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 heath

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

well being 3. Factors affecting health maintain a healthy excretory system.

1. Social and economical environment

3. Skill development

2. Formation of health policies

4. Simple life style elderly

4. This does not affect the nutritional condition. of

1. Leanness

3. Obesity

2. Literacy

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

3. Prohibit advertising

2. Increasing the sales centres

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 in through out the body.

1. Excretory system

3. Respiratory system

2. Blood circulatory system

Digestive system

9. A sexual abuse.

1. Unwanted embracing

3. Threatening, harassing

2. Humiliation

Child labour

10. Vaccination taken 03 months prior to pregnancy.

1. Polio

3. Rubella

2. Malaria

4. Chickenpox

11. To minimize the accidents during an earth quake.

1. Moved to a place highly densed with buildings

2. Use the lift

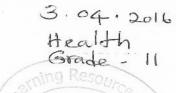
3. Use electricity and gas

4. Stop the moving vehicle and get off

12.	Ext	ernal injury ,in sports grounds.				
	1.	Blisters	3.	Muscle pull		
	2.	Bone injuries	4.	Nerve injury		
		measuring				
13.	Wa	y of minimizing the quality of a person.				
	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 d	isease caused by the deficiency of micronutrient.				
	1.	Measles	3.	Biabetes		
	2.	Anaemia	4.	Thyphoid fever		
16.	Res	sult of mal nutrition				
	1.	Increase of life span	3.	Loss of memory power		
	2.	Develop memory power	4.	Active life		
17.	AID	OS not spread by				
	1.	Contact				
	2.	Sexual relationships				
	3.	Blood transfusion				
	4.	Injecting a healthy person with a needle used on ar	ı AIE	OS patient		
18.	Ve	ctor spreading 'dengue'		actions sales and Sussian		
	1.	Culex mosquito	3.	Eades		
	2.	Anopheles	4.	House fly		
19.	Dis	ease associated with the digestive system				
	1.	cerosis	3.	encephalities		
	2.	tetanus	4.	malaria		
20.	An	organ in the female reproductive system				
	1.	Fallopian tube	3.	sperm tubes		
	2.	Ejaculatory ducts	4.	testes		
21.				EOHE H		
	A.	Balance is a scientific biomechanical factor in maint	tena	nce of posture		
	В.					
	C.		•			
	D	Lower the level of centre of gravity, the lower is th				

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



			1 2						
22.	Number of judges for a volleyball match		Some des classe Men et a Phy						
	1) 3 2) 4 3) 5	4) 6							
23.	This event is not in the pentathlon in athletics.								
	1. Shot put	(1)	3. Long jump						
	2. 200 m		1. Javelin						
24.	Judging the running events (track event)done	by observir	ng the torso of the athlete Torso is.						
	1. The head								
	2. Head, neck with out head and legs								
	3. Head and neck								
	4. Hand and legs								
25.	Modern Olympic started in the year								
	1) 1896 2) 1876 3) 1898 4) 1890								
26.	A famous cricketer who brought honour to Sri	Lanka and	retired from the team .						
	1. Mhela Jayawrdana	3	3. Kumar Sangakkara						
	2. Muttiah Muralitharan		I. Marva Attapattu						
27.	Pedestrians some times are knocked down by	vehicles du	e to.						
	Pavement hawkers (sellers)		Japan galanur A. J.						
	2. Carelessness								
	3. Unsuitable roads for vehicles								
20	4. Not follow rules and regulations		referse, 4it resistance and accele						
28.	A group of throwing events								
	1. Discus, javelin , hammer	35	Shot putt ,discus , hammer						
	2. Discus , arrow , javelin	4	. Arrow javelin ,hammer						
20	The score during he 5 th round in volleyball ma								
25,									
30		4) 15							
JU.	Stage just before the 'release' in a throwing ev 1. Post posture		Dillion Strill In						
	Starting stage	3							
	2. Starting stage	4	. Speed stage						
31.	Two teams involved in a fun game after implementing suitable rules ,space, time this game is								
	An organized game								
	2. Minor game	4	. Lead – up game . Flok games						
32.	The physical fitness quality enveloped by eng		nning for 12 minutes is						
	1.speed 2) strength 3) flexibility								
33.	1.speed 2) strength 3) flexibility 4) endurance According to the foot ball player Mario Antony, certain amount of mental stress is necessary for								
	wining a match, his idea is,								
	1. Incorrect	3	May or may not be correct						
	2. Applicable only for some games		correct						
		-	Correct						
34.	The duties entrusted to some organizers were	inviting the	chief guest and judges training the						
	The duties entrusted to some organizers were inviting the chief guest and judges , training the drill display and the marched past .This should be done,								
36	1. On the day of the sports meet		3. After the sports meet						
	2. Prior to the sports meet		At all instances						

4. At all instances

35.	Some decisions taken at a ' Physical Education Day ' held at Polpitigama Vidyalaya							
		Protects the rights of athletes	7 (8	1) 32) 4				
	В.	2007 - 304-400 - 100 -						
	C.	Building up peace and harmony						
	D.	Maintain the value of sports						
				24. Judging the cuming events (In				
	1.	A,B,C,D correct	3.	A and B correct				
	2.	A,B, C,D incorrect	4.	C and D correct				
36.	Drop of water falling from a tap is an example for.							
	1.	Rhythm	3.	Lesson on basic needs of human				
	2.	Importance of water	4.	Lesson on nutrition				
37.	. A group of students of Ruwangama Vidyalaya were successful at climbing the mountain Hanthan . This activity is ,							
	1.	A fun activity	3.	Out door activity				
	2.	Organized activity	_[4.	Group activity				
38.	The physical education teacher trained us in an activity 'keen lift' this is.							
	1.	A running event	3.	Gymnastics				
	2.	Rhythmic leg movement	4.	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 .							
	1.	Incorrect	3,	Partially correct				
	2.	Correct	4.	Can not decide				

4. Can not decide

- 40. Irradicaition of Dengue is the responsibility of;
 - 1. The government
 - 2. Health department
 - 3. Education department
 - 4. The public