Code No. 1541

CLASS : 11th (Eleventh)                      Series : 11-April/2021

Roll No. [Redacted]

PHYSICAL EDUCATION & SPORTS
National Skills Qualification Framework (NSQF)

Level – 3

[ हिंदी एवं अंग्रेजी माध्यम ]

[ Hindi and English Medium ]

(Only for Fresh/School Candidates)

Time allowed : 2½ hours ]   [ Maximum Marks : 60

• कुप्रया जाँच कर ले कि इस प्रश्न-पत्र में मुख्त प्रश्न 7 तथा प्रश्न 37 हैं।
  Please make sure that the printed pages in this question paper are 7 in number and it contains 37 questions.

• प्रश्न-पत्र में सबसे ऊपर लिखे गए कोड नंबर को छात्र पत्रिका के मुख्त-प्रश्न 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.

• कुप्रया 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-पत्रिका के बौछ में खाली पन्ना/पन्ने न छोड़ें।
  Don't leave blank page/pages in your answer-book.

• उत्तर-पत्रिका के अतिरिक्त कोई अन्य शीट नहीं मिलेगी। अत: आवश्यकतानुसार ही लिखें और लिखा उत्तर न करें।
  Except answer-book, no extra sheet will be given. Write to the point and do not strike the written answer.

• परीक्षार्थी अपना रोल नं. प्रश्न-पत्र पर अवश्य लिखें।
  Candidates must write their Roll Number on the question paper.

• कुप्रया प्रश्नों का उत्तर देने से पूर्व यह सुनिश्चित कर लें कि प्रश्न-पत्र पूर्ण व सही है, परीक्षा के उपरांत इस सब्ज्य ने कोई भी बाया सूचकार नहीं किया जायेगा।
  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.
1. What do you mean by Recreation? Discuss the recreational activities for different age groups.

2. Discuss the role of Economic, Social, Environmental, Technological and Political factors on sports.

2. Discuss the factors affecting the selection of equipments for the play field.

OR

Discuss the procedure to save, close, open and to print a word document in detail.
3. Enlist the essential equipments for conducting physical and sports activities for middle school.

4. When should you wash your hands? Clarify.


6. How will you keep the safety of playground? Discuss in brief.

7. Enlist the strategies that promote health.

8. Clarify the difference between first aid and medical aid.

9. Discuss the symptoms and first aid measures for heat stroke.
10. Discuss the responsibilities to be performed after the sports day.

11. Clarify the difference between talent detection and talent identification.

12. How do climatic conditions affect the fitness level of an individual?

13. Clarify the difference between static and dynamic stretching exercises.

14. What is the importance of Warm-up?

15. Discuss the procedure of Arm Circles and Standard-Pushup.

16. Clarify the meaning of Aerobic Activity.

17. What is Specific Training?
18. What is Anaerobic Activity?

19. What is Communication?

20. Enlist the types of Oral Communication.

21. Enlist the parts of a sentence.

22. What is Team Work?

{वस्तुनिष्ठ प्रश्न}

[Objective Type Questions]

23. Which component of fitness is developed by Ballistic method?

24. Triangular bandages, tweezers and scissors should be kept in ..............

25. The injury of ligament is called ..............
26. Mountaineering, Skiing, Bungee Jumping and Surfing etc. are called ………… sports.

27. What should be done before sports training or competition?

28. Which type of activities are long distance running, jogging, swimming and cycling?

29. Which is that word that is used in place of a 'noun'?

30. Write the full form of R.I.C.E.

31. For what Gum Shield/Mouth Guard is used in sports?

32. How many times should we go minimum to a dentist for dental checkup in a year?

33. Strain is an injury of which part of body?
34. In which exercise, the demand for oxygen in body exceeds the oxygen supply?

35. What is the type of body of endomorph?

36. Write down the full form of I.P.L.

37. How many Olympic games were not held due to world wars?