



**INDIAN SCHOOL SOHAR  
UNIT TEST II (2023- 24)  
PHYSICAL EDUCATION  
SET -I**

**CLASS: XI  
DATE: 16/01/2024**

**MAX MARKS: 20  
TIME: 40 MINUTES**

**GENERAL INSTRUCTIONS:**

- 1) The question paper consists of 4 sections and 10 Questions.
- 2) Section A consists of five objective-type questions carrying 1 mark each.
- 4) Section B consists of two very short questions carrying 2 marks and should not exceed 60-90 words.
- 5) Section C consists of two short questions carrying 3 marks and should not exceed 100-150 words.
- 6) Section D consists of one long question carrying 5 marks and should not exceed 200-300 words.

**SECTION - A**

- Q1. In which unit the value of BMI is measured? (1)  
 (a) Height/ Weight                      (c) Weight/ Height  
 (b) Weight/(Height)<sup>2</sup>                      (d) (Height)<sup>2</sup>/Weight
- Q2. Alveoli are present in the ..... (1)  
 (a) Heart                                      (c) Muscle  
 (b) Lungs                                      (d) Blood
- Q3. For preventing sports injuries, the knowledge of which of the following subjects is essential? (1)  
 (a) Physiology                              (c) Kinesiology  
 (b) Anatomy                                (d) All of the above
- Q4. The approximate length of the trachea is..... (1)  
 (a) 10 cm                                      (c) 10.2 cm  
 (b) 11.2 cm                                (d) 12.2 cm
- Q5. Identify the bone. (1)



- (a) Tibia                      (b) Femur                      (c) Humerus                      (d) Femur

**SECTION - B**

Q6. What is BMI? Write the formula to calculate BMI.

(2)

Q7. Match List –I with List –II.

(1/2 X 4 = 2)

List –I		List -II	
A	Heart	i	carry blood to the heart
B	Arteries	ii	carry blood away from the heart
C	Veins	iii	prevent the blood from flowing backward
D	Valves	iv	cone-shaped muscular organ

**SECTION - C**

Q8. Draw a labelled diagram of the respiratory system and explain the upper respiratory tract.

(3)

Q9. What do you mean by skinfold measurement? Discuss any two procedures for skinfold measurement.

(3)

**SECTION - D**

Q10. Explain the structure, location and function of the heart with the help of a labelled diagram. (5)

**OR**

What do you mean by test, measurement and evaluation? Elucidate their importance in the field of physical education and sports.



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**ANSWER KEY**  
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1. (b) Weight/(Height)<sup>2</sup>
2. (b) Lungs
3. (d) All of the above
4. (b) 11.2 cm
5. (a) Tibia
6. **BMI** is the abbreviation for **Body Mass Index**.

**Formula of BMI is:**

$$\frac{\text{Weight}(kg)}{\text{Height}^2(m)}$$

That is, we can calculate BMI by dividing our weight in kilograms with the square of our height in meters.

7. A-iv, B-ii, C-I, D-iii
8. **Respiratory system** is the network of organs and tissues that help to take breathe.

This system helps body to absorb oxygen from the air so the organs can work.

It also cleans waste gases, such as carbon dioxide, from the blood.

The parts of the respiratory system are – 1. Upper Respiratory Tract

Includes the nose, mouth and the beginning of trachea [the section that takes air in and lets it out]. Parts of Upper Respiratory Tract: Mouth, nose & Nasal Cavity, Pharynx, Larynx.



9. Skinfold measurement is also called as “fatfold thickness”. These measurements provide the information or data of the thickness of double folds of the skin and sub cutaneous adipose tissue at specific sites of the body. In simple words skinfold provides the information about general fatness of the body. The procedure of skinfold measurement is as under- **1. Triceps Skinfold** - The arm of the subject or child should be hung loosely. Stand behind the subject and pull the vertical skinfold about 1/2 inches from the spot already marked. Keeps the skinfold caliper perpendicular to the length of the fold centering the mark. Record the measurement to the nearest millimeter. **2. Sub scapula skinfold**- After locating the marked point on the sub scapular region , pull a skin fold for about 34 inch above and keep the skin fold caliper perpendicular to the length of skinfold. Release the caliper and note the measurement to the nearest millimeter. **3. Suprailiac skinfold**- The subject should stand straight with his feet together and arms relaxed. Pull a skinfold 34 inch above the marked point with the thumb and index finger. The skinfold caliper should be kept perpendicular to the length of skin fold. Release the caliper and note the reading on the dial to the nearest of millimeter and record it. **4. Abdomen skinfold** - After locating the already marked point, pull a horizontal skinfold to about 34 inch. Place the skinfold caliper perpendicular to the length of skinfold. Release the caliper and note the reading to the nearest of millimeter and record it. **5. Thigh skinfold** — the person is made to stand with his weight on the left leg and right leg forward with knee slightly bent. Grip a skinfold on the already

marked area on the mid-thigh. Place the skinfold caliper and note the reading to the nearest of millimeter and record it.

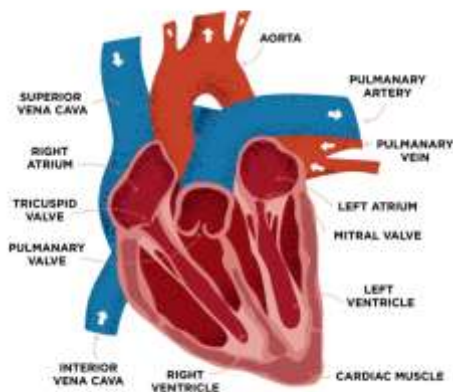
#### 10. Structure, location and function of heart

1. If you clench your hand into a fist, this is approximately the same size as your heart.
2. It is located in the middle of the chest and slightly towards the left.
3. The heart is a large muscular pump and is divided into two halves - the right-hand side and the left-hand side.
4. The right-hand side of the heart is responsible for pumping deoxygenated blood to the lungs.
5. The left-hand side pumps oxygenated blood around the body.
6. Each side of the heart consists of an atrium and a ventricle which are two connected chambers.
7. Weight approx. 240gm to 320gm.

#### FUNCTION OF THE HEART

1. Circulation of blood throughout the body.
2. Systematic Circulation – carries oxygenated blood away from the heart to the body and returns deoxygenated blood back to the heart.
3. Pulmonary Circulation – carries deoxygenated blood away from the heart to the lungs and returns oxygenated blood back to heart.
4. Blood travels through tubes called blood vessels – Arteries, Veins, Aorta, Capillaries.
5. Arteries - are blood vessels that carry blood away from the heart.
6. Veins – are blood vessels that carry used blood back to the heart. The heart sends the blood back to the lungs to pick up more oxygen.
7. Aorta – Largest artery, takes blood with O<sub>2</sub> and delivers it to every part of the body.
8. Capillaries – Smallest blood vessels, branch from every vein & artery.

### HEART ANATOMY



OR

**Test** is a tool which is used to evaluate the skill, performance and reliability of a task completed by a sportsperson. **Measurement**:- Measurement is about the data of performance of task completed by a sportsperson. **Evaluation**:- Evaluation is a systematic determination of subject's worth, merit and significance using the criteria governed by set of standards.

#### Importance of Test, Measurement and Evaluation

- 1- Classification of sportsperson
- 2- Selection of sportsperson
- 3- Motivation of sportsperson
- 4- To study the development of sportsperson
- 5- To evaluate the learning programmes
- 6- To know the capabilities and abilities of sportsperson
- 7- To discover the needs of sportsperson
- 8- To conduct the research work.

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