

SATISH CHANDRA MEMORIAL SCHOOL

CLASS TEST BASED ON ASSERTION AND REASONING

CLASS- XI

SUB: PHYSICAL EDUCATION (048)

TIMING- 40 MINS

FM- 20

Given below there are two statements labeled Assertion (A) and Reason (R)

1. **Assertion (A):** UNICEF says that water is not included in macro nutrients but USDA includes it as part of macronutrients.

Reason (R): Water must be taken in large quantities therefore it can be considered a macronutrient.

In the context of the above two statements, which one of the following is correct?

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

2. **Assertion (A):** Physical Education is an elective discipline.

Reason (R): Physical education borrows principles from allied fields.

In the context of the above two statements, which one of the following is correct?

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

3. **Assertion (A):** Now a days people have become more health conscious.

Reason (R): People want to develop immunity so that they may not fall prey to diseases.

In the context of the above two statements, which one of the following is correct?

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

4. **Assertion (A):** Physical Education is not only limited to physical development.

Reason (R): Competitive Sports stress only on winning a competition.

Which one of the following statements is correct?

- (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.

5. **Assertion (A):** Circulatory system is also known as the system of Transportation.

Reason (R): Heart sends O₂ and digested food material to every cell and receives CO₂ & wastes from cells.

In the context of two statements, which one of the following statements is correct?

- (A) Both (A) & (R) are right and (R) is the correct explanation of (A).
- (B) Both (A) & (R) are right, but (R) is not the correct explanation of (A).
- (C) (A) is right, but (R) is wrong.
- (D) (A) is wrong, but (R) is right.

6. **Assertion (A):** Curriculum development at elementary school level should concentrate on perceptual motor learning and movement education.

Reason (R): Education is a lifelong process, and we continue to learn from experience throughout our lives.

In the context of two statements, which one of the following is correct?

- (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.

7. **Assertion (A):** First-aid and safety education should be the part of curriculum of school education.

Reason (R): Knowledge of health and safety skills is required to face any emergency situation in life.

In the context of the two statements, which one of the following is correct?

- (A) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (B) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (C) (R) is true and (A) is false.

(D) (A) is true and (R) is false.

8. **Assertion (A):** Blood pressure is also used as a guide to the efficiency of the heart and blood vessels. Normal values are 120 mm/80 mm.

Reason (R): At systole, when the heart thrusts from the left ventricle into the aorta, the pressure is 120 mm. At diastole, the left ventricle is being refilled, the pressure is 80 mm.

In the context of the above statements, which one of the following is correct?

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

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

(C) (A) is right, but (R) is wrong.

(D) (A) is wrong, but (R) is right.

9. **Assertion (A):** Yoga paves the path for the spiritual development of an individual.

Reason (R): Yoga for a common person contains the practices of Yama, niyama, asana, pranayama, pratyahara, kriya and meditation, which are helpful to keep oneself physically fit, mentally alert and emotionally balanced.

In the context of the above statements, which one of the following is correct?

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

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

(C) (A) is right, but (R) is wrong.

(D) (A) is wrong, but (R) is right.

10. **Assertion (A):** Yoga is one of the most powerful systems of treatment free from any form of medication or drugs.

Reason (R): Yoga can be adopted as a lifestyle for promoting our physical and mental health.

In the context of the above statements, which one of the following is correct?

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

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

(C) (A) is right, but (R) is wrong.

(D) (A) is wrong, but (R) is right.

11. **Assertion:** The human skeleton provides structure and support to the body.

Reasoning: Bones are rigid and form the framework that protects internal organs.

In the context of the above statements, which one of the following is correct?

- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (C) (A) is right, but (R) is wrong.
- (D) (A) is wrong, but (R) is right

12. **Assertion:** Muscles work in pairs to produce movement.

Reasoning: When one muscle contracts, its opposing muscle must relax to allow movement.

In the context of the above statements, which one of the following is correct?

- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (C) (A) is right, but (R) is wrong.
- (D) (A) is wrong, but (R) is right

13. **Assertion:** The respiratory system is crucial for delivering oxygen to the blood.

Reasoning: The lungs facilitate gas exchange, allowing oxygen to enter and carbon dioxide to exit.

In the context of the above statements, which one of the following is correct?

- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (C) (A) is right, but (R) is wrong.
- (D) (A) is wrong, but (R) is right

14. **Assertion:** The heart is a double pump that circulates blood throughout the body.

Reasoning: It has two separate circuits: one for oxygenated blood and another for deoxygenated blood.

In the context of the above statements, which one of the following is correct?

- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (C) (A) is right, but (R) is wrong.
- (D) (A) is wrong, but (R) is right

15. **Assertion:** Flexibility is influenced by the structure of joints.

Reasoning: Different types of joints (e.g., hinge, ball-and-socket) allow varying ranges of motion.

In the context of the above statements, which one of the following is correct?

- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (C) (A) is right, but (R) is wrong.
- (D) (A) is wrong, but (R) is right

16. **Assertion:** The systolic phase refers to the relaxation of the heart chambers when they fill with blood.

Reasoning: The relaxation phase of the heart, known as diastole, allows the chambers to fill with blood before the heart contracts again.

In the context of the above statements, which one of the following is correct?

- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (C) (A) is right, but (R) is wrong.
- (D) (A) is wrong, but (R) is right

17. **Assertion:** The right side of the heart pumps deoxygenated blood to the lungs for oxygenation.

Reasoning: The right ventricle pumps deoxygenated blood into the pulmonary artery, which carries it to the lungs for oxygen exchange.

In the context of the above statements, which one of the following is correct?

- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (C) (A) is right, but (R) is wrong.
- (D) (A) is wrong, but (R) is right

18. **Assertion:** Smooth muscles are striated and can be controlled voluntarily.

Reasoning: Smooth muscles are non-striated and are controlled involuntarily by the autonomic nervous system.

In the context of the above statements, which one of the following is

correct?

- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (C) (A) is right, but (R) is wrong.
- (D) (A) is wrong, but (R) is right

19. **Assertion:** Muscles can maintain a constant contraction for long periods without getting fatigued.

Reasoning: Muscle fatigue occurs when a muscle runs out of energy (ATP) or when there is a buildup of waste products like lactic acid.

In the context of the above statements, which one of the following is correct?

- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (C) (A) is right, but (R) is wrong.
- (D) (A) is wrong, but (R) is right

20. **Assertion:** Muscles can only contract, they cannot push.

Reasoning: Muscles work by contracting, pulling on bones, but they cannot push; pushing is done by the opposing muscle group.

In the context of the above statements, which one of the following is correct?

- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
 - (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
 - (C) (A) is right, but (R) is wrong.
 - (D) (A) is wrong, but (R) is right
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