

Class - 11th (Physical Education) NSQF

Maximum marks: 60

Time : 2:30 hours

Instructions:-

NOTE- If the answer of a student does not match with this answer key and the checking teacher feels that the answer is correct, then he can give the number according to his understanding.

Part - A

- Ans- 1 3
- Ans- 2. RAM
- Ans- 3 micro planning
- Ans- 4 central processing unit
- Ans- 5 read only memory
- Ans- 6 glycogen
- Ans- 7 3
- Ans- 8 b) 52
- Ans- 9 c) 3
- Ans- 10 b) measurable
- Ans- 11 b) strain
- Ans- 12 b) dehydration
- Ans- 13 (d) both are correct and reason is correct explanation.
- Ans- 14 (b) reason is correct but assertion is wrong statement
- Ans- 15 (a) assertion is correct but reason is wrong statement.

Part - B

Ans- 16 Mesomorph refers to body types with a naturally high muscle-to-fat ratio. People with this body type typically respond well to weight training, finding it easier than other people to build and maintain muscle. They may also find it easier to gain or lose weight. Everyone has a different body type.

Ans- 17 Cognitive Development : This domain includes knowledge , comprehension , application , analysis , syntheses and evaluation , which are responsible for the development of intellectual ability and skill .

Ans- 18 Medical aid is the treatment given by , or under the supervision of a physician at a medical facility . Medical is given by qualified professionals .

Ans- 19 The plank exercise is an isometric core exercise that involves maintaining a position similar to a push-up for the maximum possible time.

Ans- 20 Word Processing refers to the act of using a computer to create, edit, save and print documents. In order to perform word processing, specialized software (known as a Word Processor) is needed.

Or

Ans- Nose bleeding occur when one of the small blood vessel in the mucous membranes of nose bursts.

Ans- 21 Reaction Game : Sports are mostly unpredictable ! That's what makes them so exciting and fun to play . Our performance is dependent on the skills we practice and develop , our opponent's actions , and the way we react to the play . The better we read a play and the quicker we react , the greater chance we have of beating our opponent .

Or

Ans- Hygiene : Hygiene is the practice of keeping yourself and your surroundings clean , especially in order to prevent the spread of disease . Having good personal hygiene practices means taking care of yourself and leading a healthy lifestyle . Good personal hygiene is the first step to good health . It not only protects you from poor health , but also shields those around you from suffering illnesses that may arise from poor personal habits .

Part- D

Ans- 22 A strain is when a muscle is stretched too much and tears. It is also called a pulled muscle. A strain is a painful injury. It can be caused by an accident, overusing a muscle, or using a muscle in the wrong way.

Ans- 23 Although there are many possible causes of human disease, family history is often one of the strongest risk factors for common disease complexes such as cancer, cardiovascular disease (CVD), diabetes, autoimmune disorders, and psychiatric illnesses.

Ans- 24 The benefits of warming up before a workout can provide many positive outcomes such as:

Increased blood and oxygen to the muscles that are in use.

Dilated blood vessels to pump blood easier.

Less strain on the heart to pump blood throughout the system.

Increased body temperature increases elasticity in the muscles.

Ans- 25 Biological age is a measurement of your age based on various biomarkers - A number that can change due to lifestyle and other health factors . Your biological age reflects a combination of your genetics, accumulated lifestyle factors , and other determinants such as demographics , diet , and exercise habits .

Ans- 26 (1) Optimism : Positivity and belief in what they do is what takes entrepreneurs far in their journey . Entrepreneurs should get think negatively or be afraid of adverse situations .

(2) Independence : Entrepreneurs are confident and like the freedom to take decisions . They prefer to be their own master business on their own .

(3) Energetic : Drive and energy is always high in successful entrepreneurs which makes them extremely proactive .

(4)Self - confident : Belief in one's own vision and abilities and passion for the goal makes successful entrepreneurs confident .

Or

Ans- Environment health: Maintaining a healthy environment is central to increasing quality of life and years of healthy life . Globally , 23 % of all deaths and 26 % of deaths among children under age 5 are due to preventable environmental factors.1 Environmental factors are diverse and far reaching . They include : f_> Exposure to hazardous substances in the air , water , soil , and food.

Ans- 27 Anaerobic Capacity : The ability to complete or perform a task , routine , activity in presence of less oxygen or reserve oxygen . Anaerobic exercise is short - lasting , high - intensity activity , where your body's demand for oxygen exceeds the oxygen supply available . Anaerobic exercise relies on energy sources that are stored in the muscles and , unlike aerobic exercise , is not dependent on oxygen from (breathing) the air . Some of the examples are ,

30 m run

$f_{>}$ 50 m run

$f_{>}$ 100 m run

Or

Ans- Squats:-

1. Stand with your feet parallel or turned out 15 degrees - whatever is most comfortable .
2. Slowly start to crouch by bending your hips and knees until your thighs are at least parallel to the floor .
3. Make sure your heels do not rise off the floor .
4. Press through your heels to return to a standing position .

Push ups:- Start in plank position. Start with your hands slightly wider than your shoulders. ...

Bend your elbows and lower your chest to the floor. Engage your core and keep your back long as you bend your elbows to lower your chest.

Push your hands into the floor and straighten your arms.

Part- D

Ans- 28 Sprain : -

A sprain is a stretch or tear of a ligament . Ligaments are tissues that stabilize and support the body's joints .

Strain :

A strain is a twist , pull or a tear of a muscle or tendon .

What to do:-

1) Stop activity right away.

2) Apply R.I.C.E for the first 48 hours .

R- Rest: rest the injured part

I- Ice pack : Wrap an ice pack around the injury , for not more than 20 minutes at a time and for about four to eight times a day

C- Compression : Wrap the injury with an elastic bandage in order to support the injury for two days .

E- Elevation : Keep the injured part raised to decrease swelling .

3) For reducing the pain , give the child paracetamol according to their weight and age.

Or

Ans- Recognizing emergencies Getting medical help right away for someone who is having a medical emergency can save their life . This article describes the warning signs of a medical emergency and how to be prepared . Information According to the American College of Emergency Physicians , the following are warning signs of a medical emergency : Bleeding that will not stop

$f_{>}$ Breathing problems (difficulty breathing , shortness of breath)

$f_{>}$ Change in mental status (such as unusual behaviour , confusion , difficulty arousing)

Factors:-Responding To Emergencies / Responding To Emergencies with Blended Learning Basic Life Support , Responding To Emergencies with CPR / AED for the Professional Rescuer Responding To Emergencies Challenge / Responding To Emergencies Review / Administering Emergency Oxygen . Responding to Emergencies (RTE) - First Aid Component Responding to Emergencies (RTE) is a comprehensive First Aid class that incorporates classroom lecture , extensive video assets , simulated emergency situations , discussion and hands - on skills practice . Core content includes recognizing and responding appropriately to cardiac , breathing and first aid emergencies involving adults , children and infants ; preventing disease transmission ; injury management ; healthy lifestyle tips and much more .

Ans- 29 There is some points for safe and act responsibly at playground
Never push or roughhouse while on jungle gyms , slides , seesaws , swings , and other equipment

f Use equipment properly -slide feet first , don't climb outside guardrails , no standing on swings , etc. . Make sure that there is enough clearance in front of equipment like slides ; swings etc.and those children do not linger around when equipment is in use .

. Always check to make sure no other children are in the way if they're going to jump off the equipment and land on both feet with their knees slightly bent .

f Leave bikes , backpacks , and bags away from the equipment and the play area so that no one trips over them .

f Always wear a helmet while cycle / bike riding .

f Never use playground equipment that is wet because moisture makes the surface slippery . Check playground equipment in the summertime . It can become uncomfortably or even dangerously hot , especially metal slides , handrails , and steps . So use good judgment -if the equipment feels hot to the touch , it is probably not safe or fun to play on .

Or

The sporting talent of an individual can be groomed in three stages ;

Talent Detection

Talent Identification .

Talent Development

1) Talent Development: Providing athletes suitable learning environment so that talent can be realized .

2)Talent Identification : Recognizing current participants , who are already playing the sports of their choice , with the potential to become elite performers . Predicting performance over various periods of time by measuring physical , physiological , psychological and sociological attributes .

3)Talent Detection Discovery of potential performers who are not currently involved in the sports in question .

Ans- 30 MACRO PLANNING The macro planning is the longest of the three cycles and includes all four stages of a periodized training program (e.g. , endurance , intensity , competition and recovery) . Because macro cycles incorporate all 52 weeks of your annual plan , they provide you with a bird's - eye view of your training regimen and allow you to facilitate long - range planning . The monocycle represents a specific block of training that is designed to accomplish a particular goal . For instance , during the endurance phase , you might develop a

monocycle designed to enhance your muscular endurance on the bike (the ability to pedal relatively big gears , at a moderate cadence , for an extended period) .

MESO PLANNING: This monocycle might consist of six workouts over three weeks focused on pedalling big gears , with one week of recovery .

MICRO PLANNING Micro cycle is the shortest training cycle , typically lasting a week with the goal of facilitating a focused block of training . An example of this is an endurance block where a cyclist strings three or four long rides together within one week to progressively overload training volume .

Or

Factors affecting the selection of equipment for the play field

1 Factors of evaluation A multitude of varying factors exist for every project and owner , including but not limited to : 1. First cost : Budgets are a strong consideration , and engineers must limit the equipment options to meet first - cost requirements . The total cost of installation including time , material , infrastructure , and opportunity costs must be evaluated .

2. Suitability : Equipment selection must be suitable to the application and building . For example , variable refrigerant flow or chilled beams are technologies that either do or do not work well . An example of unsuitability is chilled water in a data center . It is efficient at moving heat , but the presence of water (even with containment) is a risk that must be evaluated ..

3 Experience and reputation of the equipment manufacturer : This aspect examines the potential of sourcing partners for equipment . Engineers , owners , and contractors have preferred partners . These manufacturers have gained favor through positive experiences . An engineer must understand the needs and be wary of marketing or prejudiced specifications . 7. Impact on other building design elements (size , location , interference) : sports teacher refer to this as coordination , or developing a method of evaluating the coordination with mechanical , electrical , plumbing (MEP) , and other system design and installation . Engineers evaluate the risk of change orders , time delays , and other impacts in equipment selection that must be foreseen . For example , the contractor may have to reroute or core a hole in the floor because elevator hydraulic lines are already in the proposed path for the chilled - water supply and return .

4Noise criteria (NC) : This is a key aspect to be evaluated . Different scales for different frequencies of noise should be understood and evaluated , especially if equipment starts and stops routinely . Engineers must understand