



विद्या सर्वार्थ साधिका

ANANDALAYA
PERIODIC TEST – 3
Class : XI

Subject : Physical Education (048)

M.M : 35

Date : 09 – 01 – 2023

Time : 1 Hr 30 Min.

General Instructions:

1. There are five sections in the Question paper namely Section A, Section B, Section C, Section D and Section E.
2. Section A consists of Questions carry 01 mark and each are Multiple Choice Questions.
3. Section B consists of Questions carry 02 marks each and shall not exceed 60-90 words.
4. Section C consists of Questions carry 03 marks each and are case studies.
5. Section D consists of Questions carry 04 marks each and shall not exceed 100-150 words.
6. Section E consists of Questions carry 05 marks each and shall not exceed 200-300 words.

Section -A

1. Disability due to polio virus infection is_____. (1)
(A) Cerebral Palsy (B) Poliomyelitis (C) Spina Bifida (D) Leprosy
2. Which scale is the most commonly used scale in physical education? (1)
(A) Interval scale (B) Nominal scale (C) Ratio scale (D) Ordinal scale
3. Body composition is related to_____. (1)
(A) Physiology (B) Anatomy (C) Kinesiology (D) All of the above
4. Which of the following do not include fundamental motor skills? (1)
(A) Throwing (B) Dance (C) Running (D) Swinging
5. Which of the following is/are the responsibility of test administrators? (1)
(A) Attending 'Test Administration Training'
(B) Summarising data in the Class Record Form
(C) Both (A) and (B)
(D) Neither (A) and (B)
6. Pulmonary vein carries which type of the blood to the left atrium? (1)
(A) Oxygenated (B) Deoxygenated (C) Impure (D) None of the above
7. Adaptive Physical Education is_____. (1)
(A) cognitive and motor development
(B) the opportunity for a person exclusively
(C) specific programme
(D) all of the above
8. Jaya's weight is 3 kg less than Mehul. It is_____. (1)
(A) Test (B) Evaluation (C) Measurement (D) Summary
9. An example of Hinge joint is_____. (1)
(A) Ankle (B) Wrist (C) Elbow (D) Shoulder
10. The trainer gets an idea of how much the player's performance has improved, with the help of: (1)
(A) Skills (B) Measurement (C) Teachers (D) Evaluation

Section -B

11. Mention the main functions of muscles with the help of a flow chart. (2)
12. Describe any two objectives of Adaptive Physical education. (2)
13. What is the use of 'Nominal Measurement Scale'? (2)

Section-C

14. During a wrestling competition, one of the wrestlers got hurt on her chest, accidentally. She suffered from severe pain so rushed to the hospital. In the X – Ray, it was observed that one of her ribs got a hair-line fracture. After taking rest, proper medication and treatment, she became fit to return in the westling field in a few months. (3)

On the basis of the above situation, answer the following question:

- 14.1 Ribs are the bones which lie under the category of_____.
(A) Long Bones (B) Short Bones (C) Flat Bones (D) Sesamoid Bones
- 14.2 Percentage of carbonic compounds in the bones are_____.
(A) 20% (B) 40% (C) 60% (D) 80%
- 14.3 On the inside of ribs bones, there are_____.
(A) Spongy Bones (B) Compact Bones (C) Carpal (D) None of these
15. Initially, there were no trained professionals to work with CWSN. Gradually awareness increased and today we have a lot of opportunities for professionals specially trained to work with such children. At the school you met the career counselling and guidance teacher. She explained that a lot of career opportunities now exist in this field. Encouraged by her advice, you have explored these opportunities. Please share your findings by answering following questions: (3)
- 15.1 What career opportunities exist for a teacher in working with CWSN?
- 15.2 How would it be different to work as an occupational therapist?
- 15.3 What role do we have to play in working with children with speech defects?

Section -D

16. Briefly explain the four causes of Disability or Disorder. (4)
17. Explain any four functions of Skeletal system. (4)

Section-E

18. What are the responsibilities of test administrators prior testing, during testing and post testing? (5)

OR

Define Anatomy and Physiology. Elucidate the importance of Anatomy and Physiology in the field of sports. (5)