Code: A-P223115-A

I SEMESTER EXAM - 2024-25

1 x 890

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) In olden days, sports were a form a _____
   a) Career b) entertainment c) professjonalism
2) Yoga is one of the gift's that _____ has given to the world.
   a) India b) Australia c) China
3) _____ is the most basic and renewable source of energy for the body.
   a) Water b) Food c) Exercise
4) A constant state of aggressiveness as seen in athletes can lead to an irritable _____ .
   a) gall bladder b) Liver c) Kidney
5) In CPR, the chest compression should be done at the rate of _____ per minute.
   a) 72 b) 100 c) 60

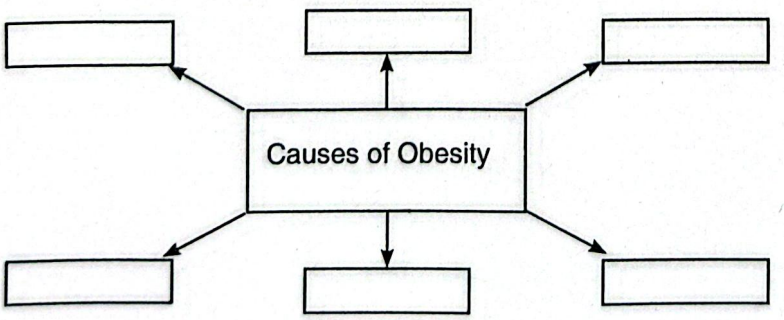
Q. 2 Match the following . [05]

1) Weight lifting	-	Face injury
2) Fencing	-	Injuries to elbow
3) Tennis	-	Injuries to hands and leg.
4) Kho - Kho	-	Back and spine injury.
5) Anabolic steroid	-	Kidney damage.

Q. 3 State whether the following statements are true or false. [05]

1) Doping by using forbidden drugs can be fatal.
2) Physical fitness development is the need of players alone.
3) Food is to be consumed based on the requirement of the body.
4) Mudras guide the energy flow to specific areas of the heart.
5) Sprain is a brain injury.

Q. 4 Answer in one sentence [05]

1) What does yoga involve?
2) What is formula for BMI?
3) Write any four components of Food that help replenish the athletes body.
4) Write any four names of Mudras.
5) What is screen time?

Q. 5 Complete the following diagrams. [05]