

DESIGN OF QUESTION PAPER

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

WEIGHTAGE TO OBJECTIVES						
	Objectives	Marks	Percentage			
I	Knowledge (K)	14	20			
	Understanding (U)	32	46			
	Application (A)	21	30			
	Skill (S)	3	4			
	Total :	70	100			
WEIGHTAGE TO FORM OF QUESTIONS:						
	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage	
II	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	100	
WEIGHTAGE TO CONTENT:						
	UNIT/CONTENTS :			Marks		
III	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	
Total :				70		
IV	SCHEME OF SECTIONS :				Nil	
V	SCHEME OF OPTIONS :				Nil	
VI	DIFFICULTY LEVEL :					
	Difficulty	:		30% marks		
	Average	:		50% marks		
	Easy	:		20% marks		

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

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WEIGHTAGE TO CONTENT:					
	UNIT/CONTENTS :			Marks	
III	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
Total :				70	
IV	SCHEME OF SECTIONS : Nil				
V	SCHEME OF OPTIONS : Nil				
VI	DIFFICULTY LEVEL :				
	Difficulty	: 30% marks			
	Average	: 50% marks			
	Easy	: 20% marks			

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