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Booklet Serial No. 100277

Test Booklet Series

TEST BOOKLET
PHYSICAL TRAINING INSTRUCTOR
(HED & GCET)
Written Test - 2024
(43)

A

Time Allowed: Three Hours

Maximum Marks: 120

INSTRUCTIONS

1. IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS TEST BOOKLET **DOES NOT** HAVE ANY UNPRINTED OR TORN OR MISSING PAGES OR ITEMS, ETC. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.
2. Please note that it is the candidate's responsibility to encode and fill in the Roll Number and Test Booklet Series Code A, B, C or D carefully and without any omission or discrepancy at the appropriate places in the OMR Answer /Response Sheet. Any omission/discrepancy will render the Response Sheet liable for rejection.
3. You have to enter your Roll Number on the Test Booklet in the Box provided alongside.
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4. This Test booklet contains 120 items (questions). Each item comprises of four responses (answers). You will select the response which you want to mark on the Answer Sheet/Response Sheet. In case you feel that there is more than one correct response, mark the response which you consider the best. In any case, choose **ONLY ONE** response for each item.
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11. **Penalty for wrong answers:**
THERE WILL BE PENALTY FOR WRONG ANSWERS MARKED BY THE CANDIDATE IN THE WRITTEN TEST (OBJECTIVE TYPE QUESTIONS PAPERS).
 - (i) There are four alternatives for the answer to every question. For each question for which a wrong answer has been given by the candidate, (0.25) of the marks assigned to that question will be deducted as penalty.
 - (ii) If a candidate gives more than one answer, it will be treated as a **wrong answer** even if one of the given answers happens to be correct and there will be same penalty as above for that question.
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(43) (A)/2024

[P.T.O.]



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(43) (A)

(2)

1. By which of the following body organs is the growth hormone releasing hormones produced?
 - A) Medulla Oblongata
 - B) Islets of Langerhans
 - C) Hypothalamus
 - D) Suprarenal glands

2. Age is a type of:
 - A) Continuous variable
 - B) Ordinal variable
 - C) Nominal variable
 - D) Discrete variable

3. The primary focus of establishing the cause-and-effect relationship lies in which type of research?
 - A) Descriptive Research
 - B) Survey Research
 - C) Evaluation Research
 - D) Experimental Research

4. A synopsis of a study actually is its:
 - A) Blue print
 - B) Research report
 - C) Research paper
 - D) Summary

5. What term refers to the extent to which a study's findings can be generalized to other populations or settings?
 - A) Reliability
 - B) Validity
 - C) Transferability
 - D) Generalizability

6. Which research design involves studying the same group of individuals over an extended period?
 - A) Cross-sectional study
 - B) Longitudinal study
 - C) Retrospective study
 - D) Case-control study

7. What does a null hypothesis state in research?
- A) There is a relationship between variables
 - B) There is no relationship between variables
 - C) The results are significant
 - D) The sample size is small
8. What is the primary goal of experimental research?
- A) To identify cause-and-effect relationships
 - B) To confirm pre-existing hypotheses
 - C) To gain insights and familiarity with a topic
 - D) To inspect historical developments of a topic
9. Which of the following is a qualitative research method?
- A) Laboratory research
 - B) Case study
 - C) Experiment
 - D) Meta-analysis
10. In research, what does the term "internal validity" refer to?
- A) The extent to which study findings can be applied to other populations
 - B) The consistency and stability of the measurement instrument used
 - C) The extent to which an experiment measures what it intends to measure
 - D) The reliability of the research design employed
11. What does the term "normal distribution" refer to in statistics?
- A) A distribution where the mean and median are equal
 - B) A distribution with equal probabilities for all outcomes
 - C) A symmetrical bell-shaped distribution
 - D) A distribution with a highly skewed shape
12. In a study examining the relationship between exercise and weight loss, what would be the dependent variable?
- A) The duration of exercise
 - B) The type of exercise
 - C) The number of calories consumed
 - D) The amount of weight lost
13. Which of the following is an example of a nominal level variable?
- A) Temperature in Celsius
 - B) Height of individuals in centimetres
 - C) Blood types (A, B, AB, O)
 - D) Scores on a Likert scale from 1 to 5

(43) (A)

(4)

14. What is the measure of central tendency that represents the most frequent value in a dataset?
- A) Mean
 - B) Median
 - C) Mode
 - D) Range
15. When is quota sampling often used?
- A) When the population size is small
 - B) When the population is heterogenous
 - C) When the researcher has limited resources
 - D) When the sample size is predetermined
16. The brain and spinal cord belong to which division of the nervous system?
- A) Central Nervous System (CNS)
 - B) Peripheral Nervous System (PNS)
 - C) Somatic Nervous System (SNS)
 - D) Autonomic Nervous System (ANS)
17. Which lever system resembles the action of standing on tiptoes?
- A) First-class lever
 - B) Second-class lever
 - C) Third-class lever
 - D) Multi-class lever
18. Scientific principles which govern theory and practice in Physical education emerge from sustained:
- A) Human insight and understanding
 - B) Observation and experimentation
 - C) Introspection and experience
 - D) Thinking and contemplation
19. Which stage of development immediately follows infancy?
- A) Toddlerhood
 - B) Adolescence
 - C) Middle childhood
 - D) Early childhood

20. What is the average age range for the eruption of primary teeth in infants?
- A) 2-3 months
 - B) 6-10 months
 - C) 12-18 months
 - D) 24-30 months
21. Erik Erikson's theory of psychosocial development includes how many stages?
- A) 5
 - B) 7
 - C) 8
 - D) 10
22. What term describes the process of making new connections between neurons in the brain?
- A) Myelination
 - B) Synaptogenesis
 - C) Neurulation
 - D) Neurotransmission
23. During which stage of Jean Piaget's cognitive development theory do children develop object permanence?
- A) Sensorimotor stage
 - B) Preoperational stage
 - C) Concrete operational stage
 - D) Formal operational stage
24. What is the term used for the developmental stage that spans from approximately 11 to 19 years of age?
- A) Middle childhood
 - B) Adolescence
 - C) Late childhood
 - D) Preadolescence
25. What is the term used for the reflex where an infant turns their head in response to cheek being touched?
- A) Rooting reflex
 - B) Moro reflex
 - C) Babinski reflex
 - D) Grasping reflex

(43) (A)

(6)

26. In which stage of Kohlberg's moral development theory do individuals act to avoid punishment or gain rewards?
- A) Preconventional morality
 - B) Conventional morality
 - C) Postconventional morality
 - D) Unconventional morality
27. What is the term used for the rapid and profound physical changes that occur during adolescence?
- A) Menopause
 - B) Puberty
 - C) Andropause
 - D) Climacteric
28. What theory emphasizes the importance of social interactions in cognitive development?
- A) Attachment theory
 - B) Socio cultural theory
 - C) Psychosocial theory
 - D) Behavioral theory
29. Which reflex in infants involves the extension and abduction of the arms followed by a clenching of the fists?
- A) Moro reflex
 - B) Babinski reflex
 - C) Stepping reflex
 - D) Galant reflex
30. According to Piaget, in the concrete operational stage, children start to develop the ability for:
- A) Abstract thinking
 - B) Logical reasoning
 - C) Symbolic thought
 - D) Moral reasoning

(43) (A)

(7)

[P.T.O.]

31. Which body type is characterized by a naturally lean and slender build with a fast metabolism?
- A) Ectomorph
 - B) Mesomorph
 - C) Endomorph
 - D) Hypermorph
32. According to the somatotype theory, which body type is considered the "ideal" or most adaptable for physical activity?
- A) Ectomorph
 - B) Mesomorph
 - C) Endomorph
 - D) Dysplastic
33. According to humanism philosophy, what is emphasized in reality and life?
- A) Individual's life experiences
 - B) Development of values through science
 - C) Personal growth and self-actualization
 - D) Universally shared truth and values
34. Which type of EMG measures muscle activity during movement and dynamic activities?
- A) Intramuscular EMG
 - B) Surface EMG
 - C) Needle EMG
 - D) High-density EMG
35. What is the typical unit of measurement for EMG signals?
- A) Millivolts (mV)
 - B) Hertz (Hz)
 - C) Newtons (N)
 - D) Decibels (dB)
36. In the context of heart, which of the following terms is incongruous with the other three terms?
- A) Pericardium
 - B) Periosteum
 - C) Myocardium
 - D) Endocardium

(43) (A)

(8)

37. During which phase of training would an athlete focus more on skill refinement and tactical strategies?
- A) Base phase
 - B) Transition phase
 - C) Competition phase
 - D) Preparatory phase
38. What training principle involves gradually increasing training loads to prevent overtraining and allow for adaptation?
- A) Specificity
 - B) Overload
 - C) Progression
 - D) Variation
39. Osteokinematics is concerned with the:
- A) Study of forces applied to bones during movement
 - B) Movement of bones around joint axes
 - C) Movement of muscles during exercise
 - D) Analysis of joint contact pressures
40. According to Newton's first law of motion:
- A) An object at rest tends to stay at rest, while an object in motion tends to stay in motion unless acted upon by an external force
 - B) Force equals mass times acceleration
 - C) The rate of change of momentum of an object is proportional to the force acting on it
 - D) For every action, there is an equal and opposite reaction
41. Which term best describes the linear and angular motion of the body without considering the forces causing motion?
- A) Kinematics
 - B) Dynamics
 - C) Statics
 - D) Inertia

42. During CPR on an adult, where should compressions be performed?
- A) Below the ribcage
 - B) Above the belly button
 - C) Between the nipples
 - D) On the neck
43. Which force opposes the motion of a projectile through the air, affecting its trajectory?
- A) Centrifugal force
 - B) Drag force
 - C) Tension force
 - D) Elastic force
44. During a vertical jump, what does the "eccentric phase" refer to?
- A) The descent or downward movement before take-off
 - B) The initial push off the ground
 - C) The highest point reached in the jump
 - D) The landing phase after reaching maximum height
45. In a high jump, what is the primary purpose of the "Fosbury Flop" technique in terms of biomechanics?
- A) To reduce air resistance during descent
 - B) To increase forward momentum
 - C) To optimize the take-off angle
 - D) To enhance the stability of the landing
46. Proteins are made up of building blocks called:
- A) Amino acids
 - B) Monosaccharides
 - C) Nucleotides
 - D) Fatty acids
47. Which essential nutrient plays a vital role in nerve function and muscle contractions?
- A) Iron
 - B) Vitamin E
 - C) Magnesium
 - D) Zinc

(43) (A)

(10)

48. Patellofemoral syndrome is commonly called:
- A) Jumper's Knee
 - B) PES Anserinus Syndrome
 - C) Runner's Knee
 - D) Patellar Tendonitis
49. Who proposed the social learning theory, emphasizing the role of modelling and imitation in learning?
- A) B.F. Skinner
 - B) Albert Bandura
 - C) Ivan Pavlov
 - D) Jean Piaget
50. According to Piaget's theory of cognitive development, which stage occurs during infancy and is characterized by the understanding that objects continue to exist even when they cannot be seen, heard, or touched?
- A) Sensorimotor stage
 - B) Preoperational stage
 - C) Concrete operational stage
 - D) Formal operational stage
51. What type of learning involves the modification of behavior through consequences, such as reinforcement or punishment?
- A) Observational learning
 - B) Cognitive learning
 - C) Operant conditioning
 - D) Insight learning
52. According to Self-Determination Theory (SDT), which type of motivation involves engaging in an activity for the sheer pleasure and satisfaction derived from the activity itself?
- A) Extrinsic motivation
 - B) Introjected regulation
 - C) Amotivation
 - D) Intrinsic motivation
53. Which motivational theory focuses on the individual's belief in their ability to perform a specific task or accomplish a particular goal?
- A) Self-Efficacy Theory
 - B) Goal-Setting Theory
 - C) Self-Determination Theory
 - D) Two-Factor Theory

(43) (A)

(11)

[P.T.O.]

54. According to the Five Factor Model (Big Five), which trait describes someone who tends to be organized, reliable, and disciplined?
- A) Openness
 - B) Extraversion
 - C) Conscientiousness
 - D) Agreeableness
55. According to Erik Erikson's theory, what is the primary developmental crisis during adolescence?
- A) Initiative vs. Guilt
 - B) Autonomy vs. Shame and Doubt
 - C) Industry vs. Inferiority
 - D) Identity vs. Role Confusion
56. Which personality disorder is characterized by a pervasive pattern of disregard for and violation of the rights of others?
- A) Narcissistic personality disorder
 - B) Antisocial personality disorder
 - C) Borderline personality disorder
 - D) Avoidant personality disorder
57. Which part of the brain is particularly associated with executive functions, problem-solving, and decision-making, aspects often linked to intelligence?
- A) Cerebellum
 - B) Amygdala
 - C) Prefrontal cortex
 - D) Hippocampus
58. The primary purpose of the AAHPER Youth Fitness Test Battery is to:
- A) Assess students' physical fitness
 - B) Evaluate academic performance
 - C) Monitor dietary habits
 - D) Measure psychological well-being
59. Knox skill test is associated with:
- A) Basketball
 - B) Hockey
 - C) Football
 - D) Badminton
60. Which assessment utilizes a score comparison to a predefined standard for interpretation?
- A) Standardized test
 - B) Norm-referenced test
 - C) Criterion-referenced test
 - D) Essay test

61. Which of the following is a health related physical fitness component?

- A) Speed
- B) Reaction time
- C) Body composition
- D) Agility

62. Match the terms of List- I with that of List -II and select the correct option using the codes given below:

List - I		List - II	
a) Anabolic steroid		1) Atenolol	
b) Beta-blocker		2) Codeine	
c) Diuretics		3) Anadrol	
d) Narcotic analgesics		4) Metolazone	

	a	b	c	d
A) (3)	(1)	(4)	(2)	
B) (2)	(3)	(1)	(4)	
C) (3)	(4)	(1)	(2)	
D) (1)	(2)	(4)	(3)	

63. Arrange the following in chronological order of their inception:

- 1) Rajkumari Amrit Kaur coaching scheme
- 2) All India council of Sports
- 3) Central Advisory Board of Physical Education and Recreation
- 4) A national syllabus for Physical activities

Options:

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

64. Which the following is the test of Agility?

- A) Shuttle run
- B) Illinois test
- C) Both A & B
- D) None of these

65. One out of the following is not a test of Volleyball, that is:

- A) Brady test
- B) Russell-Lange test
- C) Miller Wall Volley test
- D) Brumbach test

(43) (A)

(13)

[P.T.O.]

66. When resistance is located between Fulcrum and force, it would be called:
- A) Second class lever
 - B) First class lever
 - C) Third class lever
 - D) None of the above
67. The first day of Decathlon (Men) includes the events:
- (I) 100 meters
 - (II) Long jump
 - (III) Shot put
 - (IV) 400 meters
- Options:**
- A) Only I & II
 - B) Only III & IV
 - C) I, II & III
 - D) I, II, III & IV
68. The greatest volume of air that can be expelled from the lungs after taking the deepest possible breath is called:
- A) Tidal volume
 - B) Inspiratory reserve volume
 - C) Vital capacity
 - D) Expiratory reserve volume
69. A training method that includes distance running with bursts of harder running at more irregular points, lengths and speeds:
- A) Interval training
 - B) Continuous training
 - C) Circuit training
 - D) Fartlek training
70. Which movement occurs around scapula while throwing a ball?
- A) Flexion
 - B) Protraction
 - C) Retraction
 - D) Elevation
71. Which of the following is not a property of muscles?
- A) Contractility
 - B) Excitability
 - C) Elasticity
 - D) Rigidity

72. The method to assess Somatotyping is:
- A) Heath-Carter method
 - B) Slaughter's Equation
 - C) Jackson Pollock Equation
 - D) Roentgenometry
73. Arrange the following steps of research process in sequential order:
- (I) Analysis of data
 - (II) Interpretation of data
 - (III) Formulation of hypothesis
 - (IV) Collection of data
- Options:**
- A) I, II, III, IV
 - B) IV, III, I, II
 - C) III, IV, I, II
 - D) II, III, I, IV
74. During prolonged sitting, what angle should ideally be maintained between the thighs and the hips to promote good posture?
- A) 90 degrees
 - B) 45 degrees
 - C) 120 degrees
 - D) 30 degrees
75. What does the term "adaptation" refer to in the context of evolution?
- A) The process of creating new species
 - B) Changes that occur due to artificial selection
 - C) Traits that enhance an organism's survival and reproduction in its environment
 - D) The transformation of fossils over time
76. From an evolutionary perspective, why do humans possess varying athletic abilities?
- A) Due to cultural influences shaping physical abilities
 - B) Owing to rapid genetic mutations in recent history
 - C) As a result of adaptations to different environmental demands
 - D) Because of the absence of natural selection in human physical abilities
77. What is the primary purpose of a VO₂ max test?
- A) To measure the maximum lung capacity
 - B) To assess the maximum oxygen uptake during exercise
 - C) To determine the resting heart rate
 - D) To evaluate blood pressure during physical activity

(43) (A)

(15)

[P.T.O.]

78. What parameter does a pulse oximeter measure in cardio-pulmonary testing?
- A) Heart rate variability
 - B) Blood oxygen saturation levels
 - C) Lung capacity
 - D) Blood glucose levels
79. During the Harvard Step Test, how long does the subject step up and down on a 20-inch step?
- A) 2 minutes
 - B) 5 minutes
 - C) 10 minutes
 - D) 8 minutes
80. The Dronacharya Award is presented to outstanding:
- A) Sports person
 - B) Sports Managers
 - C) Coaches
 - D) Sports Journalists
81. The amount of blood pumped by the heart per beat refers to:
- A) Stroke volume
 - B) Cardiac Output
 - C) Heart rate
 - D) Blood pressure
82. The nutrition transporter in body is:
- A) WBCs
 - B) RBCs
 - C) Plasma
 - D) Platelets
83. Which of the following planes divide the body into right and left parts?
- A) Transverse
 - B) Sagittal
 - C) Vertical
 - D) Coronal

84. Which of the following is a hormone of stress?
- A) Testosterone
 - B) Cortisol
 - C) Insulin
 - D) Endorphin
85. What is the main aim of personal health education?
- A) Focusing solely on physical health
 - B) Encouraging individuals to ignore mental health concerns
 - C) Promoting holistic well-being encompassing physical, mental, and social health
 - D) Prioritizing medical interventions over preventive measures
86. What is the role of school health programs in preventing illnesses?
- A) Administering medications to students
 - B) Teaching hygiene practices and disease prevention strategies
 - C) Conducting surgeries for students with chronic conditions
 - D) Providing emergency medical care only
87. Pulmonary edema is a disorder in which there is an accumulation of fluid in the:
- A) Alveoli
 - B) Skeletal tissues
 - C) Spinal cord
 - D) Testes
88. Which vitamin is important for maintaining healthy skin and vision?
- A) Vitamin D
 - B) Vitamin C
 - C) Vitamin A
 - D) Vitamin B 12
89. Which type of wound involves tearing of the skin and underlying tissue?
- A) Puncture wound
 - B) Abrasion
 - C) Laceration
 - D) Avulsion
90. The "Cooper 12-Minute Run Test" is designed to assess what aspect of physical health?
- A) Muscular strength
 - B) Flexibility
 - C) Aerobic capacity
 - D) Balance

(43) (A)

(17)

[P.T.O.]

91. Which of the organs convert the lactic acid into pyruvic acid?
- A) Pancreas
 - B) Liver
 - C) Spleen
 - D) Kidney
92. Galloping is an example of:
- A) Locomotor Movements
 - B) Non-locomotor skill
 - C) Manipulative skill
 - D) None of these
93. What is the primary focus of Aristotle's treatise "De Motu Animalium"?
- A) The dietary habits of animals
 - B) The reproduction patterns of animals
 - C) The movement of animals
 - D) The social behavior of animals
94. What does kinematics primarily study in relation to motion?
- A) Forces acting on a system
 - B) Space and time factors like velocity and acceleration
 - C) Changes in speed or direction per unit of time
 - D) Forces such as gravity and muscles
95. Which of the following is NOT an electromagnetic energy modality?
- A) Ultraviolet light
 - B) Ultrasound
 - C) Low-power laser
 - D) Shortwave diathermy
96. Based on their different characteristics, which of the following travels at greater velocity through human tissue?
- A) Sound energy
 - B) Electromagnetic energy
 - C) Both A and B travel at the same rate.
 - D) Neither A nor B travels through human tissue.
97. Which of the following type of cell has phagocytic characteristics?
- A) Red blood cells
 - B) Platelets
 - C) Leukocytes
 - D) Endothelials

(43) (A)

(18)

98. Which of the following is a contraindication for cryotherapy?
- A) Acute pain
 - B) Skin anesthesia
 - C) Muscle spasm
 - D) Acute ligament sprain
99. The three to four stages of sensation following cold application, in order, are the following:
- A) sting, cold, burn/ache, numb
 - B) cold, sting, numb, burn/ache
 - C) burn/ache, cold, sting, numb
 - D) cold, sting, burn/ache, numb
100. Which training method involves alternating maximum intensity work with periods of rest or low activity?
- A) Weight Training Method
 - B) Repetition Training Method
 - C) Cross Training Method
 - D) Interval Training Method
101. What is the outcome of the adaptation process to a training load?
- A) Decrease in performance capacity
 - B) Loss of interest in sports
 - C) Enhancement of performance capacity
 - D) Increased fatigue and sleep disorder
102. What is the emphasis of tactical training in sports?
- A) Improving overall physical fitness
 - B) Focusing solely on opponent analysis
 - C) Enhancing mental abilities
 - D) Improving strategies and utilizing abilities effectively
103. Which part of the skeleton includes the bones of the limbs and girdles?
- A) Axial skeleton
 - B) Appendicular skeleton
 - C) Vertebral column
 - D) Cranium

(43) (A)

(19)

[P.T.O.]

- 104.** Thumb joint is an example of:
- A) Saddle Joint
 - B) Hinge Joint
 - C) Ball and Socket Joint
 - D) Pivot Joint
- 105.** What do agonist muscles primarily do during movement?
- A) They stabilize joints during movement
 - B) They relax to allow movement to occur
 - C) They act as secondary movers assisting the prime muscles
 - D) They contract to produce the intended movement around a joint
- 106.** The element essential for normal thyroid function is:
- A) Iodine
 - B) Iron
 - C) Copper
 - D) Selenium
- 107.** A philosophy that emphasizes the development of the full potential of each individual, Personal growth, self-actualization, and the development of values:
- A) Pragmatism
 - B) Empiricism
 - C) Idealism
 - D) Humanism
- 108.** Maximum amount of force that can be exerted by a muscle or muscle group against a resistance during a single contraction:
- A) Muscular endurance
 - B) Muscular strength
 - C) Muscular Atrophy
 - D) Muscular stamina
- 109.** An educational system that ensured the singular goal of serving the city-state, evolved in ancient Greece was:
- A) Agoge
 - B) Palaestra
 - C) Pancratium
 - D) Paidotribes

110. Match the terms of List - I and List -II and select the correct options using the codes given below:

List-I		List-II	
a) Zeus		1) Olympic Games	
b) Apollo		2) Isthmian Games	
c) Poseidon		3) Pythian Games	
d) Zeus		4) Nemean Games	

Codes:

	a	b	c	d
A) (3)	(2)	(4)	(1)	
B) (2)	(3)	(1)	(4)	
C) (1)	(2)	(3)	(4)	
D) (4)	(3)	(2)	(1)	

111. Match the terms of List - I and List -II and select the correct options using the codes given below:

List-I		List-II	
a) Frequency		1) kind, or mode, of exercise performed	
b) Intensity		2) how long, or the duration, a person should exercise	
c) Time		3) how hard a person should exercise	
d) Type		4) how often a person should train	

Codes:

	a	b	c	d
A) (3)	(2)	(4)	(1)	
B) (2)	(3)	(1)	(4)	
C) (4)	(3)	(2)	(1)	
D) (4)	(2)	(3)	(1)	

112. A combination of theories and doctrines from several philosophies into a consistent and compatible set of belief refers to:

- A) Existentialism
- B) Pragmatism
- C) Eclecticism
- D) Utilitarianism

113. Which of the following enzymes is secreted by the six salivary glands present in the human mouth?

- A) Trypsin
- B) Amylase
- C) Pepsin
- D) Lipase

(43) (A)

(21)

[P.T.O.]

114. In Which sport India won gold medal in Tokyo Olympics-2020?
- A) Boxing
 - B) Wrestling
 - C) Shooting
 - D) Athletics
115. A type of diseases and health problems associated with physical inactivity and a sedentary lifestyle:
- A) Hypokinetic Disease
 - B) Bassen-Kornzweig syndrome
 - C) Aplasia Cutis Congenita
 - D) Yunis Varon Syndrome
116. Competitions of trained gladiators, who used various types of weapons in battling captives, animals, or other gladiators were the features of:
- A) Ancient Greece
 - B) Ancient Rome
 - C) Ancient Sweden
 - D) Ancient Denmark
117. In the context of first aid, what does the acronym "CPR" stands for?
- A) Cardiovascular Pressure Restoration
 - B) Cardiopulmonary Resuscitation
 - C) Centralized Patient Recovery
 - D) Continuous Pain Relief
118. Who among the following is associated with Swedish Gymnastics?
- A) Johann GutsMuths
 - B) Adolf Spiess
 - C) Per Henrik Ling
 - D) Jean-Jacques Rousseau
119. While performing jumping jack, the exerciser uses leg abduction and adduction along their:
- A) Horizontal plane
 - B) Lateral plane
 - C) Median plane
 - D) Transverse plane
120. The catalysts produced by human cells are called?
- A) Solutions
 - B) Enzymes
 - C) Reducing agents
 - D) Ferments

ROUGH WORK

Teachingninja.in



(43) (A)

(23)

[P.T.O.]

ROUGH WORK

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(43) (A)

(24)

Provisional Answer Key

Physical Training Instructor

Test Booklet Question No. (Series A)	
Q1	C
Q2	A
Q3	D
Q4	A
Q5	D
Q6	B
Q7	B
Q8	A
Q9	B
Q10	C
Q11	C
Q12	D
Q13	C
Q14	C
Q15	B
Q16	A
Q17	B
Q18	B
Q19	D
Q20	B
Q21	C
Q22	B
Q23	A
Q24	B
Q25	A
Q26	A
Q27	B
Q28	B
Q29	A
Q30	B
Q31	A
Q32	B
Q33	C
Q34	B
Q35	A
Q36	B
Q37	C
Q38	C
Q39	B
Q40	A

Test Booklet Question No. (Series A)	
Q41	A
Q42	C
Q43	B
Q44	A
Q45	C
Q46	A
Q47	C
Q48	C
Q49	B
Q50	A
Q51	C
Q52	D
Q53	A
Q54	C
Q55	D
Q56	B
Q57	C
Q58	A
Q59	A
Q60	C
Q61	C
Q62	A
Q63	A
Q64	C
Q65	C
Q66	A
Q67	D
Q68	C
Q69	D
Q70	B
Q71	D
Q72	A
Q73	C
Q74	A
Q75	C
Q76	C
Q77	B
Q78	B
Q79	B
Q80	C

Test Booklet Question No. (Series A)	
Q81	A
Q82	B
Q83	B
Q84	B
Q85	C
Q86	B
Q87	B
Q88	C
Q89	C
Q90	C
Q91	B
Q92	A
Q93	C
Q94	B
Q95	B
Q96	A
Q97	C
Q98	B
Q99	D
Q100	D
Q101	C
Q102	D
Q103	B
Q104	A
Q105	D
Q106	A
Q107	D
Q108	B
Q109	A
Q110	D
Q111	C
Q112	C
Q113	B
Q114	D
Q115	A
Q116	B
Q117	B
Q118	C
Q119	B
Q120	B