



Delhi Public School, Howrah

PERIODIC TEST - II (2024-2025)

Care must be taken not to write anything on the question paper. All the questions must be attempted in the correct sequence.

SUBJECT: PHYSICAL EDUCATION (048)

Time: 3 Hours

Class- XI

Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Section B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Section D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

SECTION: A

Answer the following by choosing the most appropriate options:

1. "Physical education is the sum of changes in the individual caused by experience centering motor activity"- the above quotes is said by _____.
a. C. A. Bucher b. D. Oberteuffer c. Cassidy d. C. C. Cowell
2. Suppose you're appointed as D.P.E. in a school on the basis of your qualification as D.P.Ed., which one of the following classes you can teach?
a. I to V b. VI to VIII c. I to VIII d. I to X
3. In which year, was the International Olympic Committee formed?
a. 1886 b. 1890 c. 1894 d. 1896
4. Total weight of the Olympic torch is _____.
a. 0.750 kg b. 1.052 kg c. 1.5 kg d. 1.2 kg
5. The word "Puraka" means _____.
a. Inhalation b. Exhalation c. Rotation d. Retaining the breath
6. Given below are two statements labelled as Assertion (A) and Reason(R).
Assertion (A): Niyamas, the element of Astanga yoga, are related to individual's body and senses.
Reason(R): Niyamas are also ethical practices, which are helpful in enhancing ethical values in an individual.
a. Both (A) and (R) are true and (R) is the correct explanation of (A).
b. Both (A) and (R) are true, but (R) is not the correct explanation of (A).
c. (A) is true, but (R) is false.
d. Both (A) and (R) are false.
7. Which type of disability creates hindrance for an individual to store, process and produce information?
a. Cognitive disability b. Intellectual disability c. Physical disability d. None of these
8. Which is not the objectives of Adaptive Physical Education-
a. To develop motor skills b. To promote physical fitness
c. To improve social adjustments d. To promote special child school
9. The ability of body to execute movements with greater range is called-
a. Strength b. Flexibility c. Body composition d. Endurance

10. Match List-I with List- II and select the correct answer from the code given below:

	LIST-1		LIST-2
i.	Body composition	1	To perform movements of same pattern at a faster rate
ii.	Coordinative ability	2	Rhythm ability
iii.	Speed	3	Range of movements of joints
iv.	Flexibility	4	Percentage of lean body mass

	I	II	III	IV
a.	3	1	2	4
b.	4	2	1	3
c.	2	3	4	1
d.	4	3	1	2

11. Choose the correct options which classifies Sheldon's body type of individuals.

- a. Pyknic b. Asthenic c. Athletic d. None of these

12. Waist-Hip ratio is calculated by _____.

- a. Circumference of waist / Circumference of hip
 b. Circumference of hip / Circumference of waist
 c. Circumference of waist / 2 X (Circumference of hip)
 d. Adding hip to waist measurement

13.



Identify the plane which is used to perform the C.T. Scan on the above portrayed part of the human body.

- a. Transverse Plane b. Frontal Plane c. Sagittal Plane d. Horizontal Plane

14. The approximate length of trachea is _____ cm.

- a. 8.2 b. 9.2 c. 10.2 d. 11.2

15. Identify the sesamoid bone from the following options.

- a. Vertebra b. Patella c. Femur d. Sternum

16. Given below are two statements labelled as Assertion (A) and Reason(R).

Assertion (A): Biomechanics examines and explains why and how the human body moves.

Reason(R): Biomechanics helps to know about the correct movement and helps in better performance.

- a. Both (A) and (R) are true and (R) is the correct explanation of (A).
 b. Both (A) and (R) are true, but (R) is not the correct explanation of (A).
 c. (A) is true, but (R) is false.
 d. Both (A) and (R) are false.

17. The circular motion combining flexion, extension, adduction and abduction is called _____.

- a. Inversion b. Elevation c. Circumduction d. Depression

18. If your arm is away from the midline of the body, you bring it towards the midline of the body, this movement is called as _____.

- a. Abduction b. Adduction c. Extension d. Circumduction

SECTION: B

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|--|---|
| 19. State the benefits and precautions of Trataka. | 2 |
| 20. Find the properties of skeletal muscles. | 2 |
| 21. Summarize the Olympic creed. | 2 |
| 22. Differentiate between "Frontal axis" and "Longitudinal axis". Clarify your answer with proper explanation. | 2 |
| 23. Differentiate between Pivot joint and Gliding Joint. | 2 |
| 24. Hypothesize few importance of Anatomy and Physiology. | 2 |

SECTION: C

- | | |
|---|---|
| 25. 'Shat Karma' means six cleansing processes, which are excellent practices designed to purify the whole body, and to get good health. Classify these 'Shat karma' with a short description for each. | 3 |
| 26. Elucidate the term Anthropometric test. | 3 |
| 27. 'Practicing Yoga's "golden rules" helps us attain a healthy mind and body, and it is important to follow the yamas without the desire for an end goal.' - Justify the line. | 3 |
| 28. Define the terms: Test, Measurement and Evaluation. | 3 |
| 29. How could you recognize the different types of muscles? Classify all the different types in your own words. | 3 |
| 30. Adapted Physical Education is also a part of Physical Education but the stand point or the base point of the Adapted Physical Education is different from the main stream. Evaluate those base point and summarize the meaning of Adapted Physical Education. | 3 |

SECTION: D

31. We use the term locomotion to describe the movement which results in the change of position of the whole organism. It is important to understand the difference between the two – movement and locomotion – in relation to living things. There are a variety of movements that happen in the human body, e.g., the movement of eyelids, heart muscles, jaw, and teeth. In addition, more complicated movements are performed in sports and games.

(1X4) =4

- a. Closing/ decreasing the angle at the moving joint is called _____.
- b. Turning the palm down is known as _____.
- c. _____ is the movement around the long axis.
- d. Turning the palm up is known as _____.

OR,

- d. Opening/ increasing the angle at the joint is called _____.

32. The human skeletal system is the internal framework of the body which consists of bones, cartilages, joints, and ligaments. A human body has around 300 bones at the time of birth which decreases to 206 bones in a full-grown human as some bones get fused together. On the basis of size and shape human bones could be classified on different aspects.

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- a. _____ bones have a cube like shape with equal length, width and thickness. They are composed of central spongy bone which is covered with a thin layer of compact bone.
- b. _____ bones are thin and usually curved. They are composed of a central layer of spongy bone between two outer layers of compact bone.
- c. _____ bones vary in shape and structure and therefore do not fit into any other category. They often have a complex shape, which helps to protect internal organs.
- d. _____ bones are small and round bones embedded in the tendons.

OR,

- d. _____ bones are hard, dense bones that provide strength, structure, and mobility to the body.

33. Carefully study the picture given below and answer the following questions with reference to the picture.

Skills Related Fitness



1X4 = 4

- a. _____ is an individual's ability to quickly respond to a stimulus
- b. _____ refers to an individual's ability to act fast with resistance.
- c. _____ is an individual's ability to change the direction of the body rapidly and accurately.
- d. _____ is the ability of an individual to perform a motor task by using body movements and senses accurately and fluently.

OR,

- d. _____ refers to an individual's ability to perform the movement in the shortest possible time.

SECTION: E

34. After completion of M.P.Ed. degree, Puma called you to organize a test in their organization. Now you have to compose all the things related to a test. Construct a guideline for administering that test and explain it in your own words.

5

35. What are those dimensions through which one can classify the components of health and components of physical fitness?

5

36. Distinguish the structure and function of the Respiratory system.

(2+3) = 5

37. What according to you, are the qualities of a good leader?

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