

CLASS : XI

SUBJECT : PHYSICAL EDUCATION

CHAPTER :3 Physical fitness wellness and lifestyle

Based on your understanding of the E-Lectures-cum-PPT's, video link and other e- resources shared with you, answer the following questions.

Choose the Correct Option

Q1. Body fat is important because it

- (a) Stores energy (b) Move s muscles (c) Tones up the body (d) All of the above

Q2. Wellness is comprises.....

- (a) Physical wellness (b) Occupational wellness (c) Financial wellness (d) All of the above

Q3. Health related fitness has how many dimensions?

- (a) Three (b) Four (c) Five (d) Six

Q4. Human body composition is focused on altering the ratio of...

- a) Fat (b) Muscles (c) Both a and b (d) None of the above

Q5. Time taken to start a movement once the senses signal need to move is called ...

- a. Agility (b) Reaction time (c) Power (d) Speed

Q.6. Match the colam

Components	Parameters
a) Physical fitness	1) Two
b) Wellness	2) Four
c) life style	3) Five
d) Body composition	4) Eight

a

b

c



1.From the above given picture, is the example of cardiorespiratory endurance

Assertion /reasoning based

Q7.Given below are two statements, one is labelled as Assertion (A) and other is labelled as Reason (R).

Assertion (A): Physical fitness is the ability to carry out task without undue fatigue

Reason (R): Physical fitness is the ability of a man using his body suitably and doing hard work for a long time.

Find the correct answer from the following:

(A) Both (A) and (R) are true and (R) is the correct explanation of (A).

(B) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

(C) (A) is true, but (R) is false.

(D) (A) is false, but (R) is true.

6

Note:

1. Send your answers to your respective subject teacher's email
2. Students must mention their name, class/section and date in their assignments.
3. Your assignment will be marked for internal /Term assessments. Therefore, it is mandatory for you to submit it on time.

Class & Section	Name of Subject Teacher	Email Id
1 XI A,B,C ,D,G	Mr. Gagan deep singh	fictitioussoulz@gmail.com
2. XI E	Mr. Romijeet Singh	rishootingjmu@gmail.com
3. XI F	Mr. Sandeep Singh	manhassandeep61@gmail.com

