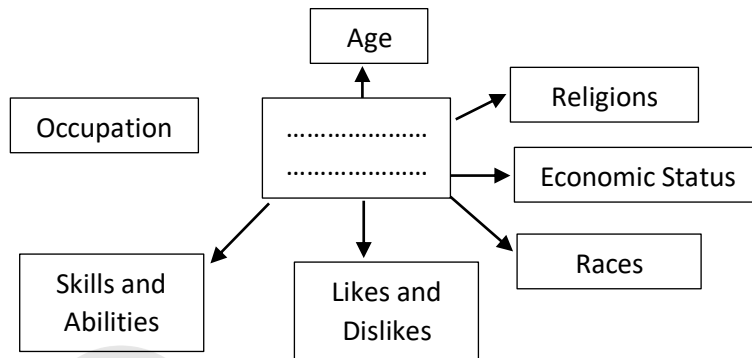


Name : .....

**Part I**

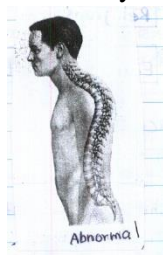
**Underline the most suitable answer.**

1) g



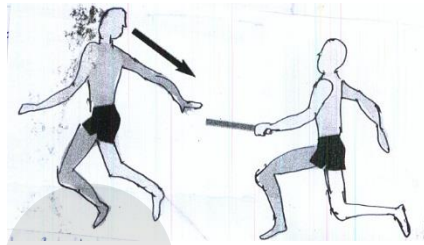
The most suitable topic for the blank of the above chart is,

- 1. Policies for the health promotion.
  - 2. Differences among members of the community.
  - 3. Concepts to prepare policies.
  - 4. Activities to develop health.
- 2) Total health means,
- 1. Getting used to a simple life style.
  - 2. Free of disability.
  - 3. Physical and mental wellbeing.
  - 4. Physical, Mental, Social and Spiritual well being.
- 3) An advantage of good interpersonal relationship.
- 1. Development of virtues.
  - 2. Increase protection.
  - 3. Growth of good thoughts.
  - 4. Above all.
- 4) The psychologist who did a special experiment on human needs,
- 1. Sigmund Froid
  - 2. Abraham Maslow
  - 3. Mariya Montessori
  - 4. William G. Morgan
- 5) What is the postural defect shown by the following diagram?



- 1. Excessive lumbar lordosis.
- 2. Kyphosis
- 3. Scoliosis
- 4. Flat back

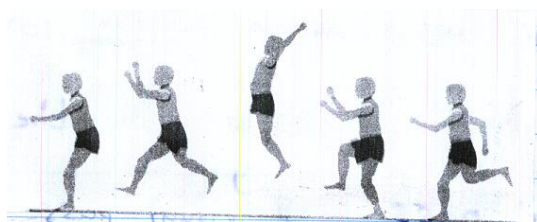
- 6) Belong to air sports,
- |                             |                             |
|-----------------------------|-----------------------------|
| 1. Wind surfing, Water polo | 2. Ice hockey, Snow skating |
| 3. Para jumps               | 4. Squash, Wushu            |
- 7) To which game the libero player belongs?
- |            |             |               |            |
|------------|-------------|---------------|------------|
| 1. Netball | 2. Football | 3. Volleyball | 4. Cricket |
|------------|-------------|---------------|------------|
- 8) A skill in Volleyball,
- |              |            |             |             |
|--------------|------------|-------------|-------------|
| 1. Attacking | 2. Spiking | 3. Footwork | 4. Shooting |
|--------------|------------|-------------|-------------|
- 9) The number of players to be registered for 9 netball team,
- |      |       |      |       |
|------|-------|------|-------|
| 1. 8 | 2. 12 | 3. 7 | 4. 11 |
|------|-------|------|-------|
- 10) The number of players who can play for 9 football team,
- |       |       |      |       |
|-------|-------|------|-------|
| 1. 12 | 2. 11 | 3. 9 | 4. 10 |
|-------|-------|------|-------|
- 11) name the baton change show by the following diagram in relay racing.



- |                    |                |
|--------------------|----------------|
| 1. Non visual pass | 2. Visual pass |
| 3. Mixed pass      | 4. Inside pass |
- 12) A technique of long jump,
- |                    |                   |
|--------------------|-------------------|
| 1. Scissor jumps   | 2. Hang technique |
| 3. Straddle method | 4. Flop method    |
- 13) A vitamin include in food which helps for healthy eyes,
- |              |              |
|--------------|--------------|
| 1. Vitamin A | 2. Vitamin B |
| 3. Vitamin C | 4. Vitamin E |
- 14) A function of incisor teeth,
- |                |                        |
|----------------|------------------------|
| 1. Tear food   | 2. Grind food          |
| 3. To cut food | 4. Grind and chew food |
- 15) Not a good practice to maintain health of the ears,
- |  |   |
|--|---|
| 1. Use ear candles to remove ear wax.      | 2. Do not put cotton buds inside the ear.                     |
| 3. Do not get exposed to very loud noises. | 4. Avoid scratching inside the ears using fingers frequently. |
- 16) Energy requirement of a man with a high level of activity per day in Kilo Calories,
- |         |         |         |         |
|---------|---------|---------|---------|
| 1. 2000 | 2. 2200 | 3. 2300 | 4. 2700 |
|---------|---------|---------|---------|

17) The following diagram shows,

1. The hang technique of long jump.
2. The sail technique of long jump.
3. The hitch kick technique of long jump.
4. An occasion of triple jump.



18) The ability to move or stretch through the joints,

1. Speed
2. Measuring Body Composition
3. Flexibility
4. Energy

19) Vitamin and Minerals function in your body as,

1. Food that provides energy and helps for growth.
2. Food that provides energy.
3. Food that helps for growth.
4. Food that helps to protect from diseases.

20) Group of events starts from crouch start,

1. 400m, 800m, 1500m
2. 200m, 100m, 800m
3. 100m, 200m, 400m
4. 100m, 200m, 1500m

## Part II

**Answer the first question and another four questions.**

- 1) Health promotion programme is functioning in Hadapanagala Maha Vidyalaya. The health and physical education teacher has organized two days coaching camp for the grade nine students. At the coaching camp, Practical knowledge of minor games, Athletics, Organized games and Outdoor activities were held. They have given a herbal porridge to the students for their nutritional development. Doing physical fitness exercise was compulsory to the students.
- i) Write 2 themes of health promotion.
  - ii) Name 2 organized games done in thin coaching camp.
  - iii) Write 2 features of organized games.
  - iv) Name 2 outdoor activities.
  - v) Write 2 benefits of engaging in outdoor activities.
  - vi) Name 2 nutrient in a balanced diet.
  - vii) name an extra food item which they can give to the students in the camp instead of herbal porridge.
  - viii) Name 2 horizontal jumping events which you can participate in the camp.

(Mars : 2 x 8 - 16)

- 2) All the problems related to individual health and the environment can be considered as community health problems.
- i) Name 3 important community health issues in our society. (3 marks)
  - ii) What is environmental pollution? (2 marks)
  - iii) Write 2 causes of environmental pollution. (2 marks)

- iv) Name 2 diseases caused by the use of tobacco and drugs. (2 marks)
- v) Write 2 advantages of health promotion. (2 marks)
- 3) Maintaining good posture is necessary to carry out our tasks efficiently for a healthy life and to have a pleasant and attractive appearance.
- i) What is a good posture? (2 marks)
- ii) Write 3 benefits of maintaining good posture. (3 marks)
- iii) What are the 2 main causes of physical deformities? (2 marks)
- iv) Name a disease caused by Vitamin D deficiency during childhood. (2 marks)
- v) Write 2 healthy behaviors which can prevent bad posture and deformities. (2 marks)
- 4) Out of athletic events Relay Race is an event where the runners take part as teams. Therefore many runners get the opportunity to participate in the same event at the same time.
- i) Name the 2 techniques of baton change in relay races. (2 marks)
- ii) Baton change can be divided into 3 parts. Name them. (3 marks)
- iii) What is the distance of baton change zone? (2 marks)
- iv) What is the suitable baton change method used in a 400m track for a 100m x 4 Relay Race? (2 marks)
- v) Write 2 rules for baton change. (2 marks)
- 5) The skin, Hair, Nails, Teeth and Lips are parts of the body that make our appearance and we should maintain their health. The skin is the largest organ in the body.
- i) Write 3 functions of the skin. (3 marks)
- ii) Name 2 skin related diseases. (2 marks)
- iii) Write 2 healthy ways of preventing skin diseases. (2 marks)
- iv) Name 2 diseases related to Eye. (2 marks)
- v) Write 4 healthy ways of looking after your teeth. (2 marks)
- 6) The main functions of the food are providing energy, repair our body and protects our body from various diseases. There are different nutritional needs during different stages in life.
- i) Name 3 such stages. (3 marks)
- ii) Write 2 consequences of bad food habits during adolescence. (2 marks)
- iii) Write 2 risks the baby can be exposed if a pregnant mother does not receive adequate nutrition. (2 marks)
- iv) Write 2 advantages for a sportsman when getting proper nourishment. (2 marks)
- v) Write 2 myths regarding nutrition. (2 marks)
- 7) Physical fitness is important to maintain the health of our body.
- i) What is physical fitness. (2 marks)
- ii) Physical fitness is divided in to 2 main categories. Name them. (2 marks)
- iii) Name 3 health related physical fitness factors. (3 marks)
- iv) Write 2 instructions to be followed when performing tests to access fitness levels. (2 marks)
- v) Write a suitable test to measure flexibility. (2 marks)

தரம் 01 - 10

# 3ம் தவணை

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வழங்கப்படுகின்றன..

கட்டண விபரங்கள்

ஆரம்பம் - 01.12.2024

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