

## O. P. JINDAL SCHOOL, SAVITRI NAGAR

### Periodic Test 2 (2023 –24)

**Class: XI**

**MM: 20**

**Subject: Physical Education**

**Time: 1 Hr.**

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**General Instructions:**

*\*All the questions are compulsory.*

*\*Questions of 1marks will in form of MCQ.*

*\*Question of 2 marks will be answer in 30-40 words*

*\*Questions of 3marks will be answer in 50-60 words.*

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1. Test is generally used to measure 1

- a. A specific skill                      b. A specific body type  
c. The level of skill                    d. The abilities of a sportsperson

2. A person with BMI of 5 is considered in which of the following categories? 1

- a. Underweight                      b. Normal  
c. Overweight                        d. Obese

3. **Assertion (A)** Evaluation is important in sports. 1

**Reason(R)** Evaluation helps in improving performance.

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

- a. Both A and R are true and R is 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.

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4. How many Physiological systems are there in a human body? 1
- a.4 b.9
- c.6 d.10
5. Which of the following is a requirement for a long distance runner? 1
- a. Good cardiovascular endurance
- b. Good strength
- c. Good Height
- d. All of the above
6. 1
- |   |   |
|---|---|
| <p>List I</p> <p>A. Short Bone</p> <p>B. Irregular bone</p> <p>C. Sesamoid bone</p> <p>D. Long bone</p> | <p>List II</p> <p>(i) Knee</p> <p>(ii) Femur</p> <p>(iii) Wrist</p> <p>(iv) Vertebrae</p> |
|---|---|
- A    B    C    D
- a) i    ii    iii    iv
- b) ii    iii    iv    i
- c) iii    iv    i    ii
- d) iv    i    ii    iii
7. What do you understand by Test? 2
8. Discuss BMI. 2
9. What do you mean by Respiration? 2
10. What is Anatomy? 2
11. How do Test, Measurement & Evaluation helps in future research? 3
12. Discuss the role of circulatory system. 3