

BRAIN INTERNATIONAL SCHOOL
PHYSICAL EDUCATION REVISION SHEET(2024-25)

Class-XI

Multiple choice questions-

Q1.Olympic games were organized in the honor of which god?

- a) Hercules
- b) Theondosis
- c) Zeus
- d) Posedon

Q2. Test is commonly defined as a?

- (a) Tool
- (b) Instrument of measurement
- (c) Box of keys
- (d) Both (a) and (b)

Q3.What is the full form of WHO?

- A) world health organisation
- B) wealth health organisation
- C) both a and b
- D) nove of these

Q4.Strength is the ability of the muscle to overcome?

- a) Endurance
- b) Fatigue
- c) Resistance
- d) Speed

Q5.which of the following is not the importance of test,measurement,evaluation in sports?

- a) For knowing achievement in future
- b) For motivation

- c) For knowledge of various organ
- d) For classification of sports person

Q6.full form of BMI?

- a) Body mass ratio
- b) Body mass percent
- c) Body mass index
- d) None of the above

Q7.full form of WHR?

- a) Waist hand ratio
- b) Waist hip ratio
- c) Wrist hand ratio
- d) None of the above

Q8.mother of all disease?

- a) Obesity
- b) Cancer
- c) Heart attack
- d) Kidney failer

Q9.which of the following element is the main source of energy?

- a) Protein
- b) Carbohydrates
- c) Water
- d) None of these

Q10.dhyana is..?

- a) Complete stability of mind
- b) Complete relaxation
- c) Complete control of senses
- d) Complete happiness

Q11. Stretching exercises, jogging, callisthemic exercises can be classified under?

- (a) Specific warming up

- (b) General warming up
- (c) Limbering down

Q12. The full form of IOC is?

- (a) Indian Olympic Committee
- (b) Ice Hockey Olympic Committee
- (c) International Olympic Committee
- (d) None of these

Q13. wellness lays stress on getting more out of lucky day through laughing and enjoyment?

- (a) Emotional
- (b) Spiritual
- (c) Physical
- (d) Social

Q14. .which of the following is not the disability?

- a)Hearing
- b) Vision
- c) Speech
- d) kyphosis

Q15. which of the asanas good for flexibility?

- a) Garudasana
- b) Vajrasana
- c) Shavasana
- d) All of these

Q16. disability is to consider as?

- a) Physical
- b)Mental
- c)coginative
- d)none of these

Q17. which asana is good for balance?

- a)Padamasana
- b)vrikshana
- c)sukhasana
- d)none of these

Q18. Which Olympic is meant for physical challenged categories?

- a) Summer Olympic
- b) Winter Olympic
- c) Para Olympic
- d) Deaf Olympic

Q19. successful adaptation to stress of one's life who said these words?

- a) David
- b) Kroles
- c) Aristotle
- d) none of these

Answer the following question

Q1. what is the role of test and measurement in diagnosis?

Q2. what will be the tested for the physical fitness test items?

Q3. explain any two importance of test, measurement and evaluation in sports

Q4. explain any two disability?

Q5. difference between physical fitness and wellness?

Answer the following question

Q1. describe the seven component of wellness?

Q2. who will administer the physical fitness test items?

Q3. explain your contribution in successful programmes of test and measurement in sports?

Q4. list the importance of physical fitness explain any four?

Q5. what is health?

Answer the following question

Q1. what thing should be kept in mind during test for the physical fitness?

Q2. what is a healthy life style? How does it effect our health?

Q3. Explain brief knowledge of test, measurement and evaluation ?

Q4. explain the factor affecting physical fitness wellness and health?

Q5. explain any 5 test?