

Code: A-H337116-A

I Semester Exam – 2022-23

1 x 840

Std.: XI

Sub: HEALTH AND PHYSICAL EDUCATION

Marks: 25

Date: 22/11/2022

Roll No.: _____

Time: 1 Hr.

Q. 1 Fill in the blanks:

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- 1) The THR can be calculated as a range of _____ intensity.
(55%, -75%, 65%, -85%)
- 2) Physical fitness is not an _____ which can be purchased.
(asset, devotion, awareness)
- 3) _____ is perhaps the most important part of yoga practice.
(Vajrasana, Sharasana, Simhasana)
- 4) Football is also known as _____. (cooker, soccer, rocker)
- 5) Hammer _____ spin to generate speed prior to the throw.
(thrower, pusher, runner)

Q. 2 Match the following:-

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- | | |
|---------------|----------------|
| 1) Sprints | a) 4 × 100 mts |
| 2) Throws | b) Biceps |
| 3) Relay race | c) Joints |
| 4) Arm Curls | d) Shot put |
| 5) Stretching | e) 100 mts |

Q. 3 Answer in one sentence.

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- 1) Define Muscular endurance?
- 2) What are the two types of physical fitness?
- 3) Give three sports award given by govt. of India?
- 4) Mention all the important jumps?
- 5) Write five components of physical fitness?

Q. 4 Define the following.

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- 1) WHO
- 2) Asanas

Q. 5 Answer in brief.

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- 1) Sachin Tendulkar
 - 2) Diet
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