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HBSE MODEL PAPER 2024

Practice Papers

MODEL PAPERS

Marking Scheme

ANSWER KEY

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Class 11
Physical Education
Marking Scheme

(VERY SHORT ANSWER QUESTION) 2 MARKS

Question1- What is Yoga? Write its elements.

Ans.

Meaning: The term yoga is derived form a Sanskrit word 'Yuj' which means join or union. In fact, joining the individual self with the divine or universal spirit is called yoga. It is a science of development of man's Consciousness.

Patanjali - “Checking the impulse of mind is yoga”.

Maharishi Ved Vyas - “Yoga is attaining the pose”.

[1+1]

Question 2. What is Khelo India Programme?

Ans. Khelo India Programme has been introduced in to revive the sports culture in India at the grass-root level by building a strong framework for all Sports played in our country and establish India as a great sporting nation. The main aim of Programme is to Nature the talent of Grass root level. This programme held annually at national level for under 17 year athletes across 16 disciplines. Every year top 1000 students are selected and given annual scholarship of INR 5,00,000 for 8 years and providing facilities for further training so that they prepare for International Sporting events.

[2]

QUESTION.3. Write a short note on the Olympic Flag.

Ans. The Olympic Flag, made of white silk, represents the Olympic symbol, consisting of Olympic rings, which represents the unity of the five inhabited continents:

North and South America Europe, Australia, Asia and Africa. The color

interlocked rings of blue, yellow, black, green red colour symbolize the union

of five continents.

??? However Year of beginning and approval not mentioned still 02 marks may be awarded on the basis of presentation

[2]

QUESTION.4Briefly describe about the Olympic Oath.

Ans. The Olympic Oath is an important ceremony during opening of the games. A

representative athlete of the host country, holds a corner of the Olympic Flag

while reciting the oath:

In the name of all the competitors I promise that we shall take part in these

Olympic Games, respecting and abiding by the rules which govern them,

committing ourselves to a sport without doping and without drugs, in the true

spirit of sportsmanship, for the glory of sport and the honour of our teams.

[2]

(SHORT ANSWER QUESTION) 3 MARKS

<u>Question1.</u> What are the career options in Physical Education?

Ans:

Career option in physical education

1) Teaching Career 2) Coaching Career 3) Coaching Career

(i) Elementary School level

(ii) Middle school level

(iii) High school and seniors

School level

(iv) College and university level

(i) Administration slates cusses

(ii) Physical education department

(iii) Sports department

(iv) Industrial recreation

(v) Sports facilities Management

(i) Health club

(ii) Athletic training

5) Career in Communication and media

(i) Sports Journalism

(ii) Book Publication

(iii) Sports Photography

(iv) Book publication

(v) Sports board casting

4) Performance selected career

(i) As professional player

(ii) As official

[3]

<u>Question 2.</u> What are the functions of skeletal system?

Ans.

Main functions of skeletal system are given below.

(i) Shape and structure: The boney framework gives human being its shape and structure like tall or small, thin or stout

(ii) Support: It gives support to the body. The bones provide support to our muscular system.

(iii) Protection: Bones protect our vital organs. Example: skull protects brain, thoracic cage protects heart, lungs and pancreas.

(iv) Lever: Bones act as a lever like a simple machine. For example while lifting a weight, movable joints like elbow joint acts like fulcrum and length of arm bone acts like crow bar to reduce effort and helps to lift weight-

(v) Storehouse: The hollow space of bones acts like a storehouse of different minerals and salts like calcium,

potassium, iron, etc.

(vi) Production of RBCs: Red blood cells are produced in the bone marrow.

It is the factory to produce RBCs.

(vii)Junction: Bones provide junction or attachment to skeletal

muscle that helps in visible movement.

(viii) Self-repair: Whenever bones are damaged, they are capable

of doing self-repair.

[3]

(LONG ANSWER QUESTION) 5MARKS

Question1

Define Circulatory system. What are the functions of blood?

Ans.

Circulatory System: Physiological aspects of Physical Education order to remain

in a state of good health body cells, tissues and organs supply of nutrients and

oxygen. The waste products and carbon dioxide must also be continuously removed

along side-by-side. The system of the body that carries the heart and the blood

vessels through which the blood is continuously circulated to and fro.

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Functions of circulatory system: Circulatory system plays an important role in

the human body. The primary function of the circulatory system is to give constant support inside the body by transporting oxygen, food material and hormones to the tissue cells and removing waste products from different organs including blood. The different functions of the circulatory system are as follows: The heart pumps and circulates blood thorughout the body. Arteries enable pure blood to pass throughout the body. In capillaries, the exchange of nutrients, oxygen and waste products takes place.

(i) Blood carries oxygen from the lungs to the different parts of the body and CO2 from the cells of the body to the lungs.

(ii) Blood carries digested food and nutrients and supplies them to all the parts of the body.

(iii) Blood carries waste products like urea, lactic acid, uric acid and sulphate to the kidneys for excretion.

(iv) Blood regulates the body temperature and also protects the body from diseases.

[1.5+3.5]

<u>Question2</u>

What is Sports Training? Describe any four principles of Sports Training.

Ans. Sports training is a long term training programme which aims to the improve

performance of sportsmen. It makes a sportsman psychologically and physiologically

conditioned to exhibit peak sports performance. Sports training is a planned process

by which a sportsman acquires sports perfection. Its main objective is to get a peak

performance at a specific time.

The principles of sports training are as following:

1. Principles of continuity

2. Principle of over load

3. Principle of Individual Differences

4. Principle of general and specific preparation

5. Principle of progression

6. Principle of specificity

7. Principle of variety

8. Principle of warming up and cool down

9. Principle of rest and recovery.

10. Warming up and Limbering Down

[1+4]

~~~~~~~~~~ >>>>>The answer deserves only 3 marks (1+2)

***Brief explanation of all 10 principles will give him/her full 5 marks.