

HEALTH AND PHYSICAL EDUCATION

Annual Examination Answer key 2023-2024

Std: 9

Medium: English

Total score :15

SHINU R. PHYSICAL EDUCATION TEACHER. GHS MUDAPPALLUR. PALAKKAD

| Q NO | Answers | Mark |
|------|---|------|
| 1 | IOA | 1 |
| 2 | WRESTLING | 1 |
| 3 | K D YADAV | 1 |
| 4 | TENNIS | 1 |
| 5 | SWIMMING | 1 |
| 6 | LIONEL MESSI | 1 |
| 7 | Hydrostatic weighing, also referred to as "underwater weighing" is an accurate and recognised method used to measure the fat level in a person's body. It is a direct application of Archimedes Principle | 2 |
| 8 | Along with a controlled and nutritious diet, physical exercise also plays a clear and decisive role in controlling obesity. It is essential to engage in aerobic exercise for thirty to forty minutes for at least three days a week to control obesity. Examples of such physical exercises include aerobic dance,swimming ,cycling, and long distance running. | 2 |
| 9 | Develops the strength and size of e muscles. It can regulate the blood sugar level. | 2 |
| 10 | Daily intake of junk food can lead to obesity, depression, cancer, high cholesterol and B P. | 2 |
| 11 | Provides flexibility to the spine. Strengthens and gives a good stretch to your abdominal muscles. Expels trapped digestive gas from the stomach. | 2 |
| 12 | Set aside at least 30 minutes for physical exercises. Dont skip warming up before exercising and cooling down afterwards. Avoid exercises in case of injuries or other difficulties . Take expert opinion. Select physical exercises which are appropriate and scientific. Take light refreshment after exercise. | 3 |
| 13 | School Games Federation of India was established in 1954 with an aim to organised sports competitions at the national level,It brings up aptitude for sports among school children and develop sports culture to gender excellence in our country, The federation conducts competitions in different sports categories at the national level .SGFI also provides opportunities to school children for participating in international level sports competitions. | 3 |

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