



BK BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY| CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL



PERIODIC TEST (2024-25)

PHYSICAL EDUCATION (048)

Class : XI Sci/Com/Hum

Date : /12/2024

Admission No.:

Duration: 1 Hrs

Max. Marks: 25

Roll No.:

General Instructions:

The question paper consists of 3 sections and 14 Questions.

Section A consists of question 1-7 carrying 1 mark each and is multiple choice questions. All questions are compulsory.

Sections B consist of questions 8-13 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. All questions are compulsory.

Sections C consist of Question 14-15 carrying 3 marks each and are short answer types and should not exceed 100-150 words. All questions are compulsory.

Section-A

- Physical activity can help with (1)
 - Increased stress levels
 - Causing restless leg syndrome
 - getting sleep apnea
 - helping your social life
- Which is a component of Skill related Fitness? (1)
 - Muscular strength
 - Body Composition
 - Power
 - Flexibility
- (1)



- Teamwork
 - Guidance
 - Teaching
 - Leadership
- (1)



- Measurement
- Test
- Fitness
- Evaluation

5. Test is a _____ (1)
 a. Tool
 b. Technique
 c. Assessment
 d. Adjustment
6. WHR is calculate by (1)
 a. multiplying waist by hip measurement
 b. adding hip by waist measurement
 c. dividing hip by waist measurement
 d. subtracting waist from hip measurement
7. Ectomorphs have _____ body. (1)
 a. Athletic
 b. Muscular
 c. Fatty
 d. Lean

Section-B

8. Write a short note on PRICE (2)
The P.R.I.C.E. method is a common approach to treating minor injuries, especially in sports. It stands for:
Protection: Prevent further injury by using supports or avoiding activities that could worsen the injury.
Rest: Allow the injured area to heal by taking a break from activities that stress it.
Ice: Apply ice packs to reduce swelling and numb the pain.
Compression: Use bandages or wraps to limit swelling and provide support.
Elevation: Keep the injured area raised above heart level to reduce swelling.
 This method helps manage pain and swelling, promoting faster recovery. If the injury is severe, it's always best to seek medical advice.
9. Differentiate between C.V Endurance and Speed. (2)
Cardiorespiratory Endurance is the ability of the heart, blood vessels, blood, and respiratory systems to supply nutrients and oxygen to the muscles and the ability of the muscles to utilize fuel to allow continuous exercise. whereas speed is Speed refers to an individual's ability to perform the movement in the shortest possible time. It is the minimum time taken to complete the task.
Example of cv endurance are long distance runs, marathons etc. and examples for speed are 100mts, 200mts 400mts and ice hockey.
10. What do you mean by Physical fitness? (2)
Physical fitness means the ability to perform daily tasks efficiently and effectively, without undue fatigue, and, along with that, she/he should also successfully complete the demands of recreational activities and emergent situations.
11. What is a test? (2)
Test is tool, instrument or set of questions to measure a dimension, quality or condition, of any person, object, event.
12. What is WHR? (2)
The waist to hip ratio measurement is calculated by dividing the measurement of your waist by your hip measurement that helps us understand the health risk by identifying whether you have pear shaped obesity or apple shaped obesity
13. List any two somatotypes and define anyone. (2)
Endomorph and Ectomorph
Endomorph:- An endomorph is one of the three primary body types, or somatotypes, identified by American psychologist William Sheldon in the 1940s. Endomorphs typically have a higher percentage of body fat, a wider waist, and a larger bone structure. They often find it easier to gain weight but harder to lose it. This body type is characterized by a rounder, softer physique. Endomorphs may benefit from a balanced diet and regular exercise, focusing on both cardiovascular activities and strength training to manage their weight and maintain overall health. It's important to remember that body types are just a general guide, and individual variations are common.

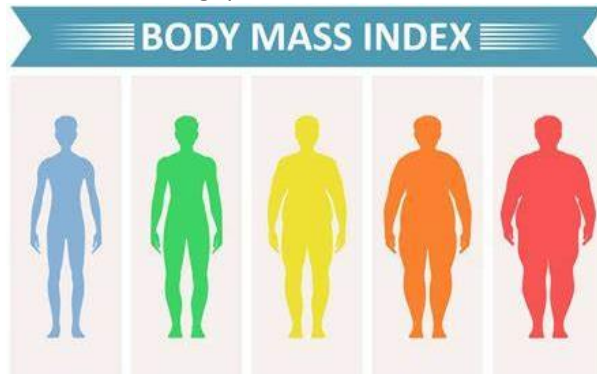
Section-C

14. Vilas, a male person whose weight is 70kg and his height is 1.7m Calculate the BMI. Also state the category in which he falls. (3)

Ans 24.22

OR

BMI is considered a very useful test for body composition. People with high BMI are advised to workout and pay attention to their weight with the help of workout and improvement in their dietary habits. Based on this answer the following questions:



- a. What is the range for Normal BMI?
18.5 -24.9
- b. 30-34.5 is the range for obesity class I.
- c. A person with BMI 26 is overweight.
15. Describe Health related fitness components? (3)

Health-related Fitness – There are five components of health-related physical fitness – muscular endurance, cardiorespiratory endurance, flexibility, muscular strength, and body composition. Health related fitness is an integral part of an individual’s daily life, we use these fitness components every day without consciously knowing about them, but if we understand these fitness components and work towards their improvement then we can lead a full and healthy life. e.g., cardiovascular endurance is as important for a doctor as it is for a sportsman or a farmer. A higher level of health-related fitness is directly related to the degree of skill performance. e.g., moderate level of muscular strength is required to maintain posture and to prevent neck, back or knee pain etc. but a high amount of muscular strength helps to increase performance in weightlifting, jumps, throws etc.

*******ALL THE BEST*******