Code No. 1018
CLASS : 11th (Eleventh) Series : 11-M/2019
Roll No. 

शारीरिक शिक्षा
VALUE EDUCATION
[ हिंदी एवं अंग्रेजी माध्यम ]
[ Hindi and English Medium ]
(Only for Fresh/School Candidates)

समय : 3 घण्टे] [ पूर्णक : 60
Time allowed : 3 hours ] [ Maximum Marks : 60

• कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुक्ति पृष्ठ 17 तथा प्रश्न

Please make sure that the printed pages in this question paper are 8 in number and it contains 17 questions.

• प्रश्न-पत्र में सबसे ऊपर दिये गये कोड नम्बर को छात्र उत्तर-पुस्तिका के मुख्य-पृष्ठ पर लिखें।

The Code No. on the top of the question paper should be written by the candidate on the front page of the answer-book.

• कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अनुसार लिखें।

Before beginning to answer a question, its Serial Number must be written.

1018 P. T. O.
• Do not leave blank page/pages in your answer-book.

• Except answer-book, no extra sheet will be given. Write to the point and do not strike the written answer.

• Candidates must write their Roll Number on the question paper.

• Before answering the question, ensure that you have been supplied the correct and complete question paper, no claim in this regard, will be entertained after examination.

सामान्य निर्देशः

(i) सभी प्रश्न अनिवार्य हैं।

(ii) प्रत्येक प्रश्न के अंक उसके सामने दर्शाए गए हैं।

(iii) प्रश्न संख्या 1 से 3 तक आंतरिक विकल्पों के साथ दीये उत्तरीय प्रश्न हैं। प्रत्येक प्रश्न 5 अंकों का है।
(iv) प्रश्न संख्या 4 से 10 तक लघु उत्तरीय प्रश्न हैं। प्रत्येक प्रश्न 3 अंकों का है।
(v) प्रश्न संख्या 11 से 16 तक अलग-अलग उत्तरीय प्रश्न हैं। प्रत्येक प्रश्न 2 अंकों का है।
(vi) प्रश्न संख्या 17 में 12 (i-xii) वस्तुनिष्ठ प्रश्नक्रम के प्रश्न हैं। प्रत्येक प्रश्न 1 अंक का है।

General Instructions:

(i) All questions are compulsory.
(ii) Marks for each question are indicated against it.
(iii) Question Nos. 1 to 3 are Long Answer Type Questions with internal choices. Each question carries 5 marks.
(iv) Question Nos. 4 to 10 are Short Answer Type Questions. Each question carries 3 marks.
(v) Question Nos. 11 to 16 are Very Short Answer Type Questions. Each question carries 2 marks.
(vi) Question No. 17 consists of 12 (i-xii) Objective Type Questions. Each question carries 1 mark.
1. Write down in detail aims and objectives of Physical Education.

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OR

What is the relationship of Physical Education and Education?

2. What is Psychology? What is its importance in Physical Education?

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OR

Write in detail about concept of Posture.
3. Write down in detail about Communicable Diseases.

4. Write down about right posture of walking.

5. Write down about Plague disease.

6. What are the factors those influences health?

7. How does flexibility increase by doing exercise?
8. What is Respiratory System?

9. Write down about diseases those spread by water.

10. What is T. B.?

11. What is Social Health?

12. What is the meaning of Posture?

13. What is Sportsmanship?

14. How does deformities of Posture can be done?
15. Write down about Teacher-Pupil Relationship.

16. What is Sportsmanship? How is it can be improved?

17. (i) Does Health Education helps in improving health of society?

(ii) Does the Treatment of tuberculosis is possible.

(iii) Communicable diseases is also spread by water.

(iv) Capacity of body is improve by doing exercises.

(v) Write any two Track Events.
(vi) What is AIDS?

(vii) What is increased by exercise?

(viii) Physical Education is helpful in emotional development.

(ix) Exercise helps in proper health.

(x) How Plague Spread?

(xi) Exercise is helpful in Blood Purification.

(xii) Write down any two Field Events.