

FYJC ONLINE EVALUATION - HEALTH & PHYSICAL EDUCATION

MARKS: 25 TIME: 1 HOUR

NOTE:

1. ENTER YOUR PERSONAL DETAILS CORRECTLY
2. INCORRECT INFORMATION WILL LEAD TO DISQUALIFICATION
3. ALL QUESTIONS ARE COMPULSORY
4. CLICK ON THE CORRECT OPTION
5. CLICK ON "SUBMIT" BUTTON AFTER COMPLETING ALL THE QUESTIONS
6. FINAL SCORES WILL BE DISPLAYED IN YOUR FINAL MARKSHEET

* Required

1. ROLL NUMBER *

2. FULL NAME OF THE STUDENT *

3. DIVISION *

4. MOBILE NUMBER OF THE STUDENT *

5. EMAIL ID OF THE STUDENT *

6. A] FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

1. _____ is one of the gifts India has given to the world *
(1 Point)

Yoga

Wrestling

7. A] FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

2. Rhythmic activities include _____ *
(1 Point)

Cycling

Zumba

8. A] FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

3. Squat jump is an example of *
(1 Point)

Plyometric training

Weight training

9. A] FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

4. _____ is abnormal or excessive accumulation of fat in the body *
(1 Point)

Obesity

Weight loss

10. A] FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

5. Sanket has a body mass index (BMI) of 29.9, he will be classified as _____ *
(1 Point)

Underweight

Overweight

11. A] FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

6. One of the causes of obesity is _____ *
(1 Point)

Laziness

active lifestyle

12. A] FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

7. _____ are gestures formed by some part of the body *
(1 Point)

Exercises

Mudras

13. A] FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

8. Control over breath during inhalation and exhalation process is called _____ *

(1 Point)

Pranayama

Asanas

14. A] FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

9. _____ mudra is performed by the hand *

(1 Point)

Manduki mudra

Jal mudra

15. A] FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

10. _____ game causes injuries to the face, brain and fingers *

(1 Point)

Boxing

Tennis

16. A] FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

11. _____ is an example of soft tissue (skin) injury *

(1 Point)

Compound fracture

Sprain

17. A) FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

12. _____ is the immediate remedial measure for treating an injured player. *
(1 Point)

First aid

Hospitalization

18. A) FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

13. _____ refers to time spent in front of TV, computer, mobile and video games *
(1 Point)

Play time

Screen time

19. A) FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

14. Ideally in a day, minimum _____ hour should be set aside to participate in some kind of physical activity. *
(1 Point)

one

two

20. A) FILL IN THE BLANKS BY SELECTING THE CORRECT OPTION:

15. _____ is an example of mobile-fitness application *
(1 Point)

Wrist watch

Google fit

21. B) STATE WHETHER TRUE OR FALSE: (CLICK ON THE CORRECT OPTION)

1. Weight training is meant only for men, not women *

(1 Point)

TRUE

FALSE

22. B) STATE WHETHER TRUE OR FALSE: (CLICK ON THE CORRECT OPTION)

2. Walking, running, swimming helps to increase cardiovascular endurance. *

(1 Point)

TRUE

FALSE

23. B) STATE WHETHER TRUE OR FALSE: (CLICK ON THE CORRECT OPTION)

3. Obesity means 30% excess weight than height. *

(1 Point)

TRUE

FALSE

24. B) STATE WHETHER TRUE OR FALSE: (CLICK ON THE CORRECT OPTION)

4. Inappropriate eating habits is the only cause of obesity. *

(1 Point)

TRUE

FALSE

25. B] STATE WHETHER TRUE OR FALSE: (CLICK ON THE CORRECT OPTION)

5. Asanas means the state or position of the body by which we can feel steady or comfortable. *

(1 Point)

TRUE

FALSE

26. B] STATE WHETHER TRUE OR FALSE: (CLICK ON THE CORRECT OPTION)

6. Yoga means, " the yoking of all the powers of the body, mind and soul to God". *

(1 Point)

TRUE

FALSE

27. B] STATE WHETHER TRUE OR FALSE: (CLICK ON THE CORRECT OPTION)

7. Players can continue to play with major injuries. *

(1 Point)

TRUE

FALSE

28. B] STATE WHETHER TRUE OR FALSE: (CLICK ON THE CORRECT OPTION)

8. Certified sports equipment should be used to avoid injuries. *

(1 Point)

TRUE

FALSE

29. B] STATE WHETHER TRUE OR FALSE: (CLICK ON THE CORRECT OPTION)

9. Heart rate can be measured using mobile fitness applications *

(1 Point)

TRUE

FALSE

30. B] STATE WHETHER TRUE OR FALSE: (CLICK ON THE CORRECT OPTION)

10. No harm is caused to the body due to overuse of mobile. *

(1 Point)

TRUE

FALSE

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