

## Health Education

### SECTION A

**Attempt all the questions from this section**

QI. Choose the appropriate answer from the given alternatives.

[20]

1. The group of tissues with similar functions together constitutes:  
A. Cell  
B. Tissue system  
C. Organ  
D. Organ system
2. The term health includes these parameters  
A. Physical  
B. Mental  
C. Emotional  
D. All of the above
3. The branch of biology which provides us details of human structure is:  
A. Physiology  
B. Anatomy  
C. Cell biology  
D. Both B & C
4. Tendon is the connective tissue, which connects  
A. Bone with bone  
B. Bone with muscles  
C. Muscles with muscles  
D. All of the above
5. The human circulatory system consist of :  
A. Heart  
B. Blood vessels  
C. Blood  
D. All of the above
6. The fluid connective tissue in humans is:  
A. Blood  
B. Lymph  
C. Plasma  
D. Both A & B
7. Total number of bones in human body is:  
A. 106  
B. 206  
C. 116  
D. 216
8. The elastic hard connective tissue in human body is:  
A. Bone  
B. Tendon  
C. Cartilage  
D. Both A & B
9. The skeletal system in humans consist of:  
A. Bones & Cartilages  
B. Cartilages & Joints  
C. Joints & Bones  
D. All of the above
10. The elasticity in cartilage is due to the protein called  
A. Fibrinogen  
B. Keratin  
C. Chondrin  
D. Non of these
11. The irregular shaped bones can be seen in this part of the body.  
A. Wrist  
B. Knee  
C. Shoulder  
D. Skull
12. The bones which are embedded in the tendons is:  
A. Cartilaginous bones  
B. Irregular bones  
C. Sesamoid bones  
D. Flat bones
13. The synovial joints are also called as:  
A. Freely movable  
B. Immovable joints  
C. Slightly movable joints  
D. None of these
14. The site of production of RBCs is:  
A. Kidney  
B. Blood  
C. Heart  
D. Bone marrow
15. The mechanism of ossification is associated with  
A. Bones  
B. Joints  
C. Cartilage  
D. Tendons
16. The type of the movement which decreases the angle between a segment and its proximal segment is :  
A. Adduction  
B. Abduction  
C. Flexion  
D. Extension
17. The movement circumduction can be seen in these body parts except:  
A. Hip  
B. Shoulder

- C. Head  
D. Vertebral column
18. Involuntary muscles can be found in these body parts except:  
A. Heart  
B. Legs  
C. Blood vessels  
D. Stomach
19. Shrugging is example for this type of body movement.  
A. Adduction  
B. Abduction  
C. Depression  
D. Elevation
20. The voluntary muscles in our body constitute:  
A. 30%  
B. 40%  
C. 50%  
D. 60%

Q II.

1. Name the types of synovial joints. [2]
2. Name the six bones of limbs. [2]
3. What are the different types of joints? Explain with examples. [3]
4. What are the effects of exercise over the skeletal system? [3]

QIII.

1. Name the skeletal muscles of shoulder. [2]
2. Mention the types of the muscle. [2]
3. List the types of muscular exercises. [3]
4. What is the difference between Isometric and Isotonic exercises? [3]

QIV.

1. Draw the structure of synovial joint. [2]
2. Draw the structure of microscopic structure of muscle. [2]
3. Explain the functioning of muscular system. [3]
4. Explain the functioning of skeletal system. [3]