

Holly Garden Model School

Academic Year - 2025 - 2026

Marks - 40	2nd Unit Test Examination - Class 11 - Physical Education	Time - 2 Hours
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SECTION - A (1 mark each) ---

Q.No	Question	Marks- 12
1	Define the term 'Measurement' in the context of sports.	1
2	What type of motion is exhibited by a gymnast during a giant swing on a horizontal bar?	1
3	Name the test used to measure cardiorespiratory endurance.	1
4	Which type of joint is present at the shoulder?	1
5	What is the vital capacity of lungs?	1
6	Define the term 'Artery'.	1
7	What does the term 'Kinesiology' mean?	1
8	What is a tricuspid valve?	1
9	Which type of lever is represented by the human head during flexion and extension?	1
10	State two importance of Biomechanics.	1
11	State the formula to calculate the Body Mass Index (BMI).	1
12	Define the term 'Stroke Volume'.	1

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SECTION - B (2 marks each) ---		
Q.No	Question	Marks- 18
1	Differentiate between 'Test' and 'Evaluation' with suitable examples.	2
2	Explain the procedure for administering the 'Harvard Step Test'.	2
3	Draw a well-labeled diagram of a synovial joint.	2
4	Briefly explain the functions of the skeletal system in sports.	2
5	Describe the role of tendons and ligaments in human movement.	2
6	Explain the concept of 'Center of Gravity' and its importance in sports activities.	2
7	Differentiate between 'Linear Motion' and 'Angular Motion' with one sports example each.	2
8	What is 'Force'? Explain how the concept of 'follow-through' in throwing is related to the application of force.	2
9	Define 'Balance' in biomechanics. Explain its importance in the game of gymnastics.	2
SECTION - C (5 marks each) ---		
Q.No	Question	Marks- 10
1	Explain different type of Somatotype - also write the characteristics of each type	5
2	Expand the term 'CWSN'. What is 'Adapted Physical Education'? Mention one objective of 'Special Olympics Bharat'	5

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