

CLASS NOTES

Class: 12	Topic: MULTIPLE CHOICE QUESTION CHAPTER-6
Subject: PHYSICAL EDUCATION	

A. Multiple-Choice questions:

1. Which of the following motor fitness test items is meant exclusively for girls?
 (a) Modified pushups (b) Standing broad jump (c) Sit and reach (d) Partial curl up

2. Barrow three item test for motor ability includes -----
 (a) Standing broad jump, zigzag run and medicine ball put.
 (b) Standing broad jump, pushups and shuttle run.
 (c) Partial curl up, sit and reach test and medicine ball put.
 (d) Zigzag run, shuttle run and 50 m dash.

3. Boys use a _____ ball in medicine ball put.
 (a) 5 kg (b) 2 kg (c) 1 kg (d) 3 kg

4. How many tests are there in Senior Fitness test?
 (a) Five (b) Seven (c) Six (d) Three

5. What is Fullerton Functional Fitness Test meant for checking?
 (a) Lower and upper body strength (b) Agility (c) Aerobic endurance (d) All of these

B. Match the following:

Match list – I with list – II and select the correct answer from the code given below:

List I – Test

- a) Motor Fitness Test
- (b) Barrow Three Item Test
- (c) Harvard Step Test
- (d) Senior Citizen Fitness Test

List II – Developer

- (1) Rikli and Jones
- (2) Lucien Boruah
- (3) Dr Herald M
- (4) AAPHERD

Select the correct set of options:

Code				
	(i)	(ii)	(iii)	(iv)
(a)	3	2	1	4
(b)	4	4	3	3
(c)	2	1	4	2
(d)	1	3	2	1

C. Assertion-Reason Type Questions:

Given below are the two statements labelled Assertion (A) and Reason (R).

A: The Fullerton Functional Fitness Test is an expensive method of assessing the physical traits that senior citizens need in order to carry out their occasional activities.

R: It is a tool to measure the functional fitness of senior citizens by using six parameters.

In the context of the two statements given above, which one of the following is correct?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

D. Data-Based Questions:

Given below is the chart that shows the fitness index score:



On the basis of the chart given above, answer the following questions:

1. What will be the lower limit of 'Poor' category?
(a) 56 (b) 65 (c) 55 (d) none of these
2. Which method is employed to determine the fitness index score?
(a) Motor Fitness Test (b) Barrow Three Item Test (c) Harvard Step Test (d) Senior Citizen Fitness Test
3. What is the upper limit of good fitness index score?
(a) 80 (b) 79 (c) 98 (d) 89

E. Picture-Based Questions:

Identify the following fitness test items and name them:

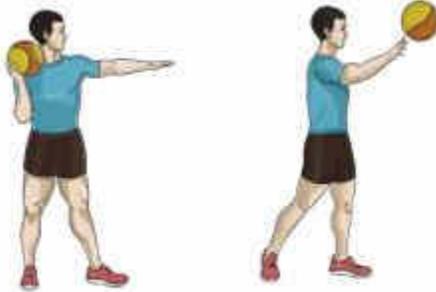
1.



2.



3.



4.



F. Case-Based Questions:

Harvard Step Test was conducted on 5 individuals and the data collected indicated that 3 people fell in the below average category. On the basis of the case given, answer the following questions:

1. What would have been their Fitness Index?

(a) > 96

(b) 83 – 96

(c) 54 – 67

(d) < 54

2. What is the advantage of this test?

- (a) Simplicity (b) Complexity (c) Ample rest (d) Several equipment requirements

3. How is the duration of exercise measured?

- (a) in minutes (b) in seconds (c) in hours (d) in months

A. Multiple-Choice questions:

1. Which of the following outline the importance of biomechanics in sports?

- (a) Improvement of training (b) Understanding the human body (c) Development of new methods (d) All of these

2. Which of the planes pass through the human body?

- (a) Sagittal (b) Coronal/frontal (c) Transverse or horizontal (d) All of these

3. What are the three types of dynamic friction?

- (a) Sliding friction, rolling friction and Fluid friction (b) Rolling friction, Static friction and Solid friction
(c) Fluid friction, Solid friction and Passive friction (d) Active friction, Fluid friction and Static friction

4. Which of the following is known as a necessary evil?

- (a) Inertia (b) Friction (c) Counterforce (d) Acceleration

5. Where do the frictional forces come from in skiing?

- (a) snow (b) air (c) surface of ski (d) all of these

G. Match the following:

Match list – I with list – II and select the correct answer from the code given below:

List I – Motion

- (a) Flexion
(b) Abduction
(c) Internal Rotation
(d) Horizontal flexion

List II – Gross Movements

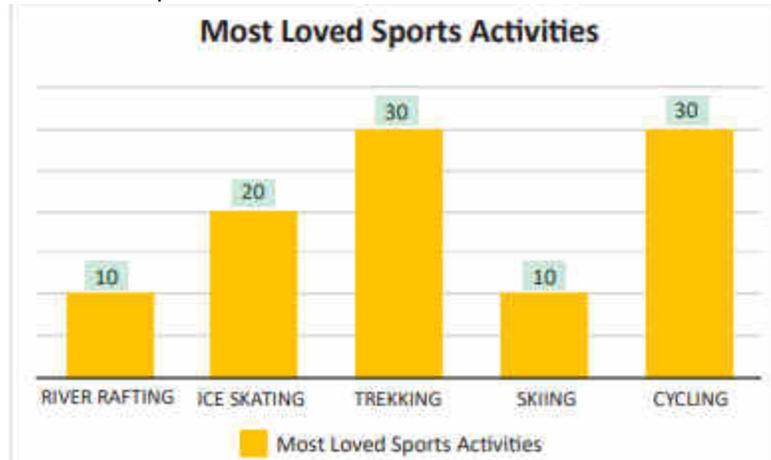
- (1) Throwing
(2) Star jump
(3) Walking
(4) Baseball swing

Select the correct set of options:

Code				
	(i)	(ii)	(iii)	(iv)
(a)	3	2	1	3
(b)	4	1	3	2
(c)	2	3	4	1
(d)	1	4	2	4

H. Data-Based Questions:

Most loved sports activities data was collected from three cities:



On the basis of the chart given above, answer the following questions:

1. What sort of friction will be experienced by the people who prefer rafting?
(a) Static friction (b) Sliding friction (c) Rolling friction (d) Liquid friction
2. A group of trekkers or skiers standing on a hill will be experiencing which friction?
(a) Static friction (b) Sliding friction (c) Rolling friction (d) Liquid friction
3. Which of the following activities' alternative form would make one experience rolling friction?
(a) Trekking (b) Rafting (c) Skating (d) Skiing

I. Case-Based Questions:

Every sports person does at least one of the four types of body movements at a time when she/he engages in a game.

On the basis of the situation given, answer the following questions:

1. Which body parts falls in the exception zone of flexion?
(a) Thumb (b) Wrist (c) Knee (d) Elbow
2. When the sports person squats, which of the following movement will she/he be performing?
(a) Internal rotation (b) Extension (c) Side flexion (d) Adduction
3. If a sports person flaps her/his arms to warm up, what sort of movement(s) is she/he performing?
(a) Extension and Flexion (b) Extension and Adduction (c) Flexion and Abduction (d) Abduction and Adduction

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