

De Mazenod College – Kandana
Health and Physical Education



1st Term Test 2016

1. Health promotion is
 - 1 A society free from disease and disabilities with physical , mental and social well being
 - 2 Not only being free from disease and disabilities but physical mental social well being
 - 3 Ability to control the factors affecting health
 - 4 The genetic influence on the behavior of individual in the society.
2. Name the strategies in a health promotion.
 1. 03 2) 02 3) 04 4) 05
3. Factors affecting health maintain a healthy excretory system. *well being*
 1. Social and economical environment
 2. Formation of health policies
 3. Skill development
 4. Simple life style
4. This does not affect the nutritional condition. *of an elderly person -*
 1. Leanness
 2. Literacy
 3. Obesity
 4. Over weight
5. Criteria for school health promotion.
 1. A hygienically maintained school canteen
 2. Problems in supplying pure drinking water
 3. Do not subject students for insult
 4. Less opportunities for sports activities
6. Steps taken to eradicate alcohol and illicit drugs.
 1. Decreasing the prices
 2. Increasing the sales centres
 3. Prohibit advertising
 4. Educating the public
7. To maintain a healthy excretory system
 1. Drink less pure water
 2. Do not release urine when necessary
 3. Use medicine prescribed by the doctors
 4. Avoid smoking and alcohol
8. The system in the human body which transport substances ~~is~~ through out the body.
 1. Excretory system
 2. Blood circulatory system
 3. Respiratory system
 4. Digestive system
9. A sexual abuse.
 1. Unwanted embracing
 2. Humiliation
 3. Threatening , harassing
 4. Child labour
10. Vaccination taken 03 months prior to pregnancy.
 1. Polio
 2. Malaria
 3. Rubella
 4. Chickenpox
11. To minimize the accidents during an earth quake.
 1. Moved to a place highly densed with buildings
 2. Use the lift
 3. Use electricity and gas
 4. Stop the moving vehicle and get off

12. External injury ,in sports grounds.

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| 1. Blisters | 3. Muscle pull |
| 2. Bone injuries | 4. Nerve injury |

13. Way of ^{measuring} minimizing the quality of a person.

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| 1. Opportunities for education | 3. Economical status |
| 2. Immunity | 4. Happy family life |

14. This disease is a result of marriage between blood relations

1. Heart ailments
2. Kidney problems
3. Thalasemia
4. T.B(tuberculosis)

15. A disease caused by the deficiency of micronutrient.

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| 1. Measles | 3. Biabetes |
| 2. Anaemia | 4. Thyphoid fever |

16. Result of mal nutrition

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| 1. Increase of life span | 3. Loss of memory power |
| 2. Develop memory power | 4. Active life |

17. AIDS not spread by

1. Contact
2. Sexual relationships
3. Blood transfusion
4. Injecting a healthy person with a needle used on an AIDS patient

18. Vector spreading 'dengue'

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| 1. <i>Culex</i> mosquito | 3. <i>Eades</i> |
| 2. <i>Anopheles</i> | 4. House fly |

19. Disease associated with the digestive system

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| 1. cerosis | 3. encephalities |
| 2. tetanus | 4. malaria |

20. An organ in the female reproductive system

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| 1. Fallopian ^{tube} | 3. sperm tubes |
| 2. Ejaculatory ducts | 4. testes |

21.

- A. Balance is a scientific biomechanical factor in maintenance of posture
- B. The centre of gravity does not change with change of posture
- C. Any object is in equillibrium if the resultant force is zero
- D. Lower the level of centre of gravity , the lower is the equillibrium(balance)

The statement;

1. A is true B is false
2. C is false and D is true
3. A and b are false ,C and D are true
4. A and C are true , B and D are false

35. Some decisions taken at a 'Physical Education Day' held at Polpitigama Vidyalaya
- Protects the rights of athletes
 - Maintain the dignity of sports
 - Building up peace and harmony
 - Maintain the value of sports
- A,B,C,D correct
 - A,B, C,D incorrect
 - A and B correct
 - C and D correct
36. Drop of water falling from a tap is an example for.
- Rhythm
 - Importance of water
 - Lesson on basic needs of human
 - Lesson on nutrition
37. A group of students of Ruwangama Vidyalaya were successful at climbing the mountain Hanthan . This activity is ,
- A fun activity
 - Organized activity
 - Out door activity
 - Group activity
38. The physical education teacher trained us in an activity 'knee lift' this is.
- A running event
 - Rhythmic leg movement
 - Gymnastics
 - An activity for drill display
39. According to Ama ,the distance of javelin throw depends on ,velocity of release, angle of release, air resistance and acceleration due to gravity. Ama's statement is .
- Incorrect
 - Correct
 - Partially correct
 - Can not decide
40. Irradicaition of Dengue is the responsibility of;
- The government
 - Health department
 - Education department
 - The public