

# DESIGN OF QUESTION PAPER

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

<b>WEIGHTAGE TO OBJECTIVES</b>						
<b>I</b>	<b>Objectives</b>			<b>Marks</b>	<b>Percentage</b>	
	Knowledge (K)			14	20	
	Understanding (U)			28	40	
	Application (A)			20	29	
	Skill (S)			8	11	
	<b>Total :</b>			<b>70</b>	<b>100</b>	
<b>WEIGHTAGE TO FORM OF QUESTIONS:</b>						
<b>II</b>	<b>Form of Questions</b>	<b>No. of Question</b>	<b>Time (in minute)</b>	<b>Marks</b>	<b>Percentage</b>	
	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
	<b>Total:</b>		<b>34</b>	<b>180</b>	<b>70</b>	<b>100</b>
<b>WEIGHTAGE TO CONTENT:</b>						
<b>UNIT/CONTENTS :</b>				<b>Marks</b>		
<b>III</b>	I	Changing Trends & Career in Physical Education			6	
	II	Physical Fitness, Wellness & Lifestyle			6	
	III	Olympic Movement			8	
	IV	Yoga			7	
	V	Physical Activity Environment			6	
	VI	Fundamentals of Anatomy & Physiology			8	
	VII	Psychology & Sports			6	
	VIII	Bio-Mechanics In Sports			7	
	IX	Training in Sports			6	
	X	Games & Sports			10	
<b>Total :</b>				<b>70</b>		
<b>IV</b>	<b>SCHEME OF SECTIONS :</b> Nil					
<b>V</b>	<b>SCHEME OF OPTIONS :</b> Internal option may be given in LA Type of Questions only.					
<b>VI</b>	<b>DIFFICULTY LEVEL :</b>					
	Difficulty	:		30% marks		
	Average	:		50% marks		
	Easy	:		20% marks		

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)

# DESIGN OF QUESTION PAPER

Subject : **Physical Health Education & Sports**  
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 Full Mark : 70  
 Time : 3 Hours

<b>WEIGHTAGE TO OBJECTIVES</b>						
<b>I</b>	<b>Objectives</b>			<b>Marks</b>	<b>Percentage</b>	
	Knowledge (K)			14	20	
	Understanding (U)			28	40	
	Application (A)			20	29	
	Skill (S)			8	11	
	<b>Total :</b>			<b>70</b>	<b>100</b>	
<b>WEIGHTAGE TO FORM OF QUESTIONS:</b>						
<b>II</b>	<b>Form of Questions</b>	<b>No. of Question</b>	<b>Time (in minute)</b>	<b>Marks</b>	<b>Percentage</b>	
	Essay/Long Answer (E/LA)		3	60	15	21
	Short Answer (SA-I)		7	42	21	30
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	Very Short Answer(VSA)		10	30	10	14
	MCQ		4	8	4	6
	<b>Total:</b>		<b>34</b>	<b>180</b>	<b>70</b>	<b>100</b>
<b>WEIGHTAGE TO CONTENT:</b>						
<b>UNIT/CONTENTS :</b>				<b>Marks</b>		
<b>III</b>	I	Tournaments In Sports			5	
	II	Sports and Nutrition			6	
	III	Benefits of Yoga			6	
	IV	Physical Education and Sports for Differently abled			5	
	V	Children and Sports			5	
	VI	Women and Sports			5	
	VII	Test and Measurement In Sports			5	
	VIII	Physiology and Sports			6	
	IX	Sports Medicine			5	
	X	Kinesiology, Bio-Mechanics and Sports			6	
	XI	Training in Sports			6	
	XII	Games and Sports			10	
<b>Total :</b>				<b>70</b>		
<b>IV</b>	<b>SCHEME OF SECTIONS :</b> Nil					
<b>V</b>	<b>SCHEME OF OPTIONS :</b> Internal option may be given in LA Type of Questions only.					
<b>VI</b>	<b>DIFFICULTY LEVEL :</b>					
	Difficulty	:		30% marks		
	Average	:		50% marks		
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