Code: A-H337116-M	**I Semester Exam 2022-23**	1 x 810
Std.: XI	Sub: HEALTH AND PHYSICAL EDUCATION	Marks: 25
Date: 22/11/2022	Roll No.: _____	Time: 1 Hr.

Q. 1 **Fill in the blanks:** 5

1) Skin fold test, also known as a _____ . (pinch test, Fist test)
2) _____ refers to the excess accumulation of fat in the body. (Obesity, Siversity, University)
3) _____ strengthens the muscles of lower abdomen. (Salabhasana, Viparita Karani, Shavasana)
4) Cricket originated in _____ . (India, England, Africa)
5) The space allowed to exchange the baton is _____ m long. (10, 20, 30)

Q. 2 **Match the following:–** 5

1)	Hurdle race	a) Body and mind
2)	Walking	b) P.T. Usha
3)	Atheltres	c) 110 mts
4)	Warm up	d) Pectorals, Deltoids, Triceps
5)	Bench press	e) 3 km

Q. 3 **Answer in one sentence.** 5

1) What is physical fitness?
2) What are the components of skill related physical fitness?
3) What are the uses of carbohydrates?
4) What are the four stages of long jump?
5) Define WHR?

Q. 4 **Defination** 5

1) BMI
2) Mudras

Q. 5 **Answer in Brief.** 5

1) Types of injuries
2) Uses of proteins