Zonal Education Office - Vadamaradchy

Second Term Examination – 2018

Health & Physical Education

Grade : 09 **Time:** 2 hrs 30 Minutes.

Index No : .....

- **Choose the most suitable answer.**

1. The health that can be built by maintaining a good personal interaction with the people around us is
   i) physical health ii) mental health iii) social health iv) spiritual health

2. Which of the following is not the benefit of health promotion?
   i) Reduction of quality of life
   ii) Developing social relationships
   iii) Reduction of communicable and non - communicable diseases.
   iv) Ensuring a pleasant environment

3. One of the security needs is,
   i) clothes ii) shelter iii) food iv) ornament

4. The factor / factors that leads / lead to physical deformities is / are
   i) heredity ii) condition of desease
   iii) condition of environment iv) all the above

5. The game played without equipment is
   i) Kho Kho ii) Karathe iii) Squash iv) boxing

6. The weight of a volleyball is
   i) 280 - 300g ii) 400 - 450g iii) 260 - 280g iv) 396 - 453g

7. In how many seconds after the whistle should the service be done in volley ball?
   i) 5s ii) 8s iii) 3s iv) 10s

8. Defending method or methods of Netball is or are,
   i) defending the position ii) defending the ball
   iii) defending the player iv) all the three above.

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9. The maximum number of player in a foort ball team is

i) 6 ii) 7 iii) 3 iv) 11

10. The minimum distance of the opponents while free kick is

i) 9.15m ii) 9.75m iii) 11m iv) 8.5m

11. According to the international law reforms of athletes 2017, what is the movement of batton change zone?

i) 10m ii) 20m iii) 30m iv) 15m

12. What is the relay race where batton is changed without looking back?

i) 4x400m ii) 4x100m iii) 4x800m iv) 4x1500m

13. One of the physical benefits we can gain from taking in outdoor activities is

i) strengthening of bones and muscles
ii) being happy
iii) obeying rules and regulations
iv) gaining ability to manage stress.

14. The effects caused by bad food habits during adolescence stage are

A. Increasing immunity
B. Weight and growth for age
C. Deficiency of micronutrients
D. Increasing body weight

i) A D ii) B C iii) B D iv) C D

15. The disease which affect the girls due to menstruation is

i) cancer ii) heart diseae iii) anemia iv) ammonia

16. The vitamin which is helpful to our eye health is

i) Vitamin C ii) Vitamin K iii) Vitamin A iv) Vitamin E

17. What is the formula for BMI?

i) BMI $= \frac{height}{mass \times mass}$ ii) BMI $= \frac{mass}{height \times height}$

iii) BMI $= \frac{mass}{height}$ iv) BMI $= \frac{hieght}{mass}$

18. When is the world environment Day celebrated

i) March 5th ii) April 8th iii) June 5th iv) December 1st

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19. The problem identified with a newborn when its mother doesn't get proper nutrition pregnancy for
    i) affected with anemia ii) reduction of weight
    iii) child born with deficiency iv) the above all.

20. Where is the world soccer Tournament presently conducted this year?
    i) Qatar ii) London iii) Russia iv) France

Part II

- **Answer all questions**

01. Unhealthy environment seems to be A big challenge for the future generation.
    i) What is environmental pollution?
    ii) Give three components which are affected by environmental pollution
    iii) Mention 3 factors which are bacial for the change of needs wrong people
    iv) Give three problems raised in our society related to health.
    v) Give three steps which can be taken to prevent from diseases.

(5×3=15 marks)

02. Food is an important factor for healthy life
    i) What do you mean by 'Wholesome food'?
    ii) Give the stages where the needs for nutrition change.
    iii) Give three benefits of breast milk.
    iv) Mention 3 people who want special nutrition needs.
    v) What is the importance of nutritional needs during adolescence?

(5×3=15 marks)

03. 'I & AR' is an organization which controls the athletic events internationally.
    i) Give the weight, perimeter and length of a relay baton.
    ii) Explain Down seep technique of baton change.
    iii) Give three rules of short baton change.
    iv) Mention three techniques of long jump.
    v) What are the occasions which are considered as failures in a long - jump event?

(5×3 = 15 marks)

04. The game which has lots of fans in the world is football.
    i) What are the skills of football?
    ii) Give three methods of controlling the ball in football.
    iii) Mention three errors possible while throwing in
    iv) Give three methods of goal-keeping.
    v) Mention three activities to practice the throw-in in football.

(5×3=15 marks)

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