



CLASSROOM CONTACT PROGRAMME

(Academic Session : 2021 - 2022)

Board Pattern

SCORE-I

02-04-2022

JEE(MAIN + ADVANCED) : ENTHUSIAST COURSE

PHYSICAL EDUCATION

Time Allowed : 2 Hours

Maximum Marks : 35

Instructions :

1. There are three sections in the Question paper namely Section-A, Section-B and Section-C.
2. Section-A consists of 9 questions amongst which 7 questions have to be attempted each question carries 2 marks and should have 30-50 words.
3. Section-B consists of 5 questions amongst which 3 questions have to be attempted each question carries 3 marks and should have 80-100 words.
4. Section-C consists of 4 questions amongst which 3 questions have to be attempted each question carries 4 marks and should have 100-150 words.

HAVE CONTROL → HAVE PATIENCE → HAVE CONFIDENCE ⇒ 100% SUCCESS

SECTION-A

1. Mention any two benefits of Shalabhasana. (1+1)
2. Define motivation with the help of an example. (1+1)
3. Define active and passive flexibility. (1+1)
4. Write the full form of OCD and ODD. (1+1)
5. List any four types of coordinative abilities. (1+1)
6. What is the meaning of cognitive disability and the causes of impairment ? (1+1)
7. Mention any two causes and prevention of stress fracture. (1+1)
8. What is Aggression and how is it necessary for sports ? (1+1)
9. List down any two asanas that are helpful for a person suffering from asthma. (1+1)

SECTION-B

10. Explain any three techniques of motivation. (1×3)
11. Explain OCD along with its symptoms. (1+2)
12. Create a flow chart of types of endurance according to nature of activity and explain the specific endurance. (2+1)
13. Explain the benefits of Matsyasana and Vakrasana. (1×3)
14. Describe slow and fast continuous methods for increasing endurance. (1.5×2)

SECTION-C

15. Create a flow chart of personality factors in trait theory and explain neuroticism and agreeableness personality. **(1+1.5×2)**
16. Discuss what strength is and its types **(1+3)**
17. Describe the physiological factors determining Endurance. **(1+3)**
18. Briefly explain the benefits of Ardhamatsyendrasana along with contraindications and draw stick diagram. **(2+1+1)**

