



**DELHI PUBLIC SCHOOL NEWTOWN  
SESSION 2022-2023  
MONDAY TEST**

**CLASS: IX**

**FULL MARKS: 40**

**SUBJECT: PHYSICAL EDUCATION**

**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 directions.  
(a) Gliding joint  
(b) Hinge joint  
(c) Condyloid 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]**