



De Mazenod College - Kandana Health and Physical Education

26.07.2016

2nd Term Test - 2016

Grade 11

- (i) Answer all the questions
(ii) Mark (*) (cross) on the relevant number of the M.C.Q. answer sheet.

(01) Gene composition, behavioural patterns, Socio - economic background are some factors affecting on,

- (1) Health (2) Economy (3) Society (4) Mentality

(02) All the girls who have reached 15 years of age should be given the M.M.R. Vaccination, to prevent,

- (1) Rubella, Measles, chicken pox
(2) Measles, Rubella, whooping cough (Pertussis)
(3) Mumps, Measles, Rubella
(4) Rubella, Chicken pox, Pertussis.

(03) ❖ Stimulating the Neuro - Muscular based tissues of the brain through experiences related to communication.

- ❖ Nerve - Network linkage - Synapses - to be built up by more than 80%
❖ Arrangement of the foundation necessary for adult life

What stage of life are the features mentioned above are specially important for?

- (1) Neonatal (2) Infancy (3) Pre- School age (4) Post- childhood

(04) A - Body balance is a Bio mechanical principle affecting the postures.

B - The position of the centre of gravity does not change according to the posture of a man.

C - If the resultant of the forces acting on an object is zero, the object is at rest.

D - Having the centre of gravity in a low level is a break down of the equilibrium.
(balance)

Of the facts mentioned above

- (1) B is true and A is false (2) C is false and D is true
(3) A and B are false and C and D are true (4) A and C are true and B and D are false

(05)	Part I	Part II
	A - Centre of Gravity B - Balance C - Dynamic postures D - static postures	E - An object is kept steady. F - Position of the object changes. G - Position varies when postures changes. H - Base of support becomes larger.

The order of the facts in Part II tallies with facts A, B, C, D in Part I order of

- (1) F, E, G, H (2) G, H, F, E (3) G, F, H, E (4) F, E, H, G

(06) The number of judges (referees) required to officiate in a Volleyball match is,

- (1) 3 (2) 4 (3) 5 (4) 6

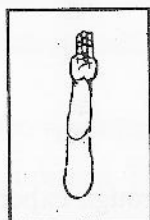
(07) The number of judges (referees) required to officiate in a Netball match is,

- (1) 3 (2) 4 (3) 5 (4) 6

(08) The number of referees required to officiate in a Football match is,

- (1) 3 (2) 4 (3) 5 (4) 6

(09)



The hand signals shown in the pictures are expected to respectively,

A - Ball held (Net ball)

B - Ball not leaving the hand during service (Not tossing up)

C - Showing an advantageous instance.

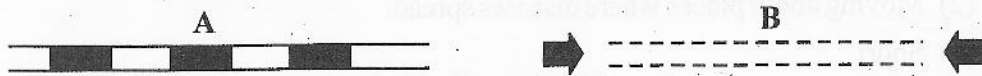
The correct statement is,

- (1) A (2) B (3) A and C (4) A and B

(10) During different seasons when there are occasions of clear nights having various constellations of stars. During August and September the constellation to be seen in the clear evening sky is,

- (1) Scorpio (2) Bootes (3) Leo (4) Canis Major

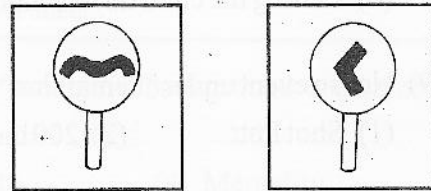
- (11) Standing road signs have to be noticed well during the study of road maps. The following road signals A and B depict,



- | | |
|---------------------------------|----------------|
| (1) A - Link road | B - tunnel |
| (2) A - Railway line | B - Course way |
| (3) A - Road under construction | B - Tunnel |
| (4) A - Link road | B - Course way |

- (12) The pictures shown above are,

- (1) Road signal close to the coast.
- (2) Signals regarding railway lines.
- (3) Signals related to Marathon races.
- (4) Signals used during walking races.



- (13) The R.I.C.E. method of giving a first aid treatment to internal injuries has now been improved to be,

- | | | | |
|-----------------|---------------|---------------|---------------|
| (1) P-R-I-C-E-S | (2) P-R-I-C-E | (3) R-I-C-E-S | (4) R-I-C-E-R |
|-----------------|---------------|---------------|---------------|

❖ Answer questions 14, 15, 16, 17 using the following passage.

Prashan who is very obese and heavy used to have more than three meals a day. Rishan who has a good B.M.I. Shows much talent and excels in sports. Akeer who doesn't possess a height to suit his age, always spends the life lazily.

- (14) What can be the B.M.I. of Prashan

- | | |
|-----------------------|-----------------------|
| (1) Less than 18 | (2) Between 18 and 25 |
| (3) Between 25 and 30 | (4) Above 30 |

- (15) Prashan is having the risk of suffering from,

- | | |
|-------------------------------|----------------------------------|
| (1) Heart attacks and anaemia | (2) Arthritis and Skin diseases |
| (3) Anaemia and Bone defeats | (4) Heart diseases and Arthritis |

- (16) What can be the B.M.I. of Rishan?

- | | |
|-------------------------|-------------------------|
| (1) Between 15 and 18.2 | (2) Between 18.5 and 25 |
| (3) Between 25 and 30 | (4) Above 30 |

- (17) Akeer often becomes sick because he is,
- (1) Lean
 - (2) Moving about places where diseases spread.
 - (3) Short
 - (4) Of a small age.
- (18) A necessity of the pre-childhood.
- (1) Assistance for development of motor skills.
 - (2) Getting about five meals a day.
 - (3) Improvement of self esteem through evaluation.
 - (4) Letting the child devote more time for sleeping.
- (19) Not an event under "Pentathlon" group,
- (1) Shot Putt
 - (2) 200 meters
 - (3) Long Jump
 - (4) Javelin Throw
- (20) Synthesis of Vitamin B₁₂ occurs from,
- (1) Plant food
 - (2) Sea food
 - (3) Solid food
 - (4) Animal food
- (21) Lactating mothers are expected to be fed mostly with,
- (1) Iron and Calcium
 - (2) Vitamins and Proteins
 - (3) Starch and Lipids
 - (4) Iron and Lipids
- (22) Micro - nutrients essential for rapid growth of the brain of foetus and its physical development, have to be considered much. The government too supply them to the pregnant mothers. They consist of,
- (1) Folic acid, Vitamin B, Iodine
 - (2) Iron, Iodine, Vitamin A
 - (3) Vitamin B, Folic acid, Iodine
 - (4) Iron, Vitamin A, Folic acid
- (23) Running drills are very important to increases the running speed. The following diagrams are numbered 1, 2 and 3 and arranged in an order, to show the Running drills.

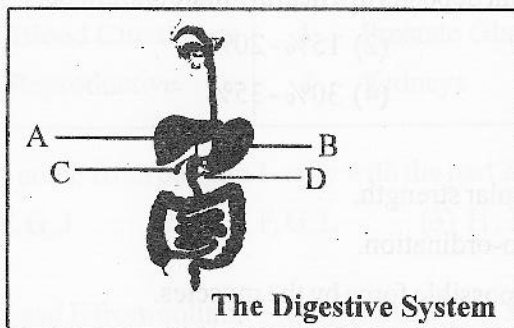


The order of the pictures indicate,

- (1) Running A , Running B , Running C
- (2) Running B , Running A , Running C
- (3) Running C , Running A , Running B
- (4) Running A , Running C , Running B

- (24) Which is regarded as a "low weight group" for new-born children?
 (1) Less than 3.5kg (2) Less than 3 kg (3) Less than 2.5 kg (4) Less than 4 kg
- (25) A German athlete became world famous for his sportsmanship during an Olympic Games. The said athlete instructed another and eventually he became second in the event. The athlete was,
 (1) Carl Lewis (2) Ben Johnson (3) Usain Bolt (4) Luz Long
- (26) A reputed Sri Lankan cricketer was honoured with the presentation of the award called "Spirit Cricket" for his fair play in a cricket match played in Galle in 2012 when he did not wait for the umpire's decision and walked out sportingly as he knew he was out. His name is,
 (1) Mahela Jayawardhana (2) Kumar Sangakkara
 (3) Muttiah Muralidharan (4) Angelo Mathews

❖ Refer the picture given to answer questions 27, 28, 29.

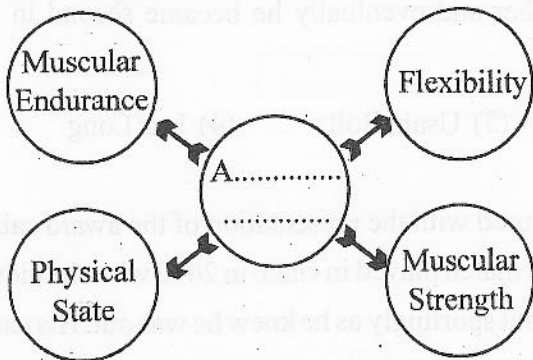


- (27) In the picture, A, B, C and D are respectively,
 (1) Stomach, Liver, Pancreas, Gall bladder
 (2) Gall bladder, Stomach, Liver, Pancreas
 (3) Liver, Stomach, Gall bladder, Pancreas
 (4) Liver, Stomach, Pancreas, Gall bladder
- (28) Not a function of the Large Intestine
 (1) Digestion occurring slightly (2) Absorption of water and salt
 (3) Secretion of enzymes (4) Secretion of mucous from glands
- (29) A serious disease related to this body system is,
 (1) Meningitis (2) Bronchitis (3) Osteoporosis (4) Cirrhosis

(30) For thickening of the inner walls of the womb during the first week of the menstrual cycle and for the formation of blood vessels inside the hormone that affects is,

- (1) Testosterone
- (2) Progesterone
- (3) Adrenaline
- (4) Oestrogen

(31)



The best idea for the blank space (A) is,

- (1) Fitness related to skills
- (2) Fitness related to Health
- (3) Physical fitness
- (4) Athletic fitness

(32) The percentage of fatty tissues or fat deposits in a healthy male should be,

- (1) 20% - 25%
- (2) 15% - 20%
- (3) 25% - 30%
- (4) 30% - 35%

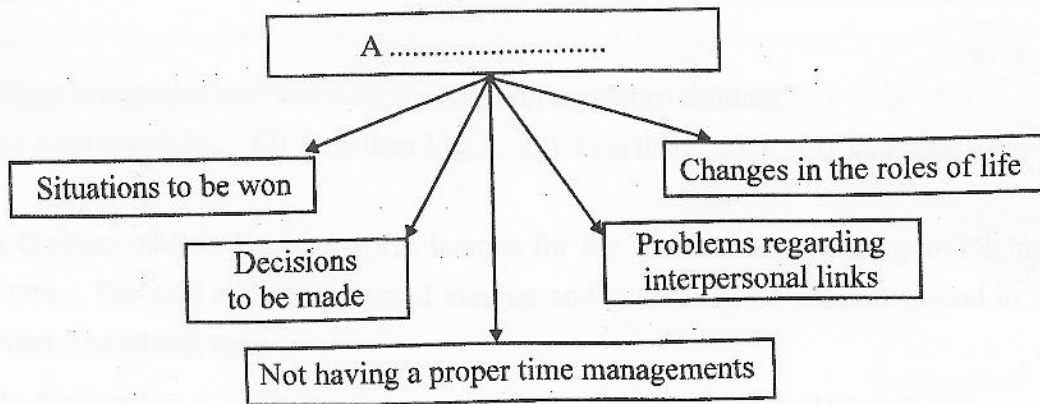
(33) Not a use of development of muscular strength,

- (1) Development of movement co-ordination.
- (2) Ability to produce the lowest possible force by the muscles.
- (3) Giving a pleasant appearance.
- (4) Ability to be free of accidents.

(34) The "torso", the part of the body that helps to decide the winner of a running event. It includes,

- (1) The head region.
- (2) The region except head neck hands and feet.
- (3) Head and neck region.
- (4) the hand and the legs.

(35)



The most suitable topic for 'A' is,

- (1) Challenges
- (2) Heredity and Environment
- (3) Instincts
- (4) Mental Stress.

❖ Use the following grid to answer questions 36 and 37.

1 - Body System	2 - Organs	3 - Diseases related
A - Digestive	F - Pharynx	K - Kidney inflection
B - Excretory	G - Auricles	L - Pneumonia
C - Respiratory	H - Pancreas	M - Gonorrhoea
D - Blood Circulatory	I - Prostate Gland	N - Cirrhosis
E - Reproductive	J - Kidneys	O - Paralysis

(36) A, B, C, D and E from column 1 tally with the part 2 in the order,

- (1) H, I, F, G, J
- (2) H, J, F, G, L
- (3) H, J, I, F, G
- (4) H, I, J, F, G

(37) A, B, C, D and E from column 1 tally with the part 3 in the order,

- (1) N, M, K, L, O
- (2) N, K, L, O, M
- (3) L, M, N, K, O
- (4) L, N, M, K, O

(38) The year in which the Modern Olympics was inaugurated,

- (1) 1896
- (2) 1876
- (3) 1898
- (4) 1890

(39) Pedestrians meet with accidents mostly because of,

- (1) Doing business on the pavements.
- (2) Carelessness.
- (3) Bad conditions of the road.
- (4) Lawlessness.

(40) The most recently from cricket, the much honoured and loved by spectators, brought honour and glory to Sri Lanka; the cricketer is,

- (1) Mahela Jayawardhana
- (2) Muttiah Muralidharan
- (3) Kumar sangakkara
- (4) Marvan Atapattu