ROLL NUMBER				

INDIAN SCHOOL MUSCAT
FIRST PERIODIC TEST

PHYSICAL EDUCATION

CLASS: XI   Sub.Code: 048   Time Allotted: 50mts.

19.11.2023   Max .Marks: 20

GENERAL INSTRUCTIONS:

i)   *The question paper consists of 11 questions.*
ii)   *Questions numbers 1 to 5 carry 1 mark and are multiple choice questions*
iii)   *Questions numbers 6 to 8 carry 2 marks*
iv)   *Questions numbers 9 to 11 carry 3 marks and should be answered in 80-100 words*

Questions:

1. According to _____ measurement refers to the process of   1
    administrating a test to obtain quantitative data.

    a) Barry L Johnson
    b) H M Barrow
    c) Miller
    d) Websters Dictionary

2. Given below are the two statements labelled assertion (A) and reason (R)   1

    Assertion: The body mass index is also known as Quetelet index because it was
    invented by Adolphe Quetelet.
    Reason: With the help of BMI it is to know whether one is of underweight, normal
    weight, overweight or in the category of obesity
    (a) Both A and R are true and R is the correct explanation of A
    (b) Both A and R are true and R is not the correct explanation of A
    (c) A is true but R is false
    (d) A is false but R is true

3. Which of the following categories of body type is classified by Ernest Kretsomer?   1

    a) Pyknic
    b) Phlegmatic
    c) Choleric

d) Mesomorph

4. Skinfold technique is used to measure   1

    a) Weight
    b) Girth Measurement
    c) Over fatness
    d) Fat percentage

5. Which one of the formulae is used to calculate the waist-hip ratio of an Individual   1

    a) $\dfrac{\text{Circumference of Waist}}{\text{Circumference of Hip}}$

    b) $\dfrac{\text{Circumference of Hip}}{\text{Circumference of Waist}}$

    c) $\dfrac{\text{Circumference of Waist}}{(\text{Circumference of Hip})2}$

    d) $\dfrac{\text{Circumference of Hip} \times 100}{\text{Circumference of Waist}}$

6. What do you mean by Anthropometric tests?   2

7. Discuss any two guidelines for advance preparation.   2

8. Anand is a student of 11th class. His body weight is 70kg and height is 1.75m.   2
   Calculate his BMI. Also state the category in which he falls.

<div align="center">or</div>

   Write a note on cardiovascular tests

9. What do you mean by classification of test in physical education and sports?   3

10. Discuss the procedure of during testing and after testing.   3

11. Briefly explain Sheldon's classification   3

<div align="center">Or</div>

Write a short note on Harvard Step Test