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TREIRB PD

**Previous Year Paper
(Physical Education) 18
Aug, 2023 Shift 3**



TELANGANA RESIDENTIAL EDUCATIONAL INSTITUTIONS RECRUITMENT BOARD TREI-RB

Notations :

- Options shown in **green** color and with  icon are correct.
- Options shown in **red** color and with  icon are incorrect.

Question Paper Name :	Physical Education 18thAug 2023 Shift 3
Subject Name :	Physical Education
Creation Date :	2023-08-18 19:01:37
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 : 594253112

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 : 594253128

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 Yes

Clear Response :

Maximum Instruction Time : 0

Sub-Section Number : 1

Sub-Section Id : 594253166
Question Shuffling Allowed : Yes
Is Section Default? : null

Question Number : 1 Question Id : 59425311130 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

Identify the first-class levers in the following

Options :

1.  The head and neck during neck extension.

2.  Movement at the Hip Joint

3.  Standing on tip-toe

4.  Movement at the Arm

Question Number : 2 Question Id : 59425311131 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 joints with the respective shapes and choose the correct answer

A) A joint consists of a spherical head fitted into a cup like cavity	i) Ball and socket joint
B) A joint allows movement in only one plane	ii) Gliding joint
C) In this joint, a bone rotates in a fibrous ring	iii) Pivot joint
D) A joint flat surfaces of bones, glide over each other	iv) Hinge joint

Options :

A-i, B-ii, C-iii, D-iv

1. ❌

A-i, B-iv, C-iii, D-ii

2. ✓

A-ii, B-i, C-iii, D-iv

3. ❌

A-iii, B-ii, C-i, D-iv

4. ❌

Question Number : 3 Question Id : 59425311132 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

Identify the correct statements given below about sports and games and choose the correct answer:

- A) Sports and Games are an integral part of human culture and social interactions
- B) All the sports events and games played in India are also played around the world
- C) Sports and games are very important for human life.
- D) It also develops the brotherhood and unity in us.

Options :

A & D only

1. ❌

2. ✘ B & C only

3. ✓ A, C & D only

4. ✘ A, B & D only

Question Number : 4 Question Id : 59425311133 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 summer Olympic venues with their corresponding years and choose the correct answer:

A) Sydney	i) 2012
B) Athens	ii) 2008
C) Beijing	iii) 2004
D) London	iv) 2000

Options :

1. ✘ A-i, B-ii, C-iii, D-iv

2. ✓ A-iv, B-iii, C-ii, D-i

3. ✘ A-ii, B-i, C-iii, D-iv

4. ✘ A-iii, B-ii, C-i, D-iv

Question Number : 5 Question Id : 59425311134 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

Shuttle Run measures

Options :

1.  Flexibility

2.  Agility

3.  Force

4.  Endurance

Question Number : 6 Question Id : 59425311135 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

From the given statements, choose the correct ones about the Ancient Olympics

- A) The ancient Olympic Games began with religious sacrifices.
- B) Women were permitted to participate in Olympics from first Ancient Olympics.
- C) Medals and Cups were the prizes given to the winners in Ancient Olympics
- D) The Ancient Olympic games only freeborn Greek men were allowed to participate

Options :

1.  B & C only

2. ✗ A, C & D only

3. ✓ A & D only

4. ✗ A & B only

Question Number : 7 Question Id : 59425311136 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 instrument meant for measuring the Body Fat is called

Options :

1. ✗ Goniometer

2. ✓ Skinfold Calliper

3. ✗ Dynamometer

4. ✗ Electro cardigram

Question Number : 8 Question Id : 59425311137 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

From the given Statements, choose the correct ones about Khel Ratna Award

- A) The Rajiv Gandhi Khel Ratna award is India's highest honour given for the achievements in sports.
- B) It is conferred by the ministry of youth affairs and sports, Government of India.
- C) It is presented by the Prime Minister of India
- D) It is officially known as Major Dhyan Chand Khel Ratna award

Options :

1. ✗ A & D only

2. ✗ B & C only

3. ✗ A, C & D only

4. ✓ A, B & D only

Question Number : 9 Question Id : 59425311138 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

Read the following statements and choose the correct ones related to the Olympics:

- A) The ancient Greeks considered fire to be a divine element.
- B) They maintained perpetual fire in front of their principal temples.
- C) This is not used to happen in the sanctuary of Olympia, where the ancient Olympics took place.
- D) The flame was lit using the rays of the sun to ensure its purity.

Options :

1. ✗ A & C only

2. ✘ B & D only

3. ✓ A, B & D only

4. ✘ A, B, C & D

Question Number : 10 Question Id : 59425311139 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

Microcycle involves training of

Options :

1. ✘ 10-18 weeks

2. ✘ 8- 26 weeks

3. ✓ One week

4. ✘ One month

Question Number : 11 Question Id : 59425311140 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

Identify which of the following pairs are correctly matched and choose the correct answer?

- A) Tarsal Bones- 12 Bones
- B) Carpal Bones- 10 Bones
- C) Axial Skeleton- 80 Bones
- D) Appendicular skeleton- 126 Bones

Options :

1.  A & B only

2.  A & D only

3.  B & D only

4.  C & D only

Question Number : 12 Question Id : 59425311141 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

Identify which of the following pairs are correctly matched and choose the correct answer?

- A) Priyanka Khedkar- Basketball.
- B) Mithali Raj- Cricket.
- C) Mary Kom- Wrestling.
- D) Geeta Phogat- Boxing.

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

all candidates.

Options :

1. A & B only

2. A & D only

3. B & D only

4. C & D only

Question Number : 13 Question Id : 59425311142 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 Football?

Options :

1.  Thomas Cup



2.  FIFA cup

3.  Durand Cup

4.  Santhosh Trophy

Question Number : 14 Question Id : 59425311143 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 the Ancient Olympics, an event called Pankration was combined with

Options :

1. Boxing and wrestling

2. Kicking and Chopping

3. Running and Jumping

4. Horse Racing and Charioting

Question Number : 15 Question Id : 59425311144 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

Read the following statements and choose the correct ones based on planning in Physical Education and Sports:

- A) Planning is the foremost function in sports
- B) Planning provides a view of future course of action
- C) Planning in sports is not required because there is a definite time frame for achieving the objectives
- D) Without proper planning, it is not possible to improve the performance of sports persons

Options :

1. ✘ A & D only

2. ✘ B & C only

3. ✘ A, C & D only

4. ✓ A, B & D only

Question Number : 16 Question Id : 59425311145 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

Twenty-one teams are participating in a Knock-out tournament. The number of matches to be played in the first round?

Options :

1. ✓ 5

2. ✘ 13

3. ✘ 8

4. ✘ 2

Question Number : 17 Question Id : 59425311146 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 statements given below which are based on various poses in Yoga:

- A) Vajrasana is also called mountain pose
- B) Vajrasana is always done in a sitting position
- C) It is also one of the breathing exercise to use puraka, kumbaka, rechaka
- D) It is also one of the meditative asana

Options :

1.  A & D only

2.  B & C only

3.  A, C & D only

4.  A, B & D only

Question Number : 18 Question Id : 59425311147 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 system mostly connected with metabolism

Options :

1.  Endocrine System

2.  Respiratory System

3. ✘ Nervous system

4. ✘ Digestive System

Question Number : 19 Question Id : 59425311148 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

Rapid growth of an individual occurs during

Options :

1. ✘ 16 and above years of age

2. ✘ 6 to 8 years of age

3. ✘ 15 to 16 years of age

4. ✓ 8 to 14 years of age

Question Number : 20 Question Id : 59425311149 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 experimental research, the 'measured characteristics' are called

Options :

1. Dependent variable

2. Independent variable

3. Control variable

4. Extraneous Variable

Question Number : 21 Question Id : 59425311150 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 an isotonic exercise is performed against resistance, the load remains

Options :

1. Constant

2. Oscillating

3. Dynamic

4. Variable

Question Number : 22 Question Id : 59425311151 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

From the given statements, choose the correct ones regarding Modern Olympics:

- A) Olympic Games encourage the adoption of peace.
- B) All individual differences are forgotten when participants arrive at the game, and the event commences with mutual respect and harmony.
- C) The Olympic games are considered the world's foremost sports competition with not more than 200 teams.
- D) The Olympic games are normally held once in four years. Since 1994, they have alternated between the summer and winter Olympics for every Two years during the Four-year period.

Options :

1. ✗ A & D only

1. ✗

2. ✗ B & C only

2. ✗

3. ✗ A, C & D only

3. ✗

4. ✓ A, B & D only

4. ✓

Question Number : 23 Question Id : 59425311152 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 body mechanics, which of the following is labelled as internal force?

Options :

1. ✗ Friction

1. ✗

2. ✗ Muscle force

2. ✗

3. ✓ Gravitational Force

4. ✗ Wind force

Question Number : 24 Question Id : 59425311153 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 Tennis, a foot-fault occurs only when:

Options :

1. ✗ A player steps on in any court line while hitting the ball

2. ✗ A player steps beyond the court while receiving the ball

3. ✓ The server touches the baseline with his/her foot before or during contact with the ball

4. ✗ The server lands inside the court after hitting the ball in the air

Question Number : 25 Question Id : 59425311154 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 volleyball, how much time is at a server's disposal to serve, once the referee whistles for service?

Options :

1. ✗ 10 seconds

2. ✓ 8 seconds

3. ✗ 6 seconds

4. ✗ 5 Seconds

Question Number : 26 Question Id : 59425311155 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

From the given statements, choose the correct ones regarding Physical fitness:

- A) A Physically fit person responds effortlessly to physical tasks
- B) It is due to her/his healthy organs that she/he does not get tired easily, has keen and focused mind and has enough extra energy to recover quickly in case of exhaustion.
- C) It helps to get a good job and develop intelligence
- D) A fit person is able to perform all responsibilities and still have enough energy to enjoy sport and other leisure activities

Options :

1. ✗ A & D only

2. ✗ B & C only

3. ✗ A, C & D only

4.  A, B & D only

Question Number : 27 Question Id : 59425311156 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 term “Chip-Pass” is used in

Options :

1.  Tennis

2.  Football

3.  Basketball

4.  Handball

Question Number : 28 Question Id : 59425311157 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

Oxygenated blood is carried to the heart by

Options :

1.  Aorta

2. ✘ Carotid Artery

3. ✓ Pulmonary Vein

4. ✘ Pulmonary Arteries

Question Number : 29 Question Id : 59425311158 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 kriyas with their suitable procedures and choose the correct answer:

A)	To cleansing the nasal cavity	i)	Neti
B)	It is useful for curing like acidity and bronchitis	ii)	Dhauti
C)	To cleansing the large intestines	iii)	Vasti
D)	Looking at the flame of the lamp without blinking the eyes	iv)	Trataka

Options :

1. ✓ A-i, B-ii, C-iii, D-iv

2. ✘ A-iv, B-iii, C-ii, D-i

3. ✘ A-ii, B-i, C-iii, D-iv

4. ✘ A-iii, B-ii, C-i, D-iv

Question Number : 30 Question Id : 59425311159 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

Yoga literally means

Options :

1.  Union

2.  Meditation

3.  Mental Health

4.  Relaxation

Question Number : 31 Question Id : 59425311160 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

Identify which of the following pairs are correctly matched and choose the correct answer?

A) A human liver weighs approximately- 2.5 kg

B) A human Kidney Average weight- 170g

C) Vertebral Column size- 71 cm in males

D) The average brain Weight of adult male-1.33 Kg

Options :

1.  A & B only

2.  A & D only

3. ✘ B & D only

4. ✓ C & D only

Question Number : 32 Question Id : 59425311161 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

Identify which of the following pairs are correctly matched and choose the correct answer?

- A) Suryanamaskar stages - 12
- B) Shat Kriyas- 06
- C) Bandhas-12
- D) Mudras- 27

Options :

1. ✓ A & B only

2. ✘ A & D only

3. ✘ B & D only

4. ✘ C & D only

Question Number : 33 Question Id : 59425311162 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 Muscles with the suitable functions and choose the correct answer:

A) Muscles on both side act together to bend the neck downwards	i) Tensor fascia lata
B) It stretches the forearm	ii) Sternocleidomastoid
C) It bends and rotates the thigh towards the midline	iii) Pectoralis major
D) Move shoulder towards the midline	iv) Triceps

Options :

1. * A-i, B-ii, C-iii, D-iv

2. * A-iv, B-iii, C-ii, D-i

3. ✓ A-ii, B-iv, C-i, D-iii

4. * A-iii, B-ii, C-i, D-iv

Question Number : 34 Question Id : 59425311163 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

From the given Statements, choose the correct ones regarding the objectives of Physical Education

- A) Physical Education is recognized as an indispensable portion of the school curriculum because of its many faceted benefits.
- B) It aims to focus on Intelligence.
- C) It usually encourages Psychometric learning
- D) It helps students attain physical, emotional, mental and social prowess.

Options :

1. ✓ A & D only

2. ✗ B & C only

3. ✗ A, C & D only

4. ✗ A, B & D only

Question Number : 35 Question Id : 59425311164 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 the most rapidly available source of energy in a muscle fibre?

Options :

1. ✗ Fatty acid

2. ✗ Creatine Kinase

3. ✓ Phosphagen

4. ✗ Phosphorylase

Question Number : 36 Question Id : 59425311165 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

From the given Statements, choose the correct ones regarding Yoga

- A) Yoga is a physical activity which should not be done by school children
- B) Stress and anxiety can be reduced by regular practice of yoga.
- C) Practising breathing techniques drives insomnia to a large extent.
- D) Yogasanas are first introduced in Thailand.

Options :

1.  A & D only

2.  B & C only

3.  A, C & D only

4.  A, B & D only

Question Number : 37 Question Id : 59425311166 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

Identify which of the following pairs are correctly matched

- A) Arjuna award- 1961
- B) Major Dhyan Chand Award-2000
- C) Maulana Abul Kalam Azad Trophy-1958
- D) Dronacharya award- 1985

Options :

1.  A & B only

2.  C & D only

A & D only

3. B & D only

4. C & D only

Question Number : 38 Question Id : 59425311167 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 the 400 m hurdle race for women, height of the hurdle is

Options :

1. 1.067 m

2. 0.914 m

3. 0.762 m

4. 840 m

Question Number : 39 Question Id : 59425311168 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

From the given statements, choose the correct ones regarding muscles and their attributes

- A) Muscles are soft tissues found in all living beings. Muscle cells contain protein filaments which move over one another to produce contractions which change both the length and the size of the muscles.
- B) Skeletal muscles are composed of thousands of fibres that are bound together with connective tissues.
- C) The muscles are not connected with bones and allow to perform a wide range of movement and functions.
- D) Skeletal muscles comprise 30% to 40 % of our total body mass

Options :

- 1. ✘ A & D only
- 2. ✘ B & C only
- 3. ✘ A, C & D only
- 4. ✓ A, B & D only

Question Number : 40 Question Id : 59425311169 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 year, NSNIS Patiala was established?

Options :

- 1. ✓ 1961
- 2. ✘ 1957

3. ✘ 1965

4. ✘ 1920

Question Number : 41 Question Id : 59425311170 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

From the given statements, choose the correct ones regarding the concepts of Biomechanics and Kinesiology

- A) The concepts of biomechanics and kinesiology both are related to the study of these movements and the forces involved in motions and actions.
- B) Which is concerned with the effects that forces haven't on the motion of bodies
- C) In biomechanics we study of the laws of mechanics related to the movements of the body, whereas in kinesiology we study human movements in the light of biomechanics, anatomy and physiology.
- D) Biomechanics is the study of the structure, function and motion of the mechanical aspects of biological systems

Options :

1. ✘ A & D only



2. ✘ B & C only

3. ✓ A, C & D only

4. ✘ A, B & D only

Question Number : 42 Question Id : 59425311171 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 game of Table Tennis finishes at:

Options :

1.  11 points

2.  15 points

3.  21 points

4.  25 points

Question Number : 43 Question Id : 59425311172 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 and choose the correct answer:

A) A complete inability to respond to sensory stimuli	i)	Hallucination
B) Sick persons often react violently to slight noise and light	ii)	Hyperthesis
C) This is a false imaginary perception	iii)	Anesthesia
D) Sensory stimulus is wrongly interpreted	iv)	Illusion

Options :

1.  A-ii, B-iii, C-i, D-iv

2. ✓ A-iii, B-ii, C-i, D-iv

3. ✗ A-ii, B-iv, C-i, D-iii

4. ✗ A-ii, B-iv, C-iii, D-i

Question Number : 44 Question Id : 59425311173 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

From the given statements, choose the correct ones regarding the benefits of Physical Activity

- A) Performing physical activity is the beginning of the development of the leadership quality.
- B) Performing physical activity is actually a task of challenging the physical and mental constraints on a daily basis, thereby improving the self-control on the body and improving the mind immensely.
- C) Physical activity should not be practised above 60 years of Age.
- D) Performing physical activity can improve our health and reduce the risk of developing several diseases.

Options :

1. ✗ A & D only

2. ✗ B & C only

3. ✗ A, C & D only

4. ✓ B & D only

Question Number : 45 Question Id : 59425311174 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

Identify the correct one in case of positively skewed frequency distribution

Options :

1.  Mean < Mode < Median

2.  Median < Mean < Mode

3.  Mode < Median < Mean

4.  Mode > Median > Mean

Question Number : 46 Question Id : 59425311175 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 and choose the correct answer:

A)	Sports Psychology	i)	Herodicus
B)	Kinesiology	ii)	Coleman Roberts Griffith
C)	Sports Medicine	iii)	Aristotle
D)	Exercise Physiology	iv)	Fitz

Options :

1.  A-ii, B-iii, C-i, D-iv

2. ✘ A-iv, B-iii, C-ii, D-i

3. ✘ A-ii, B-iv, C-i, D-iii

4. ✘ A-ii, B-iv, C-iii, D-i

Question Number : 47 Question Id : 59425311176 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

Haemoglobin can be located in:

Options :

1. ✘ White blood corpuscles

2. ✓ Red Blood corpuscles

3. ✘ Platelets

4. ✘ Liver

Question Number : 48 Question Id : 59425311177 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 and choose the correct answer

A)	Continuous training method	i)	R.E.Morgan and G.T.Adamson
B)	Interval training method	ii)	Ernst Van Aakem
C)	Circuit training method	iii)	Speed play
D)	Fartlek training method	iv)	Woldmer Gerschler

Options :

1. * A-ii, B-iii, C-i, D-iv

2. * A-iii, B-ii, C-i, D-iv

3. ✓ A-ii, B-iv, C-i, D-iii

4. * A-ii, B-iv, C-iii, D-i

Question Number : 49 Question Id : 59425311178 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

From the given statements, choose the correct ones regarding sports & Physical Education:

- A) In the field of sports, objectives are set to decide which goals to achieve, and how to motivate and build self-confidence to successfully achieve them.
- B) Test, measurement and evaluation are not important factors involved in this process.
- C) Degrees of freedom refers to the scores that are free to move in the computation.
- D) Psycho analysis attempts to reach the bottom of the cause of psychic disturbances

Options :

1. ✓ A & D only

2. ✘ B & C only

3. ✘ A, C & D only

4. ✘ A, B & D only

Question Number : 50 Question Id : 59425311179 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

There are three main parts of axial skeleton forms of the human body. From the following, identify the one which is NOT among them

Options :

1. ✘ Skull

2. ✘ Vertebral column

3. ✘ Thoracic cage.

4. ✓ Pelvic Girdle

Question Number : 51 Question Id : 59425311180 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

From the given statements, choose the correct ones regarding Kinesiology

- A) Kinesiology is not really important in sports and physical education.
- B) Using Kinesiology, exercise methods can be evaluated and altered for better performance and safety.
- C) Kinesiology is the scientific study of various systems of the body.
- D) Kinesiology is primarily based on three fields of science like biomechanics, musculoskeletal anatomy and neuro muscular physiology.

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

Options :

1. A & D only

2. B & C only

3. A & C only

4. A, B & D only



Question Number : 52 Question Id : 59425311181 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

Through which of the following types of contacts, do communicable diseases *not* spread?

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

Options :

1. Social Contact
2. Oral Spread
3. Blood or other body fluids.
4. Sexual contact

Question Number : 53 Question Id : 59425311182 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

From the given statements, choose the correct ones regarding the Physical and Mental aspects of a human body

- A) A strong body must be accompanied by a strong mind to succeed in sports.
- B) With the application of sports psychology, the players strength and weaknesses can be assessed and their sense of positivity can be amplified by instilling self-confidence and a healthy awareness of their own potential.
- C) Muscles are made up of muscle fibers.
- D) A strong body will have a very high score of IQ.

Options :

1. A & D only

2. ✘ B & C only

3. ✓ A, B & C only

4. ✘ A, B & D only

Question Number : 54 Question Id : 59425311183 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 Exercises with their suitable levers and choose the correct answer:

A)	Dumbbell triceps extensions	i)	Centre of gravity
B)	Seated leg extensions	ii)	First order lever
C)	Push ups	iii)	Third order lever
D)	Gymnastics	iv)	Second order lever

Options :

1. ✘ A-i, B-ii, C-iii, D-iv

2. ✘ A-iv, B-iii, C-ii, D-i

3. ✘ A-ii, B-iv, C-i, D-iii

4. ✓ A-ii, B-iv, C-iii, D-i

Question Number : 55 Question Id : 59425311184 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 vision of the newest sporting venture of the Government of India- Khelo India is

Options :

1. Improving India's sports culture, talent identification and sports excellence
2. To win 20 medals in 2024 Olympics
3. To develop Sports Infrastructural facilities
4. International Partnership

Question Number : 56 Question Id : 59425311185 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

From the given statements, choose the incorrect one regarding the Sports Training

- A) Sports training is not merely concerned with physical activities, they are planned specifically for different games and sports.
- B) Sports training is a process of curriculum development.
- C) It ensures the efficiency of an activity by preparing the body physically, mentally and psychologically.
- D) Warming up is not necessary for any training on sports.

Options :

1. A & D only

2.

✖ B & C only

3. ✓ B & D only

4. ✖ A, B & D only

Question Number : 57 Question Id : 59425311186 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 procedure that helps researches to organize, summarize and explain observations is known as

Options :

1. ✖ Inferential statistics

2. ✖ Correlation statistics

3. ✖ Fundamental statistics

4. ✓ Descriptive statistics

Question Number : 58 Question Id : 59425311187 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 weight of the throwing implement both in hammer and shot-put for men is :

Options :

1. ✓ 7.260 Kg

2. ✗ 7.060 Kg

3. ✗ 7.106 Kg

4. ✗ 7.116 Kg

Question Number : 59 Question Id : 59425311188 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

From the given statements, select the correct ones regarding the objectives of physical education

- A) Physical education is an integral part of education. The word 'Physical' refers to the body while 'education' is a systematic process of imparting or receiving knowledge.
- B) Physical Education is specifically for developing IQ .
- C) Physical education should not be a part of curriculum in school.
- D) Physical education improves motor skills, increases muscle strength and bone density.

Options :

1. ✓ A & D only

2. ✗ B & C only

3. ✘ A, C & D only

4. ✘ A, B & D only

Question Number : 60 Question Id : 59425311189 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 test item is a very simple measure of body strength used in several different fitness tests:

Options :

1. ✘ Cricket ball throw for distance

2. ✓ Pull-ups

3. ✘ Harvard Step Test

4. ✘ JCR test

Question Number : 61 Question Id : 59425311190 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 and choose the correct answer:

A) Subjective Rating	i) Validity
B) Parallel Forms	ii) Reliability
C) The Degree of uniformity	iii) Objectivity
D) A Standard to which obtained score	iv) Norms

Options :

1. ✓ A-i, B-ii, C-iii, D-iv

2. ✗ A-i, B-ii, C-iv, D-iii

3. ✗ A-iv, B-iii, C-ii, D-i

4. ✗ A-ii, B-i, C-iv, D-iii

Question Number : 62 Question Id : 59425311191 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

From the given statements, select the correct ones regarding Olympic Movement

- A) The Olympic movement is a corrected, organized, universal and permanent action carried out under the supreme authority of the International Olympic Committee (IOC).
- B) The Olympic movement is the concerted, organized, universal and permanent action.
- C) The Olympic games are an international sports festival, held every five years.
- D) It includes the International Sports federations (IFS), the National Olympic Committees (NOC) and the organizing committees of the Olympic games(OCOG).

Options :

1. ✘ A & D only

2. ✘ B & C only

3. ✘ A, C & D only

4. ✓ A, B & D only

Question Number : 63 Question Id : 59425311192 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

Progressive Relaxation Technique which is widely used in exercise and sport field, are simply variations of the early 20th century techniques, which is outlined by:

Options :

1. ✘ R. Neiss

2. ✓ Edmond Jacobson

3. ✘ Johannes H. Schultz

4. ✘ J.S. Greenberg

Question Number : 64 Question Id : 59425311193 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

From the given statements, select the correct ones, relating to Dhronacharya Award

- A) The Dhronacharya Award is an award presented by the Ministry of Youth Affairs and Sports, Government of India, for excellence in sports coaching.
- B) The total number of awardees is more than five in a year.
- C) The award comprises of Gold statuette of Dhronacharya.
- D) The award is named after 'Drona', often referred as Dhronacharya.

Options :

1. ✓ A & D only

2. ✗ B & C only

3. ✗ A, C & D only

4. ✗ A, B & D only

Question Number : 65 Question Id : 59425311194 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 exhaled air has the greatest concentration of

Options :

1. ✗ Oxygen

2. ✗ Nitrogen

3. ✓ Carbon dioxide

4. ✗ Hydrogen

Question Number : 66 Question Id : 59425311195 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

From the given statements, select the correct ones relating to 'Wellness'

- A) Wellness is more than mere physical health, exercise and nutrition. It is the modern holistic concept of health and fitness.
- B) Wellness means, a condition of being physically and mentally healthy, and free from diseases.
- C) Wellness consists of recognizing the need of physical activity only.
- D) The act of practicing healthy habits on a daily basis

Options :

1. ✗ A & D only

2. ✗ B & C only

3. ✗ A, C & D only

4. ✓ A, B & D only

Question Number : 67 Question Id : 59425311196 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

During strenuous exercise, when the exerciser sweats profusely, identify the thing which he/she is not losing

Options :

1. ✘ Sodium & Chloride

2. ✘ Magnesium

3. ✘ Calcium

4. ✓ Fat

Question Number : 68 Question Id : 59425311197 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 theories, is NOT a theory of management?

Options :

1. ✘ Systematic Analytic Theory

2. ✘ Bureaucratic Theory

3. ✘ Scientific Management Theory

4. ✓ Behavioural Management Theory

Question Number : 69 Question Id : 59425311198 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

From the given statements, select the correct ones relating to Adapted Physical Education

- A) The primary aim of adapted physical education is to ensure that every child is provided with services that meet his/her unique need.
- B) Its aim is to develop gross motor skills of Children with special needs (CWSN) like holding the ball.
- C) Adapted Physical Education does not include Geriatric Population
- D) The adapted physical education is the art and science of developing, implementing and monitoring a carefully designed physical educational program.

Options :

1.  A & D only

2.  B & C only

3.  A, C & D only

4.  A, B & D only

Question Number : 70 Question Id : 59425311199 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 conducting which of the following activities, is the rhythmic command used efficiently and effectively

Options :

1. ❌ Dumbbells Drills

1. ❌

2. ❌ Motor Skills

2. ❌

3. ✓ Folk Dancing

3. ✓

4. ❌ Minor Games

4. ❌

Question Number : 71 Question Id : 59425311200 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

From the given statements, select the correct ones relating to Special Olympics

- A) The special Olympics logo, depicts five figures in a unifying circle, symbolising the global presence of people with intellectual disabilities.
- B) The figures have arms in a lowered position, recalling the time when many people were unaware of the talents and abilities of adults and children, with intellectual disabilities.
- C) The straight arms describe a greater equality and outreach. The raised arms represent joy only.
- D) The mission of special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic type sports for children.

Options :

1. ❌ A & D only

1. ❌

2. ❌ B & C only

2. ❌

3. ✘ A, C & D only

4. ✓ A, B & D only

Question Number : 72 Question Id : 59425311201 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

From out of the following elements of our diet, mark the one known as the Building blocks of the Body

Options :

1. ✓ Proteins

2. ✘ Carbohydrates

3. ✘ Minerals

4. ✘ Vitamins



Question Number : 73 Question Id : 59425311202 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

From the given statements, select the correct ones relating to the 'Yoga'

- A) The word yoga has been derived from the Sanskrit word yuj, which means to unite, add or bind.
- B) Yoga has not been referred in any of the religious books in India.
- C) Yoga is a group of physical, mental and spiritual practices or disciplines.
- D) Yoga is not an Indigenous activity.

Options :

1. ✘ A & D only

2. ✘ B & C only

3. ✓ A & C only

4. ✘ A, B & D only

Question Number : 74 Question Id : 59425311203 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

Wasting time in cricket is not fair and results in:

Options :

1. ✘ Penalty Run

2. ✘ Cancellation of Score

3. ✘ Replay of the over

4.  First, warned by the Umpire

Question Number : 75 Question Id : 59425311204 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 College did not have sports period as part of its curriculum, on the basis of the case given, answer the following questions. Which of the following skills will most likely be missing in the students of such a college?

- A) Team work
- B) Public speaking skills
- C) Listening Skill
- D) Social togetherness

Choose the correct answer

Options :

1.  A &B only

2.  B&D only

3.  A & D only

4.  C & D only

Question Number : 76 Question Id : 59425311205 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

If a swimmer swims out of his lane or obstructs another swimmer, he may be:

Options :

1. Warned at first
2. Shows a yellow card
3. Excluded from the competition
4. Disqualified from the event

Question Number : 77 Question Id : 59425311206 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 following are the developments of an individual who participates in Physical Activity regularly.

- A) Mental development
- B) Economic development
- C) Social development
- D) Neuromuscular development

Choose the correct answer

Options :

1. A, B & C only
2. B, C & D only

3. ✓ A, C & D only

4. ✗ A, B & D only

Question Number : 78 Question Id : 59425311207 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 players of a team can be substituted during a match in basketball?

Options :

1. ✗ Three

2. ✗ Seven

3. ✗ Four

4. ✓ All



Question Number : 79 Question Id : 59425311208 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

From the given statements, select the correct ones regarding the Biomechanics

- A) Centre of gravity is a point at which the effective weight of a body is centred. This point plays a key role in all cases of equilibrium
- B) It is also defined as a state of rest of a body. This state of body differs in different situations.
- C) It is the substance's mass per unit of volume.
- D) The centre of gravity is a point in an object where the distribution of weight is equal in all directions.

Options :

1.  A & D only

2.  B & C only

3.  A, C & D only

4.  A, B & D only

Question Number : 80 Question Id : 59425311209 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 the Inverted -U- Hypothesis an athlete is likely to perform best when the level of their arousal (anxiety) is

Options :

1.  Minimal

2.  Optimal

3. ✘ Manageable

4. ✘ Symbolic

Question Number : 81 Question Id : 59425311210 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

From the given statements, choose the correct ones relating to the 'Adventure Sport'

- A) Adventure sports, which are also known as Extreme sports or Action sports, are performed in an environment involving great physical risks.
- B) Adventure sports are quite demanding & quite not demanding long gym sessions.
- C) Distinctive features of such sports are speed, height and the spectacular stunts that the participants perform.
- D) Adventure sport is an exciting experience or undertaking that is typically bold like mountain climbing, scuba diving, river rafting

Options :

1. ✘ A & D only

2. ✘ B & C only

3. ✓ A, C & D only

4. ✘ A, B & D only

Question Number : 82 Question Id : 59425311211 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 physical activity program has the motto “Service to the Country”

Options :

1. Auxiliary Cadet Corps

2. National Service Scheme

3. National Cadet Corps

4. National Skill Development Scheme

Question Number : 83 Question Id : 59425311212 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 answers from the following

- A) The body mass index is a value derived from weight and height of a person.
- B) The BMI chart categorize a person as underweight, normal weight and overweight.
- C) It was measured through physiological variables.
- D) The body mass index or the BMI is a mathematical value that expresses the relationship between body weight and height. It was invented by the Belgian mathematician, statistician and sociologist, Adlphe Quetelet.

Options :

1. A & D only

2. ✘ B & C only

3. ✘ A, C & D only

4. ✓ A, B & D only

Question Number : 84 Question Id : 59425311213 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

Identify which of the following pairs are correctly matched and choose the correct answer?

- A) Asian games- 1951
- B) Winter Olympics-1920
- C) Modern Olympics- 1900
- D) Common Wealth games-1930

Options :

1. ✘ A & B only

2. ✓ A & D only

3. ✘ B & D only

4. ✘ C & D only

Question Number : 85 Question Id : 59425311214 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

Identify which of the following pairs are correctly matched and choose the correct answer.

- A) Munich summer Olympics -1972
- B) Moscow summer Olympics -1980
- C) Seoul Summer Olympics- 1984
- D) Los Angeles Summer Olympics- 1988

Options :

1.  A & B only

2.  A & D only

3.  B & D only

4.  C & D only

Question Number : 86 Question Id : 59425311215 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

Adapted Physical Education, with in the ambit of physical education itself refers to the activity program for the:

Options :

Geriatric Population

1. 

2.  People with Disability

3.  Destitute people

4.  Orphans

Question Number : 87 Question Id : 59425311216 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

Identify the correct statements from the following

- A) Anatomy is concerned with the study of structure of organisms including their organs, tissues and systems.
- B) Each branch is focused on a general part of the study of anatomy
- C) It also includes the study of positions and appearances of various body parts.
- D) Anatomy is a branch of natural science that deals with the structural organization of living things.

Options :

1.  A & D only

2.  B & C only

3.  A, C & D only

4.  A, B & D only

Question Number : 88 Question Id : 59425311217 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

Identify which of the following pairs are correctly matched and choose the correct answer?

- A) Arjuna award- Virat Kholi
- B) Dhronacharya award- Raj Singh
- C) Major Dhyand chand award - Harmanpreet Kaur
- D) BCCI Award- Achanta Sharath Kamal

Options :

1. A & B only

2. A & D only

3. B & D only

4. C & D only

Question Number : 89 Question Id : 59425311218 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

Identify which of the following pairs are correctly matched and choose the correct answer?

- A) Highest runs in ODI men in cricket – Sachin Tendulkar
- B) Highest wicket taker in ODI men in cricket– Muttiah Muralidharan
- C) Highest dismissal by the wicket keeper in ODI men in Cricket - Mahendra singh Dhoni
- D) Highest catches by a fielder in ODI men in Cricket– Rahul Dravid

Options :

1. ✓ A & B only

2. ✗ A & D only

3. ✗ B & D only

4. ✗ C & D only

Question Number : 90 Question Id : 59425311219 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

Identify which of the following pairs are correctly matched and choose the correct answer?

- A) Asian Games 2026- Japan
- B) Common Wealth games 2026 – Australia
- C) Men's ODI World cup host 2023- Pakistan
- D) Men's FIH Hockey World cup 2023- England

Note: For this question, discrepancy is found in

question/answer. Full Marks is being awarded to all candidates.

Options :

1. A, B & C only

2. A, C & D only

3. A, B & D only

4. A, B, C & D

Question Number : 91 Question Id : 59425311220 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 Tennis grand slam tournaments in the chronological order on the basis of their launching months and choose the correct order:

- A) Australian open
- B) French open
- C) Wimbledon open
- D) US open

Options :

B, C, D, A

1. *

C, D, A, B

2. *

3. ✘ D, A, B, C

4. ✓ A, B, C, D

Question Number : 92 Question Id : 59425311221 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 the Olympic Games, arrange the following swimming events in the chronological order based on their launching and choose the correct order:

- A) Butterfly
- B) Breast stroke
- C) Back stroke
- D) Free style

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

Options :

1. B, C, D, A

2. C, D, A, B

3. D, A, B, C

4. A, C, D, B

Question Number : 93 Question Id : 59425311222 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 sports awards in the chronological order on the basis of their instituted years and choose the correct order.

- A) Rajiv Khel Ratna
- B) Maulana Abdul kalam azad
- C) Dhronacharya
- D) Arjuna

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

Options :

1. C, A, B, D

2. C, D, A, B

3. D, A, B, C

4. A, C, D, B

Question Number : 94 Question Id : 59425311223 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 winter Olympic Games in a chronological order on the basis of their instituted years:

- A) Beijing
- B) South Korea
- C) Canada
- D) Russia

Options :

1.  C, D, B, A

2.  B, A, C, D

3.  D, A, B, C

4.  A, D, B, C

Question Number : 95 Question Id : 59425311224 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 awardees in the chronological order based on the year of receipt of the award and choose the correct order:

- A) Mahabir Prasad
- B) Yashvir Singh
- C) Anoop Singh
- D) Mahavir Singh Phogat

Options :

C, D, B, A

1. ✘

2. ✓ B, A, C, D

D, A, B, C

3. ✘

4. ✘ A, D, B, C

Question Number : 96 Question Id : 59425311225 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 Olympic rings in the chronological order on the basis of their arrangement from left to right and choose the correct order:

- A) Blue
- B) Yellow
- C) Black
- D) Green
- E) Red

Options :

1. ✘ C, D, B, A, E

2. ✓ A, B, C, D, E

3. ✘ D, A, B, C, E

4. ✘ A, D, B, C, E

Question Number : 97 Question Id : 59425311226 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 Venues of Common Wealth Games in the chronological order on the basis of their instituted years and choose the correct order

- A) Canada
- B) U.K
- C) Australia
- D) Malaysia

Options :

1. ✘ C, D, B, A

2. ✓ A, B, C, D

3. ✘ D, A, B, C

4. ✘ A, D, B, C

Question Number : 98 Question Id : 59425311227 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 steps in the process of research from the following:

- A) Selection of problem
- B) Review of related literature
- C) Collection of data
- D) Analysis of data

Options :

1. ✓ A, B, C, D

2. ✗ B, C, D, A

3. ✗ C, D, A, B

4. ✗ B, A, C, D

Question Number : 99 Question Id : 59425311228 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

Men and Women fundamentally differ with each other in some ways but the differences matter most to the physical educators while planning their activity programme. Identify the correct factor

Options :

1. ✗ Sociological

2. ✗ Psychological

3. ✓ Physiological

Question Number : 100 Question Id : 59425311229 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

From the given statement relating to Psychology, choose the correct ones.

- A) Psychology is the study of human behaviour.
- B) There's an intricate relationship between the body and the mind.
- C) It is study about functions of human body parts.
- D) Psychology includes the study of conscious and unconscious phenomena.

Options :

1. * A & D only

2. * B & C only

3. * A, C & D only

4. ✓ A, B & D only