



DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2022-2023
MONDAY TEST

CLASS: IX
SUBJECT: PHYSICAL EDUCATION

FULL MARKS: 40
DATE: 20.06.2022

Instruction:

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

SECTION A

Question 1

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

- (i) **How many bones are there in the human body?**
 - (a) 300
 - (b) 206
 - (c) 210
 - (d) 209
- (ii) **The humerus is a bone situated in the_____.**
 - (a) Thigh region
 - (b) Upper arm
 - (c) Lower arm
 - (d) Phalanges
- (iii) **Name the joint which has more or less rounded head and lies in a cup like cavity.**
 - (a) Saddle joint
 - (b) Pivot joint
 - (c) Ball and socket joint
 - (d) Hinge joint
- (iv) **Collar bone is also called_____.**
 - (a) Cranium
 - (b) Clavicle
 - (c) Sternum
 - (d) Thorax

- (v) Which bone is also known as breast bone?
 - (a) True ribs
 - (b) Sternum
 - (c) Vertebrae
 - (d) Scapula
- (vi) Name the joint which allows an angular movement in two direction.
 - (a) Gliding joint
 - (b) Hinge joint
 - (c) Condylloid joint
 - (d) Saddle joint
- (vii) How many vertebrae are present in human vertebral column?
 - (a) 13
 - (b) 30
 - (c) 33
 - (d) 43
- (viii) Which bone is commonly known as the “fractured bone” in the body?
 - (a) Sternum
 - (b) Clavicle
 - (c) Cranium
 - (d) Thorax
- (ix) Name the movement that takes place between shoulder and hip joints.
 - (a) Circumduction
 - (b) Adduction
 - (c) Abduction
 - (d) Flexion
- (x) The study of joints is called _____.
 - (a) Osteology
 - (b) Arthrology
 - (c) Entomology
 - (d) None of these

SECTION B

Question 2

- (i) What is calvaria? [2]
- (ii) Differentiate between true and false ribs. [2]
- (iii) Write in details the structural aspect of radius and ulna. [3]
- (iv) Mention any three functions of skeletal system. [3]

Question 3

- (i) What are metatarsals? [2]**
- (ii) Name the joints associated with adduction movements. [2]**
- (iii) “Regular exercise regimen is significant in maintaining good posture and appropriate skeletal alignment.”- give reasons. [3]**
- (iv) What are the three classifications of joints? [3]**

Question 4

- (i) Define manubrium. [2]**
- (ii) Write any two movement that take place in ball and socket joints. [2]**
- (iii) Differentiate between internal and external rotation. [3]**
- (iv) “The patella is known as the knee cap.”- explain. [3]**