

Practice Questions (2019-20)
Class – XI (Physical Education) Unit – 1, 2

I- Changing Trends and Career in Physical Education

1. One mark Questions -

1. What is the meaning of Physical Education?
2. Mention two career options in Physical Education?
3. Define Physical Education?
4. What qualification does a college level physical education teacher requires?
5. What is the sports journalism?

2. Three marks Questions -

1. Mention the aims of the National Institute of sports.
2. Explain administration related career options.
3. What are the objectives of physical education?
4. Briefly discuss the changing trends in physical education in India.
5. Explain about performance related career.

3. Five marks Questions -

1. Explain sports Authority of India and its schemes in detail.
2. Elaborate the concept and objectives of physical education.
3. Explain the career option in physical education.
4. Discuss in detail the health related and administration related career option.

II- Olympic Movement

1. One mark Questions -

1. Who started the Olympic games (modern) and why?
2. Describe the Olympic flag.
3. What are the main objectives of Olympic Games?
4. Write down the famous sermon of Olympic games.

2. Three marks Questions -

1. Explain the history of modern Olympic Games.

3. Five marks Questions -

1. Write in detailed about the Olympic Symbols.
2. Discuss the functions of IOC and IOA.