

DESIGN OF QUESTION PAPER

Subject : **Physical Health Education & Sports**
 Paper : Theory
 Class : XI
 Full Mark : 70
 Time : 3 Hours

I	WEIGHTAGE TO OBJECTIVES				
	Objectives	Marks	Percentage		
	Knowledge (K)	14	20		
	Understanding (U)	28	40		
	Application (A)	20	29		
	Skill (S)	8	11		
Total :		70	100		
II	WEIGHTAGE TO FORM OF QUESTIONS:				
	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
	Essay/Long Answer (E/LA)	3	60	15	21
	Short Answer (SA-I)	7	42	21	30
	Short Answer (SA-II)	10	40	20	29
	Very Short Answer(VSA)	10	30	10	14
	MCQ	4	8	4	6
	Total:		34	180	70
III	WEIGHTAGE TO CONTENT:				
	UNIT/CONTENTS :			Marks	
	I	Concept of Physical Education		10	
	II	Career Aspects in Physical Education		10	
	III	Physiological Aspects of Physical Education		10	
	IV	Psychological Aspects of Physical Education		10	
	V	Concepts of health in Physical Education		10	
	VI	Part B Unit - I		10	
	VII	Part B Unit - II		10	
Total :				70	
IV	SCHEME OF SECTIONS : Nil				
V	SCHEME OF OPTIONS : Internal option may be given in LA Type of Questions only.				
VI	DIFFICULTY LEVEL :				
	Difficulty	:	20%		
	Average	:	50%		
	Easy	:	30%		

Abbreviation : K(Knowledge), U(Understanding), A(Application), Skill(S), E(Essay Type),
 SA(Short Answer Type), VSA(Very Short Answer Type), MCQ(Multiple Choice Question)

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	MCQ	4	8	4	6	
	Total:	34	180	70	100	
	WEIGHTAGE TO CONTENT:					
	UNIT/CONTENTS :			Marks		
III	I	Physical Fitness and Wellness			10	
	II	Training Methods			10	
	III	Sociological Aspects of Physical Education			10	
	IV	Sports and environment			10	
	V	Yoga			10	
	VI	Part B Unit - I			10	
	VII	Part B Unit - II			10	
	Total :				70	
IV	SCHEME OF SECTIONS : Nil					
V	SCHEME OF OPTIONS : Internal option may be given in LA Type of Questions only.					
VI	DIFFICULTY LEVEL :					
	Difficulty	:	20%			
	Average	:	50%			
	Easy	:	30%			

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