

Max Marks:30

c) 89beats/min

Q 5. A test should be: a) Valid

INDIAN SCHOOL AL WADI AL KABIR

CLASS XI UNIT TEST

SUBJECT-PHYSICAL EDUCATION (048)

Time: I hr

General ir	nstructions:		
que 2. Sec be wor 3. Sec	stions are compulsory. Ition B consists of 4 quest attempted each question ds. Ition C consists of 3 quest attempted each question of the statempted each qu	ions amongst which 3 questions have to carries 3 marks and should have 60-80 carries 5 marks and should have 100-120	
(SECTION A)			
	I for the collection of infor Test	mation in numeric form: b) Evaluation	
c)	Measurement	d) Assessment	
Inc	2 is used to measure a particular characteristic of an Individual or a group of individuals. a) Test b) Measurement		
c)	Evaluation	d) Assessment	
Q 3. Which of the following is a test which can be used to measure physical ability? a) Psychomotor Test b) AAPHER Test			
C	Cognitive Test	d) Knowledge Test	
Q 4. Wha	t is the average heart rate of	adult human being?	
a) 56 beats/min	b) 72 beats/min	

c) Repeatable d) All of the above

Q 6. The ______ joints are also called synovial joints.
a) Slightly moveable b) Fixed
c) Freely moveable d) Hinge

Q 7. The vertebral column has 26 bones for adult and 33 bones for children.
a) True b) False

b) Reliable

d) 110 beats/min

Q 8.	The human heart is aa) Two	chambered muscular organ. b) Three		
	c) Six	d) Four		
Q 9 respiration is the exchange of gases between the blood in capillaries and tissues in the body. a) External b) Internal				
	c) Inspiration	d) Expiration		
Q 10. Which is the longest bone of human skeleton system? a) Metatarsal b) Scapula				
	c) Patella	d) Femur		
Q 11. Test should be performed in a safe manner. a) True b) False				
(SECTION B)				
Q 12. What do you mean by test?				
Q 13. State any three function of the bones.				
Q 14. Briefly explain the structure of human heart.				
Q 15. What are Test Administration guidelines?				
(SECTION C)				
Q 16. Explain internal and external respiration.				
Q 17. Enumerate the importance of test and measurement in physical education and sports.				
Q 18. What are the functions of the blood?				
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