



B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL

PRE-MIDTERM 2025-26

ENGLISH

Class: IX

Date: 02.08.25

Admission no:

Time: 1hr

Max Marks: 25

Roll no:

General Instructions:

1. The question paper contains THREE sections-READING, GRAMMAR & WRITING and LITERATURE.
2. Attempt questions based on specific instructions for each part.

SECTION - A READING

(7 Marks)

I. Read the following passage and answer the questions given below:

The Evolution of Sports Science

1. Sports science has reshaped how athletes train, compete, and recover, blending biology, technology, and psychology to push human performance to new heights. Its rise began in the mid-20th century, spurred by events like the 1968 Mexico City Olympics, where high-altitude training sparked global interest in scientific approaches to sports. By studying muscle mechanics, nutrition, and mental resilience, sports science helps athletes from sprinters to swimmers achieve feats once thought impossible.
2. At its heart, sports science optimizes performance through precision. Wearable devices track heart rates and oxygen levels, allowing coaches to tailor training to an athlete's unique physiology. For instance, cyclists in the Tour de France use power meters to monitor energy output, ensuring peak efficiency. This data-driven approach not only boosts results but also fosters teamwork, as coaches, nutritionists, and psychologists collaborate to support athletes holistically.
3. Technology is a game-changer in sports science, transforming how performance is analyzed and enhanced. Motion capture systems break down a golfer's swing or a gymnast's vault, pinpointing flaws invisible to the naked eye. Meanwhile, virtual reality helps athletes like basketball players practice decision-making under pressure. In African nations like Kenya, affordable mobile apps now deliver training plans to aspiring runners, leveling the playing field for those far from elite facilities.
4. Injury prevention and recovery are central to sports science's impact. Techniques like cryotherapy and biomechanical analysis reduce strain on joints, extending careers. For example, soccer players at clubs like FC Barcelona use GPS trackers to monitor workload, preventing overtraining. Athletes also learn mental strategies, like visualization, to stay focused during rehabilitation, ensuring they return stronger, both physically and mentally.
5. Despite its advances, sports science faces hurdles, including access disparities and ethical concerns over performance-enhancing technologies. During global events like the 2020 Tokyo Olympics, held amid a pandemic, sports science proved vital in adapting training to remote environments using virtual coaching. This adaptability underscores its role in building resilient athletes who can thrive in an ever-changing world.

Answer the following questions

i. Sports science has reshaped how athletes train, compete, and recover... (Paragraph 1)

Why does the author describe sports science as having "reshaped" athletic performance?

- A. Because it focuses only on mental preparation
- B. Because it integrates science to enhance training, competition, and recovery
- C. Because it prioritizes traditional coaching methods
- D. Because it is a passing trend in athletics

ii. **Refer to the following from Paragraph 1:**

1968 Mexico City Olympics: sparked global interest in scientific approaches to sports

Which option most likely explains the significance of the 1968 Mexico City Olympics?

- A. It introduced new sports to the Olympic program.
- B. It highlighted the impact of scientific training methods like high-altitude preparation.
- C. It focused on entertainment over athletic performance.
- D. It prioritized infrastructure over athlete preparation.

iii. **At its heart, sports science optimizes performance through precision... (Paragraph 2)**

Which of these options uses the same literary device as the line above?

- A. This technology is a spark for athletic excellence!
- B. These devices are as accurate as a referee's call.
- C. Training requires dedication and effort.
- D. The new equipment arrived yesterday.

iv. **The author states, "This data-driven approach... fosters teamwork, as coaches, nutritionists, and psychologists collaborate" (Paragraph 2).**

State one way a data-driven approach could foster teamwork among coaches, nutritionists, and psychologists.

v. **Provide one example of how technology supports sports science, based on Paragraph 3.**

vi. **Complete the following with a phrase from Paragraph 4:**

Phrase | Meaning

..... | reduces strain and extends athletic careers

vii. **Injury prevention and recovery are central to sports science's impact... (Paragraph 4)**

Which of these best describes the tone of the above line?

- A. Cautious
- B. Confident
- C. Skeptical
- D. Indifferent

SECTION B- WRITING & GRAMMAR (11 Marks)

II. Write a descriptive essay of 150-200 words on the topic: "A Rainy Day in Your School." Describe the sights, sounds, and smells of the rainy day, capturing the atmosphere of your school as the rain falls. Include details about the weather, the people, and the surroundings to bring the scene to life. **1x3= 3**

III. You have noticed that the public park in your neighbourhood has become littered with garbage, making it unsafe and unpleasant for residents to use. Write a formal complaint letter to the Municipal Commissioner, describing the condition of the park, explaining how it affects the community, and requesting immediate action to clean and maintain it. **1x4=4**

IV. The following paragraphs have not been edited. There is one error in each line. Identify the error and write its correction against the correct blank number. **1x4=4**

	Error	Correction
People plays an important role in shaping society's future.	a)	
They works together to solve problems and create opportunities.	b)	
Every individual have the potential to make a difference in their community.	c)	
Many has inspired others through acts of kindness and innovation.	d)	

SECTION C – LITERATURE (7 Marks)

V. Attempt ANY TWO of the four questions given below, within 30-43 words each. 2x2=4

1. How did Duke's presence help Chuck Hooper regain his confidence after the accident, and which moment in the story shows their strong connection?
2. What does the poet mean by choosing the "less travelled" road, and how does this choice affect the speaker's feelings in the poem?
3. Why did Private Quelch's habit of correcting others cause problems in his training camp, and what was one consequence he faced because of this?

VI. Attempt ANY ONE of the questions given below. 1x3=3

1. How does Private Quelch's excessive knowledge lead to his downfall in the story, and what does this reveal about the balance between intelligence and humility?
2. Explain how the poet uses the metaphor of the "two roads" to convey the theme of individual choice and its long-term consequences in life. Provide an example from the poem to support your answer.