



DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2022-23
MONDAY TEST-2

CLASS: IX

FULL MARKS:40

SUBJECT: PHYSICAL EDUCATION

DATE: 11.10.2022

Instruction:

- All questions are compulsory.
- This paper consists of 3 printed pages.

SECTION A

Question-1

Choose the correct answer to the question from the given options. (Do not copy the questions.) [10]

- (i) Arteries are divided into _____ classes.
(a) 03
(b) 05
(c) 02
(d) 10
- (ii) The ability to perform skills in communication and team building is called:
(a) Patience
(b) Anxiety
(c) Leadership
(d) Endurance
- (iii) Approximate weight of an adult human heart is:
(a) 100gm
(b) 800gm
(c) 300gm
(d) 950gm
- (iv) Who discovered ABO and Rh blood groups?
(a) Dr Landsteiner
(b) Greg Costikyan
(c) Eric Zimmerman
(d) Jay Coakley

- (v) **Fear, anger, joy, hope, jealousy, hate and distress are called:**
(a) Stress
(b) Emotions
(c) Cooperation
(d) Positive attitude
- (vi) **“A game is a form of play with goals and structure”. Who stated the above line?**
(a) Kevin J Maroney
(b) Jay Coakley
(c) Clark C
(d) Eric Zimmerman
- (vii) **What is the normal blood pressure of an adult?**
(a) 140/90 mm Hg
(b) 120/80 mm Hg
(c) 150/95 mm Hg
(d) All of the above
- (viii) **The liquid medium of blood is known as _____.**
(a) Thrombocytes
(b) Plasma
(c) Leukocytes
(d) Erythrocytes
- (ix) **The ability to have the feeling of trust, loyalty and friendship among a group of persons is called:**
(a) Anxiety
(b) Team work
(c) Endurance
(d) Camaraderie
- (x) **In the field of games and sports the process of planning and exercising conscious control of time spent to increase effectiveness is called:**
(a) Respecting authority
(b) Time management
(c) Emotional control
(d) Patience

SECTION B

Question 2

- a) What is cardiac output? [2]
- b) In which ways does sports help an individual? [2]
- c) Write in detail the mechanism of blood circulation. [3]
- d) “Sportsmanship is a social quality”. - explain. [3]

Question-3

- a) Explain monocytes. [2]
- b) Enlist the functions of capillaries. [2]
- c) Differentiate between systolic and diastolic blood pressure. [3]
- d) “Participation in games and sports has a positive connection in enhancing self-esteem”. – justify. [3]

Question-4

- a) What are erythrocytes? [2]
- b) How is resilience important for an athlete? [2]
- c) State any three benefits of exercises on the circulatory system. [3]
- d) Does cooperation and teamwork help a sportsperson? [3]