

Marking Scheme Class XI
Ph. E

- Q1. Equilibrium is defined as a state in which the opposing forces are balanced.
- Q2. Science concerned with the internal and external forces acting on human body and effects produced by these forces.
- Q3. anatomy is a science that deals with the study of body structure.
- Q4. Measurement refers to the process of administering a test to obtain quantitative data.
- Q5. Control of Pran Vayu.
- Q6. Diabetes, hypertension, back pain, spinal pain etc
- Q7. Wellness is a overall well being of a person.
- Q8. Voluntary muscle. These muscles act as per our will.
- Q9. oxygen debt means demand more oxygen to bring body to its pre-exercise state.
- Q10. Endo morphs, Mesomorphs Ecto morphs.
- Q11. It gives vitality, strength and wellness.
- Q12. a) Helps in studying movement of human body
b) Improves in muscle strength.
c) Maintain balances of stress nutrition etc.
- Q13. ① strength ② Endurance ③ speed ④ coordinative ability etc.
- Q14. Levers is a mechanical devices that produces a turning or rotation.
- Q15. 1) Involuntary Muscle.
2) Voluntary Muscles
3) Cardiac Muscles.



- Q16. 1) Yam 5) Pratyahar
2) Niyam 6) Dharm
3) Asan 7) Dhyan
4) Pranayan 8) Samadhi

- Q17. 1) Free From diseases.
2) Physically Fitness
3) Socially and Mental Fitness.
4) Emotional wellbeing.

Q18. ① $5'10'' = 150_{cm} + 25_{cm} = 175_{cm} = 1.75m$
72 kgs =

$$BMI = \frac{72}{(1.75)^2} = \frac{72}{3.06} = \underline{\underline{23.52}}$$

② $6'2'' = 180 + 5 = 185_{cm} = 1.85m$
96 kgs

$$BMI = \frac{96}{(1.85)^2} = \frac{96}{3.6} = \underline{\underline{26.66}}$$

②