

Code: A-P223115-M

I SEMESTER EXAM - 2024-25

1 x 980

Std.: XI

Sub: Health and Physical Education

Marks: 25

Date:

Roll No.: _____

Time: 1 hr.

Q.1 Choose the correct alternative and fill in the blanks.

[05]

- 1) Borg's technique measure _____.
a) Balance b) intensity level c) agility
- 2) Obesity means _____ % excess weight than height.
a) 10 b) 20 c) 30
- 3) By practising _____ the digestive process (fire) is activated that helps metabolism.
a) Suryabhedan b) Shitkari c) jalmudra
- 4) Doping includes the use of all of the following except _____.
a) diuretics b) narcotics c) glucose
- 5) _____ technique should be used to evaluate the injury to joints.
a) Anthropology b) Endoscopy c) Anthroscopy

Q.2 Match the following.

(05)

- 1) combative game – Archery
- 2) Target game – Taekwando
- 3) Tag game – Sepak takraw
- 4) Net game – Atya patya
- 5) Effect of screen time – Lack of concentration

Q.3 State whether the following statements are true or false

(05)

- 1) Swimming helps to reduce cardiovascular endurance.
- 2) Many incurable diseases occur due to obesity.
- 3) A rise in temperature creates a desire to drink hot coffee.
- 4) Performing mudras helps to maintain physical and mental balance.
- 5) Human nature becomes very fearful due to doping.

Q.4 Answer in one sentence .

(05)

- 1) Write the names of some narcotics.
- 2) What is injury?
- 3) Write the names of any two mobile fitness applications.
- 4) Name two games that involves lifting.
- 5) What precaution will you take while performing the shitkari prayanama?

Q.5 Complete the following diagrams.

(05)

