

LIONS SCHOOL, MIRZAPUR
UNIT TEST - II 2020-21

CLASS – XI
SUB - PHYSICAL EDUCATION (OPT)

TIME: 50 MINS.
M.M 25

GENERAL INSTRUCTIONS-

- 1- The question paper consists of 11 questions.
- 2- All the questions are compulsory.
- 3- Answer to question 1-6 carrying 1 mark should be in approximately 20-30 words.
- 4- Answer to question 7-9 carrying 3 mark should be in approximately 80-100 words.
- 5- Answer to question 10-11 carrying 5 mark should be in approximately 150-200 words.

SECTION - A

1. Joints are classified into 1
 - a) Immovable and slightly movable joints only.
 - b) Slightly movable and freely movable joints.
 - c) Freely movable joints only.
 - d) Immovable, slightly movable and freely movable joints.

2. Kinesiology deals with the 1
 - a) Study of movements
 - b) Study of speed of running.
 - c) Study of throwing angle
 - d) Study of jumping distance.

3. In which field sports psychology plays a vital role? 1
 - a) Confirming victory in sports.
 - b) Enhancing motor skills
 - c) Removing psychological barrier
 - d) Both b and c

4. What is the main problem of adolescent? 1
 - a) Rapid physical changes
 - b) Rebellions behavior
 - c) Concern about future and carriers
 - d) All of these

5. Which of the following is not a principle of sports training? 1
 - a) Principle of specificity
 - b) Principle of overload
 - c) Principle of continuity
 - d) Principle of rest

6. Which of the following is not a method of warming up? 1
- a) Jogging
 - b) Stretching
 - c) Wind sprints
 - d) Push-ups

SECTION – B

7. What is meant by specific Warming-Up? 3
8. Describe the Physical characteristics of an infant in brief. 3
9. Write down the main functions of muscles. 3

SECTION – C

10. Explain the structure of the Heart and its functions. 5
11. How can the problems of adolescents be managed? 5