



Date:07/11/2023	MONTHLY TEST -02 (2022-23)	Max marks: 20
GRADE: XI	PHYSICAL EDUCATION	Time: 50 Minutes

General Instructions:
All questions are compulsory.

Qn.No	Section A	Mark allocated
1	-----is the ability to resist fatigue a) Endurance b) Speed c) Strength d) Flexibility	1
2	-----is the ability to resist fatigue for a duration of 2 minutes a) Short term endurance b) Long term endurance c) Medium term endurance d) Strength endurance	1
3	-----is the ability to change direction quickly a) Coordination b) Flexibility c) Speed d) Agility	1
4	What is the full form of BMI a) Basal metabolic index b) Body measurement index c) Body mass index d) Bodily measurement index	1

5	'P' stands for -----in PRICE method a) Promote b) Prevent c) Protect d) Provide	1
Section-B		
6	Define health ?	2
7	Explain test, measurement and Evaluation	2
8	What is body composition? Write the formula for calculating it	2
Section-C		
9	Differentiate between : a) Static flexibility and dynamic flexibility b) Dynamic strength and static strength c) Endurance and speed	3
10	Describe how tests, measurement and Evaluation are important in sports .	3
11	Explain somato types.	3