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TREIRB PD

**Previous Year Paper
(Physical Education) 03
Aug, 2023 Shift 2**



TELANGANA RESIDENTIAL EDUCATIONAL INSTITUTIONS RECRUITMENT BOARD TREI-RB

Notations :

- 1.Options shown in green color and with ✓ icon are correct.
- 2.Options shown in red color and with ✗ icon are incorrect.

Question Paper Name :	Physical Education 03rd Aug 2023 Shift 2
Subject Name :	Physical Education
Creation Date :	2023-08-03 15:41:44
Duration :	120
Total Marks :	100
Display Marks:	Yes
Calculator :	None
Magnifying Glass Required? :	No
Ruler Required? :	No
Eraser Required? :	No
Scratch Pad Required? :	No
Rough Sketch/Notepad Required? :	No
Protractor Required? :	No
Show Watermark on Console? :	Yes
Highlighter :	No
Auto Save on Console?	Yes
Change Font Color :	No
Change Background Color :	No
Change Theme :	No
Help Button :	No

Show Reports : No

Show Progress Bar : No

Physical Education

Group Number : 1

Group Id : 7646927

Group Maximum Duration : 0

Group Minimum Duration : 120

Show Attended Group? : No

Edit Attended Group? : No

Break time : 0

Group Marks : 100

Is this Group for Examiner? : No

Examiner permission : Cant View

Show Progress Bar? : No

Physical Education

Section Id : 7646928

Section Number : 1

Section type : Online

Mandatory or Optional : Mandatory

Number of Questions : 100

Number of Questions to be attempted : 100

Section Marks : 100

Enable Mark as Answered Mark for Review and Clear Response : Yes

Maximum Instruction Time : 0

Sub-Section Number : 1

Sub-Section Id : 7646928

Question Shuffling Allowed : Yes

Is Section Default? : null

Question Number : 1 Question Id : 764692601 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which one of the following is NOT a positive emotion?

Options :

- 1. ✖ Excitement
- 2. ✖ happiness
- 3. ✔ guilt
- 4. ✖ pride

Question Number : 2 Question Id : 764692602 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which of the following cards will be used in Kabaddi match?

- A) Green Card
- B) Yellow Card
- C) Red Card
- D) Black Card

Choose the correct combinations

Options :

1. ✖ A, C & D only

2. ✔ A, B & C only

3. ✖ B & C only

4. ✖ B, C & D only

Question Number : 3 Question Id : 764692603 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which of the following are examples of challenge tournaments?

- A) League – cum - league
- B) Knock-out cum league
- C) Ladder
- D) Pyramid

Choose the correct combinations

Options :

1. ✖ A & C only

2. ✔ C & D only

3. ✖ B & C only

4. ✖ A & D only

Question Number : 4 Question Id : 764692604 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The Physical signs of sports anxiety are

- A) Hyperventilation
- B) Muscle tension
- C) Intense fear of failure
- D) Bathroom troubles

Choose the correct combinations

Options :

- 1. ✖ A & C only
- 2. ✖ C & D only
- 3. ✖ A, B & C only
- 4. ✔ A, B & D only

Question Number : 5 Question Id : 764692605 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

When do athletes be in a state of law of arousal?

- A) When they are anxious
- B) When they are relaxed
- C) When they are bored
- D) When they are excited

Choose the correct combinations

Options :

1. ✓ A & D only

2. ✗ A & C only

3. ✗ B & C only

4. ✗ B & D only

Question Number : 6 Question Id : 764692606 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Match the following communicable diseases and causative agents.

- | | |
|-------------------|-------------------------------|
| A) Measles | i) Plasmodium Parasites |
| B) Malaria | ii) Salmonella Typhi bacteria |
| C) Typhoid | iii) Paramyxovirus |
| D) Whooping Cough | iv) Bordetella Parapertussis |

Options :

1. ✗ A - ii; B - i; C - iii; D - iv

2. ✖ A - iii; B - iv; C - ii; D - i

3. ✖ A - iv; B - iii; C - ii; D - i

4. ✔ A - iii; B - i; C - ii; D - iv

Question Number : 7 Question Id : 764692607 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Arrange the correct sequence of the following parts of rhythmic command:

- A) Explanation
- B) Execution
- C) Rhythmic counting
- D) Pause
- E) Halting

Options :

1. ✔ A, D, B, C & E

2. ✖ A, B, D, E & C

3. ✖ B, A, D, C & E

4. ✖ B, D, A, C & E

Question Number : 8 Question Id : 764692608 Question Type : MCQ Option Shuffling : Yes Is

Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Find the correct sequence of following games in chronological order based on their inception.

- A) Summer youth Olympic Games
- B) The winter Olympic Games
- C) The Common Wealth Games
- D) The Asian Games

Options :

1. ✖ A, D, B & C

2. ✔ A, B, C & D

3. ✖ A, B, D & C

4. ✖ B, A, C & D

Question Number : 9 Question Id : 764692609 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Choose the correct Pairs from the following related to the modern Olympics and host cities.

- A) 1900 - Paris
- B) 1936 - Berlin
- C) 1964 - Tokyo
- D) 2008 – China

Options :

1. ✖ A, B & D only
2. ✖ B, C & D only
3. ✖ B & C only
4. ✔ A, B, C & D

Question Number : 10 Question Id : 764692610 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

In teaching physical activity, the teacher uses the 'follow me' and 'Do As I Do' commands. In which method does it appear?

Options :

1. ✖ Oral Method
2. ✔ Imitation Method
3. ✖ At-will Method
4. ✖ Demonstration Method

Question Number : 11 Question Id : 764692611 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum

Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Children below the age group of 10 years should be avoided to handle

Options :

1. ✖ Multi coloured sports equipment
2. ✖ Indoor activities
3. ✖ Recreational games
4. ✔ Sharp edged sports equipment.

Question Number : 12 Question Id : 764692612 Question Type : MCQ Option Shuffling : Yes Is

Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum

Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

This represents the characteristics of the person that account for consistent patterns of behaviour

Options :

1. ✖ introvert
2. ✔ personality
3. ✖ extrovert
4. ✖ perception

Question Number : 13 Question Id : 764692613 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which one of the following is **NOT** the law of learning?

Options :

1. ✖ law of readiness
2. ✖ law of effect
3. ✔ law of reaction
4. ✖ law of exercise

Question Number : 14 Question Id : 764692614 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Among the following, which joint permits maximum freedom of movement.

Options :

1. ✖ Hinge Joint
2. ✔ Ball and Socket Joint

3. ✖ Pivot Joint

4. ✖ Cartilaginous Joint

Question Number : 15 Question Id : 764692615 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which are all the possible advantages of warm up in human body?

- A) Increase local muscle blood flow.
- B) Decreased metabolic rate.
- C) Increased speed of oxygen and fuel transfer to tissues.
- D) Decreased viscous resistance in the muscle.
- E) Increased speed of nerve impulse conduction.

Choose the correct combination

Options :

1. ✖ A, B, C & D only

2. ✖ A, B, C & E only

3. ✔ A, C, D & E only

4. ✖ A, B & C only

Question Number : 16 Question Id : 764692616 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum

Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The process of converting glucose to pyruvic acid in the cytoplasm of cells, with a net production of ATP is known as:

Options :

1. ✖ Glycogenolysis
2. ✖ Glycogenesis
3. ✖ Glycosylation
4. ✔ Glycolysis

Question Number : 17 Question Id : 764692617 Question Type : MCQ Option Shuffling : Yes Is

Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum

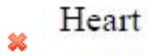
Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The blood is purified in

Options :

1. ✔ Lungs
2. ✖ Pancreas
3. ✔ Kidney
- 4.



Note: For this question, ambiguity is found in question/answer. Candidate will get full marks for this question if any of the correct options are chosen.

Question Number : 18 Question Id : 764692618 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Name the traditional, incremental budget which has been used for physical education programs.

Options :

1. ✓ Line item Budget
2. ✗ Planning – Programming – Budgeting System
3. ✗ Surplus Budget
4. ✗ Deficit Budget

Question Number : 19 Question Id : 764692619 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Arrange the following postural deformities from toe to head.

- A) Lordosis
- B) Kyphosis
- C) Flat foot
- D) Bon leg

Options :

- 1. ✖ C, B, D & A
- 2. ✖ C, D, B & A
- 3. ✔ C, D, A & B
- 4. ✖ C, A, D & B

Question Number : 20 Question Id : 764692620 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The playing court of handball game is

Options :

- 1. ✖ 35m long and 25m wide
- 2. ✔ 40m long and 20m wide
- 3. ✖ 40m long and 25m wide

4. ✖ 30m long and 20m wide

Question Number : 21 Question Id : 764692621 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

What is the height of the antenna above the net in volley ball?

Options :

1. ✖ 1.80 meter

2. ✖ 1 meter

3. ✔ 80 cm

4. ✖ 60 cm

Question Number : 22 Question Id : 764692622 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Raising one hand horizontally and pointing thumb upward is the signal in Kabaddi for

Options :

1. ✔ Bonus point

2.

✖ Warning

3. ✖ Temporary suspension

4. ✖ Side change

Question Number : 23 Question Id : 764692623 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which one of the following is a true mineral?

Options :

1. ✖ Calcium

2. ✖ Potassium

3. ✔ Iron

4. ✖ Phosphorus

Question Number : 24 Question Id : 764692624 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

What is the weight of a football at the start of the match?

Options :

1. ✖ 390g to 400g

2. ✔ 410g to 450g

3. ✖ 460g to 475g

4. ✖ 480g to 485g

Question Number : 25 Question Id : 764692625 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

What are the measurements of field of play in hockey?

Options :

1. ✖ 90m long and 55m wide

2. ✖ 90.40m long and 55m wide

3. ✔ 91.40m long and 55m wide

4. ✖ 92.40 long and 55m wide

Question Number : 26 Question Id : 764692626 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Individual's underlying potential for acquiring skills is referred to as

Options :

1. ✓ Aptitude
2. ✗ Self-report
3. ✗ Intelligence
4. ✗ Inter personal

Question Number : 27 Question Id : 764692627 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

When was the Indian Psychology Association formed?

Note: For this question, discrepancy is found in question/answer. Full Marks is being awarded to all candidates.

Options :

1. 1916
2. 1890
3. 1924
4. 1900

Question Number : 28 Question Id : 764692628 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which postural disorder is also known as pesplanus?

Options :

1. ✓ Flat foot
2. ✗ Knock knees
3. ✗ Bow leg
4. ✗ Round shoulder

Question Number : 29 Question Id : 764692629 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The code of signal used by umpire in cricket to award five penalty runs to the batting side

Options :

1. ✖ touching both shoulders each with the opposite hand.
2. ✖ pointing to a raised wrist with the other hand.
3. ✖ placing one hand on the opposite shoulder.
4. ✔ repeated tapping of one shoulder with the opposite hand.

Question Number : 30 Question Id : 764692630 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

What is the duration of time-out in volley ball?

Options :

1. ✔ 30 seconds
2. ✖ 45 seconds
3. ✖ 60 seconds
4. ✖ 90 seconds

Question Number : 31 Question Id : 764692631 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Cycling is the best example for

Options :

1. ✖ Law of Readiness
2. ✖ Law of Effect
3. ✔ Law of Exercise
4. ✖ Law of Recency

Question Number : 32 Question Id : 764692632 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which of the fatigue usually resolves after rest?

Options :

1. ✖ Chronic fatigue
2. ✖ Prolonged fatigue

3. ✓ Acute fatigue

4. ✗ Cumulative fatigue

Question Number : 33 Question Id : 764692633 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Olympic Games (Summer) in 2024 will be held at

Options :

1. ✗ Beijing

2. ✗ Tokyo

3. ✗ Brazil

4. ✓ Paris

Question Number : 34 Question Id : 764692634 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

For 100m hurdles race, wind velocity shall be measured for a period of ____ seconds from the flash.

Options :

1. ✖ 10 seconds

2. ✖ 11 seconds

3. ✖ 12 seconds

4. ✔ 13 seconds

Question Number : 35 Question Id : 764692635 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The basic objectives of first aid are:

- A) To give immediate care
- B) To protect the casualty from further harm
- C) To diagnose the disease
- D) To promote recovery

Choose the correct combinations

Options :

1. ✖ A, C & D only

2. ✖ A & C only

3. ✔ A, B & D only

4. ✖ C & D only

Question Number : 36 Question Id : 764692636 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The Pankration is a combination of which sports?

- A) Running
- B) Wrestling
- C) Boxing
- D) Judo
- E) Gymnastics

Choose the correct combination

Options :

1. ✔ B & C only

2. ✖ A & B only

3. ✖ C & D only

4. ✖ B & E only

Question Number : 37 Question Id : 764692637 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Choose the correct pairs from the following related to postural deformities and their explanation.

- A) Kyphosis: An excessive posterior curvature of the spine
- B) Lordosis: An excessive anterior curvature of the spine
- C) Scoliosis: Lateral curvature of the spine
- D) Flat Foot: A condition in which the longitudinal arch of the foot is lower than normal.

Options :

- 1. ✖ C & D only
- 2. ✖ A, B & C only
- 3. ✖ B, C & D only
- 4. ✔ A, B, C & D

Question Number : 38 Question Id : 764692638 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

When the fault is whistled by the first referee, he/she will indicate

- A) The point or replay
- B) The nature of the fault
- C) The player at fault
- D) The team to receive

Choose the correct combination

Options :

- 1. ✔ A & B only

2. ✖ B & C only

3. ✖ B & D only

4. ✖ A, C & D only

Question Number : 39 Question Id : 764692639 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Match the following methods of teaching

- | | |
|---------------------|---|
| A) Oral Method | i) This method will consist of a series of well planned exercise of free arm type and exercises with light apparatus. |
| B) At-will Method | ii) The teacher merely explains the activity by words without any demonstration. |
| C) Imitation method | iii) This is adopted when an activity is one that was already taught or an activity which can be easily followed. |
| D) Set-drill method | iv) The students are given an opportunity to perform the activity in their own time and rhythm |

Options :

1. ✔ A - ii; B - iv; C - iii; D - i

2. ✖ A - i; B - iii; C - ii; D - iv

3. ✖ A - iii; B - ii; C - iv; D - i

4. ✖ A - ii; B - iv; C - i; D - iii

Question Number : 40 Question Id : 764692640 Question Type : MCQ Option Shuffling : Yes Is
Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum
Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Match the following joint movements

- | | |
|---------------|---|
| A) Supination | i) The limb moves away from the midline of the body |
| B) Eversion | ii) The act of turning the palm upward |
| C) Abduction | iii) Turns the sole of the foot outward |
| D) Extension | iv) Increases the angle between two bones |

Options :

1. ✖ A - i; B - iii; C - ii; D - iv

2. ✖ A - ii; B - iii; C - iv; D - i

3. ✖ A - iii; B - ii; C - i; D - iv

4. ✔ A - ii; B - iii; C - i; D - iv

Question Number : 41 Question Id : 764692641 Question Type : MCQ Option Shuffling : Yes Is
Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum
Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Find the correct sequence of limbs of Astanga Yoga:

- A) Pranayama, Prathyahava
- B) Dharana, Dhyana, Samadhi
- C) Asana
- D) Yama, Niyama

Options :

- 1. ✖ A, B, C & D
- 2. ✔ D, C, A & B
- 3. ✖ D, C, B & A
- 4. ✖ A, C, B & D

Question Number : 42 Question Id : 764692642 Question Type : MCQ Option Shuffling : Yes Is

Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum

Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Find the correct order of events in Pentathlon

- A) 200 mtrs
- B) Long jump
- C) Discus throw
- D) Javelin throw
- E) 1500 mtrs

Options :

- 1. ✔ B, D, A, C & E
- 2. ✖ A, B, D, C & E

3. ✖ A, D, B, C & E

4. ✖ D, B, A, C & E

Question Number : 43 Question Id : 764692643 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Choose the correct pairs from the following related to the joints

- A) Pivot joint: Rotational movement
- B) Gliding joint: Swing in almost any direction
- C) Hinge joint: Extension and flexion
- D) Saddle joint: Sliding motion

Options :

1. ✖ A & B only

2. ✔ A & C only

3. ✖ C & D only

4. ✖ B & D only

Question Number : 44 Question Id : 764692644 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

A systematic classification of pupil was founded by -

Options :

1. ✓ Dr. C. H. Meeley

2. ✗ Charles A. Bucher

3. ✗ Dr. Henry Buck

4. ✗ Dr. Elssingev

Question Number : 45 Question Id : 764692645 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

In which state, the National Sports University was established by the Central Government

Options :

1. ✗ Punjab

2. ✗ Tamilnadu

3. ✗ Haryana

4. ✓ Manipur

Question Number : 46 Question Id : 764692646 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The pathogen of the “Typhoid” is directly transmitted through

Options :

1. ✖ Urine
2. ✔ Water
3. ✖ Blood
4. ✖ Cerebrospinal fluid

Question Number : 47 Question Id : 764692647 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which of the following is an intrinsic reward of sports.

Options :

1. ✖ Recognition
2. ✖ Status
3. ✖ Attention

4. ✓ Self Esteem

Question Number : 48 Question Id : 764692648 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Choose the correct sequence of Cognitive process

- A) Sensation
- B) Thinking
- C) Perception
- D) Problem Solving

Options :

1. ✗ B, C, D, A

2. ✗ A, B, D, C

3. ✓ A, C, B, D

4. ✗ C, B, A, D

Question Number : 49 Question Id : 764692649 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The best Age for development of flexibility

Options :

1. ✓ Before puberty

2. ✗ After puberty

3. ✗ Infancy

4. ✗ Adulthood

Question Number : 50 Question Id : 764692650 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which of the following is NOT a communicable disease?

Options :

1. ✓ Asthma

2. ✗ Malaria

3. ✗ Measles

4. ✗ Cholera

Question Number : 51 Question Id : 764692651 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Choose the correct pairs from the following related to the streams of yoga:

- A) Karma yoga: Selfless action without an attachment to the results.
- B) Raja yoga: Practical approach to reach higher states of consciousness.
- C) Bhakti yoga: Attitude of total surrender and love.
- D) Jnana yoga: Path of knowledge, it deals with the intellect.

Options :

1. ✖ A & B only

2. ✖ A, B & C only

3. ✖ B, C & D only

4. ✔ A, B, C & D

Question Number : 52 Question Id : 764692652 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which of the following are methods of estimating the reliability of norm – referenced tests?

- A) Test-Retest method
- B) Parallel forms method
- C) Split half method
- D) Analogue forms method

Choose the correct combination

Options :

1. ✔ A, B & C only

2. ✖ A & D only

3. ✖ A, C & D only

4. ✖ B & D only

Question Number : 53 Question Id : 764692653 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Scum gutter is related to which sports activity?

Options :

1. ✖ Gymnastics

2. ✖ Athletics

3. ✖ Wrestling

4. ✔ Swimming

Question Number : 54 Question Id : 764692654 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which of the following is **NOT** related to the health services of the school health program?

Options :

1. ✖ Periodical medical examinations
2. ✖ Psychological examinations
3. ✔ School food services
4. ✖ Screening tests

Question Number : 55 Question Id : 764692655 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

How many gold medals are won by Indian men hockey team in Olympics?

Options :

1. ✖ 7 gold medals
2. ✔ 8 gold medals
3. ✖ 9 gold medals
4. ✖ 10 gold medals

Question Number : 56 Question Id : 764692656 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

What is the width of the pitch in cricket?

Options :

1. ✖ 20.12m

2. ✖ 1.83m

3. ✔ 3.05m

4. ✖ 4.05m

Question Number : 57 Question Id : 764692657 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The relative amount of percentage of different types of body tissues that are related to health is known as:

Options :

1. ✖ Body Mass Index

2. ✖ Muscular Strength

3. ✖ Anthropometry

4. ✔ Body composition

Question Number : 58 Question Id : 764692658 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Volume of blood pumped out by a ventricle with each beat is called as

Options :

1. ✔ Stroke volume

2. ✖ Diastolic volume

3. ✖ Cardiac output

4. ✖ Systolic volume

Question Number : 59 Question Id : 764692659 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which one of the following terminology is NOT in the A K F I – rule -

Options :

1. ✖ Tag

2. ✖ Struggle raid

3. ✖ Do or Die raid

4. ✔ Super raid

Question Number : 60 Question Id : 764692660 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which postural deformity is also known as Genu valgum?

Options :

1. ✖ Bowleg

2. ✖ Flat foot

3. ✖ Scoliosis

4. ✔ Knock - knees

Question Number : 61 Question Id : 764692661 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

An exercise in which a muscle group is contracted without moving the joint to which the muscles are attached is called:

Options :

1. ✖ Isotonic exercise
2. ✔ Isometric exercise
3. ✖ Isokinetic exercise
4. ✖ Eccentric exercise

Question Number : 62 Question Id : 764692662 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

According to Patanjali, Dhyana means

Options :

1. ✖ Concentration
2. ✖ Reflects only the name of the object
3. ✖ Watching only breathing
4. ✔ An unbroken flow of knowledge to that object

Question Number : 63 Question Id : 764692663 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Gyana Yoga is the

Options :

1. ✖ Path of right action
2. ✖ Path of mind control
3. ✔ Path of rational enquiry
4. ✖ Path of devotion

Question Number : 64 Question Id : 764692664 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The third limb of Astanga Yoga is

Options :

1. ✖ Yama
2. ✔ Asana
3. ✖ Dharana

4. ✖ Pratyahara

Question Number : 65 Question Id : 764692665 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

What is the measurement of the square in Kho-Kho?

Options :

1. ✖ 15cm × 15cm

2. ✖ 20cm × 20cm

3. ✖ 25cm × 25cm

4. ✔ 30cm × 30cm

Question Number : 66 Question Id : 764692666 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The FINA standard lane width for swimming competition is:

Options :

1. ✖ 1.22m

2. ✖ 1.5m

3. ✓ 2.5m

4. ✗ 2.25m

Question Number : 67 Question Id : 764692667 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Sports Psychology is the study of:

Options :

1. ✗ People and their performance in sport

2. ✗ People and their intelligence in sport

3. ✗ People and their playing ability in sport

4. ✓ People and their behaviours in sport

Question Number : 68 Question Id : 764692668 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which one of the following vitamin is NOT a fat soluble vitamin?

Options :

1. ✖ Vitamin - K
2. ✖ Vitamin - E
3. ✔ Vitamin - B
4. ✖ Vitamin - A

Question Number : 69 Question Id : 764692669 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

How many hurdles and water jumps are there in the 2000 meter steeple chase race?

Options :

1. ✖ 28 hurdle jumps and 7 water jumps
2. ✖ 28 hurdle jumps and 5 water jumps
3. ✖ 18 hurdle jumps and 7 water jumps
4. ✔ 18 hurdle jumps and 5 water jumps

Question Number : 70 Question Id : 764692670 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum

Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which of the following factors determine the methods of teaching physical activities?

- A) Subject matter
- B) The past experience of the pupils
- C) Parents interest
- D) Situations
- E) Scientific Principles

Choose the correct combinations

Options :

1. ✖ A, C, D & E only

2. ✖ A, B, C & D only

3. ✖ B, C, D & E only

4. ✔ A, B, D & E only

Question Number : 71 Question Id : 764692671 Question Type : MCQ Option Shuffling : Yes Is

Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum

Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which of the following are classified as presentation techniques?

- A) Orientation
- B) Arousing
- C) Persuasion
- D) Discussion
- E) Supervision

Choose the correct combination

Options :

1. ✖ B, C & D only
2. ✖ A, B, C & D only
3. ✖ C, D & E only
4. ✔ A, D & E only

Question Number : 72 Question Id : 764692672 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which of the following are easily destroyed (or) washed out during food storage or preparation.

- A) Vitamin – A
- B) Vitamin – B
- C) Vitamin – C
- D) Vitamin – D

Choose the correct combination

Options :

1. ✖ A & B only
2. ✔ B & C only
3. ✖ B & D only

4. ✖ A & D only

Question Number : 73 Question Id : 764692673 Question Type : MCQ Option Shuffling : Yes Is
Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum
Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Match the following referees' signals and its meaning in the game of Basketball.

- | | |
|---------------------------------|------------------------|
| A) Open palm | i) Substitution |
| B) Cross forearms | ii) Stop the clock |
| C) Clinched fists on both hands | iii) Travelling |
| D) Rotate fists | iv) Disqualifying foul |

Options :

1. ✖ A - iv; B - ii; C - i; D - iii

2. ✖ A - iv; B - i; C - ii; D - iii

3. ✔ A - ii; B - i; C - iv; D - iii

4. ✖ A - ii; B - iv; C - i; D - iii

Question Number : 74 Question Id : 764692674 Question Type : MCQ Option Shuffling : Yes Is
Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum
Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Match the following anatomical terms related to direction.

- | | |
|-------------|--|
| A) Lateral | i) Nearest to a reference point |
| B) Proximal | ii) toward the front |
| C) Inferior | iii) Away from the midline of the body |
| D) Anterior | iv) Below |

Options :

1. ✓ A - iii; B - i; C - iv; D - ii

2. ✗ A - iv; B - iii; C - ii; D - i

3. ✗ A - iii; B - iv; C - ii; D - i

4. ✗ A - ii; B - iv; C - i; D - iii

Question Number : 75 Question Id : 764692675 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Arrange the track of respiratory system in ascending order:

- A) Epiglottis
- B) Larynx
- C) Pharynx
- D) Trachea

Options :

1. ✗ B, C, D & A

2. ✓ C, A, B & D

3. ✖ B, D, A & C

4. ✖ C, B, D & A

Question Number : 76 Question Id : 764692676 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Choose the correct pairs from the following related to vitamins and their physiological functions.

- A) Vitamin K : Blood Clotting
- B) Vitamin E : Membrane antioxidant
- C) Vitamin D : Calcium homeostasis
- D) Vitamin A : Visual pigments

Options :

1. ✖ A, C & D only

2. ✖ A & C only

3. ✔ A, B, C & D

4. ✖ A, B & D only

Question Number : 77 Question Id : 764692677 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

In which Olympics India won gold medal in athletics?

Options :

1. ✖ RIO 2016
2. ✖ London 2012
3. ✔ Tokyo 2020
4. ✖ Beijing 2022

Question Number : 78 Question Id : 764692678 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Teaching Swimming shall be of _____ in nature

Options :

1. ✖ Mass
2. ✔ Individual
3. ✖ Cluster
4. ✖ group

Question Number : 79 Question Id : 764692679 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which one is **NOT** a basic principle of sports training?

Options :

1. ✖ Specificity
2. ✖ Overload
3. ✖ Reversibility
4. ✔ Super Compensation

Question Number : 80 Question Id : 764692680 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

When a Badminton player attempts to learn Table Tennis, he is in

Options :

1. ✖ Negative transfer of training
2. ✔ Positive transfer of training
3. ✖ Zero transfer of training

4. ✖ Sub-zero transfer of training

Question Number : 81 Question Id : 764692681 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Neema festival was conducted in the honour of this God.

Note: For this question, discrepancy is found in question/answer. Full Marks is being awarded to all candidates.

Options :

1. Zeus
2. Apollo
3. Atlas
4. Palaestra

Question Number : 82 Question Id : 764692682 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Physical exercise, good rest and sleep, cleanliness are part of

Options :

1. ✖ Social hygiene
2. ✖ Food hygiene
3. ✔ Personal hygiene
4. ✖ Environmental hygiene

Question Number : 83 Question Id : 764692683 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Where is the control center of reflex action?

Options :

1. ✖ In the cerebellum
2. ✖ In the vertebral Lord
3. ✖ In the Cerebrum
4. ✔ In Spinal Card

Question Number : 84 Question Id : 764692684 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Match the following steps of ashtanga yoga and its meaning:

- | | |
|------------|-------------------|
| A) Yama | i) Meditation |
| B) Niyama | ii) Discipline |
| C) Dharana | iii) Self Control |
| D) Dhyana | iv) Concentration |

Options :

1. ✓ A - iii; B - ii; C - iv; D - i

2. ✗ A - ii; B - iv; C - iii; D - i

3. ✗ A - iii; B - iv; C - i; D - ii

4. ✗ A - iv; B - iii; C - ii; D - i

Question Number : 85 Question Id : 764692685 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

What are the values of classification of students?

- A) It caters for individual need
- B) It increases fairer and wider competition
- C) It enables teachers to provide a graded programme
- D) It instruction is not effective
- E) It reduces the interest of the individual

Choose the correct combinations

Options :

- 1. ✖ A, B, D & E only
- 2. ✖ C, D & E only
- 3. ✔ A, B & C only
- 4. ✖ A, B, C & D only

Question Number : 86 Question Id : 764692686 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The new Olympic motto reads as

Options :

- 1. ✖ Stronger, Higher, Faster - Together
- 2. ✖ Faster, Stronger, Higher - Together

3. ✖ Together – Faster, Stronger, Higher

4. ✔ Faster, Higher, Stronger - Together

Question Number : 87 Question Id : 764692687 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which philosophy emphasizes the use of the scientific method to arrive at the truth?

Note: For this question, discrepancy is found in question/answer. Full Marks is being awarded to all candidates.

Options :

1. Idealism

2. Realism

3. Pragmatism

4. Existentialism

Question Number : 88 Question Id : 764692688 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum

Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

In which stage tremendous growth occurs across all the areas of development?

Options :

1. ✓ Early childhood
2. ✗ Middle child hood
3. ✗ Adult hood
4. ✓ Infancy

Note: For this question, ambiguity is found in question/answer. Candidate will get full marks for this question if any of the correct options are chosen.

Question Number : 89 Question Id : 764692689 Question Type : MCQ Option Shuffling : Yes Is

Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum

Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Cylinder Principle is the term related to which game?

Options :

1. ✗ Volley ball
2. ✗ Kabaddi
3. ✗ Softball

4. ✓ Basketball

Question Number : 90 Question Id : 764692690 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which one of the following uses the principles of mechanics for solving problems related to the structure and function of living organisms?

Options :

1. ✗ Ergonomics

2. ✓ Biomechanics

3. ✗ Kinesiology

4. ✗ Physiology

Question Number : 91 Question Id : 764692691 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Tuberculosis is caused by

Options :

1. ✗ Mycovirus tuberculosis

2. ✖ Mycogungi tuberculosis

3. ✔ Mycobacterium tuberculosis

4. ✖ Mycoprotozoa tuberculosis

Question Number : 92 Question Id : 764692692 Question Type : MCQ Option Shuffling : Yes Is
Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum
Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The corner area in football is defined by:

Options :

1. ✔ A quarter circle

2. ✖ A semi circle

3. ✖ A square

4. ✖ A triangle

Question Number : 93 Question Id : 764692693 Question Type : MCQ Option Shuffling : Yes Is
Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum
Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Which technique is considered the king of pranayama?

Options :

1. ✓ Anuloma Viloma
2. ✗ Kapalabhati
3. ✗ Vijayi
4. ✗ Sitali

Question Number : 94 Question Id : 764692694 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Running and Jumping can be studied in:

Options :

1. ✗ Anatomy
2. ✗ Physiology
3. ✗ Biology
4. ✓ Kinesiology

Question Number : 95 Question Id : 764692695 Question Type : MCQ Option Shuffling : Yes Is

Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The cooling pranayama is

Options :

- 1. ✓ Sheetal Pranayama
- 2. ✗ Surya Bedhama
- 3. ✗ Kapalbati
- 4. ✗ Bhastrika

Question Number : 96 Question Id : 764692696 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Zygomatic bone is present in

Options :

- 1. ✗ Vertebral column
- 2. ✗ Lower extremities
- 3. ✓ Skull

4. ✖ Upper extremities

Question Number : 97 Question Id : 764692697 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Bunt is the term related to which sport?

Options :

1. ✖ Kabaddi

2. ✖ Volleyball

3. ✔ Softball

4. ✖ Tennikoit

Question Number : 98 Question Id : 764692698 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

The trial & error method of learning is associated with:

Options :

1. ✖ Classical conditioning

- 2. ✓ Operant conditioning
- 3. ✗ Vicarious conditioning
- 4. ✗ Observed conditioning

Question Number : 99 Question Id : 764692699 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

Theory of conditioning was proposed by:

Options :

- 1. ✗ Sigmund Freud
- 2. ✓ Ivan Pavlov
- 3. ✗ Edward Thorndike
- 4. ✗ Alexander Maslow

Question Number : 100 Question Id : 764692700 Question Type : MCQ Option Shuffling : Yes Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 1 Wrong Marks : 0.25

A series of joints that allow movement of the body is known as.

Options :

1. ✖ Muscular system
2. ✖ Integumentary system
3. ✔ Articular system
4. ✖ Lymphatic system



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