



"Nena Sayura" Educational Programme
Department of Education - North Central Province



Diagnostic Test
Year of Academic 2021 (2022)

Grade : 9

Subject :- Health and Physical Education

Time : 2 hours

Part I

- **Answer all the questions**
- **Select the most appropriate answer**

01. Living with the understanding and good interaction between each other sensibly is,
- | | |
|------------------------|--------------------------|
| (i) Physical Wellbeing | (ii) Social Wellbeing |
| (iii) Mental Wellbeing | (iv) Spiritual Wellbeing |
02. Controlling the facts affected to health, what is the procedure which gives you the ability to improve the social health?
- | | |
|------------------------|----------------------|
| (i) Health Improvement | (ii) Total Health |
| (iii) Public Health | (iv) Personal Health |
03. According to Abraham Maslow's hierarchy of needs, one of needs in the highest level is,
- | |
|-------------------------|
| (i) Love |
| (ii) Self-esteem |
| (iii) Protection |
| (iv) Self-actualization |
04. According to environmental pollution, the bad effects of land pollution are,
- | | |
|-------------------------------------|---|
| A. Occurring auditory ailments | B. Disasters such as landslides |
| C. Losing the effectiveness of soil | D. Breeding insects such as flies, mosquitoes |
- | | |
|-----------------------|--------------------------|
| (i) Only A and B | (ii) Only B, C and D |
| (iii) Only A, C and D | (iv) All the facts above |

05. What are the facts that are not under the environmental reasons for occurring physical ailments?
- | | |
|----------------------------|--------------------------|
| (i) Nutritional deficiency | (ii) Wrong postures |
| (iii) Wrong lifestyle | (iv) Genetic deformities |
06. What is an ailment which occurs when the thoracic vertebra if not the upper part of the vertebra becomes bulged backward?
- | | |
|-----------------|--------------------------------|
| (i) Scoliosis | (ii) Kyphosis |
| (iii) Flat back | (iv) Excessive lumber lordosis |
07. Among the below techniques, what is a technique of high jump?
- | | |
|-------|-------------------------|
| (i) | (ii) Straddle technique |
| (iii) | (iv) Floating technique |
08. What are the actions to be taken to prevent disasters?
- A. Establishing rules and standards
 B. Avoiding from environmental pollution
 C. Improving attitudes
 D. Being sensitive on environmental alterations
- | | |
|---------------------------|------------------------------|
| (i) A and B are correct | (ii) A, B and C are correct |
| (iii) B and C are correct | (iv) All factors are correct |
09. Having standard rules and regulations, having standard playgrounds and equipment, having appointed number of players. Regarding those sayings, what is the most suitable saying?
- | |
|--------------------------|
| (i) Outdoor activities |
| (ii) Organized games |
| (iii) Indoor games |
| (iv) Self-defense sports |
10. According to nutrition, what is the main nutrient we can get by taking greens and fruits?
- | | |
|---------------------------------|----------------------------|
| (i) Fat and Protein | (ii) Vitamins and Minerals |
| (iii) Protein and Carbohydrates | (iv) Carbohydrates and Fat |

11. What is not a technique of long jump?

(i) Hang technique

(ii) Sail technique

(iii) Scissor technique

(iv) Hitch-kick technique

12. What is not a skill of Volleyball?

(i) Setting the ball

(ii) Blocking the ball

(iii) Serving the ball

(iv) Throwing the ball

13. Among the following events, what is an athletic event which is not either of track events or of field events?

(i) Hurdle

(ii) Javelin throw

(iii) Triple jump

(iv) Cross country running

14. When exchanging the baton in a relay race,

A. Baton should be exchanged from hand to hand.

B. Baton can be thrown.

C. Exchanging should be done only in exchange zone.

What are correct among the above A, B and C,

(i) A and C

(ii) A and B

(iii) B and C

(iv) Above all

15. What is not a good habit for avoiding of skin diseases?

(i) Drinking water sufficiently

(ii) Protecting from accidents

(iii) Taking nutrient foods

(iv) Covering skin from ultraviolet rays (UVR).

16. What is a good feature that a pregnant mother should follow for conceiving a healthy child?

(i) Having a nutrient good meal time

(ii) Engaging in daily activities

(iii) Engaging in religious and aesthetic activities

(iv) Leaving from smoking and using alcohol areas

17. According to the tests of measuring body composition, what is the average good waist measure?
- (i) 0.5 or less (ii) Between 0.6 and 1.0
(iii) Between 1.0 and 2.0 (iv) Between 5 and 10
18. Select the set which contains only communicable diseases.
- (i) Dengue, Malaria, Filaria (ii) Diarrhea, Cholera, Diabetes
(iii) Rabies, Virus fever, Paralysis (iv) Malaria, Chikungunya, Heart diseases
20. What is the most suitable knot for tying two co-equal ropes?
- (i) Reef knot (ii) Sheet bend
(iii) Bowline knot (iv) Clove hitch