

**Bhavan's Tripura Vidyamandir**  
1<sup>st</sup> Terminal Examination : (2024-2025)

**Class:- 11**

**Time:- 3 Hours**

**Name of the student :**

**Subject:- Phy. Edcn**

**Total :- 70 Marks**

**Stream: Roll:**

**INSTRUCTION**

- 1) The question paper consists of 5 section and 34 question.
- 2) Section A consist of question 1 to 18 carrying 1 mark.
- 3) Section B consist of question 19 to 23 carrying 2 Marks.
- 4) Section C consist of question 24 to 28 carrying 3 Marks
- 5) Section D consists of question 29 to 31 carrying 4 Marks.
- 6) Section E consists of question 32 to 34 carrying 5 marks.
- 7) Section B to E internal choice available.

**SECTION A**

- 1) The sports which is not included in the Olympic is -  
A) cricket                      B) Hockey                      C) football                      D) athletics.
- 2) How many sports have been included in the khelo India program ?  
A) 16                              B) 17                              C) 18                              D) 19
- 3) In the khelo India program the selected player is given an amount of RS -  
A) 5 lakh                      B) 6 lakh                      C) 7 lakh                      D) 8 lakh.
- 4) Who is the father of modern olympic games?  
A) Pierre de coubertin B) Aristotal                      C) John pole                      D) H .C buck.
- 5) How many rings are there in the Olympic symbol?  
A) 5                              B) 6                              C) 7                              D) 8.
- 6) The ring in the Olympic flag represent-  
A) five continents              B) five countries              C) five colours.                      D) five years.
- 7) Who are the representatives of Olympic around the world?  
A) IOC                              B) NGO                              C) NOC                              D) FIFA
- 8) The headquarters of IOC -  
A) Germany                      B) Switzerland                      C) France                              D) Sweden.
- 9) Where is Lakshmibai National institute of physical education situated?  
A) New Delhi                      B) patiyala                      C) Kerala                              D) Gwalior
- 10) SAI stand for  
A) sports appointment of India                      B) sports academy of India  
C) sports authority of India                      D) sports accreditation.
- 11) Which of the following is not a type of disability?  
A) cognitive disability B) intellectual disability C) physical disability                      D) Behaviour.
- 12) The logo of Olympic games was created by  
A) Eunice Kennedy Shriver                      B) Deion Nash  
c) Guttman                              D) Coubertin
- 13) The maximum effort made to lift a weight is called -  
A) explosive strength B) endurance                      C) Agility                              D) maximum strength.
- 14) In which country was the first aid word first use?  
A) USA                              B) England                              C) Germany                              D) China.
- 15) When was the word first aid first use?  
A) 1869                              B) 1905                              C) 1890                              D) 1879.
- 16) Exercise for a longer duration with less weight -  
A) endurance                      B) strength                              C) speed                              D) agility
- 17) Not a source of physical activity  
A) Gym trainer                      B) Umpire                              C) agriculture profession                      D) administrator.
- 18) Which is not a health related physical fitness component?  
A) muscular endurance                              B) Cardio respiratory endurance  
C) speed                              D) flexibility .

## SECTION B

- 19) Short note - khelo India program  
20) Meaning of PRICE  
21) Function of IOC.  
22) Write the objectives of yoga.  
23) Short note on Olympic symbol Or What is Fit India program

## SECTION C

- 24) Write the aim and objective of physical education
- 25) Write the aim and objective of Olympic.
- 26) Write the role of counsellor and physiotherapist for CWSN
- 27) Write the causes of disability.
- 28) Write the objective of first aid. **Or** Write the quality of good leader.

## SECTION D

- 29) Shantanu is a student of class 11. He was absent in the class today. In the evening he called up his friend Anil and asked him about the subject that were thought in the class. Anil told him that there was a discussion about the Olympic in which told about the Olympic flag and symbol, and a discussion about the history of Olympic.

- 1) How many colour are there in the Olympic flag?  
A) 4                      B) 5                      C) 6                      D) 3
- 2) How many countries was participated in first Olympic meeting?  
A) 4                      B) 5                      C) 6                      D) 7
- 3) The red colour represent of  
A) Africa                      B) America                      C) Asia                      D) Australia.
- 4) Olympic flag made of  
A) white silk cloth                      B) Red silk cloth .  
C) white cotton cloth                      D) Red cotton cloth.

- 30) khelo India program was started by honorable prime minister on 31st January 2018 .Talented sports person selected by the high level committee will be given 5 lakh rupees per year for 8 years to help the players in their training ,food etc. First khelo India school sports was organised 31st January to 8 February 2018 for children under 17 years of age.

- 1) What is the objective of khelo India program?  
A) to promote sports culture  
B) to develop team spirit.  
C) to develop sports ground  
D) all the above.
- 2) Who was the prime minister of that time?  
A) Prime minister Narendra Modi.  
B) prime minister Atal Bihari Vajpayee.  
C) prime minister Dr Manmohan Singh  
D) prime minister Rajiv Gandhi.
- 3) How many sports are included in kilo India program?  
A) 16  
B) 17  
C) 18  
D) 19
- 4) Which games are not included in khelo India program?  
A) cricket  
B) football  
C) volleyball  
D) Basketball

- 31) RAM is a student of class 11 and is suffering from obesity. During a recent medical checkup at school he was advised to practice yoga asana and participate in sports activity for curing it.

- 1) The yoga instructor at the school has asked Ram to perform  
A) Shabasana                      B) Vajrasana                      C) chakrasana                      D) Gumukhasana.
- 2) Which asana increase digestion after a meal?  
A) Hastasana                      B) Vajrasana                      C) Chakrasana                      D) Halasana.
- 3) The main causes of obesity  
A) Excessive intake food                      B) Lack of exercise                      C) luxury lifestyle                      D) All the above.
- 4) International yoga day celebrated on  
A) 21 June                      B) 21 July                      C) 21 may                      D) 21 January

## SECTION E

- 32) What is obesity? Explain the procedure and benefit of any one ashna for obesity
- 33) Write five component of physical fitness.
- 34) Write the history of Olympic Or What is asthma? Write the causes symptoms and precaution of asthma.

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**Class:- 12**

**Time:- 3 Hours**

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**Total :- 70 Marks**

**Stream:            Roll:**

- 1/ The question paper consist of five section and 34 question.  
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**Section A**

- 1/ Purchase of sports equipment is a work of the --- committee  
A/ technical B/ logistics C/ marketing D/ finance  
2/Posture is an index of -  
A/personality B/health C/character D/fitness.  
3/ Which of these races is run to promote brotherhood ?  
A/ run for fun B/ run for specific causes C/ run for unity D/ health run  
4/Paralympic game was first organised in -  
A/2010 B/1960 C/1896 D/1982  
5/ the basic function of management is  
A/ controlling B/ budget C/ planning D/ organising  
6/Eunice Kennedy Shriver is associate with -  
A/special Olympic  
B/Summer Olympic  
C/ancient Olympic  
D/Deaf olympic  
7/ what is the normal heart beat in a minute ?  
A/ 72/minutes  
B/60 / minutes  
C/120/ minutes  
D/ 90/ minutes  
8/the first Paralympic game where held in -  
A/1960 B/2010 C/1982 D/1906  
9/ deformity of the leg is known as  
A/ scoliosis B/ lordosis C/knock knee D/ kyposis  
10/how many calories per day are required for a person?  
A/1500-2000  
B/2000-2500  
C/2500-3000  
D/3000-3500.  
11/ posture is index of ?  
A/ personality B/ health C/ character D/ fitness  
12/which of the following is a micro nutrient?  
A/carbohydrate B/fats C/ water D/vitamin.  
13/in which country was the first aid word first used  
A/USA  
B/China  
C/England  
D/Germany.

14/ which of the following is not a symptoms of food intolerance?

A/ headache B/ vomiting C/ stomach pain D/ happiness.

15/ maximum carbohydrate are obtained from?

A/ whole grain food B/ fish C/ plant oil D/ nuts

16/ International yoga day is celebrated on.

A/ 21 Jun B/ 21 may C/ 21 March D/ 21 July.

17/ role of water in human body is to.

A/ regulate body temperature. B/ give energy C/ repair cell D/ protect from disease

18/ the committee responsible for print media.

A/ technical committee

B/ marketing committee

C/ reception committee

D/ finance committee

#### Section B

19/ short note- sports day

20/ Run for unity

21/ menarche and sports

22/ Eating disorder

23/ Special olympic game

Or

Diet during sports

#### Section C

24/ write the various sports committee and their responsibility .

25/ what is asthma ? write the causes and precaution of asthma

26/ write the causes and prevention of sports injuries .

27/ write the effect of exercise on cardiovascular system.

28/ write the importance of diet in sports .

Or

Write the reasons for less participation women in sports ?

#### Section D

29/ draw a fixture of a knockout team for 19 teams.

30/ Ramdas is a physical education teacher. There is an acute shortage of sports facilities in his school. In order to create interest among the student in sports he want to organise sports competition which require minimum resource and can be completed in less time .

1/ Which type off tournament can be organised in case facilities are limited ?

A/ knockout B/ league . C/ intramural competition D/ extra mural competition.

2/ what type of activity he should organise?

A/ major game B/ minor game

C/ athletics meet D/ all of these.

3/ what is the purpose of organising sports competition ?

A/ create interest B/ physical fitness C/ value development

D/ all of these.

4/ If he organise athletics meet what is the primary requirement ?

31/ Rajan and Himanshu are good friends they walk to school together everyday while talking to each other . Rajan notice that from the past few day Himanshu is not able to walk and carry his bag comfortable at he used to do earlier. There is a change in his body poster he is inclined towards left side while working. Rajan took Himanshu to the physical education teacher who identified postural deformity in Himanshu and suggested remedial exercise to correct it.

1/ which postural deformity make Himanshu inclined towards his left while working ?

A/ kyphosis

- B/ knock knee
- C/ Scolosis
- D/ lordosis
- 2/ what is the causes of scolosis ?
- A/ wrong exercise
- B/ caring heavy bag
- C/ illness
- D/ Both a and b
- 3/ corrective measure to be taken for remedies of scolosis is?
- A/ Bending in the opposite directions of deformity.
- B/ lying with support of pillow
- C/ exercise on wall bar
- D/ all of these
- 4/ scoliosis is a postural deformity related with
- A/ Foot B/ leg C/ vertebral column
- D/ Hand

Or

RAM is a secretary of state basketball association. He has given the responsibility to organise a sub junior National tournament. He wants to organise the event at large scale and distribution the work in various committee. He delegate the duties to different individual with authority and responsibility.

- 1/ ----- promote is responsibility to make the event awareness.
- A/ publicity committee
- B/ Hospitality
- C/ Registration committee
- D/ Transport committee
- 2/ ----- is the process of identifying and grouping the work to be performed.
- A/ planning
- B/ directing
- C/ organising
- D/ controlling
- 3/ the reception committee for the tournament responsible for-
- A/ welcome the participant
- B/ Arranging accommodation
- C/ proper upkeep of the venue
- D/ welcome the spectators.
- 4/ if the responsible of the committee to fix venue ,date, and time ,of the four events it is a ----
- A/ post meeting committee
- B/ pre meeting committee
- C/ during sports committee
- D/ all the above

Section E

- 32/ write the effect of exercise on muscular system
- 33/ write the advantage of physical activity for children with special need
- 34/ what is inclusion ? Explain the need for inclusion

Or

What is diabetes write the causes, symptoms and precaution of diabetes.