweight person?
a. BMI < 18.5 b. BMI > 40 c. BMI = 25 d. BMI = 18.5
- People who are prone to knee and feet problems and have a low centre of gravity are called
a. mesomorphs. b. ectomorphs. c. endomorphs. d. none of these.
- Generally rhythmic gymnasts are
a. mesomorphs. b. ectomorphs. c. endomorphs. d. somatogrph.
- _____ refers to the process of administering a test to obtain quantitative data.
a. BMI b. Evaluation c. Measurement d. Body weight
- Which sport is not suitable for ectomorphs?
a. Badminton b. Tennis c. Gymnastics d. Wrestling

B. Short Answer Type-I Questions

- Why do endomorphs find it difficult to lose weight?

- What are the traits of mesomorphs?

Name:

Teacher's signature:

Class: XI

Date:

3. What is Heath-Carter measurement system?

4. What is WHR? How is it calculated?

5. Why are tests considered to be an indispensable tool for proper planning and management in the realm of physical education?

C. Short Answer Type-II Questions

1. What is BMI and how is it calculated?

2. What is Body Composition and how is it measured?

WORKSHEET 8

CHAPTER 8 FUNDAMENTALS OF ANATOMY, PHYSIOLOGY AND KINESIOLOGY IN SPORTS

Answer the following questions.

A. Multiple-Choice Questions

- The study of movements, whether of the human body or that of non-human animals, is called
a. anatomy. b. physiology. c. kinesiology. d. pathology.
- According to Canadian Kinesiology Alliance, which one of the following does not come under the scope of practice of kinesiology?
a. Motor redundancy b. Neuroplasticity
c. Adaptation through exercise d. Motor adaptability
- Joints between the carpals and the tarsals are called
a. gliding joints b. hinge joints c. condyloid joints d. pivot joints
- Which is the longest bone in human body?
a. tibia b. femur c. carpal d. fibula
- Windpipe is also called
a. pharynx. b. larynx. c. trachea. d. bronchi.

B. Short Answer Type-I Questions

- What are the differences between axial skeleton and appendicular skeleton?

- What is systematic circulation of blood?

Name:

Teacher's signature:

Class: XI

Date:

3. What is diaphragm? What is its role in the respiratory system?

4. What is the shape, size, weight and location of the heart in human body?

5. How is centre of gravity and state of equilibrium related in human body?

C. Short Answer Type-II Questions

1. What are the types of arteries and capillaries?

2. What is lymphatic system and what are its functions?

WORKSHEET 9

CHAPTER 9 PSYCHOLOGY AND SPORTS

Answer the following questions.

A. Multiple-Choice Questions

- Adolescent begins at and continues till the age of
 - 19 years.
 - 20 years.
 - 21 years.
 - 18 years.
- _____ changes can bring about emotional turmoil in adolescents.
 - Physiological
 - Hormonal
 - Psychological
 - Sexual
- Who described adolescent phases as “biting winds rather than congenial breezes”?
 - Samuel Butler
 - Stanley Hall
 - Hurlock
 - J E Anderson
- The science that deals with the study of behaviour is called
 - Kinesiology.
 - Physiology.
 - Psychology.
 - Anatomy.
- The literal meaning of _____ is the science of the soul.
 - Physiology
 - Psychology
 - Sports
 - Adolescent

B. Short Answer Type-I Questions

- What is the importance of sports psychology and a sports psychologist?

- What are the problems faced by adolescents? Explain any one problem.

Name:

Teacher's signature:

Class: XI

Date:

3. What are the physiological and psychological changes that take place during the age of 12–18?

4. Why is sex education important for adolescents?

5. Which are the developmental characteristics that have been included at different stages of development?

C. Short Answer Type–II Questions

1. How are physiological changes and emotional changes interlinked with each other during adolescence?

2. Define growth and development. How is growth different from development?

WORKSHEET 10

CHAPTER 10 TRAINING AND DOPING IN SPORTS

Answer the following questions.

A. Multiple-Choice Questions

- Which is the longest training cycle?
a. Macro-cycle b. Mesocycle c. Micro-cycle d. Nano-cycle
- Which skill requires intense physical involvement and coordination abilities?
a. Simple skill b. Complex skill c. Gross skill d. Fine skill
- Article 2 of the World Anti-Doping Agency (WADA) was passed in the year?
a. 2010 b. 2012 c. 2015 d. 2011
- Human Growth Hormone (HGH) is also called _____
a. Somatotropin b. Narcotics c. Beta-2 Agonists d. Cannabinoids
- The way of boosting the number of red blood cells in the blood stream is called
a. Gene-doping. b. Blood doping. c. Stimulant. d. Narcotics.

B. Short Answer Type-I Questions

- What is the aim and objective of the WADA Code?

- Define Skill, Style and Technique in terms of sports and how are they related to each other?
Which skills are used in sports?

Name:

Teacher's signature:

Class: XI

Date:

3. How is Blood doping different from Gene doping? Why are they prohibited in sports?

4. What is substance abuse and why is it harmful?

5. What is limbering down and why is it important for a sportsperson?

C. Short Answer Type-II Questions

1. What are the ways to prevent a person from falling prey to substance abuse?

2. What are the general methods of warming-up?
