

City International School

FIRST TERMINAL EXAMINATION – 2015 - 2016

Date : 01/08/2015

Std : IX

Subject : Physical Education

Marks : 50

Time : 1 hr

Answer to this Paper must be written on the paper provided separately.

You will **not** be allowed to write during the first **15** minutes.

This time is to be spent in reading the question paper.

SECTION – A [25 MARKS]

Attempt all questions.

- Q. 1**
- a. Define cell. (2)
 - b. Differentiate between Bactericidal method and Bacteriostatic method. (2)
 - c. Define catabolism. (2)
 - d. State the function of : (3)
 - 1. Ribosomes
 - 2. Iron
 - 3. Centriole
- Q. 2**
- a. State any two functions of connective tissues. (2)
 - b. Define Balanced diet. (2)
 - c. Draw a neat and labeled diagram of a neuron (nerve cell). (2)
 - d. State any two functions of Liver. (2)
- Q. 3**
- a. Why is mitochondria called the 'Power house of the cell'? (2)
 - b. Explain any two effects of exercise over the digestive system. (2)
 - c. Give the caloric requirement for. (2)
 - 1. Child of 2 years
 - 2. Child of 14 years
 - 3. Adult female (50 kg)
 - 4. Adult male with sports activities
 - d. Complete the following table. (2)

Vitamin	Deficiency disease	Function
A		
C		

SECTION – B [25 MARKS]

Attempt all questions.

Q. 4 With the help of a neat diagram of a the football field, mark the following with Measurement. (5)

- | | |
|------------------|-----------------|
| a. Penalty arc | b. Penalty area |
| c. Centre circle | d. Corner arc |

Q. 5 State the meaning of the following. (5)

- | | | |
|----------------|--------------|--------------|
| a. Touch line | b. Goal line | c. Flag post |
| d. Centre mark | e. FIFA | |

Q. 6 Write the meaning and four duties of the following. (6)

- | | | |
|------------|------------|------------|
| a. Referee | b. Captain | c. Manager |
|------------|------------|------------|

Q. 7 Explain the following. (4)

- | | |
|---------------|----------------|
| a. Extra time | b. Net |
| c. Added time | d. Injury time |

Q. 8 Write the measurement or specification of sports equipment. (5)

- | | |
|------------------------------|-------------------------------|
| a. The width of lines | b. Height of goal post |
| c. Circumference of football | d. Air – pressure in football |
| e. Weight of football | |