

O. P. JINDAL SCHOOL, SAVITRI NAGAR**Periodic Test 3 (Round II) 2025 –26****Class: XI****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. WHR test means: 1

- a. Waist Hip Ratio b. Weight height ratio
c. Waist height ratio d. Weight Hip ratio

2. Body mass Index measures the: 1

- a. Health of Individual b. Fitness of Individual
c. Fat component of Individual d. Weight of Individual

3. The excellent value of Waist-Hip ratio in male is: 1

- a. 0.85 b. 0.75 c. 1.0 d. 1.3

4. Match List I with list II. 1

List I	List II
1. Height	i. Flexometer
2. Weight	ii. Stadio-meter
3. Flexibility	iii. B.P. Appratus
4. Blood Pressure	iv. Weighing Machine

- a. ii, iv, i, iii b. iii, iv, i, ii c. ii, iii, i, iv d. iv, ii, i, iii

5. The Largest bone of human body is: 1

- a. Humerus b. Radial c. Femur d. Phalanges

6. Hip Joint is a type of : 1
- a. Immovable joint b. Hinge joint
- c. Pivot joint d. Ball & Socket joint
7. Given below are the two statements, one labelled as Assertion (A) and the other as Reason (R). 1
- Assertion (A):** Skeletal System consists of Bones and Joints.
- Reason (R):** Blood Pressure is regulated by skeletal system.
- Select the correct answer to these questions from codes (a), (b), (c) and (d).
- (a) Both (A) and (R) are true and R is the correct explanation of (A)
- (b) Both (A) and (R) are true and R is not the correct explanation of (A)
- (c) (A) is true but (R) is false.
- (d) (R) is true but (A) is false
8. Cardiac output is the amount of: 1
- a. Blood pumped out by heart in one minute b. Air breath-out from lungs
- c. Heart Size d. Blood Pressure
9. What do you mean by Objective and Validity of Test? 2
10. Define Anatomy and Physiology. 2
11. What are the types of muscles? 2
12. Explain the procedure of Harvard step Test. 3
13. Explain the working of Heart. Give the importance of blood. 3
