



JAFFNA HINDU COLLEGE

First Term Exam - 2023

Grade :- 9

Health and Physical Education

Time : 2.00 Hours

Name / Index No : : :

Part – I

Choose suitable answer.

01. Health is,

- 1) spiritual and social wellbeing
- 2) Physical, mental and social wellbeing
- 3) physical and mental wellbeing
- 4) physical, mental, social and spiritual wellbeing

02. The reason for differences in needs among individuals in a community is,

- 1) different occupations
- 2) different interests
- 3) different ages
- 4) all the above

03. The religious leader who has reached self – actualization at high level

- 1) Lord Buddha
- 2) Aristotle
- 3) Plato
- 4) Newton

04. One of the example for an indoor game is,

- 1) football
- 2) chess
- 3) ice hockey
- 4) water ballet

05. which of the following outdoor activity is needed a compass?

- 1) bicycle
- 2) exploring of forest
- 3) camping
- 4) management

06. which of the following is not a benefit of maintaining good posture?

- 1) less energy is spent
- 2) prevent illness
- 3) take much time to do an activity
- 4) all the above

07. what is the most common health problem in our society?

- 1) spread of communicable diseases
- 2) environmental pollution
- 3) abuse and exploitation
- 4) all the above are correct

08. which of the following need is rated at the highest level in the hierarchy of human needs described by Maslow

- 1) physiological need
- 2) esteem need
- 3) love need
- 4) self – actualization

09. During the play, number of player take part in volleyball.

- 1) 6
- 2) 7
- 3) 11
- 4) 15

10. world environment day is celebrated on.

- 1) 5th of June 2) 5th of march 3) 8th of April 4) 1st of December

11. which of the following sport is played on ice?

- 1) ski jumping 2) swimming 3) ice skating 4) para jumps

12. which is explained as behaviors which harm on someone, against accepted social norms?

- 1) accidents 2) coercions 3) abuse 4) sexual behavior

13. A disease caused by polluted water is,

- 1) diabetes 2) cancer 3) diarrhoea 4) dengue

14. A psychologist who did an experiment on human needs is,

- 1) Mother Theresa 2) Abraham Maslow
3) Albert Einstein 4) Abraham Lincon

15. Deformity occurs due to excessive curvature of lower region of the spine is,

- 1) Kyphosis 2) Scoliosis 3) lumber lordosis 4) flat back

16. The disease caused by vitamin D deficiency is,

- 1) rickets 2) animea 3) blindness 4) goiter

17. Not a skill in netball,

- 1) attacking 2) footwork 3) shooting 4) serving

18. The factor that is needed for the maintenance of good social health

- 1) good interpersonal relationship 2) caring about the environment
3) obeying rules 4) all the above

19. The confidence and appreciation are belonging to.

- 1) Love need 2) esteem need
3) safty need 4) physiological need

20. which major game can be played without equipment?

- 1) tennis 2) Kapadi 3) road race 4) road race

(20 x 2 = 40 Marks)

Part II

Answer any four Questions

- (01) 01) what is environmental pollution?
02) Give 3 health problems in our community
03) Give 3 adverse effect of land pollution
04) Give 3 coercions and abuses which can be seen in the society.
05) Give 3 advantages of community health promotion.
(5 x 3 = 15 marks)
- (02) 01) what is self – actualization?
02) write the hierarchy of human needs that are described by Maslow.
03) write 3 skills that one should develop during adolescence period.
04) List out 3 persons who have reached self – actualizations at the high level
05) Give 3 qualities one should have to reach self - actualization.
(5 x 3 = 15 marks)
- (03) 01) what is good posture?
02) Give 3 deformities caused by genetic or congenital factors.
03) Give 3 benefits of maintaining correct posture.
04) what are the main causes of physical deformities?
05) write 3 healthy behaviours which can prevent deformities caused by bad postures.
(5 x 3 = 15 marks)
- (04) 01) what are organized games?
02) write 3 common features of organized games.
03) Give 3 examples for organized games.
04) Give 3 outdoor educational activities.
05) Give 3 self – defense games
(5 x 3 = 15 marks)
- (05) 01. when was volleyball introduced in the world? by whom? where?
02. write 5 skills of volley ball.
03. write 3 factors that should be taken into consideration when spiking.
04. what is blocking?
05. Give 3 activities to practise blocking.
(5 x 3 = 15 marks)



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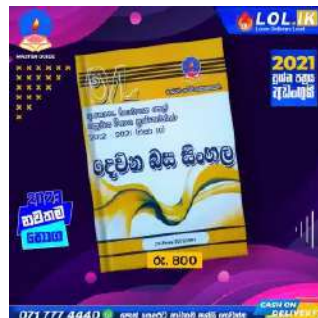
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