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SET 2016

PAPER – II

PHYSICAL EDUCATION

Signature of the Invigilator

Question Booklet No. 300024

1.

OMR Sheet No.. .....

Subject Code 30 **Roll No.**

Time Allowed : 75 Minutes **Max. Marks : 100**

No. of pages in this Booklet : **12** No. of Questions : **50**

INSTRUCTIONS FOR CANDIDATES

1. Write your Roll No. and the OMR Sheet No. in the spaces provided on top of this page.
2. Fill in the necessary information in the spaces provided on the OMR response sheet.
3. This booklet consists of **fifty (50)** compulsory questions each carrying **2** marks.
4. Examine the question booklet carefully and tally the number of pages/questions in the booklet with the information printed above. **Do not accept a damaged or open booklet**. Damaged or faulty booklet may be got replaced within the first **5** minutes. Afterwards, neither the Question Booklet will be replaced nor any extra time given.
5. Each Question has four alternative responses marked (A), (B), (C) and (D) in the OMR sheet. You have to completely darken the circle indicating the most appropriate response against each item as in the illustration.



6. All entries in the common OMR response sheet for Papers I and II are to be recorded in the original copy only.
7. Use only Blue/Black Ball point pen.
8. Rough Work is to be done on the blank pages provided at the end of this booklet.
9. If you write your Name, Roll Number, Phone Number or put any mark on any part of the OMR Sheet, except in the spaces allotted for the relevant entries, which may disclose your identity, or use abusive language or employ any other unfair means, you will render yourself liable to disqualification.
10. You have to return the Original OMR Sheet to the invigilators at the end of the examination compulsorily and must not carry it with you outside the Examination Hall. **You are, however, allowed to carry the test booklet and the duplicate copy of OMR Sheet** on conclusion of examination.
11. Use of any calculator, mobile phone or log table etc. is strictly prohibited.
12. **There is no negative marking.**

30-16

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PAPER–II
PHYSICAL EDUCATION

1. Which of the following activities measures dynamic strength ?
   (A) Backward Roll
   (B) Short distance run
   (C) Forward Roll
   (D) Rope climbing

2. The most important factor in the organization of recreations :
   (A) Materials
   (B) Leadership
   (C) Facilities
   (D) Planning

3. Increase in muscle mass due to heavy weight training is called :
   (A) Muscular Hypotrophy
   (B) Muscular Hypertrophy
   (C) Muscular Atrophy
   (D) Haematoma

4. Up to the age of Puberty the sex hormones are secreted by :
   (A) Pituitary gland
   (B) Adrenal gland
   (C) Testes
   (D) Ovaries

5. The Olympic motto Altius means :
   (A) Higher
   (B) Stronger
   (C) Faster and Higher
   (D) Stronger and Higher

6. Challenge thrill and enjoyment are the merits of :
   (A) Competition
   (B) Co-operation
   (C) Recreation
   (D) Tradition

7. The biggest white blood cell is :
   (A) Thrombocytes
   (B) Melanocytes
   (C) Monocytes
   (D) Erythrocytes

8. The massage manipulation in which the focus pressure is moved by the hands over the skin is :
   (A) Petrissage
   (B) Tapotement
   (C) Effleurage
   (D) Traction

9. The period of stagnation is shown in a learning cu
   (A) Physical limit
   (B) Fluctuation
   (C) Initial spurt
   (D) Plateau

10. Which among the following is responsible for obe
   (A) Adipose tissue
   (B) Epithelial tissue
   (C) Non epithelial tissue
   (D) Connective tissue

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11. Match the name of the person with the test invented :

List–I	List –II
I. Charles Mecloy	1. Athletic ability test
II. Frederic W.Cozen	2. General motor ability test
III. E. Kretchmer	3. Anthropometric test
IV. Edward Hitchok	4. Body types
	5. Motor educability test

Code :

	I	II	III	IV
(A)	5	4	2	1
(B)	4	3	1	2
(C)	2	1	4	3
(D)	2	3	4	1

12. Match the following tests with their aim of measuring variable :

List–I	List –II
I. 50 mtr run	1. Cardio-respiratory Endurance
II. Sit-ups	2. Explosive power
III. Vertical Jump	3. Speed
IV. 12 minutes run/walk	4. Strength Endurance

Code :

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

13. Match the following:

List–I	List–II
I. Reliability	1. Historical study
II. Level of confidence	2. Test and Re-test
III. Past events	3. Case study
IV. Survey study	4. 0.05
	5. Questionnaire

Code :

	I	II	III	IV
(A)	2	4	1	3
(B)	2	4	1	5
(C)	2	4	3	1
(D)	2	4	3	5

14. Which of the following are the objectives of physical education ?

(I) Organic Development

(II) Neuromuscular Development

(III) Economic Development

(IV) Emotional Development

(A) (I), (II) and (IV) are correct

(B) (I), (II) and (III) are correct

(C) (II), (III) and (IV) are correct

(D) (I), (III) and (IV) are correct

15. The pharmacological agents used as ergogenic aids are :

(I) Amphetamines

(II) Beta Blockers

(III) Blood Doping

(IV) Dieretics

(A) (I), (II) and (III) are correct

(B) (I), (II) and (IV) are correct

(C) (II), (III) and (IV) are correct

(D) (I), (III) and (IV) are correct

16. The psychological factors that affect sports performance :

(I) Fatigue

(II) Stress

(III) Anxiety

(IV) Aggression

(A) (I), (II) and (III) are correct

(B) (II), (III) and (IV) are correct

(C) (I), (II) and (IV) are correct

(D) (II), (III) and (I) are correct

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17. The power of resistance to the body is obtained through :
(I) Typhus
(II) Tetanus
(III) Natural immunity
(IV) Acquired immunity
(A) (I) and (II) are correct
(B) (I) and (III) are correct
(C) (I) and (IV) are correct
(D) (III) and (IV) are correct

18. Items come under delimitations :
(I) Diet habits
(II) Number of subjects
(III) Number of groups
(IV) Age groups
(A) (II), (III) and (IV) are correct
(B) (I), (III) and (IV) are correct
(C) (I), (II) and (III) are correct
(D) (I), (II) and (IV) are correct

19. Identify the stages of development of human being in order :
(A) Infancy, Childhood, Adolescence, Adulthood
(B) Infancy, Childhood, Adulthood, Adolescence
(C) Childhood, Adulthood, Infancy, Adolescence
(D) Infancy, Adulthood, Childhood, Adolescence

20. Arrange the following events in order that they occur during muscular contraction as per sliding filament theory. Use the code given below.
(I) Excitation
(II) Relaxation
(III) Contraction
(IV) Coupling
(A) (I), (IV), (III), (II)
(B) (I), (III), (IV), (II)
(C) (IV), (III), (II), (I)
(D) (I), (II), (IV), (III)

21. Arrange sequentially the following according to grade of mobility :
(A) Synarthrosis, Amphiarthrosis, Diarthroses
(B) Synarthrosis, Diarthroses, Amphiarthrosis
(C) Amphiarthrosis, Synarthrosis, Diarthroses
(D) Diarthroses, Synarthrosis, Amphiarthrosis

22. Arrange the learning curve stages in sequence :
(A) Plateau, Initial spurt, Physical limit, Fluctuation
(B) Initial spurt, Plateau, Fluctuation, Physical limit
(C) Physical limit, Fluctuation, Plateau, Initial spurt
(D) Fluctuation, Physical limit, Initial spurt, Plateau

23. Arrange the training seasons in order :
(I) Mid season
(II) Early season
(III) Competitive season
(IV) Off season
(A) (II), (I), (III), (IV)
(B) (II), (I), (IV), (III)
(C) (I), (II), (III), (IV)
(D) (I), (II), (IV), (III)

24. Arrange the events of heptathlon in the first day competition :
(I) High Jump
(II) 100 mts Hurdles
(III) 200 mts race
(IV) Shot put
(A) (I), (IV), (III), (II)
(B) (II), (I), (IV), (III)
(C) (II), (I), (III), (IV)
(D) (I), (II), (IV), (III)

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25. Test, Measurement and Evaluation are related with one another in the following way :

(A) Measurement and Evaluation are parts of test

(B) Evaluation and Test are parts of measurement

(C) Test and Measurement are parts of evaluation

(D) Evaluation is a part of both Test and Measurement

26. Basic function of Association of Indian Universities (AIU) is :

(A) Purchase of equipment for Universities

(B) Planning of the Interuniversity Competitions

(C) Providing finance to develop sports facilities

(D) Appointment of Physical Education Directors for Universities

27. Sociological foundation of physical education discusses :

(I) Body type

(II) Motor learning

(III) Competition and Co-operation

(IV) Socialization process

Find the correct combination :

(A) (I) and (IV)

(B) (II) and (IV)

(C) (I) and (III)

(D) (III) and (IV)

28. The digested food material in small intestine is absorbed in :

(I) Duodenum

(II) Vilus

(III) Ilium

(IV) Villi

Find the correct combination :

(A) (I) and (III)

(B) (II) and (IV)

(C) (IV) and (III)

(D) (II) and (I)

29. Motivation consists of :

(I) Direction

(II) Intensity

(III) Persistence

(IV) All of above

Find the correct combination :

(A) (I) and (II)

(B) (II) and (III)

(C) (I) and (III)

(D) (IV)

30. Micronutrients include :

(I) Carbohydrate

(II) Minerals

(III) Vitamins

(IV) Fat

Find the correct combination :

(A) (I) and (II)

(B) (II) and (III)

(C) (III) and (IV)

(D) (IV) and (I)

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31. Research problem involves the following characteristics :

(I) Novelty

(II) Valuability

(III) Feasibility

(IV) Simplicity

Find the correct combination :

(A) (I), (II), (III)

(B) (II), (III), (IV)

(C) (I), (III), (IV)

(D) (I), (II), (IV)

32. Arrange the following events in chronological order :

(I) Foundation of L.C.P.E.

(II) Starting of Y.M.C.A. College of Physical Education, Chennai.

(III) Starting of Academic Department for Physical Education in Universities.

(IV) Starting of M. Phil course in Physical Education.

(A) (I), (II), (IV), (III)

(B) (III), (IV), (I), (II)

(C) (II), (I), (III), (IV)

(D) (IV), (III), (II), (I)

33. Arrange the following in correct sequence for skill learning :

(I) Associative phase

(II) Presentation stage

(III) Automatization stage

(IV) Cognitive stage

(A) (I), (III), (IV), (II)

(B) (II), (IV), (I), (III)

(C) (III), (I), (II), (IV)

(D) (IV), (II), (III), (I)

34. Arrange the following sequence for First Aid Management in sprain :

(I) Compression

(II) Ice

(III) Rest

(IV) Elevation

(A) (II), (III), (IV), (I)

(B) (III), (II), (I), (IV)

(C) (I), (III), (II), (IV)

(D) (IV), (I), (II), (III)

35. Arrange the following phases of periodization in correct sequence :

(I) Preparatory phase

(II) Transition phase

(III) Competition phase

(IV) Pre-competition phase

(A) (I), (II), (III), (IV)

(B) (I), (III), (IV), (II)

(C) (I), (IV), (III), (II)

(D) (II), (I), (IV), (III)

36. Arrange the following phases of research in correct sequence :

(I) Analysis of data

(II) Drawing conclusions

(III) Testing hypothesis

(IV) Collecting data

(A) (II), (III), (I), (IV)

(B) (I), (IV), (III), (II)

(C) (IV), (I), (II), (III)

(D) (III), (II), (IV), (I)

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42. Newton's Third Law of Motion can be primarily used to explain :

(A) Running and jumping

(B) Throwing and catching

(C) Kicking and hitting

(D) Bowling and batting

43. Which of the following combination of food components does not produce Heat and Energy in the body ?

(I) Carbohydrates

(II) Vitamins

(III) Water

(IV) Lipids

Select the correct answer.

(A) (II) & (III)

(B) (I) & (II)

(C) (II) & (IV)

(D) (I) & (IV)

44. The underlying factors governing training of advanced athletes are :

(I) Growth and development

(II) Environmental factors

(III) Nature and volume of previous training

(IV) Talent

Find the correct combination :

(A) (I), (II)

(B) (III), (IV)

(C) (II), (IV)

(D) (I), (III)

45. **Assertion (A) :** The relationships between personality traits and physique were consistent with common cultural stereotype.

Reason (R) : Fat individuals are said to be slow in reacting to love, eating and to be socially relaxed and greedy.

(A) Both (A) and (R) are true and R is the correct explanation of (A)

(B) Both (A) and (R) are true but (R) is not the correct explanation of (A)

(C) (A) is true but (R) is false

(D) (A) is false but (R) is true

46. **Assertion (A) :** Using drugs in sports enhance the performance.

Reason (R) : Using drugs in sports is unethical and harmful to health.

(A) (A) is false and (R) is true

(B) Both (A) and (R) are true

(C) Both (A) and (R) are false

(D) (A) is true and (R) is false

47. **Assertion (A) :** Rest between heats in running events is mandatory in a standard athletic meet.

Reason (R) : Rest between heats helps the athletes to regenerate energy.

(A) Both (A) and (R) are wrong

(B) (A) is correct but (R) is wrong

(C) (A) is wrong but (R) is correct

(D) Both (A) and (R) are correct

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(D) Both (A) and (R) are correct

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48. Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R) :

Assertion (A) : Circulatory system is also known as the system of Transportation

Reason (R) : Heart sends O_2 and digested food material to every cell and receives CO_2 and wastes from cells

In the context of two statements, which one of the following statements is correct ?

(A) Both (A) & (R) are right and (R) is the correct explanation of (A)

(B) Both (A) & (R) are right, but (R) is not the correct explanation of (A)

(C) (A) is right, but (R) is wrong

(D) (A) is wrong, but (R) is right

49. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R):

Assertion (A) : Type–III lever provides advantage in form of speed.

Reason (R) : Type–III lever has longer resistance arm.

In the context of the above two statements, which one of the following is correct ?

(A) Both (A) and (R) are true and (R) is the correct explanation of (A)

(B) Both (A) and (R) are true, but (R) is not the correct explanation of (A)

(C) (A) is true, but (R) is false

(D) (A) is false, but (R) is true

50. Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R) :

Assertion (A) : Psychological core of personality is the deepest component which includes attributes, value, interests, motives and self-worth of an individual.

Reason (R) : Psychological core of personality is dynamic and external and make adjustment to the environment.

In the context of the above two statements, which one of the following is correct?

(A) Both are true and (R) is the correct explanation of (A)

(B) Both are true, but (R) is not the correct explanation of (A)

(C) (A) is true, but (R) is false

(D) (A) is false, but (R) is true

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