

City International School

FIRST TERMINAL EXAMINATION – 2015 - 2016

Date : 01/08/2015

Marks : 50

Std : IX

Subject : Physical Education

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