

KISHINCHAND CHELLARAM COLLEGE

Class – FYJC(Std.XI) Arts/Science/Commerce

Physical Education

Question Bank (Theory Paper)

Total Paper – 50 Marks

Q.1 Fill in the blanks: (30 marks) any 15

1. Plyometric training develops explosive strength.
2. Circuit training consists of at least 6 to 10 exercises.
3. The rest time period between two sets of plyometric exercises should be three to five minutes.
4. Obesity is the excessive fat accumulation in the body.
5. World Health Organization has declared obesity to be a disease and a Disability.
6. In India, obese people have a tendency to store fat around their stomach and waist.
7. To calculate BMI weight is measured in kilograms and height is measured in meters and weight is divided by square of height.
8. A person has a BMI between 25-29.9 is classified as an overweight type of obesity.
9. Five components of food according to Panchamahabhuta are carbohydrates, proteins, fats, vitamins, and minerals.
10. Carbohydrate especially glucose is an immediate source of energy for an athlete.
11. Mudras are gestures formed by some part of the body.
12. Yogasana makes the body Fit and Healthy.
13. Filling with the lungs with air is Purak (Inhalation)

14. Holding of the breath is **retention (Kumbhak)**
15. The term Yoga is derived from the Sanskrit word **“Yuj”**.
16. Pranayama is called **respiratory** training.
17. Asana is called **postural** training.
18. **Asana** is an important part of Yoga practice.
19. The use of drugs that enhance performance to boost an athlete’s physical abilities and qualities is called **Doping**.
20. **Anabolic steroids** can result in kidney failure and cancer in the liver.
21. **Erythropoietin (E.P.O)** has a side effect of having a highly increased red blood cell count.
22. The human body contains vast amounts of **muscles, tissues, and skin cells**.
23. Spraining an ankle during a football game is known as a **relatively simpler injury**.
24. **Injuries** are those wounds that cut into the human skin and interfere with the **tissues and blood cells**.
25. **Fractures** are normally bone injuries where the bone cracks slightly or sometimes breaks into two distinct parts.
26. A **transverse fracture** happens when the bone is broken at a right angle.
27. **compound fractures** happen when there is an open wound near the broken bone.
28. **Sprain** happens mostly around the ankles, especially when participating in sports activities.
29. RunKeeper, Yoga Studio, and Strava are some examples of **mobile fitness applications**.

30. **Sports Medicine** is the branch of medicine that deals with the treatment and prevention of injuries related to sports and exercise.
31. An industry that is involved in producing, facilitating, organizing any business enterprise or activity related to sports is called **Sports Industry**.
32. **Sports Psychology** is a field of science that deals with improving the mental health of athletes and sportspersons.
33. **Sports Statistician** gather data and use formulas, intending to provide information regarding the performance of athletes, sportspersons, and their teams.
34. **Healthcare Providers** include doctors and surgeons who undergo training in diagnosing and treating injuries and prescribe medicine.
35. The first modern Olympics was conducted on **6th April 1896**.
36. The Father of the modern Olympics is **Baron Pierre de Coubertin**.
37. Indian Olympic Association was established in the year **1927**.
38. The motto of the Olympic games is **Citius-Altius-Fortius**.
39. In **1984**, the first South Asian Games were organized.
40. **54 nations** currently participate in the Commonwealth Games.

Q.2 Match the following (5 marks) Any 5

Sr.No	Column A	Column B (Answer)
1	Jogging	Cardiovascular Endurance
2	Bone Injury	Greenstick Fracture
3	Swimming	Muscular Endurance
4	Archery	Target Games
5	Athletics	Hima Das
6	Stimulants	Death caused due to heart failure
7	Horse Riding	Back and Spine Injury
8	Diet to reduce fatigue	Sour juices, Shrikhand, buttermilk, etc
9	Bhujangasana	Lying on the stomach
10	Fencing	Face Injury

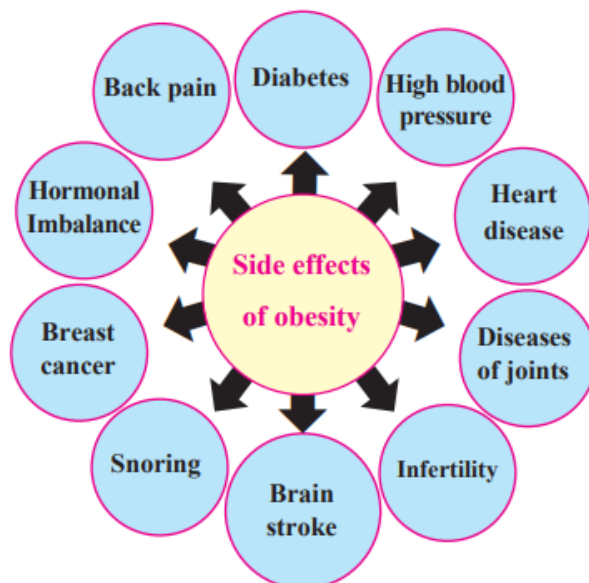
Q.3 True or False. (5 marks) Any 5

1. Borg's technique measures intensity level while exercising and training - **True**
2. Obesity is not the main source for various health complications such as hypertension, diabetes and heart diseases - **False**

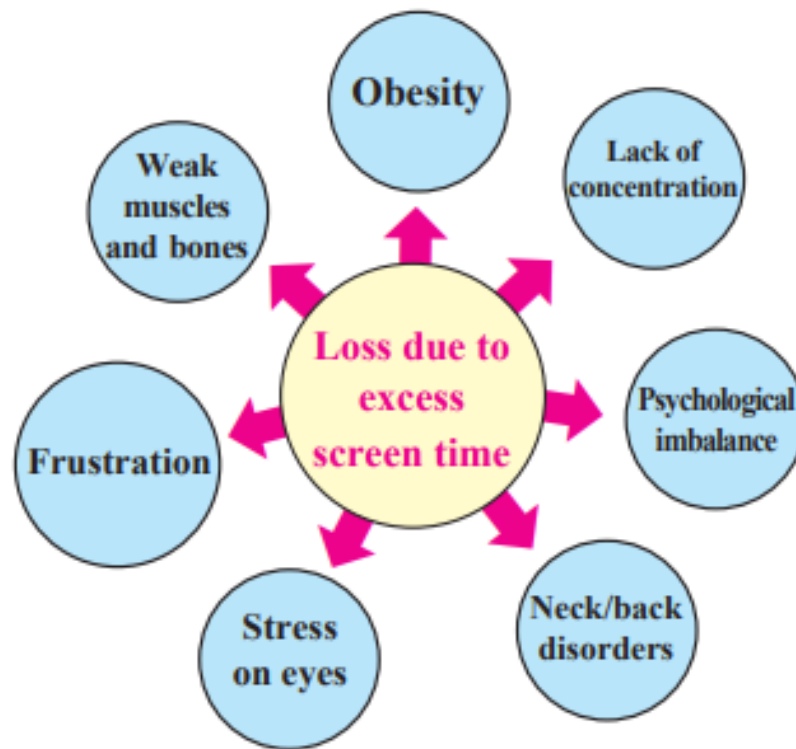
3. Proteins, carbohydrates, minerals, and vitamins are the four components of food that replenish the athlete - **True**
4. Yoga don't helps in healing many health issues like diabetes, obesity, high blood pressure, etc - **False**
5. Doping results in depression and lethargy due to developing emotional insensitivity - **True**
6. Antibiotics and surgeries are conducted to increase the level of pain and to properly sustain the body's health and energy - **False**
7. No harm is caused to the body due to overuse of mobile - **False**
8. While exercising appropriate body posture should be maintained- **True**
9. Non-Healthcare Providers include professionals who do have a degree in medical sciences. Nutritionists, physical therapists, etc - **False**
10. Olympics was a long lost tradition of Greece which was banned by Roman Emperor Theodosius I - **True**

Q.5 Complete the following Diagram. (10 Marks) Any 1

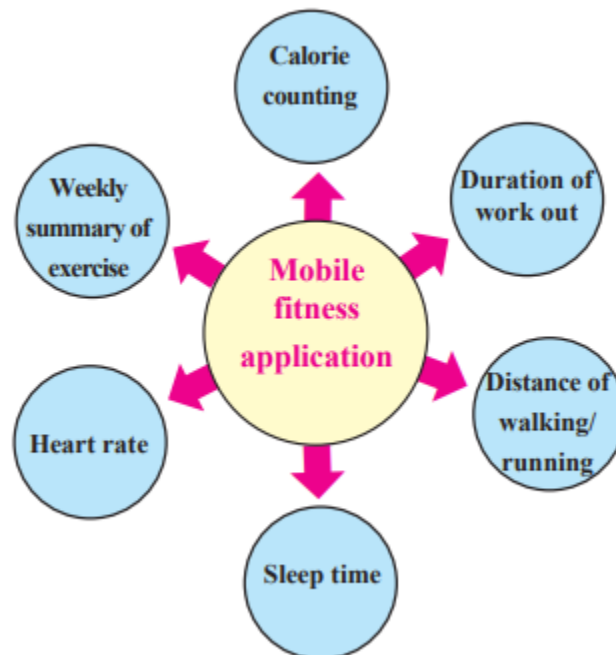
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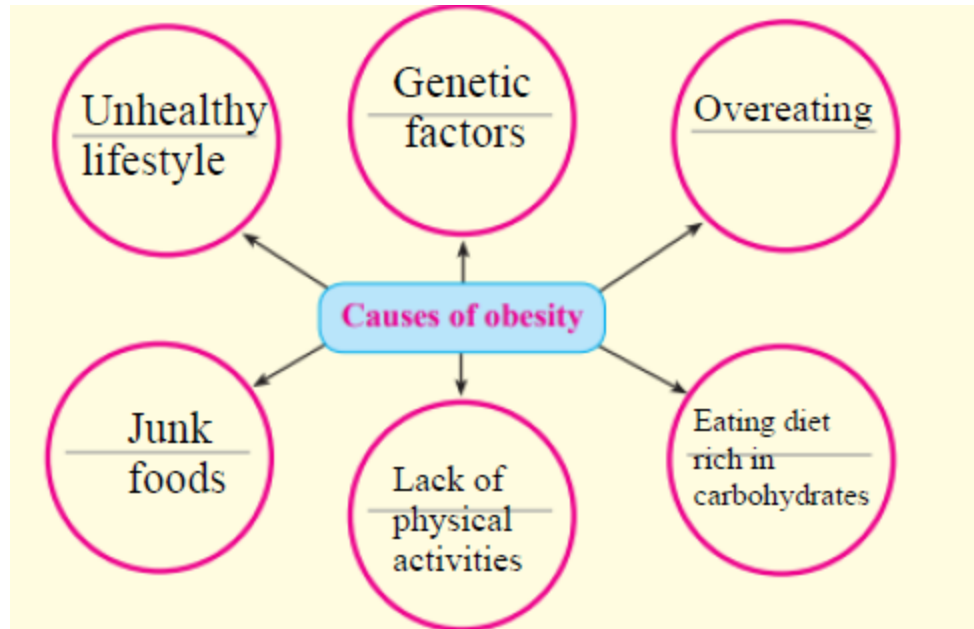
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-----Best of Luck-----