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INDIAN SCHOOL SALALAH

FINAL EXAMINATION, FEBRUARY 2026 (AY 2025-26)



Class: XI

PHYSICAL EDUCATION (048)

Date: 10 FEB 2026

Time: 3 Hrs

Maximum Marks: 70

**GENERAL INSTRUCTIONS:**

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. **Attempt any 5.**
4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. **Attempt any 5.**
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies.
6. Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. **Attempt any 3.**

**SECTION A**

1. The five Olympic rings represent:
 

a) Five major countries	c) Five continents of the world
b) Five oceans of the world	d) Five Olympic values
2. When interacting with a person with a disability, the correct approach is:
 




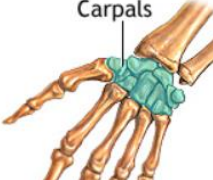
a) Speak to their companion instead of them	c) Ignore them to avoid offending
b) Talk directly to the person with disability	d) Speak loudly and slowly
3. Match Column A with Column B and choose the correct option given below:

Column A		Column B	
1.	Flexibility	a.	Refer to the ability to learn continuously and grow intellectually.
2.	Speed	b.	Comprises of healthy body free from diseases
3.	Physical wellness	c.	The ability to perform actions of same pattern at faster rate
4.	Mental wellness	d.	Range of movement of joint.

**Options:**

- |                       |                       |
|-----------------------|-----------------------|
| a) 1-d, 2-c, 3-b, 4-a | c) 1-b, 2-a, 3-d, 4-c |
| b) 1-d, 2-a, 3-c, 4-b | d) 1-c, 2-d, 3-b, 4-a |

4. Match List I with List II and select the correct answer from the code given below:

List I		List II	
1.		a.	Long bone
2.		b.	Short bone
3.		c.	Flat bone
4.		d.	Sesamoid bone

**Code:**

a) 1-d, 2-c, 3-b, 4-a

c) 1-b, 2-a, 3-d, 4-c

b) 1-d, 2-a, 3-c, 4-b

d) 1-c, 2-d, 3-b, 4-a

5. Which is the main artery of circulatory system?

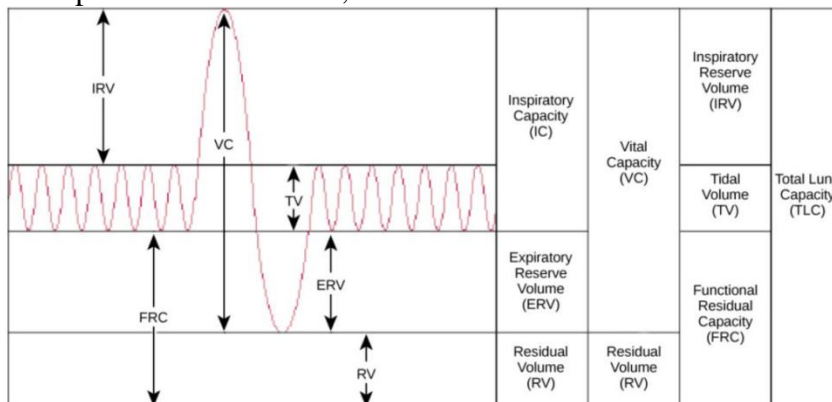
a) Coronary artery

b) Pulmonary artery

c) Aorta

d) Carotid artery

6. In the picture shown below, Tidal Volume refers to –



a) The maximum air that can be inhaled after normal inspiration

b) The air remaining in lungs after forced expiration

c) The total air in the lungs after maximum inspiration

d) The air inhaled or exhaled during normal breathing

7. **Assertion (A):** Regular physical activity improves mental health.  
**Reason (R):** Exercise increases the release of endorphins and reduces stress.

In the context of the above two statements, which one of the following is correct?

- a) Both A and R are true, and R is the correct explanation of A
  - b) Both A and R are true, and R is not the correct explanation of A
  - c) A is true but R is false
  - d) A is false but R is true
8. A leader who anticipates potential problems and plans strategies accordingly demonstrates:
- a) Micromanagement
  - b) Visionary thinking
  - c) Passiveness
  - d) Delegation
9. Which BMI range indicates **Overweight**?
- a) Below 18.5
  - b) 18.5 – 24.9
  - c) 25.0 – 29.9
  - d) 30.0 and above

10. **Assertion (A):** Measurement refers to the process of administering a test to obtain quantitative data.  
**Reason (R):** Test, Measurement and Evaluation are significant for preparing effective planning for sportsperson.

In the context of the above two statements, which one of the following is correct?

- a) Both A and R are true, and R is the correct explanation of A
  - b) Both A and R are true, and R is not the correct explanation of A
  - c) A is true but R is false
  - d) A is false but R is true
11. **Sit and Reach Test** is used to measure:
- a) Strength
  - b) Endurance
  - c) Speed
  - d) Flexibility
12. Force is define as:
- a) The capacity to do work
  - b) A push or pull acting on a body
  - c) The motion of a body
  - d) Energy stored in a body
13. Team cohesion in sports refers to:
- a) Physical fitness of players
  - b) Individual performance of athletes
  - c) Ability of a team to stay united and work together toward common goals
  - d) Leadership style of the coach
14. Identify the correct statements about the importance of psychology in physical education and sports:
- A) Sports psychology only deals with mental health issues of athletes.
  - B) Psychology in sports helps in enhancing performance through mental training.
  - C) Understanding psychological principles can help coaches to improve team dynamics.
  - D) Sports psychology has no impact on an athlete's motivation and confidence.

**Options:**

- a) Only A and C are correct
- b) Only B and C are correct
- c) Only B and D are correct
- d) Only A and D are correct

15. Training load refers to:

- a) The weight lifted by an athlete
- b) Related to endurance exercises only
- c) The number of competitions played
- d) The total stress placed on the body during training

16. Recovery in sports is important because:

- a) It allows the body to repair and rebuild muscles
- b) It reduces training load
- c) It replaces warm-up
- d) It increases fatigue

17. The full form of WADA is:

- a) Worldwide Anti-Doping Alliance
- b) World Athletic Development Association
- c) World Anti-Doping Agency
- d) World Association of Doping Awareness

18. If training stops, the body gradually loses its fitness, this is an example of which principle?

- a) Principle of **Reversibility**
- b) Principle of **Variation**
- c) Principle of **Overload**
- d) Principle of **Progression**

**SECTION B (Attempt any five)**

19. Define traditional sports and regional games with one example of each.

20. Name **four** common skin-fold measurement sites and mention their locations on the body.

21. Explain the properties of muscles.

22. Differentiate between kinetics and kinematics.

23. Define **mental toughness**. What are the core qualities of mental toughness?

24. What is the difference between **technique** and **style**?

**SECTION C (Attempt any five)**

25. Explain the core values of Olympism.

26. Differentiate between cognitive, intellectual, and physical disabilities in terms of the problems faced by individuals, and give one example of each.

27. Describe the characteristics of Ectomorph, Mesomorph, and Endomorph body types.

28. Explain the following types of body movements:

- a) Flexion
- b) Extension
- c) Abduction
- d) Adduction
- e) Supination
- f) Pronation

29. What is attention in psychology? Describe its types.

30. Explain the concepts of warming-up and cooling-down. Discuss why both are important in sports.

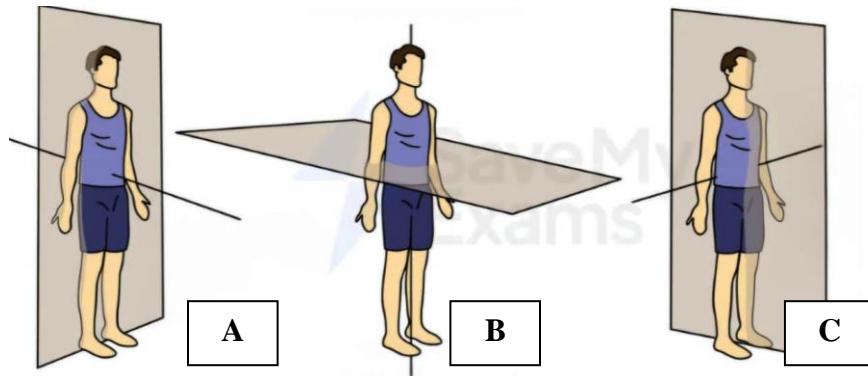
## SECTION D

31. Rohan, a student of class XI has taken up physical education as he is very interested in making his career in the field of Physical Education. When he was introduced to the career options available in the subject he became a bit hesitant about continuing in this field because for him physical education was just about playing so he approached his subject teacher to explain his position.

Answer the following queries as Rohan's Physical Education Teacher:

- i) What is role of Physical Education Teacher in school?
  - a) Teach basic skills of sports and promote health among students
  - b) Teach Physical Education as a subject at secondary level.
  - c) Generate the habit of being discipline.
  - d) All the above
  
- ii) Which one of the following institute in India provides courses in sports coaching?
  - a) Indira Gandhi Institute of Physical Education & Sports Sciences (IGIPSS)
  - b) Sports Authority of India (SAI)
  - c) Netaji Subhash National Institute of Sports (NSNIS)
  - d) Laxmibai National College of Physical Education (LNCPE)
  
- iii) Which of the following statement is NOT true with respect to the health related career in Physical Education?
  - a) Fitness trainers assesses the client's fitness and help him in reaching his fitness goal.
  - b) Sports and fitness nutritionist design diets and nutritional guidelines for the athletes of different sports.
  - c) The fields of sports medicine only promote safe training methods.
  - d) Yoga instructor is a health professional that deal with fitness through controlled exercises.
  
- iv) Rohan possesses excellent **management skills**. Which career option in the field of physical education and sports is most suitable for him?
  - a) Become a YouTube fitness trainer.
  - b) Sports Event Management
  - c) Sports Journalism
  - d) Physiotherapist

32. A Physical Education Teacher is teaching students about human body movements and anatomical planes. The diagrams below (A, B, C) show a human figure in the anatomical position intersected by different planes and axes. Study the diagrams carefully and answer the following questions.



- i) Diagram A shows a plane dividing the body into front and back halves. Which plane is this?
  - a) Sagittal
  - b) Frontal
  - c) Transverse
  - d) Oblique
- ii) The axis in Diagram B is perpendicular to the plane that divides the body into upper and lower parts. This plane is:
  - a) Sagittal
  - b) Frontal
  - c) Transverse
  - d) Oblique
- iii) Which axis is perpendicular to the sagittal plane? (Diagram C)
  - a) Sagittal axis
  - b) Frontal axis
  - c) Vertical axis
  - d) Longitudinal axis
- iv) In which anatomical plane does the Jumping Jack exercise occur?
  - a) Sagittal
  - b) Frontal
  - c) Transverse
  - d) Oblique

**33.** Sahil, a 15-year-old student, avoids Physical Education classes because he feels uncomfortable about his body image, frequently compares himself with his peers, and believes that he is not capable of performing well in sports. As a result, he often gives excuses to stay away from physical activities.

Read the above case carefully and select the most appropriate option for each question below.

- i) The primary adolescent problem faced by Sahil is:
  - a) Body image issues and low self-esteem
  - b) Peer pressure
  - c) Aggressive behaviour
  - d) Academic stress
- ii) Which developmental change is MOST responsible for Sahil's behaviour?
  - a) Emotional development
  - b) Social development
  - c) Physical growth and hormonal changes
  - d) Moral development
- iii) Sahil's withdrawal from sports mainly reflects:
  - a) Cognitive immaturity
  - b) Poor social adjustment and low self-confidence
  - c) Lack of discipline
  - d) Fear of punishment
- iv) Which Physical Education strategy would be MOST effective in managing Sahil's problem?
  - a) Emphasis only on competitive performance
  - b) Excluding him from team games

- c) Strict evaluation methods
- d) Modified activities, encouragement, and positive feedback

**SECTION E (Attempt any three)**

- 34. Describe the eight limbs of **Ashtanga Yoga** in detail.
- 35. Describe the purpose and procedure of **Harvard Step Test**. Give the short term and long term formula used in this test. How this test is different from Rockport fitness walking test?
- 36. Explain respiratory system with the help of labelled diagram.

**Or**

Draw a neat and labelled diagram of the heart. Write a brief introduction to the components of the circulatory system.

- 37. What is **doping**? Describe in detail the classification of doping. Also, mention two disadvantages of doping on an athlete's life.

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