

Code : A-H616115-A	I SEMESTER EXAM – 2025-26	2 x 840
Std. : XI	Sub. : Health and Physical Education	Marks : 25
Date :		Time : 1 Hr.

Question Nos.										Total Marks
Marks Obtained										

Name : _____ Div : _____

Roll No. : _____ Supervisor's Sign. : _____ Examiner's Sign. : _____

Q. I. Fill in the blanks. (05)

- (1) Due to doping there is experience of _____ Insensitivity leading of depressions (Emotional, Rational, National).
- (2) Yoga is _____ of all the powers of body, minds Soul of God.
(playing, Running, yoking)
- (3) Obesity mean _____ excess weight than height.
(30%, 35%, 40%)
- (4) In a circuit Training there are at least _____ per decided exercise stations.(5 to 6, 6 to 10, 7 to 9)
- (5) Human nature becomes very _____ due to doping.
(Happy, cry, aggressive)

Q. II Match the following. (05)

1) EPO		25.0 to 29.9
2) Rafting		Red Blood Cells
3) Judo		Nerves injury
4) Virasana		Competitive Games
5) Over werght		Blood circulation.

Q. III True or false**(05)**

- 1) There is a 2 year gap between the Olympic and Asian Games. _____
- 2) Cool down exercises reduces harmful substances like Lactic acid. _____
- 3) The Intake of supplements can lead to kidney failure. _____
- 4) Yoga is an effective medium for the holistic development _____
- 5) Uttarayana means the northern movement of the Sun. _____

Q. IV Answer in one sentence.**(05)**

- 1) What is the motive of First Aid?

Ans. _____

- 2) What do you mean by Doping?

Ans. _____

- 3) What is pranayama?

Ans. _____

- 4) What do you mean by visarga period?

Ans. _____

- 5) Name some useful mobile applications?

Ans. _____

Q. V Complete the following diagram**(05)**