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Gujarat TAT

**Previous Year Paper
(Physical Education) 04
June, 2023**



Total Marks 200

HEALTH AND PHYSICAL EDUCATION

(English Medium)

Seat No. of
the Candidate

Category
A

Block No. of the
Candidate

Signature of the
Candidate

Signature of the
Block Supervisor

Important Instructions for Candidates

- (1) Please do not open the question booklet until you are told to do so.
- (2) During examination, if a candidate is found having any literature guide, guide, piece of paper, handwritten or printed paper, mobile phone, calculator, spy camera, headphone or any other equipments then the candidate will be considered as disqualified.
- (3) During the examination if candidates are found conversing with each other, making noise or not following supervisor's instructions then they will be considered as disqualified.
- (4) After receiving question paper please write your seat number in **OMR SHEET** at the correct given place.
- (5) Please do not write your seat number at any other place than the allotted one in the **OMR SHEET** and if any sign of your identity or recognition is found then you will be considered totally disqualified for the examination.
- (6) Signatures of both the supervisor and the candidate in the certificate of **OMR SHEET** are compulsory without which **OMR SHEET** will not be evaluated, so it is compulsory for the candidate to get signature of the supervisor.
- (7) Candidates can use blue/black ball pen. They cannot use pens or pencils of any other colour and also whitener.
- (8) No marks should be made on any of the options in the question paper.
- (9) There are total 200 questions in this question paper. There is only one answer to each question from the options A, B, C and D. Four options are given for each question. All the questions are compulsory. Example: What is the capital of Gujarat?
(A) Ahmedabad (B) Gandhinagar (C) Vadnagar (D) Patan
Here, if option (B) Gandhinagar is correct then option (B) in the **OMR SHEET** will have to be darkened with pen. (B)
- (10) One(1) mark is allotted to each correct answer. For each wrong answer 0.25 marks will be deducted. If a candidate does not want to answer any question then he/she will have to select option E. Negative marking will not be applicable for option E.
- (11) Cross marked answers, answers given on more than one option and answers re-marked after use of blade, eraser or whitener will be given **Negative 0.25 marks**.
- (12) Please hand over the **OMR SHEET** to the block supervisor after completion of examination before leaving the classroom. Any candidate failing to do so will be considered as disqualified for the examination.
- (13) Maximum time allotted for the examination is 180 minutes.
- (14) Most appropriate option will be considered as answer of the question.

Space for Rough Work



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(1) "Provision to parents of giving education opportunity to their children having age 6 to 14 years ." The above section is added in which set of schedule 86 of Indian constitution under fundamental rights?
(A) Section -11 (B) Section - 2
(C) Section -86 (D) Section - 4

(2) Who is the author of life sketch of Mahadev bhai Desai "Agnikund Mein Uga Hua Gulab"?
(A) Manbhatt (B) Narayan Desai
(C) Jayshankar Desai (D) Mahadev Desai

(3) Who is the author of stanza "Harino Marag Che Shoorano"?
(A) Kavi Preetam Das (B) Manishankar Ratnajee Bhatta
(C) Damodar Khushal Botadkar (D) Narsinh Mehta

(4) Function of Union of India is mentioned in which part of Indian Constitution?
(A) 6 (B) 4
(C) 5 (D) 2

(5) Which Indian sportsperson won bronze in 51 kg category in World Boxing Championship?
(A) Sukhdev (B) Nishant Dave
(C) Husamuddin (D) Deepak Bhuriya

(6) To encourage Indian people for independence movement which English newspaper has been started by Gandhiji in India first?
(A) Young India (B) Youth India
(C) Vartaman Bharat (D) Aandolan

(7) In which age Himalayan Mountain Range formed?
(A) Satyug (age) (B) Archean age
(C) Jurassic age (D) Tertiary age

(8) Stars of sky shine because of which effect of Science?
(A) Diffusion of Light (B) Refraction of light
(C) Diffraction of light (D) Division of light

(9) What is the share of industries in gross national production in India?
(A) 25% (B) 29%
(C) 32% (D) 39%

(10) In which part of Indian constitution, fundamental duties have been included?
(A) Part -3 (A) (B) Part -5 (A)
(C) Part - 4 (A) (D) Part - 6 (A)

(21) If the syllabus is changed because of business and industries then this is considered as effect of which factors on educational objectives?

(A) Cultural factors (B) Social factors
(C) Economical factors (D) Ethical factors

(22) "Without thinking on what a person is doing what he should do"? This thought is connected with which goals of education ?

(A) Ethical goals (B) Goals of attaining knowledge
(C) Goal of complete life (D) Goals of good use of free time

(23) Objectives, syllabus, institutions and time limit if all of these are decided then this is considered as which form of education?

(A) Informal (B) Formal
(C) Illegal (D) Joint

(24) Which program does not directly apply to Informal learning?

(A) Knowledge of alphabets (B) Examination
(C) Education of business (D) Deaddiction

(25) Which of the following issues is not included in three issues of learning process?

(A) Starting (B) Result
(C) Process (D) Evaluation

(26) Some children are introverts, some are extroverts, some are talkative and some of them are shy. This type of difference in children is known as -

(A) Physical difference (B) Difference in personality
(C) Difference in hobbies (D) Social difference

(27) Which of the following is not included in different intelligence quotients ?

(A) Intelligence Quotient (I.Q.) (B) Spiritual Quotient (S.Q.)
(C) Regional Quotient (R.Q.) (D) Emotional Quotient (E.Q.)

(28) Who has developed vocational interest modification?

(A) McDougall (B) Strong
(C) Morgan (D) Garrett

(29) Which experiment is used to measure abilities/powers like Art, Music, Creativity in a person?

(A) Attitude Criteria (B) Interest experiment
(C) Zest/Rasa modification (D) Aptitude experiment

(30) Which is not included in three types of internal processes in a class?

(A) Teacher-Student Behaviour (B) Student-Material Behaviour
(C) Teacher-Material Behaviour (D) Student-Student Behaviour

(31) Which of the following is not included in commonly used three middle position statistical measures?

(A) Mean (B) Median
(C) Mode (D) Midpoint

(32) Which is different from the three tests of evaluation ?

(A) Written (B) Oral
(C) Practical (D) Functional

(33) With which of the following is spreadsheet related?

(A) Microsoft Excel (B) Microsoft Powerpoint
(C) Microsoft Word (D) Access

(34) Whose philosophy of education is shown in “Framing and Clading” ?

(A) Gijubhai Badheka (B) Nanabhai Bhatt
(C) Taraben Modak (D) J. Krishnamurti

(35) Education by productive labour, for productive labour, and can only be of productive labour”

(A) Mahatma Gandhiji (B) Ravindranath Tagore
(C) Mr. Arvind (D) Swami Vivekananda

(36) Which of the following principles is not included in principles of John Dewey?

(A) Principle of utility (B) Principle of inclination
(C) Principle of labour (D) Principle of zest(rasa)

(37) New India Literacy Program (NILP) has been started for illiterates of which age group?

(A) 15 years and above (B) 15 years to 55 years
(C) 6 years to 14 years (D) 21 years to 65 years

(38) Which is known as one nation one digital platform ?

(A) PM eVIDYA (B) BISAG-N
(C) DIKSHA (D) Vande Gujarat Channel

(39) Who talked about learning by senses ?

(A) Dr. S. Radhakrishnan (B) Ravindranath Tagore
(C) Mahatma Gandhi (D) Maharishi Arvind

(40) Who started learning by senses for special children?

(A) Maria Montessory (B) Grace Fernold
(C) Jim Piaget (D) Ivan Pavlov

(50) Which of the following is not a characteristic of E-content?
(A) These are only in digital format
(B) It is presented by webpage or any other medium
(C) It contains only animation
(D) It can be linked with QR code.

(51) Which of the following is not OER ?
(A) BISAG - N (B) GROWER
(C) NROER (D) e-pathshala

(52) Which of the following subjects (issue) does not apply in the concept of E-learning?
(A) Learning-Teaching is a present time field. (B) Learning has only one option.
(C) Class learning is interesting (D) Information is available online.

(53) Summary of which cannot be applied excepting its related groups. This is what type of modification?
(A) Experimental modification (B) Survey
(C) Basic Modification (D) Functional modification

(54) “Children is creator of knowledge and not consumer.” This is the conclusion of –
(A) Behaviourism (B) Naturalism
(C) Rationalism (D) Constructivism

(55) Learning is a natural process and not manmade. Who gave this concept?
(A) Aristotle (B) Rousseau
(C) Froebel (D) Montessori

(56) R, U, X, A, D, ? To complete the series what will replace the “?” question mark
(A) F (B) G
(C) H (D) I

(57) 1, 3, 3, 6, 7, 9, 9, 12, 21, ? To complete the series what will replace the “?” question mark
(A) 10 (B) 11
(C) 12 (D) 13

(58) 10, 100, 200, 310, ? To complete the series what will replace the “?” question mark
(A) 400 (B) 410
(C) 420 (D) 430

(59) In a certain code TEACHER is written as VGCEJGT then in the same code CHILDREN can be written as?
(A) EJKNEGTP (B) EGKNFITP
(C) EJKNFGTO (D) EJKNFTGP

(60) In a certain code TWENTY is written as 863985 and ELEVEN is written as 323039 then in the same code TWELVE can be shown by which number?
(A) 863203 (B) 863584
(C) 863903 (D) 863063

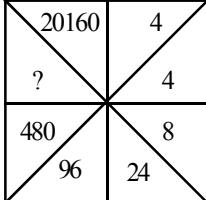
(61) In a certain code language '123' means 'bright little boy' and 145 means 'tall big boy'. In the same way '637' means 'beautiful little flower' then which number will be there for 'bright'?

(A) 1 (B) 2
(C) 3 (D) 4

(62) If + means \times , \times means $-$, \div means $+$ and $-$ means \div then which of the following numbers will be the solution of $175 - 25 \div 5 + 20 \times 3 + 10$

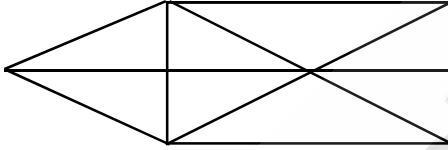
(A) 77 (B) 160
(C) 240 (D) 2370

(63) Select the appropriate option for ' ? ' in the following figure



(A) 860 (B) 1140
(C) 2880 (D) 3240

(64) How many triangles are there in the given figure?



(A) 15 (B) 16 (C) 17 (D) 18

(65) What will be the angle in degrees between minute and hour hand of a clock at 3:40 ?

(A) 140 (B) 150 (C) 130 (D) 120

(66) Select the odd pair:

(A) Yoghurt-milk (B) Sandal - leather
(C) Peanut - oil (D) Sugar – sugarcane

(67) Arrange the letters of the given word alphabetically.

(1) INTERANAL (2) INSECT (3) INCOME (4) INTERN (5) INSIDE

(A) 3, 2, 5, 4, 1 (B) 3, 4, 5, 2, 1
(C) 4, 5, 1, 3, 2 (D) 3, 1, 2, 4, 5

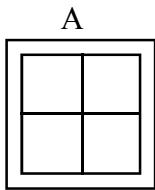
(68) If first day of a leap year is Sunday then how many Sundays will be there in the same year?

(A) 50 (B) 51 (C) 52 (D) 53

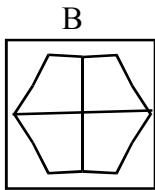
(69) A person drives his car 50 km towards east after that he turns right and drives 30 km. Then he turns west and drives 10 km. How much away he is from the starting point?

(A) 20 km (B) 50 km (C) 100 km (D) 60 km

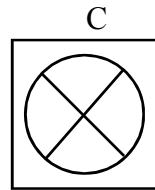
(70) Select the different figure.



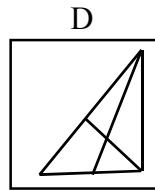
(A) A



(B) B



(C) C



(D) D

(71) અનિનો સમાનાર્થી છે.

(A) અનલ

(B) અનિલ

(C) અનંગ

(D) તપસ

(72) નીચેનામાંથી કર્મધારેય સમાસનું ઉદાહરણ છે.

(A) તકસાધુ

(B) કલ્પવૃક્ષ

(C) પંચામૃત

(D) પરમેશ્વર

(73) તમારાથી વડીલો સામે ઉંચા અવાજે ન બોલાય. - વાક્યનો પ્રકાર ઓળખો.

(A) કર્તીરિ

(B) કર્મશિ

(C) ભાવે

(D) પ્રેરક

(74) સફળતા જિંદગીની હસ્તરેખામાં નથી હોતી, ચણાયેલ ઈમારત એના નકશામાં નથી હોતી. આ કાવ્યનો પ્રકાર જાગ્યાવો.

(A) દુષ્ટા

(B) મુક્તક

(C) હાઈકુ

(D) સોનેટ

(75) ખોટી જોડણી કઈ છે ?

(A) સુદંદ

(B) દીકરી

(C) અક્સમાત્ર

(D) કનિષ

(76) 'નીરવ' શબ્દનો વિરુદ્ધાર્થી શબ્દ શું થાય ?

(A) સૂભસામ

(B) ઘવલ

(C) પીડા

(D) કોલાહલ

(77) સમાનાર્થી શબ્દોની ખોટી જોડ હોય તે વિકલ્પ કયો છે ?

(A) ખોભણ - ગુફા

(B) અનરવો - હિંમતવાન

(C) અડવડિયું - લથડિયું

(D) આર્ક્રતા - મૂદૃતા

(78) 'ઘોડાના સવારને બેસવા માટે ઘોડાની પીઠ પર રાખવાનું રૂકે ઉનનું આસન' - શબ્દસમૂહ માટેનો એક શબ્દ કયો છે ?

(A) દળી

(B) ટેકણિયું

(C) પીઠિકા

(D) માંચ્યો

(79) વિરામચિક્ષણોનો ઉચિત પ્રયોગ ન થયો હોય તેવું વાક્ય કયું છે ?

(A) હાશ ! હવે નિરાંત થઈ !

(B) પ્રશ્નપત્ર જોઈ વિદ્યાર્થીઓ મુંજાયા, એમને કાંઈ સૂજ પડી નહીં, ઉત્તરપત્રો મૂકી દઈને ચલતી પકડી.

(C) મેં જાણ્યું : મારાં લખાણો એને ગમતાં નથી.

(D)તો મારો દુશ્મન છે.

(80) શબ્દ અને તેના અનેકાર્થી શબ્દોની ખોટી જોડ હોય તેવો વિકલ્પ કયો છે ?

(A) ગુણ - પણાછ, દોરું

(B) ફૂટ - ઠગાઈ, શિખર

(C) કાંત - મન, અંતઃકરણ

(D) કર - કિરણ, સૂંધ

(81) આપેલ વાક્યોમાં રેખાંકિત કરેલ શબ્દનો ઉચિત પ્રયોગ થયો હોય તેવું વાક્ય કયું છે ?

(A) મેં આ પત્ર કે ઠરાવ વાંચ્યા નથી.

(B) કામ વેળાસર થાય તે જ અગત્યનું છે.

(C) સાંજે છ વાગે જહેર ગ્રંથાલય બંધ થાય છે.

(D) દરેકે આવકમાંથી યથાશક્તિ પ્રમાણે દાન કરવું જોઈએ.

(82) 'દેવૈશ્વર્ય' શબ્દનો સંખ્યિવિગ્રહ શું થાય ?
(A) દેવ + એશ્વર્ય
(C) દેવ્ય + એશ્વર્ય
(B) દેવે + એશ્વર્ય
(D) દેવી + એશ્વર્ય

(83) આપેલાં વાક્યોમાં 'કર્મણિ વાક્ય' કયું છે ?
(A) એ સમયમાં લોકો જુગાર રમતા.
(C) સરકાર તરફથી આ મહિને અનાજ અપાયું છે.
(B) એણે પચાસ માણસોને જમાડ્યા.
(D) અશોક કંઈ બોલ્યો ન હોત.

(84) 'ઇત્યી પર નામ-સરનામું લખવાનો ઉપાય ખરેખર કારગત નીવડ્યો.' - વાક્યમાં રેખાંકિત કરેલ શબ્દ 'ખરેખર' કિયાવિશેખણનો કયો પ્રકાર છે ?
(A) અભિગમવાચી કિયાવિશેખણ
(C) રીતિવાચક કિયાવિશેખણ
(B) સમયવાચક કિયાવિશેખણ
(D) સ્થાનવાચક કિયાવિશેખણ

(85) 'મારો હંસલો નાનો ને દેવળ જૂનું રે થયું.' - અલંકાર ઓળખાવો.
(A) વક્તિરેક અલંકાર
(C) રૂપક અલંકાર
(B) અતિશયોક્તિ અલંકાર
(D) ઉપમા અલંકાર

(86) Mahesh was too smart. (Remove 'too' without changing the meaning.)
(A) Mahesh was not smart at all.
(B) Mahesh was smart more than required.
(C) Mahesh was foolish.
(D) I was doubtful whether Mahesh was smart or not.

(87) INS Arihant is Indian Naval ship. (Fill in the blanks)
(A) The & an
(C) A & an
(B) An & an
(D) The & the

(88) Most students have brought their homework. of them have not completed it yet.
(A) None
(C) Each
(B) Few
(D) A little

(89) મેં મારા વાળ કપાવ્યા. - આ વાક્યનું ચોક્કસ અંગ્રેજી ભાષાંતર શું થશે ?
(A) I cut my hair.
(C) I got my hair cut.
(B) I clipped my hair.
(D) I had a nice hair cut.

(90) Give the nearest meaning of word : **'Phantom'**.
(A) existent
(C) corporeal
(B) imaginary
(D) tangible

(91) Give the verb form of **'little'**.
(A) alittle
(C) belittle
(B) unlittle
(D) bilittle

(101) Which charitable Trusts Provides honorary health service in the Panchmahal District ?
(A) Anandi (B) Chetna
(C) Sewa Rural (D) Anjali

(102) For approximately how many thousand people population is one primary health center set up in villages?
(A) Forty thousand (B) Thirty thousand
(C) Fifty thousand (D) Twenty Five thousand

(103) What is the benefit of Uddiyana Bandh ?
(A) Excess “pitta” is got rid of (B) Asthma is cured
(C) Decision Power increases (D) The Kundalini Power is aroused

(104) Which of the following Pranayam activities is used in the treatment of low blood pressure?
(A) Chandrabhedan (B) Sheetli
(C) Anulom - vilom (D) Sooryabhedan

(105) Pick out the benefit of Shalabhasana.
(A) Neck muscles become strong
(B) Hands & legs become strong
(C) Liver, gall bladder, kidneys and adrenal glands become strong
(D) Physical fatigue is got rid of

(106) Where was the International Football Federation (FIFA) established ?
(A) In Tokyo (B) In Paris
(C) In Delhi (D) In New York

(107) How many grams does a ball used for volleyball weight ?
(A) 260 to 280 (B) 220 to 240
(C) 240 to 260 (D) 280 to 300

(108) What is the height of the net For Women’s Volley ball?
(A) 2.24 m (B) 2.42 m (C) 1.24 m (D) 2.30 m

(109) When was the handball Federation of India established ?
(A) In 1972 (B) In 1976 (C) In 1960 (D) In 1936

(110) For how many Seconds can a team have the ball continuously with them without shooting a basket ?
(A) Twenty (B) Twenty Five
(C) Twenty four (D) Thirty

(111) In which year was the basket ball Federation of India established ?
(A) In 1948 (B) In 1849
(C) In 1950 (D) In 1951

(112) What is the number of substitute player in one team of Kabaddi ?
(A) 4 (B) 7
(C) 6 (D) 5

(113) Which is the final skill of Discus throw.
(A) Rotation (B) Change of leg
(C) Grip (D) Stance

(114) How many kilograms does the discus used for girls weigh ?
(A) 2.50 (B) 2.25
(C) 2 (D) 1

(115) What is the diameter of the crossbar Used in high Jump ?
(A) 3cm to 3.5 cm (B) 35 cm to 4.5 cm
(C) 2.9 cm to 3.1 cm (D) 3.5 cm to 4 cm

(116) What is the length of a baton ?
(A) 28 to 30 cm (B) 32 to 34 cm
(C) 20 to 22 cm (D) 22 to 24 cm

(117) Which baton exchanging method is more popular in a 4 x 100 meter relay race?
(A) Non - Visual (B) Balanced
(C) Visual (D) Unbalanced

(118) Who Was the creator of “Yoga Sootra” ?
(A) Maharshi Patanjali (B) Raj - rishi Muniji
(C) Maharshi Vyas (D) Swami Krupalvanandaji

(119) Who has declared the International Yoga day ?
(A) U.S.A. (B) India
(C) United Nations (U.N.) (D) Canada

(120) By which name are the first five steps of Ashtanga yoga are known ?
(A) Extrovert (B) External
(C) Internal (D) Conscience

(131) What is the height of the net in men's volleyball ?
(A) 2.43 m (B) 2.24 m
(C) 2.22 m (D) 2.20 m

(132) Where was the first "World Volleyball championship" competition for men organised ?
(A) In Italy (B) In Czechoslovakia
(C) In Bulgaria (D) In Romania

(133) In which country did the game of Cricket begin ?
(A) England (B) India
(C) Australia (D) New Zealand

(134) Which day is celebrated as the International Yoga day ?
(A) 21 March (B) 21 June
(C) 21 July (D) 21 May

(135) Yoga means to restrain
(A) Feelings (B) Senses
(C) Thoughts of mind (D) Mental abilities

(136) Which Mudra is used in Pranayam ?
(A) Shoonya Mudra (B) Gnyan Mudra
(C) Pranav Mudra (D) Viprit Karani Mudra

(137) What is the best example of Pratyahar ?
(A) A mud elephant (B) Lion
(C) Fish (D) Tortoise

(138) Which Asana is to be done in standing position ?
(A) Tadasan (B) Bhadrasan
(C) Gomukhasan (D) Makarasan

(139) Which Asana is to be done in sitting position ?
(A) Shavasan (B) Makarasan
(C) Tadasan (D) Padmasan

(140) What is required to be healthy for physical and mental health of a person ?
(A) Body (B) Mind
(C) Body and mind (D) None of the above

(141) How many levels of the health are there ?
(A) Four (B) Five
(C) Six (D) Seven

(142) Which test measures the jumping ability of the player ?
(A) Standing broad jump (B) Vertical Jump
(C) Shuttle run (D) 800 metres run

(143) Which solution is required to start in case of dehydration ?
(A) Salt (B) Sugar
(C) Lemon (D) ORS

(144) In case of the honey bee bite, what is to be rubbed on the stinged part ?
(A) Ice (B) Tincture Iodine
(C) Hot water soaked piece of cloth (D) Tincture Benzoin

(145) In case of fracture, what should be applied while tieing a bandage ?
(A) Solution (B) Splint
(C) Antiseptic (D) Thick cloth

(146) While doing heavy type of exercises the 'oxygen debt' is created. When it is cleared ?
(A) Immediately after completing the exercise.
(B) Within 30 minutes after completing the exercises
(C) Within few minutes after completing the exercises
(D) When the heart beats and the veins become normal

(147) Which running is not included in the sprint running ?
(A) 100 m Running (B) 200 m Running
(C) 1500 m Running (D) 400 m Running

(148) Where is the starting block fixed.
(A) On the starting line (B) Behind starting line
(C) Touching the starting line (D) Beyond the starting line in his lane

(149) How many types of crossing the finish line are there ?
(A) One (B) Two (C) Three (D) Four

(150) How many metres long the approach run way is kept in long jump ?
(A) 30 mtr. (B) 40 mtr. (C) 45 mtr. (D) 55 mtr.

(151) Which position is not true in the crouch position ?
(A) On the mark (B) Set
(C) Vertical (D) Go

(152) What is the width of a take - off board ?
(A) 15 cm (B) 20 cm
(C) 25 cm (D) 30 cm

(153) In how many parts the whole action of long jump is divided ?
(A) One (B) Two
(C) Three (D) Four

(154) What is the first step of Antrang yoga ?
(A) Samadhi (B) Dharana
(C) Yama (D) Meditation

(155) Which Asana removes gas from stomach ?
(A) Setuksana (B) Pavanmuktasana
(C) Lolasana (D) Ushtrasana

(156) What is the meaning of Bhujang from the following ?
(A) Bhuja (B) Hip
(C) Serpent (D) Water

(157) How is Lolasana to be performed ?
(A) sitting position (B) lying on the back
(C) lying on the stomach (D) standing position

(158) Which disease spread through air ?
(A) Typhoid (B) Influenza
(C) Eczema (D) Anthrax

(159) Which Vaccine is given to prevent TB ?
(A) D.P.T. (B) O.P.V.
(C) Small Pox (D) B.C.G

(160) Diseases are classified in how many types ?
(A) One (B) Two
(C) Three (D) Four

(171) How far is the baulk line from center line in men's Kabaddi court ?
(A) 3.5 meters (B) 4.0 meters
(C) 3.75 meters (D) 4.50 meters

(172) What is the length for men's Kabaddi court ?
(A) 7 mtr. (B) 13 mtr.
(C) 10 mtr. (D) 12 mtr.

(173) Where was the first world basketball championship was organised ?
(A) Japan (B) Germany
(C) Russia (D) America

(174) What is the length - width of the ground at basketball ?
(A) 25 m x 15 m (B) 27 m x 15 m
(C) 28 m x 15 m (D) 29 m x 15 m

(175) What Should be the weight of the ball of basketball?
(A) 600 gm to 650 gm (B) 625 gm to 650 gm
(C) 625 gm to 630 gm (D) 610 gm to 630 gm

(176) How is the handball game started ?
(A) Throw off (B) Penalty throw
(C) Throw - in (D) Free throw

(177) What is the radius of centre circle ?
(A) 8 yards (B) 9 yards
(C) 10 yards (D) 11 yards

(178) What is the duration of the game of one half (one play) ?
(A) 45 minutes (B) 50 minutes
(C) 55 minutes (D) 40 minutes

(179) How many studs are there at a sole of boot of football game ?
(A) 5 (B) 7
(C) 8 (D) 10

(180) What is the length of antenna in volleyball game?
(A) 1 mtrs (B) 1.30 mtrs
(C) 1.50 mtrs (D) 1.80 mtrs

(191) How many phases of skill learning are there ?
(A) 3 (B) 4
(C) 5 (D) 6

(192) Which teaching method is most recommended for physical education ?
(A) Multisensory strategy (B) Movement education
(C) Differentiated instruction (D) None of the above

(193) which of the following factors do not influence health ?
(A) Education and literacy (B) Physical environment
(C) Allocentric behaviour (D) Biology & Genetics

(194) The most important function of a first aid for a casualty is
(A) Treating the casualty (B) taking casualty to a doctor
(C) saving life using available means (D) arrange transportation

(195) 'sit & reach' test measure
(A) Abdominal strength (B) Back flexibility
(C) Hamstring flexibility (D) both b & c

(196) Glycolysis occurs in
(A) Nucleus (B) Lysosome
(C) Cytoplasm (D) Ribosome

(197) The digestive juices present in the stomach helps to digest
(A) Proteins only (B) Fats only
(C) Carbohydrates only (D) Fats & Proteins

(198) Which of the following is not related with cognitive domain ?
(A) Understanding (B) Knowledge
(C) Valueing (D) Application

(199) Which agency does anti-doping capacities and code in all sports and all countries?
(A) world Anti-doping agency (B) International body against doping
(C) Play true, play safe (D) International body for sports

(200) The hormone which controls the rate of the heartbeat and is secreted in blood is ...
(A) Thyroxine (B) Insulin
(C) Testosterone (D) Adrenaline



Space for Rough Work



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