



# INDIAN SCHOOL AL WADI AL KABIR

## CLASS XI UNIT TEST

Max Marks:30

SUBJECT-PHYSICAL EDUCATION (048)

Time: 1 hr

General instructions:

1. Section A consists of multiple-choice questions carries 1 mark each. All questions are compulsory.
2. Section B consists of 4 questions amongst which 3 questions have to be attempted each question carries 3 marks and should have 60-80 words.
3. Section C consists of 3 questions amongst which 2 questions have to be attempted each question carries 5 marks and should have 100-120 words

### (SECTION A)

Q 1. Tool for the collection of information in numeric form:

- a) Test
- b) Evaluation
- c) Measurement
- d) Assessment

Q 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. What is the average heart rate of adult human being?

- a) 56 beats/min
- b) 72 beats/min
- c) 89beats/min
- d) 110 beats/min

Q 5. A test should be:

- a) Valid
- b) Reliable
- 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

