



## PRACTICE TEST - 2017

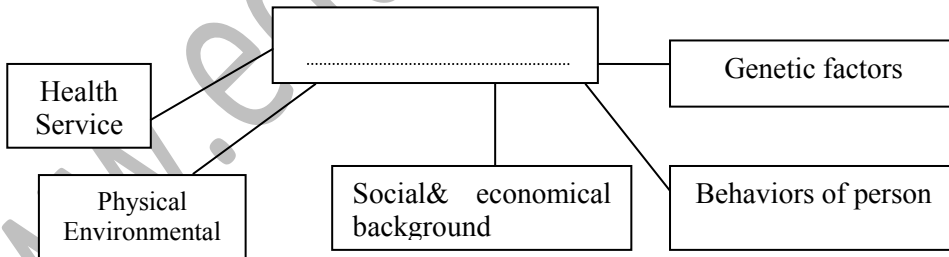
Grade 11

Health and Physical Education - I

One hour

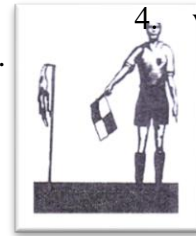
• Answer all the questions.

01. "The process of enabling people to increase control over and to improve their health" This is introduced according to World Health Organization as,
1. Total health.
  2. Health promotion
  3. Quality of the life.
  4. Health promotion concepts
02. "Adolescence is a period of transition where one is neither a child nor an adult" The period of this stage is,
1. 20 years – 39 years
  2. 10 years – 19 years
  3. 10 years – 39 years
  4. 15 years – 25 years
03. When fulfilling needs during Adolescence one has to face many challenges. Not a challenge of them is,
1. Inadequate rest
  2. Not getting proper sexual education.
  3. Neglecting
  4. Separation from parents
04. Nethumi is the best friend of Dilmi. She was suffering from Dengue. So, Dilmi proposed to Health Promotion Committee to hold a Dengue prevention programme among Dilmi's proposal what is the programme that was not suggested by her,
1. Held a poster competition of Dengue prevention.
  2. Held a Shramadhana campaign in the school and the surrounding with the participation of School community.
  3. Make conducting a sexual health awareness programme by a midwife.
  4. Awareness programme regarding Dengue Organizing by a Physical Health Inspector.



05. The most suitable word / words to fill the above blank is,
1. Good of gravity
  2. Health development
  3. Quality of life
  4. Body mass index
06. Centre of gravity is one of the biomechanics principles that influences postures. "Centre of gravity" is,
1. the resistance power on an object.
  2. vertical point of human body or an object.
  3. the point of weight of human body or an object.
  4. attrition of the object with ground.
07. Volleyball is a game of 6 players in a team and played between 02 teams. Spiking is a very important skill in volleyball game. Spiking can be understood according to 04 stages. A stage which doesn't come under this is,
1. approach for the spike
  2. spiking the ball.
  3. shooting the ball
  4. Landing
08. We can spend our leisure time effectively and improve our Physical fitness by engaging in organized games. According to this what is the game which uses foot work.

1. foot ball                      2. net ball                      3. elle                      4. volley ball
09. In football game the following umpire's signal is given to indicate.
1. Direct free kick
  2. Advantage
  3. Goal kick
  4. Corner kick



10. Outdoor education is very important to engage actively in the learning process and to admire the natural beauty of the surrounding. According to this a benefit of outside education is,
1. identifying the nature
  2. development of leadership quality.
  3. practice to use substitute
  4. not ability to identify natural challenges.

• **Answer for questions No 11 – 13 by using following description.**

Rashmi was sitting in audience looking very happily at Isurika who practicing for soon. Dinushika who sitting near observe ring them both.

11. Among then who engaged in a static posture,
1. Rashmi
  2. Dinushika
  3. Isurika
  4. Dinushika
12. Among them who show the dynamic posture.,
1. Rashmi
  2. Dinushika
  3. Isurika
  4. Three of them
13. How does Isurika take her start for the above event.
1. Standing start
  2. Crouch start
  3. Middle start
  4. Long start
14. Name the resistance which is used to stop a moving object and to make move a static object.
1. force
  2. Invent
  3. Balance
  4. Momentum
15. The every group that the starter commands "On your mark, get set," fire are,
1. 100 m, 200 m, 400 m
  2. 800 m, 1500 m, 5000 m
  3. 4 x 100 m, 4 x 400 m, staple chose
  4. 100 m, 4 x 100 m, marathan
16. Following are the 03 ideas about "force" held by 03 students.
- Naduni - The action of pulling, pushing, lifting depend on force.
- Saduni - An effect that causes object which remains at rest to move or which changes the nature of motion of an object in motion is called a force.
- Kasuni - Force supply for the activities through athlete's muscle contraction
- The correct statement / statements given by,
1. Naduni
  2. Saduni
  3. Kasuni
  4. Above all
17. The finishing of a race is decided by Torso. The meaning the "Torso" is,
1. The upper part of the body except head, neck, hands and legs.
  2. The upper body except hands and legs.
  3. The upper body except head and heck.
  4. The upper body except head and legs.

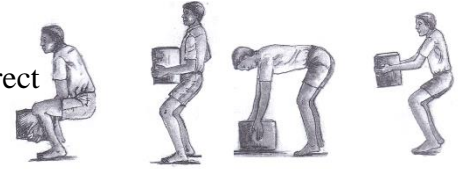
- Devindi, Savindi & Kavindi participated for a health test Nutritional difficiencies of their are as followed.

Students	Nutritional deficiencies
Devindi	Iron
Savindi	Vitamin A
Kavindi	Iodine

18. The student who suffers the condition from blindness in night,
1. Savindi
  2. Devindi
  3. Kavindi
  4. above all
19. Who should be pay much attention on Anaemia,
1. Savindi
  2. Devindi
  3. Kavindi
  4. above all

20. The disease that Kavindi has to face is,  
 1. Goitre      2. Anaemia      3. Night blindness      4. Malnutrition
21. A is a pregnant mother, B's Baby is 9 days old, C's child is one year. D has a 02 years baby. The midwife has to advice the mother who have children in prenatal and neonatal stagess ' for that she has to meet.  
 1. A & B.      2. C & D  
 3. B & A.      4. B & C

22. According to above picture what can you say,  
 1. Only A is correct      2. Only A & C are correct  
 3. Only A & B are correct      4. All are correct



- Study the following information & and answer, question no 23 and 24.

- P { I - Simple life style, Time management, Meditation, Engage in hobby.  
 II - Mental stress.
- Q { I - Flexibility, Empathy, Followership, Good interpersonal, Relationship  
 II - Social mental wellbeing.
- R { I - Polluted air, Polluted water, improper environment.  
 II - Physical well being.
- S { I - Excess of sitting activities, lazy life  
 II - Ability to spend active life style.

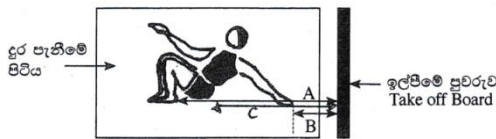
23. The pair of incidents which help to increase the first for the decrease of the second,  
 1. P, R, S      2. Q, P, S      3. R, S, Q      4. P, Q, R, S
24. The pair of incidents which help to increase of the f first result in increase of the second is,  
 1. Only P      2. P & Q      3. R, S      4. Only Q
25. Giving first aid without proper training and understanding will make the patient's condition worse. A quality that a good first aider should not have is,  
 1. Patience      2. calm  
 3. clarity of speech      4. treat according to the position.
26. We should have strong muscular system to do the day to day activities effectively. The most suitable activity to develop strength of muscular system ,  
 1. Engageing in stretching exercises      2. Throwing heavy objects  
 3. Warm up exercises      4. Running 40 m, 60 m, 80
27. Accidents in sports can be divided into 02 groups as internal and external accidents. An internal sports related injuries according to this is,  
 1. Cuts      2. injuries to joints  
 3. Blisters      4. Piercings
28. Today we hear constantly incidents about child abuse and sexual harresments. One of the abuse that we have to face is,  
 1. Physical      2. Un approprial touching  
 3. Women raping      4. Child sexual harrasment
29. Not a disease which is not transmitted sexually is,  
 1. Syphilis      2. Chlamydia      3. Genital warts      4. Urinary problems.
30. Select the correct sentence made in relation to the given statement and cause.  
 Statement :- Natural hazards, which we have to face in day to day life, have presently drawn more attention of all parties.  
 cause :- The effects of such hazards which result from an longlasting changes in the environment have been aggravated due to human activities.  
 1. Both the statement and the cause are correct and cause does not describe statement clearly.

2. Both the statement and cause are correct but they are not related to each other.
3. Both the statement and the cause are correct but they are not related to each other.
4. Both the statement and the cause are incorrect but they are related to each other.

• Answer the question no 31 & 32 in relation to following chart.

Athlete No	Muscle fibre	Participation of long exercises.
98	Fast twitch fibre	Less
67	Slow twitch fibre	more

31. If athlete 67 participates in a running event what should be the start he / she should take for the event that he selects according to his muscle fibre,
  1. Crouch start
  2. middle start
  3. Standing start
  4. as his prefer
32. Among the above athletes who takes part in events which supply energy by Anaerobic respiration.,
  1. 67
  2. 98 & 67
  3. 98
  4. Not any one



33. A, B, C points in the above figure show how 03 referees measure landing of long jumpers points. Your conclusion regarding this is,
  1. only A is correct
  2. only B is correct
  3. only C is correct
  4. A, B, C are correct
34. A technique used in long jump event is
  1. Linear technique
  2. Scissor Jump
  3. Straddle
  4. Sail technique
35. There are several ways of preparing the draw in a tournament. A volleyball tournament held in knock out system which is 10 teams are participated and Netball tournament held in league system which is 8 teams are participated, respectively how many matches should be held,
  1. 9, 28
  2. 28, 9
  3. 7, 20
  4. 20, 7
36. Malnutrition occurs due to lack of proper nutrition or excessive consumption of nutrition. There are 02 types of malnutrition. They are,
  1. Undernutrition and proper nutrition
  2. Overnutrition and proper nutrition.
  3. correct answer and not mentioned
  4. Undernutrition and overnutrition.
37. Triple jump is consisted with 03 jump and 03 landings, So it needs more energy and speed. Three jumps of it respectively are,
  1. step, hop, jump
  2. hop, step, jump
  3. jump, hop, step
  4. Not above all
38. Muscles are important for the movement of the body as well as for movement of the internal organs. There are 03 types of muscles classified according to the function and structure. Among them smooth muscles are not present in,
  1. Walls of arteries
  2. Walls of veins
  3. Walls of digestive tract
  4. Muscle of hand
39. There are many attractive events in athletic meet. Among them hurdle is a main event. In 100 m hurdle runner should clear 10 hurdles, So, how many hurdle should clear in 400 m hurdle event.
  1. 40
  2. 10
  3. 20
  4. 30
40. The year which is decided to held olympic games in Tokyo in Japan,
  1. In 2018
  2. In 2024
  3. In 2028
  4. In 2020

(Marks 40 x 1 = 40 ॐ)

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