



विद्या सर्वार्थ साधिका

ANANDALAYA

PERIODIC TEST-3

Class: XI

Subject: Physical Education (048)

Date : 09-01-2025

M.M : 40

Time : 1 Hr 30 Min

General Instructions:

1. The question paper consists of 5 sections.
2. Section A consists of questions 1-10 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 11-13 carrying 2 marks each and are very short answer types and should not exceed 60-90 words.
4. Sections C consist of questions 14-16 carrying 3 marks each and are short answer types and should not exceed 100-150 words.
5. Sections D consist of questions 17-18 carrying 4 marks each and are case studies.
6. Section E consists of questions 19-20 carrying 5 marks each and should not exceed 200-300 words.

Section -A

1. What connects muscles to bones? (1)
(A) Ligaments (B) Tendons (C) Cell (D) Cartilage
2. _____ is the study of the structure and function of biological systems using the methods of (1)
mechanics.
(A) Kinesiology (B) Biomechanics (C) Anatomy (D) Physiology
3. The joints between the carpals and the wrist is called _____. (1)
(A) Hinge joint (B) Gliding joint (C) Pivot joint (D) Ball & Socket joint
4. Observe the gymnast performing front somersault on a trampoline. The movement of her body (1)
will occur through which plane?



- (A) Sagittal plane (B) Frontal plane (C) Transverse plane (D) Vertical Plane
5. Which part of human respiratory system is also known as the 'windpipe'? (1)
(A) Larynx (B) Pharynx (C) Bronchi (D) Trachea
 6. Adolescents learn discipline and sense of teamwork through participation in _____. (1)
(A) academics (B) sports (C) social work (D) none of these
 7. Hemoglobin lies within the _____. (1)
(A) WBC (B) RBC (C) muscle cell (D) nerve cell
 8. The speed of physical growth is fast in the first three years. At which age it starts slowing (1)
down?
(A) 11-13 years (B) 12-15 years (C) 7-8 years (D) 60-65 years
 9. The appendicular skeleton is composed of _____ bones. (1)
(A) 126 (B) 150 (C) 200 (D) 206

10. Psychology means the scientific study of mind and _____. (1)
(A) body (B) attitude (C) behaviour (D) lifestyle

Section-B

11. Define Anatomy and write its categories. (2)
12. Briefly explain the types of team cohesion in sports. (2)
13. What is peer pressure and its reason? (2)

Section-C

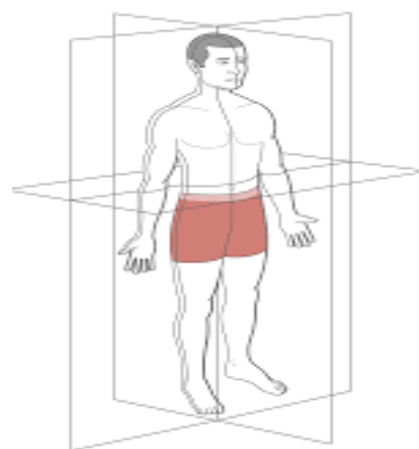
14. Describe the role of biomechanics in case of improvement in technique, sports equipment and performance. (3)
15. Prepare a flow chart to show the types of joints in human body. (3)

OR

16. Mention any three functions of respiratory system and explain them.

Section-D

17. A physical education teacher was discussing with students that all the body movements occur in different planes and around different axis. Based on this information and the image answer the questions. (4)



- 17.1 A _____ is an imaginary flat surface through the body.
17.2 An _____ is an imaginary line at right angles to the plane, about which the body rotates or spins.
17.3 Axis and plane describe the pattern of human _____.
17.4 _____ planes of motion pass through the human body.
18. MS Dhoni, unlike other, was usually seen to be cool and unflappable, concentrating on guiding his teammates to deal with pressure. Unlike the brash aggression of some of the other players, Dhoni did not lose his cool on the field. Psychologists explain this behaviour is due to some special psychological attributes. These are attention, mental toughness and resilience. Based on this answer the questions that follow: (4)
- 18.1 Psychological attributes are the specific characteristics of a person that influence their _____ thoughts.
18.2 _____ in sports describes the focusing of his or her own role in relation to other teammates.
18.3 Resilience is the ability to bounce back _____ in the face of adversity, trauma, tragedy, danger or other sources of stress in life.
18.4 A _____ mindset means negativity will not be as impactful to disturb any kind of behavior.

Section-E

19. “Knowledge of kinesiology and biomechanics helps in the selection of players”. Discuss in the context of any one game of your choice. (5)
20. Explain the role of various psychological attributes influencing sports performance. (5)