



Lakhisarai

Sub. Physical edu. , Class 11th

BASED ON NCERT



Static equilibrium

LONG ANSWERS QUESTIONS (150 WORD CARRYING 5 MARKS)

Q.1 What are the functions of blood?

Ans. Important functions of blood are given as under:

- (i) Transport of oxygen from the lungs to the tissues and carbon dioxide from the tissues to the lungs.
- (ii) It carries food material absorbed from the intestines to the tissue, cells for growth, energy and repair process.
- (iii) It carries the waste products of cellular activity and carries them to kidneys, lungs and intestines for excretion.
- (iv) It carries hormones, vitamin and other chemicals to the place of need.
- (v) It helps to maintain water balance in the body.
- (vi) It regulates the body temperature.
- (vii) White blood cells of the blood acts as a defensive mechanism

Q.2 What are the functions of skeletal system?

Ans. Main functions of skeletal system are given below.

- (i) **Shape and structure** : The boney framework gives human being its shape and structure like tall or small, thin or stout

- (ii) Support : It gives support to the body. The bones provide support to our muscular system.
- (iii) Protection : Bones protect our vital organs. Example: skull protects brain, thoracic cage protects heart, lungs and pancreas.
- (iv) Lever : Bones act as a lever like a simple machine. For example while lifting a weight, movable joints like elbow joint acts like fulcrum and length of arm bone acts like crow bar to reduce effort and helps to lift weight-
- (v) Storehouse : The hollow space of bones acts like a storehouse of different minerals and salts like calcium, potassium, iron, etc.
- (vi) Production of RBCs : Red blood cells are produced in the bone marrow. It is the factory to produce RBCs.
- (vii) Junction : Bones provide junction or attachment to skeletal muscle that helps in visible movement.
- (viii) Self-repair : Whenever bones are damaged, they are capable of doing self repair.

Q.3 Explain the structure of heart with the help of diagram.

Ans. The human heart is a four chambered muscular organ shaped and sized roughly like a man's closed fist with two-thirds of the mass to the left of midline.

Internal View of the Heart

