ANANDALAYA
PERIDOC TEST - 3
Class : XI

Subject : Physical Education (048)   M.M : 40
Date   : 04-01-2024   Time : 1 Hr 30 min.

General Instructions:
1. The question paper consists of 5 sections and 19 Questions.
2. Section A consists of question No. 1 – 10 carrying 1 marks each and is Multiple Choice Type Question. All questions are compulsory.
3. Section B consists of question No. 11 – 13 carrying 2 marks each and is very short answer types and should not exceed 60-90 words.
4. Section C consists of question No. 14 – 15 carrying 3 marks each and is short answer types and should not exceed 100-150 words.
5. Section D consists of question No. 16 carrying 4 marks and the answer should not exceed 150 - 200 words and question No. 17 is case study based.
6. Section E consists of question No. 18 – 19 carrying 5 marks each and should not exceed 200-300 words.

SECTION - A

1. The term ectomorphy describes _____.   (1)
   (A) relative volume of abdominal truck   (B) slenderness of the body
   (C) roundness of the body   (D) musculoskeletal development of the body

2. The science that's deals with the structural aspect of the human body is known as _____.   (1)
   (A) Physiology   (B) Botany   (C) Anatomy   (D) Kinesiology

3. Which law of motion is applicable during the take off in high jump?   (1)
   (A) Law of inertia   (B) Law of action and reaction
   (C) Law of acceleration   (D) Law of momentum

4. Mohan's height is 3 feet 3 inches is an example of _____.   (1)
   (A) test   (B) measurement   (C) evaluation   (D) assessment

5. The bones having roughly cube shaped with equal horizontal and vertical dimension are _____.   (1)
   (A) long bones   (B) short bones
   (C) flat bones   (D) irregular bones

6. Which one of the following is not a part of classification of tests?   (1)
   (A) Achievement Test   (B) Skill Test   (C) Knowledge Test   (D) Motivation

7. Opposite movement for abduction is _____.   (1)
   (A) Circumduction   (B) Supination   (C) Pronation   (D) Adduction

8. An imaginary point around which the body or object balanced is _____.   (1)
   (A) equilibrium   (B) centre of gravity   (C) balance   (D) none of the above

9. The term flexion means _____.   (1)
   (A) rotating around the joints   (B) bending around the joints
   (C) extending around the joints   (D) none of these

10. Who is the highest run – scorer in the World Cup Cricket – 2023? (1)
    (A) Rachin Ravindra   (B) Mohammad Rizwan   (C) Rohit Sharma   (D) Virat Kohli

SECTION - B

11. Write the importance of test and measurement in the field of sports. Which test and measurement are applicable for all the sports? (2)

12. What do you understand by Ball and Socket joints? (2)

13. Differentiate between Abduction and Adduction. (2)

SECTION -C

14. Discuss any three important responsibilities of test administration during testing. (3)

15. Explain the functions of the respiratory system. (any three) (3)

SECTION – D

16. Write about Axis along with its examples. (4)

17. Harish is a Physical Education Teacher in a high School. He wants to conduct fitness and skill test to select students for the school volleyball team. (2+2)
    On the basis of above statement, answer the following questions:
    (A) On the basis of classification of test, specify which test would be appropriate for this?
    (B) What guidelines, should he follow for the administration of test?

SECTION – E

18. Enumerate the functions of bones and describe any three. (2+3)

19. Why the knowledge of Biomechanics is essential for a coach to overcome the limitations of physical strength of an athlete? (5)