

## NTA UGC NET Jun 2025

Application No	
Candidate Name	
Roll No.	
Test Date	28/06/2025
Test Time	3:00 PM - 6:00 PM
Subject	47 Physical Education

Section : **General Paper**

### Comprehension:

Study the following table and answer the questions :

The table shows the data of Demand (number of applications received) and Intake (available seats) in five colleges (A, B, C, D and E) :

College	A	B	C	D	E
<b>Demand</b> (application received)	3000	600	2500	1200	3300
<b>Intake</b> (available seats)	1500	1800	1000	2700	2200

### SubQuestion No : 1

**Q.1** What is the ratio of the number of colleges having more demand than available seats to those having more available seats than demand ?

- (1) 2 : 3
- (2) 1 : 4
- (3) 4 : 1
- (4) 3 : 2

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913503**

Option 1 ID : **42558952560**

Option 2 ID : **42558952561**

Option 3 ID : **42558952562**

Option 4 ID : **42558952563**

Status : **Answered**

Chosen Option : **4**

**Comprehension:**

Study the following table and answer the questions :

The table shows the data of Demand (number of applications received) and Intake (available seats) in five colleges (A, B, C, D and E) :

College	A	B	C	D	E
<b>Demand (application received)</b>	3000	600	2500	1200	3300
<b>Intake (available seats)</b>	1500	1800	1000	2700	2200

**SubQuestion No : 2**

**Q.2** The demand for college B is approximately what percent of the demand for college C ?

- (1) 24%
- (2) 124%
- (3) 60%
- (4) 416%

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913504**

Option 1 ID : **42558952564**

Option 2 ID : **42558952565**

Option 3 ID : **42558952566**

Option 4 ID : **42558952567**

Status : **Answered**

Chosen Option : **1**

**Comprehension:**

Study the following table and answer the questions :

The table shows the data of Demand (number of applications received) and Intake (available seats) in five colleges (A, B, C, D and E) :

College	A	B	C	D	E
<b>Demand (application received)</b>	3000	600	2500	1200	3300
<b>Intake (available seats)</b>	1500	1800	1000	2700	2200

**SubQuestion No : 3**

**Q.3** The difference of demand and available seats in college E is what percentage lower than the difference of demand and available seats of college A ?

- (1) 36.36%
- (2) 42.70%
- (3) 26.67%
- (4) 31.24%

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913506**

Option 1 ID : **42558952572**

Option 2 ID : **42558952573**

Option 3 ID : **42558952574**

Option 4 ID : **42558952575**

Status : **Answered**

Chosen Option : **1**

**Comprehension:**

Study the following table and answer the questions :

The table shows the data of Demand (number of applications received) and Intake (available seats) in five colleges (A, B, C, D and E) :

College	A	B	C	D	E
<b>Demand (application received)</b>	3000	600	2500	1200	3300
<b>Intake (available seats)</b>	1500	1800	1000	2700	2200

**SubQuestion No : 4**

- Q.4** The total demand of two highest demanded colleges is what percent higher than total demand of two lowest demanded colleges ?
- (1) 40%
  - (2) 250%
  - (3) 400%
  - (4) 25%

- Options**
1. 1
  2. 2
  3. 3
  4. 4

Question Type : **MCQ**

Question ID : **42558913505**

Option 1 ID : **42558952568**

Option 2 ID : **42558952569**

Option 3 ID : **42558952570**

Option 4 ID : **42558952571**

Status : **Answered**

Chosen Option : **4**

**Comprehension:**

Study the following table and answer the questions :

The table shows the data of Demand (number of applications received) and Intake (available seats) in five colleges (A, B, C, D and E) :

College	A	B	C	D	E
<b>Demand (application received)</b>	3000	600	2500	1200	3300
<b>Intake (available seats)</b>	1500	1800	1000	2700	2200

**SubQuestion No : 5**

**Q.5** How much percent more is the average demand of all five colleges taking together than the average of available seats of all the five colleges ?

- (1) 65.71%
- (2) 40%
- (3) 15.22%
- (4) 35.71%

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913502**

Option 1 ID : **42558952556**

Option 2 ID : **42558952557**

Option 3 ID : **42558952558**

Option 4 ID : **42558952559**

Status : **Answered**

Chosen Option : **3**

**Q.6** The following are the steps related with construction and standardisation of research tool. Select their correct order from earlier to later :

- A. Construction of items
- B. Selection of items for final draft of the tool
- C. Item analysis
- D. Establishment of norms
- E. Selection of items for primary draft of the tool

Choose the **correct** answer from the options given below :

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

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913508**

Option 1 ID : **42558952580**

Option 2 ID : **42558952581**

Option 3 ID : **42558952582**

Option 4 ID : **42558952583**

Status : **Answered**

Chosen Option : **1**

**Q.7** What is Noise Induced Permanent Threshold Shifts (NIPTS) ?

- (1) Shift due to exposure to high level sound for comparatively short period
- (2) Shift due to honking of vehicles
- (3) Shift in permanent threshold due to years of high level of industrial noise
- (4) Shift due to shorter noise exposure

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913543**

Option 1 ID : **42558952720**

Option 2 ID : **42558952721**

Option 3 ID : **42558952722**

Option 4 ID : **42558952723**

Status : **Answered**

Chosen Option : **3**

**Q.8** A teacher assesses the answer books of the students and based on their scores he gives them ranks. Which scales of measurement are used by him ?

- (1) Interval and ordinal
- (2) Ratio and ordinal
- (3) Nominal and ordinal
- (4) Interval and nominal

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913507**

Option 1 ID : **42558952576**

Option 2 ID : **42558952577**

Option 3 ID : **42558952578**

Option 4 ID : **42558952579**

Status : **Answered**

Chosen Option : **3**

**Q.9** Arrange the sequence of processes leading to formation of ozone hole :

- A. De-humidification, de-nitrification
- B. Vortex formation
- C. Pre-conditioning
- D. Very low temperature polar stratosphere clouds
- E. Ozone destruction by catalysis

Choose the **correct** answer from the options given below :

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

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913544**

Option 1 ID : **42558952724**

Option 2 ID : **42558952725**

Option 3 ID : **42558952726**

Option 4 ID : **42558952727**

Status : **Answered**

Chosen Option : **4**

**Q.10** Which of the following is an example of deductive reasoning ?

- (1) Screen exposure among children at very early stage affects their Psychological health. Therefore, we should not expose our children to digital gadgets.
- (2) Smoking leads to lung cancer. Therefore, we should not smoke.
- (3) If it is raining, then the ground is wet. It is raining. Therefore, the ground is wet.
- (4) All ducks that have been observed have been white. Therefore, all ducks are white.

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913528**

Option 1 ID : **42558952660**

Option 2 ID : **42558952661**

Option 3 ID : **42558952662**

Option 4 ID : **42558952663**

Status : **Answered**

Chosen Option : **1**

Q.11

Choose the 'WRONG' statements :

- A. 'OLED' stands for Organic light emitting Diodes
- B. 'Fastag' is an example of RFID
- C. 'CAD' stands for Computer Algorithm of Design
- D. 'RFID' stands for Rapid Frequency Identification

Choose the **correct** answer from the options given below :

- (1) C and D Only
- (2) A and B Only
- (3) B and C Only
- (4) A and C Only

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**Question ID : **42558913540**Option 1 ID : **42558952708**Option 2 ID : **42558952709**Option 3 ID : **42558952710**Option 4 ID : **42558952711**Status : **Answered**Chosen Option : **4**

Q.12

Arrange the evolution of the following social media platforms in chronological order from past to present :

- A. Tik Tok
- B. Twitter
- C. FaceBook
- D. Instagram
- E. YouTube

Choose the **correct** answer from the options given below :

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

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**Question ID : **42558913519**Option 1 ID : **42558952624**Option 2 ID : **42558952625**Option 3 ID : **42558952626**Option 4 ID : **42558952627**Status : **Answered**Chosen Option : **4**

**Q.13** Landes (1969) considers the industrial revolution as the outcome of a combination of three interrelated streams of technical advances. Which of the following is **NOT** one of these streams ?

- (1) "Mechanization"
- (2) adoption of new power sources
- (3) modification of equipments to make human life easy
- (4) extensive use of new raw materials

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913537**

Option 1 ID : **42558952696**

Option 2 ID : **42558952697**

Option 3 ID : **42558952698**

Option 4 ID : **42558952699**

Status : **Answered**

Chosen Option : **4**

**Q.14** Match List - I with List - II :

- List - I**  
(Type of e-resource)
- A. e-Journals
  - B. e-books
  - C. e-Zines
  - D. CD-ROMS

- List - II**  
(Description)
- I. used for storing a larger volume of data
  - II. published on the web as well as in the digital format
  - III. a piece of software
  - IV. can be used to store articles on a file server in the form of a magazine

Choose the **correct** answer from the options given below :

- (1) A-II, B-III, C-IV, D-I
- (2) A-III, B-IV, C-I, D-II
- (3) A-IV, B-III, C-II, D-I
- (4) A-II, B-IV, C-I, D-III

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913541**

Option 1 ID : **42558952712**

Option 2 ID : **42558952713**

Option 3 ID : **42558952714**

Option 4 ID : **42558952715**

Status : **Answered**

Chosen Option : **3**

**Q.15** Which one of the following does not pertain to 4 Cs of successful writing ?

- (1) Concise
- (2) Connect
- (3) Clear
- (4) Correct

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913517**

Option 1 ID : **42558952616**

Option 2 ID : **42558952617**

Option 3 ID : **42558952618**

Option 4 ID : **42558952619**

Status : **Answered**

Chosen Option : **3**

**Q.16** Match List - I with List - II :

**List - I**

- A. In a class, the ratio of number of male students to number of female students is 9 : 11. The percentage (%) of female students in the class is \_\_\_\_\_
- B. When a number 'x' is added to the numerator and denominator of fraction  $\frac{7}{11}$ , it becomes  $\frac{2}{3}$ , then x is \_\_\_\_\_
- C. Two numbers are directly proportional to each other. If the value of one of the number is doubled, then their product will become \_\_\_\_\_ times
- D. If  $x : y = 3 : 2$ , then  $\frac{xy + y^2}{x^2 - y^2}$  is equal to \_\_\_\_\_

**List - II**

- I. 4
- II. 2
- III. 55
- IV. 1

Choose the **correct** answer from the options given below :

- (1) A-III, B-I, C-II, D-IV
- (2) A-II, B-III, C-IV, D-I
- (3) A-III, B-IV, C-I, D-II
- (4) A-III, B-II, C-IV, D-I

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913526**

Option 1 ID : **42558952652**

Option 2 ID : **42558952653**

Option 3 ID : **42558952654**

Option 4 ID : **42558952655**

Status : **Answered**

Chosen Option : **3**

Q.17

Find the next term (?) in the following number series.

0, 9, 26, 65, 124, 217, ?, .....

- (1) 317
- (2) 336
- (3) 341
- (4) 342

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**Question ID : **42558913523**Option 1 ID : **42558952640**Option 2 ID : **42558952641**Option 3 ID : **42558952642**Option 4 ID : **42558952643**Status : **Answered**Chosen Option : **4**

Q.18

'Evening Hours of a Hermit' is written by :

- (1) Krishnamurthy
- (2) Rousseau
- (3) Khushwant Singh
- (4) Pestalozzi

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**Question ID : **42558913532**Option 1 ID : **42558952676**Option 2 ID : **42558952677**Option 3 ID : **42558952678**Option 4 ID : **42558952679**Status : **Answered**Chosen Option : **4**

**Q.19** Arrange the given digital initiatives of Govt. of India in chronological order as per their year of launch :

- A. e-gyankosh
- B. PM e-Vidya
- C. NPTEL
- D. e-PG Pathshala
- E. SWAYAM

Choose the **correct** answer from the options given below :

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

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913514**

Option 1 ID : **42558952604**

Option 2 ID : **42558952605**

Option 3 ID : **42558952606**

Option 4 ID : **42558952607**

Status : **Answered**

Chosen Option : **4**

**Q.20** Match List - I with List - II :

**List - I**

- A. Swayam Prabha
- B. Shark Tank
- C. Krishi Darshan
- D. Shaktimaan

**List - II**

- I. Kids Programme
- II. Agriculture Programme
- III. Business reality T.V. Series
- IV. Educational Programmes

Choose the **correct** answer from the options given below :

- (1) A-IV, B-III, C-II, D-I
- (2) A-III, B-IV, C-I, D-II
- (3) A-II, B-III, C-IV, D-I
- (4) A-IV, B-II, C-III, D-I

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913521**

Option 1 ID : **42558952632**

Option 2 ID : **42558952633**

Option 3 ID : **42558952634**

Option 4 ID : **42558952635**

Status : **Answered**

Chosen Option : **1**

**Q.21** Match List - I with List - II :

**List - I**  
(Committee)

- A. Sarkar Committee 1945
- B. Sam Pitroda Committee
- C. K. B. Pawar Committee
- D. Sahoo Committee

**List - II**

(Major Focus Area/Recommendation in the context of Education)

- I. To explore Public-Private Partnership in Higher Education
- II. To recommend measures for improving governance and accountability in Higher Education Institutions
- III. Development of Higher Technical Education in India
- IV. Restructuring Curricula for multidisciplinary professional courses

Choose the **correct** answer from the options given below :

- (1) A-III, B-IV, C-I, D-II
- (2) A-II, B-III, C-IV, D-I
- (3) A-IV, B-I, C-II, D-III
- (4) A-III, B-I, C-IV, D-II

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913516**

Option 1 ID : **42558952612**

Option 2 ID : **42558952613**

Option 3 ID : **42558952614**

Option 4 ID : **42558952615**

Status : **Answered**

Chosen Option : **4**

**Q.22** Skills to face job interviews and getting employed are part of :

- (1) teaching skills
- (2) soft skills
- (3) learning skills
- (4) manipulation skills

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913518**

Option 1 ID : **42558952620**

Option 2 ID : **42558952621**

Option 3 ID : **42558952622**

Option 4 ID : **42558952623**

Status : **Answered**

Chosen Option : **4**

Q.23

Find the missing term (?) in the following alpha-numeric series.

A2B, B3D, C5F, (?), E11J, .....

- (1) D7H
- (2) D8G
- (3) D9H
- (4) D8H

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**Question ID : **42558913522**Option 1 ID : **42558952636**Option 2 ID : **42558952637**Option 3 ID : **42558952638**Option 4 ID : **42558952639**Status : **Answered**Chosen Option : **1**

Q.24

"Learning to Do-Towards a learning and working society" is a title of the report submitted by :

- (1) Adisheshaiah Committee
- (2) Kothari Commission
- (3) Ishwarbhai Patel Committee
- (4) Zakir Hussain Committee

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**Question ID : **42558913533**Option 1 ID : **42558952680**Option 2 ID : **42558952681**Option 3 ID : **42558952682**Option 4 ID : **42558952683**Status : **Answered**Chosen Option : **3**

Q.25

What is the major source of pollutant lead in homes ?

- (1) Furniture
- (2) Paint
- (3) Utensils
- (4) Notebooks

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**Question ID : **42558913542**Option 1 ID : **42558952716**Option 2 ID : **42558952717**Option 3 ID : **42558952718**Option 4 ID : **42558952719**Status : **Answered**Chosen Option : **2**

Q.26

Mimamsa is :

- (1) State of mental absorption in an object, where an individual gains own experiential realization of its true nature (Samadhi)
- (2) One of the classical schools of Indian Philosophy (Aastik Vedas)
- (3) The unorthodox means of knowledge (Nastik)
- (4) A doctrine that claims all universal things are momentary in nature

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**Question ID : **42558913527**Option 1 ID : **42558952656**Option 2 ID : **42558952657**Option 3 ID : **42558952658**Option 4 ID : **42558952659**Status : **Answered**Chosen Option : **3**

**Q.27** Which of the following are the characteristics of Action Research ?

- A. It does not aim to develop theory.
- B. It is not conducted to generalise the findings.
- C. Sample is selected randomly.
- D. It is conducted to find the solution of local level problem.
- E. Control on variable is required in it.

Choose the **most appropriate** answer from the options given below :

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

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913509**

Option 1 ID : **42558952584**

Option 2 ID : **42558952585**

Option 3 ID : **42558952586**

Option 4 ID : **42558952587**

Status : **Answered**

Chosen Option : **3**

**Q.28** Match List - I with List - II :

**List - I**

- A. Experimental Research
- B. Ethnographic Research
- C. Survey
- D. Case study

**List - II**

- I. In depth study of a single unit
- II. Study of opinions of people towards social media
- III. Cause and effect relationship between independent and dependent variables
- IV. Study of the perception of the people of a particular group regarding their life

Choose the **correct** answer from the options given below :

- (1) A-IV, B-III, C-II, D-I
- (2) A-III, B-IV, C-II, D-I
- (3) A-III, B-I, C-IV, D-II
- (4) A-II, B-IV, C-I, D-III

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913511**

Option 1 ID : **42558952592**

Option 2 ID : **42558952593**

Option 3 ID : **42558952594**

Option 4 ID : **42558952595**

Status : **Answered**

Chosen Option : **2**

**Q.29** Select the 'RIGHT' statements :

- A. 'Article 21-A' inserted in constitution, is related to Right to free and compulsory education
- B. 'Article 30' of the constitution protects the Right to Information
- C. 'Article 350-A' assures the Higher Education and Research
- D. 'Article 30' of the constitution protects the Right of minorities to manage the Educational institutions

Choose the **correct** answer from the options given below :

- (1) A and B Only
- (2) A and C Only
- (3) A and D Only
- (4) B and D Only

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913535**

Option 1 ID : **42558952688**

Option 2 ID : **42558952689**

Option 3 ID : **42558952690**

Option 4 ID : **42558952691**

Status : **Answered**

Chosen Option : **4**

**Q.30**

The process of typing CAPTCHAs is a variation on :

- (1) Turing test
- (2) Turner's test
- (3) F-test
- (4) t-test

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913538**

Option 1 ID : **42558952700**

Option 2 ID : **42558952701**

Option 3 ID : **42558952702**

Option 4 ID : **42558952703**

Status : **Answered**

Chosen Option : **1**

**Q.31** Which of the following come under the category of non-verbal communication ?

- A. Body language
- B. Shouting
- C. Gestures
- D. Facial Expressions
- E. Conversation on telephonic call

Choose the **correct** answer from the options given below :

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

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913520**

Option 1 ID : **42558952628**

Option 2 ID : **42558952629**

Option 3 ID : **42558952630**

Option 4 ID : **42558952631**

Status : **Answered**

Chosen Option : **4**

**Q.32** Match List - I with List - II :

**List - I**  
**(Methods)**

- A. Lecturing
- B. Demonstration
- C. Field trip
- D. Project

**List - II**  
**(Objectives)**

- I. Providing direct experiences
- II. Presenting facts
- III. Providing purposeful activities
- IV. Showing manipulations of operations

Choose the **correct** answer from the options given below :

- (1) A-II, B-I, C-IV, D-III
- (2) A-II, B-IV, C-I, D-III
- (3) A-III, B-IV, C-II, D-I
- (4) A-IV, B-III, C-I, D-II

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913536**

Option 1 ID : **42558952692**

Option 2 ID : **42558952693**

Option 3 ID : **42558952694**

Option 4 ID : **42558952695**

Status : **Answered**

Chosen Option : **3**

Q.33

Choose the 'WRONG' statements :

- A. Kali Linux is a flavour of Linux OS
- B. We can use Macintosh on Linux OS also
- C. Windows Surface is developed by Intel Corporation
- D. Android is based on Linux OS

Choose the **correct** answer from the options given below :

- (1) A and B Only
- (2) B and D Only
- (3) A and C Only
- (4) B and C Only

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**Question ID : **42558913539**Option 1 ID : **42558952704**Option 2 ID : **42558952705**Option 3 ID : **42558952706**Option 4 ID : **42558952707**Status : **Answered**Chosen Option : **2**

Q.34

The global education development agenda reflected in the Goal 4 (SDG4) of the 2030 Agenda for Sustainable Development was adopted by India in \_\_\_\_\_.

- (1) 2020
- (2) 2010
- (3) 1992
- (4) 2015

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**Question ID : **42558913513**Option 1 ID : **42558952600**Option 2 ID : **42558952601**Option 3 ID : **42558952602**Option 4 ID : **42558952603**Status : **Answered**Chosen Option : **1**

**Q.35** Arrange the following shapes in increasing order of their areas :

- A. A circle of diameter 10 cm
- B. A rectangle of dimensions [6 cm × 4 cm]
- C. A square of side 5 cm
- D. An equilateral triangle of side 5 cm

Choose the **correct** answer from the options given below :

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

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913524**

Option 1 ID : **42558952644**

Option 2 ID : **42558952645**

Option 3 ID : **42558952646**

Option 4 ID : **42558952647**

Status : **Answered**

Chosen Option : **4**

**Q.36** The NEP, 2020 document states that :

- A. Single stream HEI's will be phased out over time
- B. By 2035, there shall be at least one multidisciplinary HEI in or near every district
- C. Institutions will have option to run ODL and online programmes, provided they are accredited to do so
- D. Justice J. S. Verma Commission (2012) reports that over 20000 stand alone Teacher Education Institutions (TEIs) are selling degrees for a price
- E. Private HEIs will be encouraged to offer large number of freships and scholarships to their students

Choose the **correct** answer from the options given below :

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

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913515**

Option 1 ID : **42558952608**

Option 2 ID : **42558952609**

Option 3 ID : **42558952610**

Option 4 ID : **42558952611**

Status : **Answered**

Chosen Option : **3**

**Q.37** If the proposition 'No reptiles are squirrels' is given as false, then which of the following propositions can be inferred to be true ?

- A. Some reptiles are squirrels
- B. All reptiles are squirrels
- C. Some non-squirrels are not non-reptiles
- D. Some reptiles are not squirrels

Choose the **most appropriate** answer from the options given below :

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

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913530**

Option 1 ID : **42558952668**

Option 2 ID : **42558952669**

Option 3 ID : **42558952670**

Option 4 ID : **42558952671**

Status : **Answered**

Chosen Option : **3**

**Q.38** Choose the correct statement related to Autonomous colleges in the context of recommendations of NPE 1986 (POA-1992) :

- (1) Provide no special assistance to colleges in tribal areas
- (2) Full Funding by the Central Govt. for a period of 10 years
- (3) Funding shall be made available through NAAC
- (4) 500 colleges to be developed as autonomous colleges in the seventh five year plan

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913512**

Option 1 ID : **42558952596**

Option 2 ID : **42558952597**

Option 3 ID : **42558952598**

Option 4 ID : **42558952599**

Status : **Answered**

Chosen Option : **4**

**Q.39** Match List - I with List - II :

List - I (Type of Disaster)	List - II (Consequences)
A. Biological disaster	I. Flood, drought, storm
B. Geophysical disaster	II. Epidemic, insect infestation
C. Hydro meteorological disaster	III. Transport disaster, riots
D. Anthropogenic disaster	IV. Earthquake, volcano, landslide

Choose the **correct** answer from the options given below :

- (1) A-IV, B-III, C-II, D-I
- (2) A-II, B-IV, C-III, D-I
- (3) A-II, B-IV, C-I, D-III
- (4) A-I, B-III, C-II, D-IV

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913546**

Option 1 ID : **42558952732**

Option 2 ID : **42558952733**

Option 3 ID : **42558952734**

Option 4 ID : **42558952735**

Status : **Answered**

Chosen Option : **3**

**Q.40** Arrange the following Erickson's stages of development on the basis of order of their occurrence :

- A. Generativity and Stagnation
- B. Identity and Role Confusion
- C. Autonomy and Shame
- D. Industry and Inferiority
- E. Integrity and Despair

Choose the **correct** answer from the options given below :

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

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913534**

Option 1 ID : **42558952684**

Option 2 ID : **42558952685**

Option 3 ID : **42558952686**

Option 4 ID : **42558952687**

Status : **Answered**

Chosen Option : **2**

Q.41 Match List - I with List - II :

List - I (Proposition)	List - II (Standard Form)
A. Universal affirmative	I. No S is P
B. Universal negative	II. All S is P
C. Particular affirmative	III. Some S is not P
D. Particular negative	IV. Some S is P

Choose the **correct** answer from the options given below :

- (1) A-I, B-IV, C-II, D-III
- (2) A-II, B-I, C-IV, D-III
- (3) A-IV, B-I, C-III, D-II
- (4) A-II, B-IV, C-I, D-III

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913531

Option 1 ID : 42558952672

Option 2 ID : 42558952673

Option 3 ID : 42558952674

Option 4 ID : 42558952675

Status : Answered

Chosen Option : 2

Q.42 Identify non-parametric tests :

- A. Kendall's W Test
- B. Rank correlation test
- C. Wilcoxon Test
- D. t Test
- E. Analysis of Variance

Choose the **most appropriate** answer from the options given below :

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

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913510

Option 1 ID : 42558952588

Option 2 ID : 42558952589

Option 3 ID : 42558952590

Option 4 ID : 42558952591

Status : Answered

Chosen Option : 2

**Q.43** Which of the following are correct ?

- A. Speed of 50 km/hour is equivalent to 15 m/s
- B. The area of a rhombus with diagonals of 4 cm and 6 cm is 12 cm<sup>2</sup>
- C.  $\sqrt[3]{\sqrt{729}}$  is greater than 4
- D. The cost price of 10 bananas is the same as the selling prices of 8 bananas. The percentage profit is 25%

Choose the **correct** answer from the options given below :

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

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913525**

Option 1 ID : **42558952648**

Option 2 ID : **42558952649**

Option 3 ID : **42558952650**

Option 4 ID : **42558952651**

Status : **Answered**

Chosen Option : **3**

**Q.44** Arrange in sequence the process of evaluating analogical reasoning :

- A. Draw Conclusion
- B. Evaluate strength of analogy
- C. Assess relevance of similarities
- D. Detect common features
- E. Identify the source and target domains

Choose the **correct** answer from the options given below :

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

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913529**

Option 1 ID : **42558952664**

Option 2 ID : **42558952665**

Option 3 ID : **42558952666**

Option 4 ID : **42558952667**

Status : **Answered**

Chosen Option : **4**

**Q.45** Choose the correct statements from the following regarding targets under Sustainable Development Goals :

- A. Target under SDG8 is to sustain 7% GDP in least developed countries
- B. Target under SDG3 is to ensure universal access to sexual and reproductive health care by 2030
- C. Target under SDG4 is to ensure equal access for all women and men to affordable quality higher education by 2030
- D. Target under SDG7 is to build resilient infrastructure, promote inclusive and sustainable industrialization, and foster innovation
- E. Target under SDG6 to improve water quality by reducing pollution by 2030

Choose the **correct** answer from the options given below :

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

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913545**

Option 1 ID : **42558952728**

Option 2 ID : **42558952729**

Option 3 ID : **42558952730**

Option 4 ID : **42558952731**

Status : **Answered**

Chosen Option : **3**

**Comprehension:**

**Read the following passage and answer the questions :**

The stock-taking done at the first national convention on Consumer Protection served to highlight the areas that called for special attention to sustain the momentum of the movement as genuine forum for safeguarding the people's interests. Spreading awareness about the rights of the consumers and the relief open to them in case they did not get their money's worth of goods and services has rightly been identified as the first priority.

While this may not be a difficult task in urban areas, where the movement is concentrated at present, taking it to the vast rural hinterland calls for a multi-media approach in which radio and television have a crucial role to play. The involvement of the 500-odd consumer organizations in the country in publicising the concept of fair trade practices and the remedies available against their violation will prove rewarding, if the message is conveyed through village bodies. Government efforts remain confined at best to setting up the infrastructure after the formal launch of the movement with the enactment of the Consumer Protection Act. The mounting backlog of cases in consumer courts, points to the need for toning up the district level redressal machinery.

**SubQuestion No : 46**

**Q.46**

**Ensuring consumer Protection in rural areas requires :**

- (1) Establishing rural courts
- (2) Use of different media
- (3) Increasing lok-adalats
- (4) Empowering the Panchayats

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913552**

Option 1 ID : **42558952752**

Option 2 ID : **42558952753**

Option 3 ID : **42558952754**

Option 4 ID : **42558952755**

Status : **Answered**

Chosen Option : **2**

**Comprehension:**

Read the following passage and answer the questions :

The stock-taking done at the first national convention on Consumer Protection served to highlight the areas that called for special attention to sustain the momentum of the movement as genuine forum for safeguarding the people's interests. Spreading awareness about the rights of the consumers and the relief open to them in case they did not get their money's worth of goods and services has rightly been identified as the first priority.

While this may not be a difficult task in urban areas, where the movement is concentrated at present, taking it to the vast rural hinterland calls for a multi-media approach in which radio and television have a crucial role to play. The involvement of the 500-odd consumer organizations in the country in publicising the concept of fair trade practices and the remedies available against their violation will prove rewarding, if the message is conveyed through village bodies. Government efforts remain confined at best to setting up the infrastructure after the formal launch of the movement with the enactment of the Consumer Protection Act. The mounting backlog of cases in consumer courts, points to the need for toning up the district level redressal machinery.

**SubQuestion No : 47****Q.47**

Government contributed to the consumer protection movement by :

- (1) toning up a district level machinery
- (2) cleaning the backlog cases in the consumer court
- (3) setting up requisite infrastructure
- (4) enactment of the consumer protection Act

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**Question ID : **42558913550**Option 1 ID : **42558952744**Option 2 ID : **42558952745**Option 3 ID : **42558952746**Option 4 ID : **42558952747**Status : **Answered**Chosen Option : **4**

**Comprehension:**

Read the following passage and answer the questions :

The stock-taking done at the first national convention on Consumer Protection served to highlight the areas that called for special attention to sustain the momentum of the movement as genuine forum for safeguarding the people's interests. Spreading awareness about the rights of the consumers and the relief open to them in case they did not get their money's worth of goods and services has rightly been identified as the first priority.

While this may not be a difficult task in urban areas, where the movement is concentrated at present, taking it to the vast rural hinterland calls for a multi-media approach in which radio and television have a crucial role to play. The involvement of the 500-odd consumer organizations in the country in publicising the concept of fair trade practices and the remedies available against their violation will prove rewarding, if the message is conveyed through village bodies. Government efforts remain confined at best to setting up the infrastructure after the formal launch of the movement with the enactment of the Consumer Protection Act. The mounting backlog of cases in consumer courts, points to the need for toning up the district level redressal machinery.

**SubQuestion No : 48**

**Q.48** The first national convention on consumer protection has :

- (1) highlighted the areas of special attention
- (2) spread awareness about the consumer rights
- (3) provided guidelines to do away with the substandard products
- (4) criticised the Govt. apathy towards bringing awareness among the consumers

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913548**

Option 1 ID : **42558952736**

Option 2 ID : **42558952737**

Option 3 ID : **42558952738**

Option 4 ID : **42558952739**

Status : **Answered**

Chosen Option : **1**

**Comprehension:**

Read the following passage and answer the questions :

The stock-taking done at the first national convention on Consumer Protection served to highlight the areas that called for special attention to sustain the momentum of the movement as genuine forum for safeguarding the people's interests. Spreading awareness about the rights of the consumers and the relief open to them in case they did not get their money's worth of goods and services has rightly been identified as the first priority.

While this may not be a difficult task in urban areas, where the movement is concentrated at present, taking it to the vast rural hinterland calls for a multi-media approach in which radio and television have a crucial role to play. The involvement of the 500-odd consumer organizations in the country in publicising the concept of fair trade practices and the remedies available against their violation will prove rewarding, if the message is conveyed through village bodies. Government efforts remain confined at best to setting up the infrastructure after the formal launch of the movement with the enactment of the Consumer Protection Act. The mounting backlog of cases in consumer courts, points to the need for toning up the district level redressal machinery.

**SubQuestion No : 49**

**Q.49** What, according to the author, will prove rewarding with reference to consumer protection ?

- (1) Remedies against the violation of fair trade practices
- (2) Setting up more and more Lok Adalats
- (3) Weekly campaign for bringing awareness
- (4) Rigorous punishment to the erring officials

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913551**

Option 1 ID : **42558952748**

Option 2 ID : **42558952749**

Option 3 ID : **42558952750**

Option 4 ID : **42558952751**

Status : **Answered**

Chosen Option : **1**

**Comprehension:**

Read the following passage and answer the questions :

The stock-taking done at the first national convention on Consumer Protection served to highlight the areas that called for special attention to sustain the momentum of the movement as genuine forum for safeguarding the people's interests. Spreading awareness about the rights of the consumers and the relief open to them in case they did not get their money's worth of goods and services has rightly been identified as the first priority.

While this may not be a difficult task in urban areas, where the movement is concentrated at present, taking it to the vast rural hinterland calls for a multi-media approach in which radio and television have a crucial role to play. The involvement of the 500-odd consumer organizations in the country in publicising the concept of fair trade practices and the remedies available against their violation will prove rewarding, if the message is conveyed through village bodies. Government efforts remain confined at best to setting up the infrastructure after the formal launch of the movement with the enactment of the Consumer Protection Act. The mounting backlog of cases in consumer courts, points to the need for toning up the district level redressal machinery.

**SubQuestion No : 50**

**Q.50** For bringing awareness among the consumers, whose role, according to the author, is more crucial ?

- (1) Religious scriptures
- (2) Radio and television
- (3) Newspapers and textbooks
- (4) Heads of the villages or sarpanch

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913549**

Option 1 ID : **42558952740**

Option 2 ID : **42558952741**

Option 3 ID : **42558952742**

Option 4 ID : **42558952743**

Status : **Answered**

Chosen Option : **2**

**Section : Physical Education**

**Q.51** Physical Educators (McCloy & Young 1954) call \_\_\_\_\_ as "agility that does not involves running"

1. Dynamic Flexibility
2. Static Flexibility
3. Quickness
4. Balance

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913624**

Option 1 ID : **42558953040**

Option 2 ID : **42558953041**

Option 3 ID : **42558953042**

Option 4 ID : **42558953043**

Status : **Answered**

Chosen Option : **3**

Q.52 \_\_\_\_\_ are the primary source of blood supply to the heart muscles?

1. Coronary Arteries

2. Pulmonary Arteries

3. Renel Arteries

4. Carotid Arteries

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913562

Option 1 ID : 42558952792

Option 2 ID : 42558952793

Option 3 ID : 42558952794

Option 4 ID : 42558952795

Status : Answered

Chosen Option : 1

Q.53 Which of the following Index is NOT used for the assessment of obesity?

1. Body Mass Index

2. Ponderal Index

3. Brocca Index

4. Relative Autonomy Index

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913600

Option 1 ID : 42558952944

Option 2 ID : 42558952945

Option 3 ID : 42558952946

Option 4 ID : 42558952947

Status : Answered

Chosen Option : 3

**Q.54** International Olympic Committee (IOC) officially approved in 2021 Olympic motto is Citius, Altius, Fortius, \_\_\_\_\_ :

1. Suburbanite
2. Commuter
3. Communiter
4. Combination

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913555**

Option 1 ID : **42558952764**

Option 2 ID : **42558952765**

Option 3 ID : **42558952766**

Option 4 ID : **42558952767**

Status : **Answered**

Chosen Option : **1**

**Q.55** Which of the following dimension of Sports promotion involves working with business to generate added revenue for sports programme?

1. Manager
2. Corporate Partner
3. Athlete
4. Governing Body

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913635**

Option 1 ID : **42558953084**

Option 2 ID : **42558953085**

Option 3 ID : **42558953086**

Option 4 ID : **42558953087**

Status : **Answered**

Chosen Option : **2**

- Q.56 Primary dimension of organisational structure involves;
- A. Marketing
  - B. Departmentalisation
  - C. Work Specialisation
  - D. Span of Control
  - E. Advertising
- Choose the correct answer from the options given below:

1. B, C, D Only

2. A, B, C Only

3. C, D, E Only

4. A, D, E Only

- Options 1. 1  
2. 2  
3. 3  
4. 4

Question Type : **MCQ**  
Question ID : **42558913639**  
Option 1 ID : **42558953100**  
Option 2 ID : **42558953101**  
Option 3 ID : **42558953102**  
Option 4 ID : **42558953103**  
Status : **Answered**  
Chosen Option : **1**

- Q.57 Inclination of a rater to consider behaviours to be more nearly the same when they are united close together on a scale than when they are separated by some distance refers to:
- 1. Observer Bias Error
  - 2. Type-I Error
  - 3. Proximity Error
  - 4. Scaled Error

- Options 1. 1  
2. 2  
3. 3  
4. 4

Question Type : **MCQ**  
Question ID : **42558913617**  
Option 1 ID : **42558953012**  
Option 2 ID : **42558953013**  
Option 3 ID : **42558953014**  
Option 4 ID : **42558953015**  
Status : **Answered**  
Chosen Option : **3**

Q.58 A vector is defined by its;

- A. Speed
- B. Magnitude
- C. Distance
- D. Direction
- E. Displacement

Choose the correct answer from the options given below:

- 1. B, C, D Only
- 2. B, D, E Only
- 3. A, B, E Only
- 4. A, B, C Only

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913573**

Option 1 ID : **42558952836**

Option 2 ID : **42558952837**

Option 3 ID : **42558952838**

Option 4 ID : **42558952839**

Status : **Answered**

Chosen Option : **1**

Q.59 Key aspects of directing effective physical education and sports program in Institutions includes:

- A. Defined chain of commands
- B. Authoritarian Approach
- C. Clarity of Delegation
- D. Advertising
- E. Fixed Responsibilities

Choose the most appropriate answer from the options given below:

- 1. A, B, C Only
- 2. B, C, D Only
- 3. B, C, E Only
- 4. A, C, E Only

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913640**

Option 1 ID : **42558953104**

Option 2 ID : **42558953105**

Option 3 ID : **42558953106**

Option 4 ID : **42558953107**

Status : **Answered**

Chosen Option : **1**

**Q.60** Which one of the following sport event management functions is described as the “Nuts and Bolts” of an event?

1. Registration
2. Volunteer Management
3. Hospitality
4. Tournament Operation

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913633**

Option 1 ID : **42558953076**

Option 2 ID : **42558953077**

Option 3 ID : **42558953078**

Option 4 ID : **42558953079**

Status : **Answered**

Chosen Option : **2**

**Q.61** Which of the following test aim to judge the playing ability of potential varsity basketball players using peer evaluations?

1. Harrison Basketball Battery
2. Antrim Basketball Skill Test
3. Mitchell Balloting Scale
4. Stubbs Ball Handling Test

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913626**

Option 1 ID : **42558953048**

Option 2 ID : **42558953049**

Option 3 ID : **42558953050**

Option 4 ID : **42558953051**

Status : **Answered**

Chosen Option : **2**

**Q.62** Which of the following is also known as the direct source of energy for muscular contraction?

1. Phospho-creatine
2. Glycogen
3. Adenosine Triphosphate
4. Calcium Ions

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913561**

Option 1 ID : **42558952788**

Option 2 ID : **42558952789**

Option 3 ID : **42558952790**

Option 4 ID : **42558952791**

Status : **Answered**

Chosen Option : **2**

**Q.63** Which of the following are the objectives of physical education program at foundation stage of School Physical Education Program.

- A. Development of Spatial Awareness
- B. Development of Gross Motor Skills
- C. Development of Fine Motor Skills
- D. Development of Leadership Skills

E. Development of Sports Specific Skills

Choose the correct answer from the options given below:

- 1. B, C, D Only
- 2. C, D, E Only
- 3. A, C, D Only
- 4. A, B, C Only

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913594**

Option 1 ID : **42558952920**

Option 2 ID : **42558952921**

Option 3 ID : **42558952922**

Option 4 ID : **42558952923**

Status : **Answered**

Chosen Option : **3**

**Q.64** Establishing the age or Authorship of documents comes under:

- 1. External Criticism
- 2. Internal Criticism
- 3. Experimental Research
- 4. Descriptive Research

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913616**

Option 1 ID : **42558953008**

Option 2 ID : **42558953009**

Option 3 ID : **42558953010**

Option 4 ID : **42558953011**

Status : **Answered**

Chosen Option : **1**

Q.65 Match List I with List II

List I	List II
A. L.C.P.E , Gwalior	I. 1914
B. H.V.P.M, Amravati	II. 1920
C. National Sports University, Imphal	III. 1957
D. Y.M.C.A, Madras	IV. 2018

Choose the correct answer from the options given below:

1. A-III, B-IV, C-I, D-II
2. A-III, B-I, C-II, D-IV
3. A-III, B-I, C-IV, D-II
4. A-III, B-II, C-I, D-IV

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913596

Option 1 ID : 42558952928

Option 2 ID : 42558952929

Option 3 ID : 42558952930

Option 4 ID : 42558952931

Status : Answered

Chosen Option : 3

Q.66 Which of the following health risks are associated with high altitude training?

- A. Hyperthermia
- B. Pulmonary Edema
- C. Frost Bite
- D. Hypoxia
- E. Cerebral Edema

Choose the correct answer from the options given below:

1. B, D, E Only
2. A, B, D Only
3. B, C, D Only
4. A, D, E Only

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913565

Option 1 ID : 42558952804

Option 2 ID : 42558952805

Option 3 ID : 42558952806

Option 4 ID : 42558952807

Status : Answered

Chosen Option : 2

**Q.67** Match List I with List II

List I	List II
A. Objects seems bigger or slower as they move towards or Away from the camera	I. Parallel axes theorem
B. Objects size and shape seems to change as it moves across the camera	II. Radius of gyration
C. Total Inertia	III. Perspective error
D. Distribution of mass relative to the centre of rotation	IV. Parallax error

Choose the correct answer from the options given below:

1. A-IV, B-III, C-I, D-II
2. A-III, B-IV, C-II, D-I
3. A-III, B-IV, C-I, D-II
4. A-IV, B-III, C-II, D-I

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913576**

Option 1 ID : **42558952848**

Option 2 ID : **42558952849**

Option 3 ID : **42558952850**

Option 4 ID : **42558952851**

Status : **Answered**

Chosen Option : **1**

**Q.68** Which of the following group of disorders in female athlete is termed as "Female Athlete Triad"?

1. Amenorrhea, Hormonal imbalance and Osteoporosis
2. Disordered Eating, Low Energy availability and Low Bone Density
3. Irregular Mensuration, Low Estrogen Level and Disordered Eating
4. Amenorrhea, Osteoporosis and Disordered Eating

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913559**

Option 1 ID : **42558952780**

Option 2 ID : **42558952781**

Option 3 ID : **42558952782**

Option 4 ID : **42558952783**

Status : **Answered**

Chosen Option : **3**

Q.69 Match List I with List II

Terms List I	Explanation List II
A. Meta Physics	I. Explores the nature of beauty art and taste
B. Axiology	II. An inquiry into the ultimate reality
C. Epistemology	III. Study of values and the nature of value judgement
D. Aesthetics	IV. Exposition of truth

Choose the correct answer from the options given below:

1. A-III, B-IV, C-I, D-II
2. A-III, B-I, C-IV, D-II
3. A-II, B-III, C-I, D-IV
4. A-II, B-III, C-IV, D-I

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913558**

Option 1 ID : **42558952776**

Option 2 ID : **42558952777**

Option 3 ID : **42558952778**

Option 4 ID : **42558952779**

Status : **Answered**

Chosen Option : **3**

Q.70

Match List I with List II

List I	List II
A. Assigning responsibilities	I. Recruitment
B. Reporting system	II. Planning
C. Staffing	III. Directing
D. Forecasting	IV. Controlling

Choose the correct answer from the options given below:

1. A-III, B-IV, C-I, D-II
2. A-I, B-III, C-IV, D-II
3. A-IV, B-II, C-I, D-III
4. A-II, B-IV, C-III, D-I

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 42558913641

Option 1 ID : 42558953108

Option 2 ID : 42558953109

Option 3 ID : 42558953110

Option 4 ID : 42558953111

Status : Answered

Chosen Option : 3

Q.71

\_\_\_\_\_ was the first to propose a system for classifying students on their age and size dimensions into homogenous groups for instruction.

1. Larson and Yocom
2. Metheny
3. McCloy
4. Gire & Espenshade

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 42558913625

Option 1 ID : 42558953044

Option 2 ID : 42558953045

Option 3 ID : 42558953046

Option 4 ID : 42558953047

Status : Answered

Chosen Option : 3

Q.72

What three test items does the Hicks Batminton Test measure?

- A. Drop
- B. Clear
- C. Lob
- D. Smash
- E. Strategy

Choose the correct answer from the options given below:

- 1. A, C, D Only
- 2. A, B, D Only
- 3. B, C, E Only
- 4. B, D, E Only

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**Question ID : **42558913629**Option 1 ID : **42558953060**Option 2 ID : **42558953061**Option 3 ID : **42558953062**Option 4 ID : **42558953063**Status : **Answered**Chosen Option : **2**

- Q.73** Arrange the following events of sensory – Motor Integration in a correct sequence.
- The CNS interprets in sensory information and reflexively initiate a motor response
  - The motor action potential is transmitted to muscle and response occurs
  - The Sensory action potential is transmitted along sensory neurons to CNS
  - A Sensory stimulus is received by sensory receptors
  - The action potential for the response is transmitted from CNS along alpha motor neurons

Choose the correct answer from the options given below:

- C, D, A, E, B
- D, C, A, E, B
- E, C, D, A, B
- D, A, C, B, E

Options 1. 1

- 2
- 3
- 4

Question Type : **MCQ**  
 Question ID : **42558913564**  
 Option 1 ID : **42558952800**  
 Option 2 ID : **42558952801**  
 Option 3 ID : **42558952802**  
 Option 4 ID : **42558952803**  
 Status : **Answered**  
 Chosen Option : **2**

- Q.74** While recording the training plan the coach must record the exercises, number of sets, number of repetitions and training load as follows:

- $\frac{\% \text{ of IRM}}{\text{Session}} \times \text{Sets}$
- $\frac{\% \text{ of IRM}}{\text{Sets}} \times \text{Session}$
- $\frac{\% \text{ of IRM} \times \text{Sets}}{\text{number of repetition}}$
- $\frac{\% \text{ of IRM}}{\text{number of repetition}} \times \text{sets}$

Options 1. 1

- 2
- 3
- 4

Question Type : **MCQ**  
 Question ID : **42558913608**  
 Option 1 ID : **42558952976**  
 Option 2 ID : **42558952977**  
 Option 3 ID : **42558952978**  
 Option 4 ID : **42558952979**  
 Status : **Answered**  
 Chosen Option : **3**

**Q.75** Select the organization which regulates Physical Education Teacher Education program in India?

1. A. I. C. T.E
2. N.C.T.E
3. N.A.A.C
4. U.G.C

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913590**

Option 1 ID : **42558952904**

Option 2 ID : **42558952905**

Option 3 ID : **42558952906**

Option 4 ID : **42558952907**

Status : **Answered**

Chosen Option : **2**

**Q.76** Which of the following components are used to calculate the training load?

- A. Intensity of load
- B. Density of Load
- C. Training and Competition
- D. Frequency of Load
- E. Training and performance

Choose the correct answer from the options given below:

1. A, B, E Only
2. A, B, D Only
3. A, C, E Only
4. A, B, C Only

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913612**

Option 1 ID : **42558952992**

Option 2 ID : **42558952993**

Option 3 ID : **42558952994**

Option 4 ID : **42558952995**

Status : **Answered**

Chosen Option : **2**

Q.77 Which of the following to be avoided while giving First Aid for Burns?

1. Applying Ice
2. Removing Restricted items from body
3. Covering the burn
4. Providing pain relief medication

- Options
1. 1
  2. 2
  3. 3
  4. 4

Question Type : **MCQ**  
Question ID : **42558913597**  
Option 1 ID : **42558952932**  
Option 2 ID : **42558952933**  
Option 3 ID : **42558952934**  
Option 4 ID : **42558952935**  
Status : **Answered**  
Chosen Option : **3**

Q.78 Arrange the following in correct sequential order of duties after testing:

- A. Converting raw scores
- B. Collecting score cards
- C. Constructing norms and Interpreting results
- D. Using results and the follow-up
- E. Comparing test results with norms and constructing a profile

Choose the correct answer from the options given below:

1. B, A, C, E, D
2. B, A, E, D, C
3. B, A, E, C, D
4. B, A, D, C, E

- Options
1. 1
  2. 2
  3. 3
  4. 4

Question Type : **MCQ**  
Question ID : **42558913628**  
Option 1 ID : **42558953056**  
Option 2 ID : **42558953057**  
Option 3 ID : **42558953058**  
Option 4 ID : **42558953059**  
Status : **Answered**  
Chosen Option : **1**

**Q.79** Match List I with List II

List I - Condition	List II- Explanation
A. Bradycardia	I. Resting Heart Rate > 60 bpm
B. Atherosclerosis	II. Temporary deficiency in blood supply in a particular body part
C. Ischemia	III. Irregular heart beat
D. Arrhythmia	IV. Progressive narrowing of Arteries

Choose the correct answer from the options given below:

1. A-III, B-I, C-IV, D-II
2. A-I, B-IV, C-II, D-III
3. A-III, B-IV, C-II, D-I
4. A-I, B-III, C-II, D-IV

**Options**

1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913568**

Option 1 ID : **42558952816**

Option 2 ID : **42558952817**

Option 3 ID : **42558952818**

Option 4 ID : **42558952819**

Status : **Answered**

Chosen Option : **1**

**Q.80** Arrange in proper sequence the basic steps of conducting a Randomized controlled trials for treatment and prevention of disease

- A. Randomization
- B. Manipulation or Intervention
- C. Drawing up a protocol
- D. Selecting Reference and Population for trial
- E. Follow-up and assessment of outcome

Choose the correct answer from the options given below:

1. C, D, A, B, E
2. A, C, D, B, E
3. C, A, D, E, B
4. D, C, A, B, E

**Options**

1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913601**

Option 1 ID : **42558952948**

Option 2 ID : **42558952949**

Option 3 ID : **42558952950**

Option 4 ID : **42558952951**

Status : **Answered**

Chosen Option : **1**

Q.81 The causes of fatigue are \_\_\_\_\_.

- A. Phospho Creatine depletion
- B. Decrease in Hydrogen Ion level
- C. Decrease in body core temperature
- D. Glycogen depletion
- E. Accumulation of lactic acid

Choose the most appropriate answer from the options given below:

- 1. A, B, E Only
- 2. A, D, E Only
- 3. B, D, E Only
- 4. B, C, E Only

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913566**

Option 1 ID : **42558952808**

Option 2 ID : **42558952809**

Option 3 ID : **42558952810**

Option 4 ID : **42558952811**

Status : **Answered**

Chosen Option : **2**

Q.82

Match List I with List II

List I- Component	List II- Location
A. Myelin Sheath	I. Muscle cell
B. Troponin and Tropomyosin	II. Brain
C. Basal Ganglia	III. Axon
D. Sarcolemma	IV. Actin Filaments

Choose the correct answer from the options given below:

1. A-IV, B-II, C-I, D-III
2. A-III, B-II, C-IV, D-I
3. A-IV, B-III, C-I, D-II
4. A-III, B-IV, C-II, D-I

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913567

Option 1 ID : 42558952812

Option 2 ID : 42558952813

Option 3 ID : 42558952814

Option 4 ID : 42558952815

Status : Answered

Chosen Option : 4

**Q.83** Find the key words from the definition of personality as “consistent ways in which behaviour of one person differs from that of others, especially in social situations”

- A. Stable
- B. Unique
- C. Group
- D. Competition
- E. Training

Choose the correct answer from the options given below:

- 1. B, C, D Only
- 2. A, B, C Only
- 3. B, C, E Only
- 4. A, B, E Only

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913584**

Option 1 ID : **42558952880**

Option 2 ID : **42558952881**

Option 3 ID : **42558952882**

Option 4 ID : **42558952883**

Status : **Answered**

Chosen Option : **1**

**Q.84** According to NEP-2020, the school curriculum framework 5-3-3-4 refers to:

- 1. Preparatory Stage, Foundation Stage, Middle Stage, Secondary Stage
- 2. Foundation Stage, Preparatory Stage, Middle Stage, Senior Secondary Stage
- 3. Preparatory Stage, Middle Stage, Secondary Stage, Senior Secondary Stage
- 4. Foundation Stage, Preparatory Stage, Middle Stage, Secondary Stage

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913589**

Option 1 ID : **42558952900**

Option 2 ID : **42558952901**

Option 3 ID : **42558952902**

Option 4 ID : **42558952903**

Status : **Answered**

Chosen Option : **4**

**Q.85** Which is the following discipline in physical education is concerned with preparing teachers to provide services for individuals with disabilities.

1. Sports Medicine
2. Sports Management
3. Adapted Physical Education
4. Sports Sociology

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913588**

Option 1 ID : **42558952896**

Option 2 ID : **42558952897**

Option 3 ID : **42558952898**

Option 4 ID : **42558952899**

Status : **Answered**

Chosen Option : **1**

**Q.86** The important characteristics of force are;

- A. Centre of gravity
- B. Point of application
- C. Line of application
- D. Base of support
- E. Force sense

Choose the most appropriate answer from the options given below:

1. A, C, D Only
2. B, C, D Only
3. B, C, E Only
4. A, D, E Only

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913575**

Option 1 ID : **42558952844**

Option 2 ID : **42558952845**

Option 3 ID : **42558952846**

Option 4 ID : **42558952847**

Status : **Answered**

Chosen Option : **2**

**Q.87** Match List I with List II

List I	List II
A. Walking	I. Propelling oneself forward by alternatively setting each foot on the ground
B. Running	II. Propelling oneself upward off the ground by using muscles in Own legs
C. Jumping	III. Propelling an object using one's arm or hand
D. Throwing	IV. Propelling oneself forward by moving both feet rapidly and continuously

Choose the correct answer from the options given below:

1. A-IV, B-I, C-II, D-III
2. A-I, B-IV, C-III, D-II
3. A-I, B-IV, C-II, D-III
4. A-IV, B-I, C-III, D-II

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913577**

Option 1 ID : **42558952852**

Option 2 ID : **42558952853**

Option 3 ID : **42558952854**

Option 4 ID : **42558952855**

Status : **Answered**

Chosen Option : **3**

**Q.88** According to \_\_\_\_ theory if enough related test are given, some of them will be measures of the skill in question

1. Motor Integration theory
2. Dynamic action theory
3. Action theory
4. Buck shot theory

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913623**

Option 1 ID : **42558953036**

Option 2 ID : **42558953037**

Option 3 ID : **42558953038**

Option 4 ID : **42558953039**

Status : **Answered**

Chosen Option : **4**

**Q.89** In Sports Psychology, the hypothesis that exercise encourages and generates positive thoughts and feelings that serve to counteract negative mood states is referred as:

1. Social Interaction Hypothesis
2. Distraction Hypothesis
3. Endorphin Hypothesis
4. Cognitive Behavioral Hypothesis

- Options**
1. 1
  2. 2
  3. 3
  4. 4

Question Type : **MCQ**  
 Question ID : **42558913579**  
 Option 1 ID : **42558952860**  
 Option 2 ID : **42558952861**  
 Option 3 ID : **42558952862**  
 Option 4 ID : **42558952863**  
 Status : **Answered**  
 Chosen Option : **4**

**Q.90** Match List I with List II

List I	List II
A. Task cohesion	I. Applied Sports Psychology
B. Trait	II. Ethics
C. Bruce Ogilvie	III. Personality
D. Client Consent	IV. Group Dynamics

Choose the correct answer from the options given below :

1. A-I, B-II, C-III, D-IV
2. A-II, B-I, C-III, D-IV
3. A-III, B-IV, C-II, D-I
4. A-IV, B-III, C-I, D-II

- Options**
1. 1
  2. 2
  3. 3
  4. 4

Question Type : **MCQ**  
 Question ID : **42558913586**  
 Option 1 ID : **42558952888**  
 Option 2 ID : **42558952889**  
 Option 3 ID : **42558952890**  
 Option 4 ID : **42558952891**  
 Status : **Answered**  
 Chosen Option : **4**

**Q.91** \_\_\_\_\_ is the development of maximal force in minimal time, typically used as an index of explosive strength

1. Stretch Shortening Cycle (SSC)
2. Rate of Force Development (RFD)
3. Ratings of Perceived Exertion (RPE)
4. General Adaptation Syndrome (GAS)

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913607**

Option 1 ID : **42558952972**

Option 2 ID : **42558952973**

Option 3 ID : **42558952974**

Option 4 ID : **42558952975**

Status : **Answered**

Chosen Option : **1**

**Q.92** Rolling friction is influenced by;

- A. Normal reaction force
- B. Coefficient of restitution
- C. Radius of rolling object
- D. Centripetal and Centrifugal forces
- E. Deformation of the surfaces and their coefficient of friction

Choose the correct answer from the options given below:

1. B, D, E Only
2. A, C, D Only
3. A, C, E Only
4. B, C, D Only

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913574**

Option 1 ID : **42558952840**

Option 2 ID : **42558952841**

Option 3 ID : **42558952842**

Option 4 ID : **42558952843**

Status : **Answered**

Chosen Option : **3**

Q.93 Which of the following are water borne disease?

- A. Hepatitis A
- B. Bronchitis
- C. Amoebiasis
- D. Typhoid
- E. Emphysema

Choose the correct answer from the options given below:

- 1. B, C, D Only
- 2. A, C, D Only
- 3. A, B, E Only
- 4. C, D, E Only

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : MCQ

Question ID : 42558913604

Option 1 ID : 42558952960

Option 2 ID : 42558952961

Option 3 ID : 42558952962

Option 4 ID : 42558952963

Status : Answered

Chosen Option : 2

Q.94 According to Muska Mosston's anatomy of teaching style, Guided Discovery style comprises of:

- 1. Teacher Centered decision
- 2. Combined approach of teacher and student-centered decision
- 3. Student centered decision
- 4. Evaluation centered design

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : MCQ

Question ID : 42558913591

Option 1 ID : 42558952908

Option 2 ID : 42558952909

Option 3 ID : 42558952910

Option 4 ID : 42558952911

Status : Answered

Chosen Option : 3

**Q.95** A theory of arousal that results in sudden and sharp decline in performance is referred as:

1. Inverted-U Theory
2. Multi-dimensional Theory
3. Catastrophe Theory
4. Reversal Theory

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913581**

Option 1 ID : **42558952868**

Option 2 ID : **42558952869**

Option 3 ID : **42558952870**

Option 4 ID : **42558952871**

Status : **Answered**

Chosen Option : **1**

**Q.96** If the runners speed at the 10m mark is  $5.9 \text{ m.s}^{-1}$  and it took 1.8s to get there, then the average acceleration would be:

1.  $5.5 \text{ m.s}^{-2}$
2.  $5.3 \text{ m.s}^{-2}$
3.  $3.5 \text{ m.s}^{-2}$
4.  $3.3 \text{ m.s}^{-2}$

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913572**

Option 1 ID : **42558952832**

Option 2 ID : **42558952833**

Option 3 ID : **42558952834**

Option 4 ID : **42558952835**

Status : **Answered**

Chosen Option : **1**

Q.97 Which of the following terms are associated with cohort studies ?

- A. Follow-up studies
- B. Exploratory studies
- C. Prospective studies
- D. Case studies
- E. Longitudinal studies

Choose the correct answer from the options given below:

- 1. A, C, E Only
- 2. A, B, D Only
- 3. B, D, E Only
- 4. B, C, E Only

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**  
Question ID : **42558913620**  
Option 1 ID : **42558953024**  
Option 2 ID : **42558953025**  
Option 3 ID : **42558953026**  
Option 4 ID : **42558953027**  
Status : **Answered**  
Chosen Option : **3**

Q.98 In which of the following training, athlete complete a combination of task of some added resistance, some assisted and then under normal conditions:

- 1. Complex Training
- 2. Cross Training
- 3. Contrast Training
- 4. Continuous Training

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**  
Question ID : **42558913609**  
Option 1 ID : **42558952980**  
Option 2 ID : **42558952981**  
Option 3 ID : **42558952982**  
Option 4 ID : **42558952983**  
Status : **Answered**  
Chosen Option : **4**

Q.99

Match List I with List II

List I	List II
A. Indoor Sports Facility	I. Appraisal
B. Financial Management	II. Image
C. Public Relations	III. Auditing
D. Personnel Management	IV. Arena

Choose the correct answer from the options given below:

1. A-IV, B-III, C-II, D-I
2. A-III, B-IV, C-I, D-II
3. A-IV, B-I, C-II, D-III
4. A-II, B-III, C-I, D-IV

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913642

Option 1 ID : 42558953112

Option 2 ID : 42558953113

Option 3 ID : 42558953114

Option 4 ID : 42558953115

Status : Answered

Chosen Option : 1

**Q.100** Which of the following is NOT recommended by the School Health Committee for Mid-day Meal program?

1. It should be based on "No Profit No Loss" basis
2. It should provide atleast one energy drink on daily basis
3. It should provide one-third of daily calorie requirement
4. It should provide half of daily protein requirement

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913598**

Option 1 ID : **42558952936**

Option 2 ID : **42558952937**

Option 3 ID : **42558952938**

Option 4 ID : **42558952939**

Status : **Answered**

Chosen Option : **4**

**Q.101** A study in which either the quantitative or qualitative component goes first and then is followed by the other component is known as:

1. Parallel Mixed Method
2. Sequential Mixed Method
3. Concurrent Method
4. Narrative Method

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913615**

Option 1 ID : **42558953004**

Option 2 ID : **42558953005**

Option 3 ID : **42558953006**

Option 4 ID : **42558953007**

Status : **Answered**

Chosen Option : **3**

**Q.102** Which of the following is called basic functional unit of a Skeletal Muscle?

1. Sarcomere
2. Sarcoplasmic Reticulum
3. Actin Filaments
4. Myosin Filaments

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913560**

Option 1 ID : **42558952784**

Option 2 ID : **42558952785**

Option 3 ID : **42558952786**

Option 4 ID : **42558952787**

Status : **Answered**

Chosen Option : **3**

**Q.103** If an object is projected from a point higher than landing then the optimum projection angle will be:

1. less than the object is projected from the ground
2. greater than the object is projected from the ground
3. the same as the object is projected from the ground
4. not the same as the object is projected from the ground

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913570**

Option 1 ID : **42558952824**

Option 2 ID : **42558952825**

Option 3 ID : **42558952826**

Option 4 ID : **42558952827**

Status : **Answered**

Chosen Option : **3**

Q.104 The process of evaluation comprises of:

- A. Collecting suitable data
- B. Judging the values of data
- C. Generalisation
- D. Making decision based on data
- E. Establish results

Choose the correct answer from the options given below:

- 1. A, C, E Only
- 2. A, B, E Only
- 3. B, C, D Only
- 4. A, B, D Only

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913630**

Option 1 ID : **42558953064**

Option 2 ID : **42558953065**

Option 3 ID : **42558953066**

Option 4 ID : **42558953067**

Status : **Answered**

Chosen Option : **4**

Q.105 Which one of the following is the objective of a sports Psychologist:

1. To win in any condition
2. To deal with athletes only when in trouble
3. Ensure every sports participant reach his/her potential
4. Suggest medicine to overcome mental issues

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 42558913578

Option 1 ID : 42558952856

Option 2 ID : 42558952857

Option 3 ID : 42558952858

Option 4 ID : 42558952859

Status : Answered

Chosen Option : 3

Q.106 Which of the following is NOT a contraindication for Cryotherapy?

1. Raynaud's disease
2. Peripheral Vascular disease
3. Hyperthermia
4. Ischemia

Options 1. 1

2. 2
3. 3
4. 4

Question Type : MCQ

Question ID : 42558913563

Option 1 ID : 42558952796

Option 2 ID : 42558952797

Option 3 ID : 42558952798

Option 4 ID : 42558952799

Status : Answered

Chosen Option : 1

Q.107

Match List I with List II

List I	List II
A. Imagery	I. Motivation
B. Hostile and Instrumental	II. Anxiety
C. Zone of Optimal Functioning (ZoF)	III. Aggression
D. Introjected Regulation	IV. Psychological Skill Training

Choose the correct answer from the options given below:

1. A-IV, B-III, C-II, D-I
2. A-III, B-II, C-I, D-IV
3. A-IV, B-I, C-III, D-II
4. A-I, B-II, C-III, D-IV

Options

1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**Question ID : **42558913587**Option 1 ID : **42558952892**Option 2 ID : **42558952893**Option 3 ID : **42558952894**Option 4 ID : **42558952895**Status : **Answered**Chosen Option : **1**

Q.108

Match List I with List II

Component List I	Formulae List II
A. Relative Density	I. $\frac{\sum(\text{Partial intensity} \times \text{Volume of exercises})}{\sum(\text{Volume of exercises})}$
B. Index of Overall Demand	II. $\frac{OI \times AD \times AV}{10,000}$
C. Overall Intensity	III. $\frac{\text{Absolute volume} \times 100}{\text{Relative Volume}}$
D. Partial Intensity	IV. $\frac{HR_p \times 100}{HR \text{ max}}$

Choose the correct answer from the options given below:

1. A-III, B-IV, C-I, D-II
2. A-III, B-II, C-I, D-IV
3. A-III, B-IV, C-II, D-I
4. A-III, B-II, C-IV, D-I

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913613

Option 1 ID : 42558952996

Option 2 ID : 42558952997

Option 3 ID : 42558952998

Option 4 ID : 42558952999

Status : Answered

Chosen Option : 2

**Q.109** Identify the correct sequential order of steps for developing a sample design

- A. Parameters of Interest
- B. Budgetary Constraint
- C. Type of Universe & Sampling Unit
- D. Sampling Procedure
- E. Source list & Size of Sample

Choose the correct answer from the options given below:

- 1. E, C, B, A, D
- 2. C, E, A, D, B
- 3. C, E, A, B, D
- 4. C, E, B, A, D

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913619**

Option 1 ID : **42558953020**

Option 2 ID : **42558953021**

Option 3 ID : **42558953022**

Option 4 ID : **42558953023**

Status : **Answered**

Chosen Option : **3**

**Q.110** \_\_\_\_\_ is a range of values within which the analyst can declare, with same confidence, the population parameters lies

- 1. Interval Estimate
- 2. Point Estimate
- 3. Population Estimate
- 4. Declarative Estimate

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913614**

Option 1 ID : **42558953000**

Option 2 ID : **42558953001**

Option 3 ID : **42558953002**

Option 4 ID : **42558953003**

Status : **Answered**

Chosen Option : **4**

Q.111

Recreation theory was proposed by

1. G. Stanley Hall
2. Karl Groos
3. Friedrich Schiller
4. Moritz Lazarus & Patrick

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**Question ID : **42558913553**Option 1 ID : **42558952756**Option 2 ID : **42558952757**Option 3 ID : **42558952758**Option 4 ID : **42558952759**Status : **Answered**Chosen Option : **4**

Q.112

If a women's weight is 556N, the surface area of the spike heel is  $4\text{cm}^2$ , and the surface area of the court shoe is  $175\text{cm}^2$ , how much pressure is exerted by each shoe?

1.  $139\text{ N/cm}^2$  &  $3.18\text{ N/cm}^2$
2.  $135\text{ N/cm}^2$  &  $3.05\text{ N/cm}^2$
3.  $130\text{ N/cm}^2$  &  $2.95\text{ N/cm}^2$
4.  $138\text{ N/cm}^2$  &  $3.10\text{ N/cm}^2$

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**Question ID : **42558913571**Option 1 ID : **42558952828**Option 2 ID : **42558952829**Option 3 ID : **42558952830**Option 4 ID : **42558952831**Status : **Answered**Chosen Option : **2**

**Q.113** List the correct sequence of human resource Management in sports organisation:

- A. Recruitment
- B. Training and Development
- C. Selection and Screening
- D. Planning
- E. Orientation and Induction

Choose the correct answer from the options given below:

- 1. A, B, C, D, E
- 2. E, D, C, B, A
- 3. C, E, B, D, A
- 4. D, A, C, E, B

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913637**

Option 1 ID : **42558953092**

Option 2 ID : **42558953093**

Option 3 ID : **42558953094**

Option 4 ID : **42558953095**

Status : **Answered**

Chosen Option : **4**

Q.114

List the correct sequence of sports event planning stages

- A. Detail plan and time scale
- B. Determine aim and objective
- C. Establish control system
- D. Formulate Policy
- E. Compile Budget

Choose the correct answer from the options given below:

- 1. E, C, B, D, A
- 2. E, A, C, B, D
- 3. B, D, E, A, C
- 4. B, E, A, C, D

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913636**

Option 1 ID : **42558953088**

Option 2 ID : **42558953089**

Option 3 ID : **42558953090**

Option 4 ID : **42558953091**

Status : **Answered**

Chosen Option : **4**

Q.115

Match List I with List II

Health Program List I	Year of Launch List II
A. Swachh Bharat Abhiyan	I. 2018
B. National AIDS Control Program	II. 2014
C. Ayushman Bharat Programme	III. 1953
D. National Malaria Control Program	IV. 1987

Choose the correct answer from the options given below:

1. A-I, B-III, C-II, D-IV
2. A-II, B-IV, C-I, D-III
3. A-IV, B-I, C-II, D-III
4. A-II, B-III, C-I, D-IV

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913605

Option 1 ID : 42558952964

Option 2 ID : 42558952965

Option 3 ID : 42558952966

Option 4 ID : 42558952967

Status : Answered

Chosen Option : 2

**Q.116** Match List I with List II

List I - Purpose	List II - Statistic
A. Comparison of two independent data points	I. Chi-Square & Kruskal-Wallis
B. Comparison of two non-independent data points	II. Cochran Q Test & Friedman analysis of variance
C. Comparison of more than two independent data points for one experimental variable	III. Chi-Square & Mann-Whitney
D. Comparison of more than two non-independent data points for one experimental variable	IV. Wilcoxin test & Sign test

Choose the correct answer from the options given below:

1. A-II, B-III, C-I, D-IV
2. A-II, B-III, C-IV, D-I
3. A-III, B-IV, C-II, D-I
4. A-III, B-IV, C-I, D-II

**Options**

1. 1
2. 2
3. 3
4. 4

Question Type : **MCQ**Question ID : **42558913622**Option 1 ID : **42558953032**Option 2 ID : **42558953033**Option 3 ID : **42558953034**Option 4 ID : **42558953035**Status : **Answered**Chosen Option : **3**

Q.117 Find the correct sequential order of learning the technique

- A. Conscious Competence
- B. Conscious incompetence
- C. Reflective Competence
- D. Unconscious Competence
- E. Unconscious incompetence

Choose the correct answer from the options given below:

1. E, B, A, D, C

2. B, E, A, D, C

3. A, D, C, B, E

4. D, A, C, B, E

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913610

Option 1 ID : 42558952984

Option 2 ID : 42558952985

Option 3 ID : 42558952986

Option 4 ID : 42558952987

Status : Answered

Chosen Option : 2

**Q.118** Arrange in correct sequence the anatomical adaptation of periodization of strength:

- A. Maintenance Phase
- B. Conversion to specific strength phase
- C. Compensation Phase
- D. Maximum Strength Phase
- E. Cessation Phase

Choose the correct answer from the options given below:

- 1. B, D, A, C, E
- 2. B, D, C, A, E
- 3. D, A, B, E, C
- 4. D, B, A, E, C

**Options**

- 1. 1
- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913611**

Option 1 ID : **42558952988**

Option 2 ID : **42558952989**

Option 3 ID : **42558952990**

Option 4 ID : **42558952991**

Status : **Answered**

Chosen Option : **2**

Q.119 Media is often considered to provide three broad functions in a society;

- A. Competition
- B. Information
- C. Relationship
- D. Education
- E. Entertainment

Choose the correct answer from the options given below:

1. B, D, E Only
2. A, B, C Only
3. B, C, D Only
4. C, D, E Only

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913638**

Option 1 ID : **42558953096**

Option 2 ID : **42558953097**

Option 3 ID : **42558953098**

Option 4 ID : **42558953099**

Status : **Answered**

Chosen Option : **1**

Q.120 Which of the following are considered as a part of True Experimental Design?

- A. Randomized Group Design
- B. One-Group Pre-Test Post- Test Design
- C. Non Equivalent control Group Design
- D. Pretest- Posttest Randomized Group Design
- E. Solomon Four Group Design

Choose the most appropriate answer from the options given below:

1. A, D, E Only
2. A, B, D Only
3. B, C, E Only
4. B, D, E Only

Options 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913621**

Option 1 ID : **42558953028**

Option 2 ID : **42558953029**

Option 3 ID : **42558953030**

Option 4 ID : **42558953031**

Status : **Answered**

Chosen Option : **2**

- Q.121** The professional preparation program should provide :
- A. Opportunities to think about the proper justification for the profession
  - B. Devotion for the profession
  - C. Incentives
  - D. Concern of the state
  - E. Loyalty for the profession

Choose the most appropriate answer from the options given below:

- 1. A, C, D Only
- 2. A, B, E Only
- 3. B, C, E Only
- 4. B, C, D Only

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913595**

Option 1 ID : **42558952924**

Option 2 ID : **42558952925**

Option 3 ID : **42558952926**

Option 4 ID : **42558952927**

Status : **Answered**

Chosen Option : **3**

**Q.122** Arrange the main steps of Health Education Planning in an appropriate sequence.

- A. Collecting information and identifying the problem
- B. Assessment of resources
- C. Deciding priorities and setting goals and objectives
- D. Monitoring and evaluating the program
- E. Preparing and Implementing plan of action

Choose the correct answer from the options given below:

- 1. A, B, C, E, D
- 2. C, A, B, E, D
- 3. A, C, B, E, D
- 4. C, B, A, D, E

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913602**

Option 1 ID : **42558952952**

Option 2 ID : **42558952953**

Option 3 ID : **42558952954**

Option 4 ID : **42558952955**

Status : **Answered**

Chosen Option : **3**

**Q.123** The ability to determine and change the position and movement of the body in time and space in relation to a definite field of action is known as \_\_\_\_\_

- 1. Coupling ability
- 2. Differentiation ability
- 3. Orientation ability
- 4. Adaptation ability

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913606**

Option 1 ID : **42558952968**

Option 2 ID : **42558952969**

Option 3 ID : **42558952970**

Option 4 ID : **42558952971**

Status : **Answered**

Chosen Option : **1**

Q.124 Which of the following uses major categories of ETS taxonomy?

- A. Remembering
- B. Application
- C. Understanding
- D. Knowledge
- E. Thinking

Choose the most appropriate answer from the options given below:

- 1. A, C, E Only
- 2. A, B, D Only
- 3. A, D, E Only
- 4. B, C, E Only

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913631**

Option 1 ID : **42558953068**

Option 2 ID : **42558953069**

Option 3 ID : **42558953070**

Option 4 ID : **42558953071**

Status : **Answered**

Chosen Option : **1**

**Q.125** List the correct sequence of Cognitive Affective Processing System (CAPS) proposed by Smith:

- A. Stimuli are encoded and represented in memory
- B. Competencies and self-regulation skills determine behavior
- C. Individual personality interacts with situation
- D. Pre- determined expectations and beliefs confer meaning on events
- E. Emotions influence behaviour

Choose the correct answer from the options given below:

- 1. A, E, B, C, D
- 2. C, A, D, E, B
- 3. A, C, E, B, D
- 4. C, B, A, E, D

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913583**

Option 1 ID : **42558952876**

Option 2 ID : **42558952877**

Option 3 ID : **42558952878**

Option 4 ID : **42558952879**

Status : **Answered**

Chosen Option : **2**

**Q.126** Sequencing the cognitive domain of learning in ascending order of complexity as suggested by Bloom (1950)

- A. Understanding
- B. Analysis
- C. Remembering
- D. Application
- E. Evaluation

Choose the correct answer from the options given below:

- 1. A, C, B, D, E
- 2. A, C, D, B, E
- 3. C, A, D, B, E
- 4. C, A, B, D, E

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913592**

Option 1 ID : **42558952912**

Option 2 ID : **42558952913**

Option 3 ID : **42558952914**

Option 4 ID : **42558952915**

Status : **Answered**

Chosen Option : **1**

Q.127

Which of the following are the zoonotic disease:

- A. Rabies
- B. Anthrax
- C. Influenza
- D. Plague
- E. Typhoid

Choose the correct answer from the options given below:

- 1. A, C, D Only
- 2. B, C, D Only
- 3. A, B, D Only
- 4. A, D, E Only

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**Question ID : **42558913603**Option 1 ID : **42558952956**Option 2 ID : **42558952957**Option 3 ID : **42558952958**Option 4 ID : **42558952959**Status : **Answered**Chosen Option : **1**

**Q.128** Identify the correct sequential order of steps that must be followed in selecting a published test :

- A. Locating suitable and appropriate test
- B. Narrowing the choice
- C. Defining the needs of testing
- D. Using a test evaluation form
- E. reviewing test material

Choose the correct answer from the options given below:

- 1. C, A, B, D, E
- 2. C, B, A, E, D
- 3. A, C, B, D, E
- 4. C, A, B, E, D

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913627**

Option 1 ID : **42558953052**

Option 2 ID : **42558953053**

Option 3 ID : **42558953054**

Option 4 ID : **42558953055**

Status : **Answered**

Chosen Option : **2**

**Q.129** List the correct sequence as per Harter's theory of achievement motivation which lead to Youth Sports Development:

- A. Fewer mastery attempts
- B. Dropout
- C. Unsuccessful performance
- D. Negative Affects
- E. Low competence motivation

Choose the correct answer from the options given below:

- 1. A, C, D, E, B
- 2. E, A, C, D, B
- 3. C, D, E, A, B
- 4. D, E, C, A, B

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913582**

Option 1 ID : **42558952872**

Option 2 ID : **42558952873**

Option 3 ID : **42558952874**

Option 4 ID : **42558952875**

Status : **Answered**

Chosen Option : **2**

**Q.130** When clearing the bar in a High Jump or Pole Vault competition:

1. The centre of mass must pass over the bar
2. The centre of mass must reach a height equal to the height of the bar
3. A successful bar clearance may not require the centre of mass to be higher than the bar
4. The centre of mass is only required to be higher than the bar at the clearance mid-point

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913569**

Option 1 ID : **42558952820**

Option 2 ID : **42558952821**

Option 3 ID : **42558952822**

Option 4 ID : **42558952823**

Status : **Answered**

Chosen Option : **1**

**Q.131** The meaning of Recapitulation theory of Play is:

1. Children play to release the excess energy in their body
2. Through Play children can let go of unnecessary instincts which are ingrained in us
3. Through play children get a chance to practice skills they will need in the future
4. Children play to restore energy that has been depleted after doing labour work

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913554**

Option 1 ID : **42558952760**

Option 2 ID : **42558952761**

Option 3 ID : **42558952762**

Option 4 ID : **42558952763**

Status : **Answered**

Chosen Option : **3**

**Q.132** The financial success of an organization is dependent on the difference between Revenue and Expenditure. It is referred to as;

1. Debt
2. Profit
3. Equity
4. Asset

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913634**

Option 1 ID : **42558953080**

Option 2 ID : **42558953081**

Option 3 ID : **42558953082**

Option 4 ID : **42558953083**

Status : **Answered**

Chosen Option : **2**

**Q.133** Concept of looking world through a multicultural lens to promote group cohesion is referred as:

1. Enculturation
2. Feminism
3. Accreditation
4. Acculturation

**Options** 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**

Question ID : **42558913580**

Option 1 ID : **42558952864**

Option 2 ID : **42558952865**

Option 3 ID : **42558952866**

Option 4 ID : **42558952867**

Status : **Answered**

Chosen Option : **1**

Q.134

Which of the following is not a Hereditary disorder?

1. Thalassaemias
2. Haemophilia
3. Ascariasis
4. Sickle Cell Anaemia

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**Question ID : **42558913599**Option 1 ID : **42558952940**Option 2 ID : **42558952941**Option 3 ID : **42558952942**Option 4 ID : **42558952943**Status : **Answered**Chosen Option : **3**

Q.135

In Event 4X400 Meter Mixed Relay the order of Legs is:

1. Male-Female-Male-Female
2. Female-Male-Female-Male
3. Male-Female-Female-Male
4. Female-Male-Male-Female

Options 1. 1

2. 2
3. 3
4. 4

Question Type : **MCQ**Question ID : **42558913556**Option 1 ID : **42558952768**Option 2 ID : **42558952769**Option 3 ID : **42558952770**Option 4 ID : **42558952771**Status : **Answered**Chosen Option : **3**

**Q.136** Which of the following are important concern of Sports Psychologists for superior athletic performance ?

- A. Strength
- B. Self Control
- C. Motivation
- D. Confidence
- E. Endurance

Choose the most appropriate answer from the options given below :

- 1. C, D, E Only
- 2. A, B, C Only
- 3. A, C, D Only
- 4. B, C, D Only

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913585**

Option 1 ID : **42558952884**

Option 2 ID : **42558952885**

Option 3 ID : **42558952886**

Option 4 ID : **42558952887**

Status : **Answered**

Chosen Option : **4**

Q.137

Match List I with List II

List I (Test)	List II (Test Items)
A. Barrow Motor Ability Test	I. 04
B. Schilling Body Coordination Test	II. 07
C. AAPHER Youth Fitness Test	III. 03
D. North Carolina Motor Fitness Battery	IV. 05

Choose the correct answer from the options given below:

1. A-III, B-IV, C-I, D-II
2. A-III, B-I, C-II, D-IV
3. A-II, B-IV, C-I, D-III
4. A-II, B-IV, C-III, D-I

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913632

Option 1 ID : 42558953072

Option 2 ID : 42558953073

Option 3 ID : 42558953074

Option 4 ID : 42558953075

Status : Answered

Chosen Option : 2

**Q.138** Arrange the following steps involved in curriculum construction in appropriate sequence:

- A. Understanding of Education Philosophy and Policies
- B. Determining age-based needs of children
- C. Evaluation of program and feedback
- D. Selection of appropriate activities
- E. Formulating objectives

Choose the correct answer from the options given below:

1. A, E, B, D, C

2. E, A, B, D, C

3. A, E, D, C, B

4. E, B, A, C, D

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913593**

Option 1 ID : **42558952916**

Option 2 ID : **42558952917**

Option 3 ID : **42558952918**

Option 4 ID : **42558952919**

Status : **Answered**

Chosen Option : **1**

**Q.139** Arrange the following steps of developing skills in computer data analysis in a proper sequence

- A. Storing the data in the computer
- B. Selection of appropriate software package
- C. Data Organisation and coding
- D. Selection of appropriate statistical measures/techniques
- E. Execution of the computer program

Choose the correct answer from the options given below:

- 1. C, A, B, D, E
- 2. A, C, B, D, E
- 3. C, A, D, B, E
- 4. C, B, A, D, E

**Options** 1. 1

- 2. 2
- 3. 3
- 4. 4

Question Type : **MCQ**

Question ID : **42558913618**

Option 1 ID : **42558953016**

Option 2 ID : **42558953017**

Option 3 ID : **42558953018**

Option 4 ID : **42558953019**

Status : **Answered**

Chosen Option : **1**

Q.140

Match List I with List II

List I Name	List II Place
A. Franz Nachtgall	I. Sweden
B. Per Henrik Ling	II. Greece
C. Johan Bernhard Basedow	III. Denmark
D. Galen	IV. Germany

Choose the correct answer from the options given below:

1. A-III, B-IV, C-II, D-I
2. A-III, B-I, C-IV, D-II
3. A-III, B-IV, C-I, D-II
4. A-IV, B-III, C-II, D-I

Options 1. 1

2. 2

3. 3

4. 4

Question Type : MCQ

Question ID : 42558913557

Option 1 ID : 42558952772

Option 2 ID : 42558952773

Option 3 ID : 42558952774

Option 4 ID : 42558952775

Status : Answered

Chosen Option : 1

**Comprehension:**

Read the following paragraph and answer the questions :

Mental training in sports is an essential aspect that often goes unnoticed compared to physical training. Athletes face tremendous pressure during competition and their mental resilience can significantly influence their performance. Mental training involves visualization, concentration and relaxation techniques that helps athletes to enhance their focus, manage stress and maintain a positive mindset. By incorporating mental training in their regular routine, athlete can improve their confidence and develop stronger mental abilities which are crucial for achieving peak performance. Visualization is one of the most effective mental training technique. Athlete mentally rehearse their performance, envisioning themselves executing the skills flawlessly. This practice not only prepares them for the actual competition but also helps in reducing anxiety. Concentration technique such as mindfulness, Tratak (yoga) enables athletes to stay present and focused, minimizing distractions that can hinder the performance. Additionally relaxation strategies, including progressive relaxation, deep breathing and meditation, helps athletes to manage stress and recover mentally after intense training session or competition. Mental Training is a vital component of athletes overall preparation. By prioritizing mental resilience alongside physical training, athletes can unlock their full potential and achieve their ultimate goal in sports.

**SubQuestion No : 141**

**Q.141** Which of following Mental Training technique involves rehearsing the performances mentally?

1. Progressive Relaxation Technique
2. Visualization Technique
3. Imagery Technique
4. Bio-feedback

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913645**

Option 1 ID : **42558953120**

Option 2 ID : **42558953121**

Option 3 ID : **42558953122**

Option 4 ID : **42558953123**

Status : **Answered**

Chosen Option : **2**

**Comprehension:**

Read the following paragraph and answer the questions :

Mental training in sports is an essential aspect that often goes unnoticed compared to physical training. Athletes face tremendous pressure during competition and their mental resilience can significantly influence their performance. Mental training involves visualization, concentration and relaxation techniques that helps athletes to enhance their focus, manage stress and maintain a positive mindset. By incorporating mental training in their regular routine, athlete can improve their confidence and develop stronger mental abilities which are crucial for achieving peak performance. Visualization is one of the most effective mental training technique. Athlete mentally rehearse their performance, envisioning themselves executing the skills flawlessly. This practice not only prepares them for the actual competition but also helps in reducing anxiety. Concentration technique such as mindfulness, Tratak (yoga) enables athletes to stay present and focused, minimizing distractions that can hinder the performance. Additionally relaxation strategies, including progressive relaxation, deep breathing and meditation, helps athletes to manage stress and recover mentally after intense training session or competition. Mental Training is a vital component of athletes overall preparation. By prioritizing mental resilience alongside physical training, athletes can unlock their full potential and achieve their ultimate goal in sports.

SubQuestion No : 142

Q.142

Which of the following is a relaxation strategy?

1. Imagery training
2. Practicing Tratak
3. Deep breathing
4. Visualization

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913647**

Option 1 ID : **42558953128**

Option 2 ID : **42558953129**

Option 3 ID : **42558953130**

Option 4 ID : **42558953131**

Status : **Answered**

Chosen Option : **3**

**Comprehension:**

Read the following paragraph and answer the questions :

Mental training in sports is an essential aspect that often goes unnoticed compared to physical training. Athletes face tremendous pressure during competition and their mental resilience can significantly influence their performance. Mental training involves visualization, concentration and relaxation techniques that helps athletes to enhance their focus, manage stress and maintain a positive mindset. By incorporating mental training in their regular routine, athlete can improve their confidence and develop stronger mental abilities which are crucial for achieving peak performance. Visualization is one of the most effective mental training technique. Athlete mentally rehearse their performance, envisioning themselves executing the skills flawlessly. This practice not only prepares them for the actual competition but also helps in reducing anxiety. Concentration technique such as mindfulness, Tratak (yoga) enables athletes to stay present and focused, minimizing distractions that can hinder the performance. Additionally relaxation strategies, including progressive relaxation, deep breathing and meditation, helps athletes to manage stress and recover mentally after intense training session or competition. Mental Training is a vital component of athletes overall preparation. By prioritizing mental resilience alongside physical training, athletes can unlock their full potential and achieve their ultimate goal in sports.

SubQuestion No : 143

Q.143 What does Mindfulness help athletes with?

1. Building cohesion with co athletes and coach.
2. Improving Self Efficacy.
3. Staying in present and focused.
4. Improve social well being.

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913646**

Option 1 ID : **42558953124**

Option 2 ID : **42558953125**

Option 3 ID : **42558953126**

Option 4 ID : **42558953127**

Status : **Answered**

Chosen Option : **1**

**Comprehension:**

Read the following paragraph and answer the questions :

Mental training in sports is an essential aspect that often goes unnoticed compared to physical training. Athletes face tremendous pressure during competition and their mental resilience can significantly influence their performance. Mental training involves visualization, concentration and relaxation techniques that helps athletes to enhance their focus, manage stress and maintain a positive mindset. By incorporating mental training in their regular routine, athlete can improve their confidence and develop stronger mental abilities which are crucial for achieving peak performance. Visualization is one of the most effective mental training technique. Athlete mentally rehearse their performance, envisioning themselves executing the skills flawlessly. This practice not only prepares them for the actual competition but also helps in reducing anxiety. Concentration technique such as mindfulness, Tratak (yoga) enables athletes to stay present and focused, minimizing distractions that can hinder the performance. Additionally relaxation strategies, including progressive relaxation, deep breathing and meditation, helps athletes to manage stress and recover mentally after intense training session or competition. Mental Training is a vital component of athletes overall preparation. By prioritizing mental resilience alongside physical training, athletes can unlock their full potential and achieve their ultimate goal in sports.

SubQuestion No : 144

Q.144 What is the main focus of Mental Training in sports?

1. Mental Concentration
2. Mental Attention
3. Mental resilience
4. Mental rehearsal

- Options
1. 1
  2. 2
  3. 3
  4. 4

Question Type : **MCQ**

Question ID : **42558913644**

Option 1 ID : **42558953116**

Option 2 ID : **42558953117**

Option 3 ID : **42558953118**

Option 4 ID : **42558953119**

Status : **Answered**

Chosen Option : **3**

**Comprehension:**

Read the following paragraph and answer the questions :

Mental training in sports is an essential aspect that often goes unnoticed compared to physical training. Athletes face tremendous pressure during competition and their mental resilience can significantly influence their performance. Mental training involves visualization, concentration and relaxation techniques that helps athletes to enhance their focus, manage stress and maintain a positive mindset. By incorporating mental training in their regular routine, athlete can improve their confidence and develop stronger mental abilities which are crucial for achieving peak performance. Visualization is one of the most effective mental training technique. Athlete mentally rehearse their performance, envisioning themselves executing the skills flawlessly. This practice not only prepares them for the actual competition but also helps in reducing anxiety. Concentration technique such as mindfulness, Tratak (yoga) enables athletes to stay present and focused, minimizing distractions that can hinder the performance. Additionally relaxation strategies, including progressive relaxation, deep breathing and meditation, helps athletes to manage stress and recover mentally after intense training session or competition. Mental Training is a vital component of athletes overall preparation. By prioritizing mental resilience alongside physical training, athletes can unlock their full potential and achieve their ultimate goal in sports.

SubQuestion No : 145

Q.145

Why is Mental Training in Sports is often unnoticed?

1. It is less important than physical training.
2. It is less time consuming.
3. It is not as visible as physical training.
4. It is easier to implement.

Options 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913648**

Option 1 ID : **42558953132**

Option 2 ID : **42558953133**

Option 3 ID : **42558953134**

Option 4 ID : **42558953135**

Status : **Answered**

Chosen Option : **3**

**Comprehension:****Read the following paragraph and answer the questions :**

Inclusive Physical Education (IPE) is an educational approach, which aims that all students, regardless of their physical abilities or disabilities, have equal access to physical education program and meaningful participation in them. The approach not only promotes physical fitness but also fosters social interactions, teamwork and personal development among students. By implementing adaptive strategies and modifications, educator can cater to the diverse needs of the students, ensuring that everyone can engage in meaningful physical activities. In an Inclusive Physical Education setting, teachers are encouraged to use variety of teaching methods and tools to accommodate different skill levels and abilities. For instance, activities can be modified to allow students with mobility challenges to participate alongside their peers. Additionally, peer support and collaborations are vital component of Inclusive Physical Education, as they encourage students to work together, learn from each other and build sense of community. The emphasis on inclusivity not only benefits the students with disability but also enriches the experience of all students, promoting empathy, respect and understanding. Inclusive Physical Education also aligns with the broader educational goals, such as promoting lifelong well-being. By instilling positive attitudes towards physical activity, Inclusive Physical Education helps to break barriers and stereotypes associated with disabilities.

**SubQuestion No : 146**

**Q.146** What is the benefit of Inclusive Physical Education for all students?

1. Promotes individual participation and development.
2. Fosters empathy, understanding and teamwork.
3. Prioritizes competition over participation.
4. Develops sympathetic attitude towards student with disabilities.

- Options**
1. 1
  2. 2
  3. 3
  4. 4

Question Type : **MCQ**

Question ID : **42558913653**

Option 1 ID : **42558953148**

Option 2 ID : **42558953149**

Option 3 ID : **42558953150**

Option 4 ID : **42558953151**

Status : **Answered**

Chosen Option : **2**

**Comprehension:****Read the following paragraph and answer the questions :**

Inclusive Physical Education (IPE) is an educational approach, which aims that all students, regardless of their physical abilities or disabilities, have equal access to physical education program and meaningful participation in them. The approach not only promotes physical fitness but also fosters social interactions, teamwork and personal development among students. By implementing adaptive strategies and modifications, educator can cater to the diverse needs of the students, ensuring that everyone can engage in meaningful physical activities. In an Inclusive Physical Education setting, teachers are encouraged to use variety of teaching methods and tools to accommodate different skill levels and abilities. For instance, activities can be modified to allow students with mobility challenges to participate alongside their peers. Additionally, peer support and collaborations are vital component of Inclusive Physical Education, as they encourage students to work together, learn from each other and build sense of community. The emphasis on inclusivity not only benefits the students with disability but also enriches the experience of all students, promoting empathy, respect and understanding. Inclusive Physical Education also aligns with the broader educational goals, such as promoting lifelong well-being. By instilling positive attitudes towards physical activity, Inclusive Physical Education helps to break barriers and stereotypes associated with disabilities.

**SubQuestion No : 147**

**Q.147** In Inclusive Physical education, how a teacher can accommodate different learning levels of students?

1. By modifying activities and using adaptive strategies.
2. By encouraging individual performances.
3. By using same activities for different group.
4. By eliminating existing physical activities from the program.

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913652**

Option 1 ID : **42558953144**

Option 2 ID : **42558953145**

Option 3 ID : **42558953146**

Option 4 ID : **42558953147**

Status : **Answered**

Chosen Option : **2**

**Comprehension:****Read the following paragraph and answer the questions :**

Inclusive Physical Education (IPE) is an educational approach, which aims that all students, regardless of their physical abilities or disabilities, have equal access to physical education program and meaningful participation in them. The approach not only promotes physical fitness but also fosters social interactions, teamwork and personal development among students. By implementing adaptive strategies and modifications, educator can cater to the diverse needs of the students, ensuring that everyone can engage in meaningful physical activities. In an Inclusive Physical Education setting, teachers are encouraged to use variety of teaching methods and tools to accommodate different skill levels and abilities. For instance, activities can be modified to allow students with mobility challenges to participate alongside their peers. Additionally, peer support and collaborations are vital component of Inclusive Physical Education, as they encourage students to work together, learn from each other and build sense of community. The emphasis on inclusivity not only benefits the students with disability but also enriches the experience of all students, promoting empathy, respect and understanding. Inclusive Physical Education also aligns with the broader educational goals, such as promoting lifelong well-being. By instilling positive attitudes towards physical activity, Inclusive Physical Education helps to break barriers and stereotypes associated with disabilities.

**SubQuestion No : 148**

**Q.148** Which of the following is the key component of Inclusive Physical Education?

1. Adherence to the indigenous and traditional sports.
2. Fitness and skill training for all.
3. Foster peer support and collaboration among students.
4. Special and separate activities for students with disabilities.

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913651**

Option 1 ID : **42558953140**

Option 2 ID : **42558953141**

Option 3 ID : **42558953142**

Option 4 ID : **42558953143**

Status : **Answered**

Chosen Option : **3**

**Comprehension:****Read the following paragraph and answer the questions :**

Inclusive Physical Education (IPE) is an educational approach, which aims that all students, regardless of their physical abilities or disabilities, have equal access to physical education program and meaningful participation in them. The approach not only promotes physical fitness but also fosters social interactions, teamwork and personal development among students. By implementing adaptive strategies and modifications, educator can cater to the diverse needs of the students, ensuring that everyone can engage in meaningful physical activities. In an Inclusive Physical Education setting, teachers are encouraged to use variety of teaching methods and tools to accommodate different skill levels and abilities. For instance, activities can be modified to allow students with mobility challenges to participate alongside their peers. Additionally, peer support and collaborations are vital component of Inclusive Physical Education, as they encourage students to work together, learn from each other and build sense of community. The emphasis on inclusivity not only benefits the students with disability but also enriches the experience of all students, promoting empathy, respect and understanding. Inclusive Physical Education also aligns with the broader educational goals, such as promoting lifelong well-being. By instilling positive attitudes towards physical activity, Inclusive Physical Education helps to break barriers and stereotypes associated with disabilities.

**SubQuestion No : 149**

**Q.149** How does, Inclusive Physical Education aligns with broader educational goals?

1. By promoting cognitive development.
2. By focusing on psychomotor developments.
3. By emphasizing on individual achievements.
4. By promoting lifelong well-being.

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913654**

Option 1 ID : **42558953152**

Option 2 ID : **42558953153**

Option 3 ID : **42558953154**

Option 4 ID : **42558953155**

Status : **Answered**

Chosen Option : **2**

**Comprehension:****Read the following paragraph and answer the questions :**

Inclusive Physical Education (IPE) is an educational approach, which aims that all students, regardless of their physical abilities or disabilities, have equal access to physical education program and meaningful participation in them. The approach not only promotes physical fitness but also fosters social interactions, teamwork and personal development among students. By implementing adaptive strategies and modifications, educator can cater to the diverse needs of the students, ensuring that everyone can engage in meaningful physical activities. In an Inclusive Physical Education setting, teachers are encouraged to use variety of teaching methods and tools to accommodate different skill levels and abilities. For instance, activities can be modified to allow students with mobility challenges to participate alongside their peers. Additionally, peer support and collaborations are vital component of Inclusive Physical Education, as they encourage students to work together, learn from each other and build sense of community. The emphasis on inclusivity not only benefits the students with disability but also enriches the experience of all students, promoting empathy, respect and understanding. Inclusive Physical Education also aligns with the broader educational goals, such as promoting lifelong well-being. By instilling positive attitudes towards physical activity, Inclusive Physical Education helps to break barriers and stereotypes associated with disabilities.

**SubQuestion No : 150**

**Q.150** What is the primary goal of Inclusive Physical Education?

1. To focus on making students with disability participate in appropriate physical activities.
2. To ensure equal access and meaningful participation of all, in Physical Education Program.
3. To develop sympathy towards students with disabilities.
4. To prepare Para- Athletes.

**Options** 1. 1

2. 2

3. 3

4. 4

Question Type : **MCQ**

Question ID : **42558913650**

Option 1 ID : **42558953136**

Option 2 ID : **42558953137**

Option 3 ID : **42558953138**

Option 4 ID : **42558953139**

Status : **Answered**

Chosen Option : **2**