



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 : 06 /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)
- Tool
 - Technique
 - Assessment
 - Adjustment
6. WHR is calculate by (1)
- multiplying waist by hip measurement
 - adding hip by waist measurement
 - dividing hip by waist measurement
 - subtracting waist from hip measurement
7. Ectomorphs have _____ body. (1)
- Athletic
 - Muscular
 - Fatty
 - Lean

Section-B

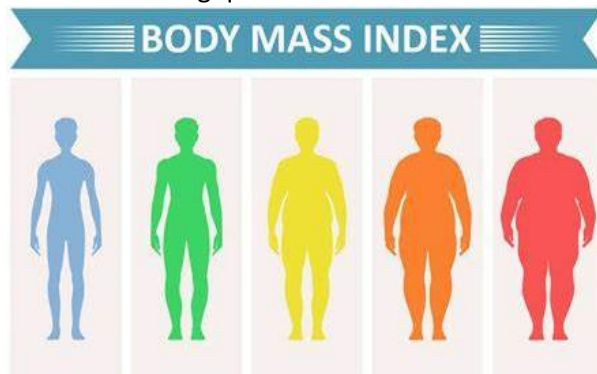
8. Write a short note on PRICE (2)
9. Differentiate between C.V Endurance and Speed. (2)
10. What do you mean by Physical fitness? (2)
11. What is a test? (2)
12. What is WHR? (2)
13. List any two somatotypes and define anyone. (2)

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)

OR

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



- What is the range for Normal BMI?
 - 30-34.5 is the range for _____.
 - A person with BMI 26 is _____.
15. Describe Health related fitness components? (3)

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