



विद्या सर्वार्थ साधिका

ANANDALAYA
PERIODIC TEST – 2
Class : XI

Subject: PHYSICAL EDUCATION

M.M: 40

Date : 20/12/2019

Time: 2 Hours

General Instructions:

- All questions are compulsory.
- Answer for the questions carrying 1 mark can be write in one word or approximately 20- 30 words.
- Answer for the questions carrying 3 marks should be approximately 80-90 words.
- Answer for the questions carrying 5 marks should be approximately 150-200 words.

- 1 Test is _____. (1)
A. Tool or instrument, or questionnaire to collect data
B. Raw score
C. C. Subjective opinion
D. All of the above
- 2 Increase in weight can be said as _____. (1)
A. Growth B. Development C. Both D. None of them
- 3 The important principle of Sports Training _____. (1)
A. Continuity and regularity
B. Principle of proper overloading
C. Principle of individual difference
D. All of above
- 4 For healthy person the BMI falls between _____. (1)
A. 30 above B. 25 to 30 C. 15 to 20 D. 20 to 25
- 5 Adolescence can also be named as _____. (1)
A. Childhood stage B. Teenage
C. Adulthood stage D. Infancy stage

- 6 Steroids cause _____. (1)
A. Heart attack B. Cancer
C. Muscle mass D. All of above
- 7 Body fat can be measured by _____. (1)
A. Flexometer B. Dynamometer
C. Skin fold caliper D. Weighing machine
- 8 Early childhood stage fall between _____. (1)
A. 13 to 19 years B. 3 to 6 years
C. 6 to 12 years D. 1 to 2 years
- 9 Drug addict persons are _____. (1)
A. Reliable B. Unreliable C. Brave D. Strong
- 10 Doping is _____. (1)
A. Allowed in sports at Nationals
B. Allowed if doctor approve
C. Banned in sports
D. Only small dose is permitted
- 11 Define Test, Measurement and Evaluation. (3)
- 12 Highlight the difference between Growth and Development. (3)
- 13 Discuss the phases of Sports Training. (3)
- 14 Explain the testing procedure of Body Mass Index. (3)
- 15 Write a note on Narcotics. (3)
- 16 Give the importance of Test and Measurement (any five) (5)
- 17 Explain briefly the various stages of Growth and Development of individual. (5)
- 18 What is the Warming – Up? How is it performed? Give its important. (5)

OR

Explain Limbering down and its benefits.