

O. P. JINDAL SCHOOL, SAVITRI NAGAR**Periodic Test 2(I) 2025 –26****Class: XII****MM: 20****Subject: Physical Education****Time: 1 Hr.****General Instructions:****All the questions are compulsory.***Questions of 1marks will in form of MCQ.***Question of 2 marks will be answer in 50-60 words***Questions of 3marks will be answer in 90-100 words.*

1.Measurement of the Test is:

1

- a. Tool or Instrument to collect data b. Subjective Evaluation
c. Scientific score d. Questionnaire

2. 50 meters Sprint Test Purpose is to measure the:

1

- a.Distance b.Acceleration and speed
c.Leg strength d.Cardiovascular Endurance

3.Rikli & Jones test is meant for:

1

- a.Senior citizen test b.Children fitness test
c.Adult fitness test d.Female fitness test

4. BMR helps to measure:

1

- a.Walking ability b.Cardio-respiratory ability
c.Energy requirement d.Flexibility of lower back

5. Match List I with List II.

1

List I	List II
1. Chair stand test	i)Speed,coordination & Balance
2. Back Scratch test	ii)Strength & Endurance of upper body
3. Arm curl test	iii)General range of motion of shoulder
4. '8' Feet Go Test	iv)Leg strength and Endurance

a.iv,i,iii,ii

b.iv,ii,iii,i

c.i,ii,iii,iv

d.iv iii, ii, i

6. Given below are two statements labeled as Assertion(A) and Reason(R). 1

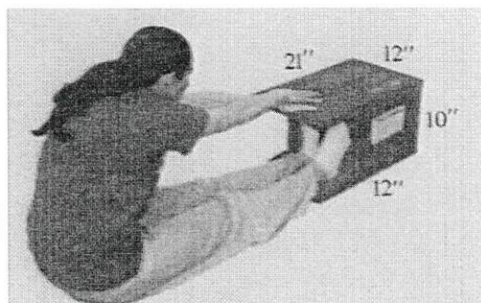
Assertion (A): The purpose of 200 M Walk/Run test is to cover the set distance as fast as possible

Reason (R): It helps to measure cardiovascular Endurance

In the context of above two statements ,which one of the following is correct?

- a. Both A and R are true and R the correct explanation of A
- b. Both A and R are true ,but R is not the correct explanation of A
- c. A is true but R is false
- d. A is false, but R is True

7.This test is used to measure: 1



- a. Abdominal strength
- b. Flexibility of Legs
- c. Flexibility of lower back
- d. Upper body strength

8.Roughage isfood. 1

- a. Macronutrient
- b. Micronutrient
- c. Non-Nutritive
- d. Nutritive

9. Give the importance of balance diet. 2

10.State the procedure Tapping the plate test. 2

11.By which test we can measure the Aerobic Fitness of senior citizen? 2

12.Describe the procedure of performing Harvard Step Test. 3

13.Explain any three test of senior citizen to check fitness ability. 3
