



Paper - II

Physical Education

Booklet Code

A

SUBJECT CODE : 3 0

Test Booklet No.

Roll No. :

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(Figures as per admission card)

Roll No. (in words) :

OMR Sheet No. :

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Name and Signature of Invigilator/s

Signature : _____

Name : _____

Time : 2 Hours

Maximum Marks : 200

Number of Pages in this Booklet : 32

Number of Questions in this Booklet : 100

Instructions for the Candidates

- Write your roll number in the space provided on the top of this page.
- This paper consists of hundred (100) multiple-choice type of questions.
- At the commencement of examination, the test booklet will be given to you. In the first 5 minutes, you are requested **To Open the Booklet and Compulsorily Examine it as Below:**
 - To have access to the Test Booklet, tear off the paper seal on the edge of the cover page. Do not accept a booklet without sticker seal or open booklet.
 - Tally the number of pages and number of questions in the booklet with the information printed on the cover page. Faulty booklets due to pages/questions missing or duplicate or not in serial order or any other discrepancy should be got replaced immediately by a correct booklet from the invigilator within the period of 5 minutes. Afterwards, neither the Test Booklet will be replaced nor any extra time will be given.
 - After the verification is over, the Test Booklet Number should be entered in the OMR Sheet and the OMR Sheet Number should be entered on this Test Booklet.
- Each item has four alternative responses marked (A), (B), (C) and (D). You have to darken the circle as indicated below on the correct response against each item.
Example : Ⓐ Ⓑ ● Ⓓ
where (C) is the correct response.
- Your responses to the questions are to be indicated in the **OMR Sheet kept inside this Booklet**. If you mark at any place other than in the circles, the OMR Sheet will not be evaluated.
- Read the instructions given in OMR Sheet carefully. Fill the Booklet Code of Paper-II in OMR Sheet **Compulsorily**.
- Rough Work is to be done in the end of this booklet.
- If you write your name or put any mark on any part of the OMR Answer Sheet, except for the space provided for the relevant entries, which may disclose your identity, you will render yourself liable to disqualification.
- You have to return the OMR answer Sheet to the invigilators at the end of the examination compulsorily and must NOT carry it with you outside the Examination Hall.
- You can take away test booklet and carbon copy of OMR Answer Sheet after the examination.
- Use only Blue/Black Ball point pen.**
- Use of any calculator, electronic gadgets or log table, etc. is prohibited.**
- There is no negative mark for incorrect answer.**

30-A

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[P.T.O.]





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1. Which of the following is not the Naturalist Educational Philosopher?
 - (A) Plato
 - (B) Rousseau
 - (C) Comenius
 - (D) Democritus
2. In 1882, which of the following recommended that physical training be introduced in all the schools and different games, gymnastics activities and drills be included in the Programme based on the needs and interests of the school students :
 - (A) Indian Sports Commission
 - (B) Indian Education and Sports Commission
 - (C) Indian Education Commission
 - (D) Indian Commission for Sports development
3. Who financed the 1896, Olympic Games?
 - (A) French Government
 - (B) Baron D Coubertin
 - (C) British and American Government
 - (D) George Averoff
4. If the venous blood entering the lungs is having 15ml oxygen per 100ml of blood and the arterial blood leaving from lungs have 20ml oxygen per 100ml of blood. The oxygen consumption of the body is 150ml per minute, then the cardiac output will be:
 - (A) 4500ml
 - (B) 3500ml
 - (C) 3000ml
 - (D) 4000ml
5. Basal Metabolic Rate is not based on:
 - (A) Age
 - (B) Sex
 - (C) Body Surface area
 - (D) Bone Density
6. The technique used in determining the muscle Fiber type is known as :
 - (A) Biofibro analysis
 - (B) Biopsy
 - (C) Bio Musculo Type
 - (D) Fiber Analysis
7. Proprioceptors located near the musculotendinous junction and are encapsulated in tendon fibers and are known as:
 - (A) Golgi Tendons
 - (B) Spindles Tendons
 - (C) Patellar Tendons
 - (D) Reflex Tendons

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8. Which of the following muscle is not part of Hamstring group of muscle?
- (A) Semitendinosus
(B) Rectus femoris
(C) Semimembranosus
(D) Biceps femoris
9. How much force is required to accelerate 300N object to 2m/sec^2 ?
- (A) 150 N
(B) 600 N
(C) 61.22 N
(D) 45.21 N
10. _____ is regarded as the father of sports psychology.
- (A) Sigmund Freud
(B) Coleman Griffith
(C) Wilhelm Wundt
(D) William James
11. The concepts like “Introspection” and “Conscious Experience” are associated with:
- (A) Functionalism
(B) Behaviourism
(C) Structuralism
(D) Gestalt Psychology
12. Emotional stability, anxiety, sadness and built ability are attributes of which personality dimension?
- (A) Neuroticism
(B) Extroversion
(C) Agreeableness
(D) Openness
13. In which year NCERT developed the National Curriculum for Elementary and Secondary School?
- (A) 1998
(B) 1988
(C) 1978
(D) 1968
14. In which of the following year, Tarachand Committee was set-up?
- (A) 1948
(B) 1958
(C) 1968
(D) 1978
15. The initial step in curriculum design is to :
- (A) Organise a curriculum committee
(B) Defining goals
(C) Defining objectives
(D) Defining a philosophy



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16. Cow milk is yellowish due to the presence of which of the following?
- Lactose
 - Butyric acid and lactose
 - Casein
 - Carotene and Casein
17. Which group of words signifies the abbreviation 'ABC' used during the first aid procedure?
- Airway, breathing, cardiac
 - Assessment, breathing, circulation
 - Airway, body check, cardiac
 - Airway, breathing, circulation
18. Who recommended the inclusion of skill-based health education, life skills, children friendly and health-promoting schools?
- WHO
 - NPE
 - NCERT
 - NCF (2000)
19. _____ is the fundamental principle of fartlek training.
- Variation in duration
 - Variation in place
 - Variation in pace
 - Variation in space
20. Prime consideration of effective periodization should be:
- Skill development
 - Top form achievement
 - Base creation
 - Development of tactical ability
21. Increasing your training from 3 day a week to 4 is a way of adhering to the 'FITT' principle? Which part of the principle is this referring to?
- Frequency
 - Time
 - Type
 - Intensity
22. The area covered under -2 sigma limits to +2 sigma limits of Normal Probability curve:
- 68.26 %
 - 98.44 %
 - 89.73 %
 - 95.44 %
23. A type II error of Hypothesis testing may be defined as:
- Rejecting a correct alternative hypothesis
 - Rejecting a correct null hypothesis
 - Failing to reject a wrong alternate hypothesis
 - Failing to reject a null hypothesis when it is false



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24. Historical research is also known as :
- Biographical research
 - Demographic research
 - Retrospective research
 - Introspective research
25. A subject exercised for five minutes in Harward Step test. If his total pulse count was 250, then his fitness index will be:
- 60
 - 70
 - 75
 - 55
26. Test designed to measure the minimum muscular strength of the subject is:
- Larzen-methany test
 - Tuttle pulse ratio
 - Wellington – harward test
 - Kraus-Weber test
27. Test, Measurement and Evaluation are related with one another in the following:
- Measurement and Evaluation are part of test
 - Evaluation and Test are part of Measurement
 - Test and Measurement are part of Evaluation
 - Evaluation is a part of both Test and Measurement
28. Considering the following statements related to development of Physical Education and find the correct statements:
- Denmark was the first European nation to introduce gymnastics class in the school curriculum
 - In 1814, Royal Central Institute of Gymnastics was opened in Germany
 - The German System involved mass drills so that large numbers can exercise at one time
 - Ling Laid the foundation of Swedish system of gymnastics
- Choose the correct answer from the options given below:
- Only 1, 3 and 4 are correct
 - Only 2, 3 and 4 are correct
 - Only 1 and 4 are correct
 - Only 2 and 3 are correct



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29. Which of the following events were part of Pentathlon conducted during ancient Olympics?

1. Long Jump
2. Javelin Throw
3. Shot Put
4. Wrestling
5. Stade Race
6. High Jump
7. Horse Racing
8. Discus Throw

Choose the correct answer from the options given below:

- (A) Only 1, 2, 3, 4 and 8 are correct
- (B) Only 2, 3, 5, 6 and 7 are correct
- (C) Only 1, 2, 4, 5 and 8 are correct
- (D) Only 2, 3, 5, 6 and 7 are correct

30. Considering the following statements related to philosophy of Physical Education and find the correct statements:

1. In physical education Existentialism has limited application
2. Plato is the father of idealism

3. The highest aim of Naturalism is to seek "Truth, Beauty and Goodness" in life in its varied forms

4. Pragmatism is also known as Experimentalism

Choose the correct answer from the options given below:

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

31. Considering the following statements about the microscopic structure of muscle find the correct statements:

1. Sarcomere is the area between two z lines
2. Each muscle fiber is surrounded by a thin elastic noncellular membrane known as Sarcolemma
3. Area between the center of each A band is a denser region known as Z line

Choose the correct answer from the options given below:

- (A) Only 1 and 3 are correct
- (B) Only 2 and 3 are correct
- (C) Only 1 and 2 are correct
- (D) Only 2 is correct



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32. Which of the following are correct about Slow Twitch and Fast Twitch fibers?

1. Slow Twitch fibers have greater sum of mitochondria
2. Fast Twitch fibers density of capillary network is more developed
3. Slow Twitch fibers have less amount of myoglobin
4. Fast Twitch fibers have high myosin ATPase activity.

Choose the correct answer from the options given below:

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

33. Which of the following statements related to protein and Fat metabolism are correct statements:

1. Alanine and Cysteine can be broken down into pyruvic acid thus enters the metabolic pathway of Krebs cycle for the production of ATP
2. Serine never broken down into pyruvic acid

3. The process of degradation of fatty acid to acetyl coenzyme is known as beta oxidation

Choose the correct answer from the options given below:

- (A) Only 2 and 3 are correct
- (B) Only 1 and 2 are correct
- (C) Only 1 and 3 are correct
- (D) Only 3 is correct

34. Which of the following is the muscle of shoulder Rotator Cuff, find the correct option:

1. Subscapularis
2. Infraspinatus
3. Supraspinatus
4. Teres Major
5. Teres Minor
6. Levator Scapulae

Choose the correct answer from the options given below:

- (A) Only 1, 2, 3 and 5 are correct
- (B) Only 1, 2, 3 and 6 are correct
- (C) Only 2, 3, 4 and 6 are correct
- (D) Only 2, 3, 5 and 6 are correct



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35. In respiration, Muscles with secondary function are:

1. Abdominals
2. Erector Spinae
3. Serratus Posterior Inferior
4. Levator Costarum
5. Pectoralis Major
6. Sternocleidomastoid

Choose the correct answer from the options given below:

- (A) Only 1, 2, 3, 4 and 5 are correct
- (B) Only 2, 3, 5 and 6 are correct
- (C) Only 1, 2, 4 and 5 are correct
- (D) Only 2, 3, 4 and 6 are correct

36. Considering the followings, find the correct statements:

1. In First Class Lever, there is always mechanical advantage in term of force
2. In Second Class Lever, there is always mechanical advantage in term of force
3. Extension of elbow is First Class Lever
4. Abduction at Shoulder joint is 3rd Class Lever.

Choose the correct answer from the options given below:

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

37. Which of the following are theories of aggression?

1. Instinct Theory
2. Frustration-Aggression Theory
3. Hertzberg's two-factor Theory
4. Social Learning Theory

Choose the correct answer from the code given below:

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

38. Below mentioned are the traits of Aggression:

1. Physical aggression
2. Bodily fitness
3. Verbal aggression
4. Hostility

Choose the correct answer from the code given below:

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



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39. Factors affecting the transfer of training are following:
1. Intelligence
 2. Positive attitude
 3. Meaningfulness of contents
 4. Hostility
- Choose the correct answer from the code given below:
- (A) 1, 3 and 4
(B) 1, 2 and 3
(C) 2, 3 and 4
(D) 1, 2 and 4
40. A conceptual framework for studying coping strategies is:
1. Problem focused
 2. Task focused
 3. Emotion focussed
 4. Outcome focused
- Codes:**
- (A) 1 and 3
(B) 1 and 2
(C) 2 and 4
(D) 3 and 4
41. Curriculum provides learners with experiences to develop the emotional domain of value development
1. Feeling and beliefs
 2. Self-confidence and capacity
 3. Attitude and values
 4. Skill and objectivity
- Select the correct codes:
- (A) 1 and 3
(B) 3 and 4
(C) 1 and 3
(D) 2 and 3
42. Which of the followings are National and International health-promoting agencies:
1. WHO
 2. World Bank
 3. Medical Council of India
 4. UNICEF
- Choose the correct answer from the code given below:
- (A) 1, 3 and 4
(B) 1, 2 and 3
(C) 2, 3 and 4
(D) 1, 2 and 4



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43. Impacts of air pollution on human health are:

1. Obstructive pulmonary disease
2. Skin cancers
3. Gastrointestinal diseases
4. Aggravated asthma

Choose the correct answer from the code given below:

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

44. Consumption of Nutrient Vitamin B₁₂ results in the following bodily benefits:

1. Neuromuscular coordination
2. Health of blood cells
3. Prevention of anaemia
4. Synthesis of thyroid hormone

Choose the correct answer from the code given below:

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

45. While giving a training load, a trainer takes into consideration the following factors:

1. Heart rate during training
2. Duration of training
3. Interest towards the activity
4. Individual factors, e.g. sex, age, height and weight

Choose the correct answer from the code given below:

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

46. Factors affecting the speed of an athlete while running on the track are:

1. Force of gravity
2. Ground reaction force
3. Aerodynamic drag force
4. Vacuum

Choose the correct answer from the code given below:

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



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47. Tactics plays positive roles on which of the following factors?

1. Playing Strategy
2. Opponent's strengths and weaknesses
3. Own strengths and weaknesses
4. Skill enrichment

Choose the correct answer from the code given below:

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

48. Which of the following are the types of non-probability sampling?

1. Cluster sampling
2. Snowball sampling
3. Systemic sampling
4. Sequential sampling
5. Quota sampling
6. Simple random sampling

Choose the correct option:

- (A) 1, 2 and 3
- (B) 2, 4 and 6
- (C) 2, 4 and 5
- (D) 3, 5 and 6

49. Which of the following statements is true for experimental design?

1. No pre testing is done in one-shot pre-experimental design
2. Two groups are taken and only one group is given the treatment whereas the other group serves as a control in static group design
3. Solomon four group design is an extension of the pre-test post-test control group design
4. In single blind study, Tester and Subject both have no knowledge about the experimental and control groups

Choose the correct option:

- (A) Only 1 and 2 are true
- (B) Only 2 and 3 are true
- (C) Only 1 and 3 are true
- (D) Only 1, 2 and 3 are correct

50. Test and measurement helps in

- (a) Assessment of status
- (b) Assessing the differences
- (c) Drawing conclusions
- (d) Identifying Sampling Technique

Find the correct combination:

- (A) (a), (b) and (d)
- (B) (a), (b) and (c)
- (C) (b) and (c)
- (D) (b), (c) and (d)



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51. Find out the various types of criterion referenced validity from the below given codes:

- (a) Concurrent validity
- (b) Construct validity
- (c) Content validity
- (d) Predictive validity
- (e) Discriminant validity

Codes:

- (A) (a), (b), (c)
- (B) (a), (d), (e)
- (C) (b), (c), (d)
- (D) (c), (d), (e)

52. The following are the taxonomy of education to create balance of following psychomotor domain:

- (a) Reflex movement
- (b) Synthesis
- (c) Perceptual abilities
- (d) Skilled movement

Select the correct code:

- (A) Only (b), (c) and (d) are correct
- (B) Only (a), (c) and (d) are correct
- (C) Only (a), (b) and (d) are correct
- (D) Only (c) and (d) are correct

53. Intramural programme creates in students the sense of:

- (a) Self-Confidence
- (b) Selfishness
- (c) Enmity
- (d) Maximum involvement

Codes:

- (A) (a) and (b)
- (B) (b) and (d)
- (C) (c) and (d)
- (D) (a) and (d)

54. The bureaucratic principles of management according to Max Weber include:

- (a) Rules and requirement
- (b) Hierarchical
- (c) Formal section
- (d) Test specialisation
- (e) Impersonal

Codes:

- (A) (a), (b) and (c)
- (B) (b), (c) and (d)
- (C) (a), (b) and (d)
- (D) (a), (c) and (d)



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55. Given below are two statements:

Statement – I: The aim of Athenian education was to produce a perfect warrior.

Statement – II: The idea of Spartan education was to produce a person who would combine the beauty with the soul, a harmonious development of the total person mind and soul.

In light of the above statements, choose the most appropriate answer from the options given below:

- (A) Both Statement-I and Statement II are correct
- (B) Both Statement -I and Statement-II are incorrect
- (C) Statement - I is correct and Statement - II is incorrect
- (D) Statement - I is incorrect and Statement - II is correct

56. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r).

Read the statements and choose the correct answer using the code given below.

Assertion (a): The 1956 Helsinki Olympics were boycotted by five Countries.

Reason (r): The Suez crisis and Hungarian uprising was the reason of boycott of 1956 Olympics.

- (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

57. If a ball is dropped from certain height, Given below are two statements are related to it:

Statement – I: After 3 seconds its velocity will be 29.43 m/s.

Statement – II: After 3 seconds it will travel a distance of 44.15 m.

In light of the above statements, choose the most appropriate answer from the options given below:

- (A) Both Statement-I and Statement II are correct
- (B) Both Statement -I and Statement -II are incorrect
- (C) Statement - I is correct and Statement - II is incorrect
- (D) Statement - I is incorrect and Statement - II is correct



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58. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r).
Read the statements and choose the correct answer using the code given below.
Assertion (a): For every molecule of oxygen consumed, a molecule of carbon dioxide is produced.
Reason (r): When carbohydrate is oxidized, extra oxygen is required only for the oxidation of carbon.
- (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
59. Given below are two statements:
Statement – I: Diastasis is the period that the entire Heart is completely at relaxed.
Statement – II: Systole is the period of atrial and ventricle contraction.
In light of the above statements, choose the most appropriate answer from the options given below:
- (A) Both Statement-I and Statement-II are correct
(B) Both Statement -I and Statement-II are incorrect
(C) Statement - I is correct and Statement - II is incorrect
(D) Statement - I is incorrect and Statement - II is correct
60. Given below are two statements:
Statement –I: Endurance training results in condition of bradycardia.
Statement-II: Heart rate increases linearly with increasing oxygen consumption in both trained and untrained individuals.
- (A) Both statement-I and statement- II are correct
(B) Both statement-I and statement-II are incorrect
(C) Statement-I is correct and statement -II is incorrect
(D) Statement -I is incorrect and statement -II is incorrect
61. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer using the code given below.
Assertion (a): Neither trait nor theory type can explain total personality.
Reason (r): Personality is an interactive effect of individuality and environment.
- (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



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62. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer using the code given below.

Assertion (a): A mentally retarded child feels difficulties in learning basic physical skills.

Reason (r): A mentally retarded child has no difficulty in focusing attention.

- (A) Both (a) and (r) are true and (r) is the correct explanation of (a).
- (B) (a) is true, but (r) is false.
- (C) (a) and (r) are true but (r) is not the correct explanation of (a).
- (D) (a) is false, but (r) is true.
63. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer using the code given below.

Assertion (a): For concentric contraction, maximal force is achieved with slower contractions.

Reason (r): Speed of contraction also affects the amount of force produced.

In the context of above statements, which one of the following is true:

Codes:

- (A) Both (a) and (r) are true and (r) is the correct explanation of (a).
- (B) Both (a) and (r) are true, and 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

64. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer using the code given below.

Assertion (a): Acquired immunity is pathogen-specific.

Reason (r): It is not present since birth.

- (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



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65. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer using the code given below.

Assertion (a): Smoking increases the carbon monoxide (CO) content in the blood which has a greater affinity to haemoglobin than oxygen.

Reason (r): Carbon monoxide (CO) forms a stable bond with haemoglobin and does not allow bonding of the oxygen. It reduces the concentration of heme bound oxygen and causes oxygen deficiency in the body.

- (A) Both (a) and (r) are true and (r) is the correct explanation of (a)
- (B) (a) is true, but (r) is false
- (C) (a) and (r) are true but (r) is not the correct explanation of (a)
- (D) (a) is false, but (r) is true
66. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer using the code given below.

Assertion (a): The training in the competition period aims at achieving and maintaining the top form.

Reason (r): Top form once achieved can last for a prolonged period of time.

- (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.

67. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer using the code given below.

Assertion (a): Demand profiles for different stages of training should be determined on the basis of performance capacity and performance structure.

Reason (r): Demand profiles are the most effective means that serve as the base for the talent identification and its development.

- (A) Both (a) and (r) are true and (r) is the correct explanation of (a).
- (B) (a) is true, but (r) is false.
- (C) Both (a) and (r) are true but (r) is not the correct explanation of (a).
- (D) (a) is false, but (r) is true.



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68. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer using the code given below.

Assertion (a): A scientific hypothesis is a proposed explanation for a phenomenon that has not yet been fully tested.

Reason (r): A working hypothesis is a tentatively accepted hypothesis proposed through validation.

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, and 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

69. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer using the code given below.

Assertion (a): 't'-test can be used to test the significance of difference between two groups mean values.

Reason (r): One tail t-test is used to test Null Hypothesis.

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, and 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

70. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer using the code given below.

Assertion (a): Maximal strength does not decreases steadily with aging.

Reason (r): Age related losses of strength result primarily from a substantial loss of muscle mass.

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, and 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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71. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer from the code given below:

Assertion (a) : Grading is the system of exclusion through objective rating with the help of standards.

Reason (r): Objectivity is determined by standards which are based on ratio scales.

In the context of above statements, which one of the following is true:

Codes:

- (A) Both (a) and (r) are true and (r) is the correct explanation of (a)
 - (B) Both (a) and (r) are true, and 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
72. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer from the code given below:

Assertion (a): Sports Intramural programmes should be an integral part of the education programme of an educational institutional.

Reason (r) : Sports promotes all round development.

Codes:

- (A) Both (a) and (r) are true and (r) is the correct explanation of (a)
- (B) Both (a) and (r) are true, and (r) is not the correct explanation of (a)
- (C) (a) is true, but (r) is false
- (D) (a) is false, but (r) is true

73. Given below are two statements:

Statement-I: Saturated fatty acids contain only single bonds between carbon atoms, with the remaining bonds attaching to the hydrogen.

Statement-II: Unsaturated fatty acid contains one or more double bonds along the main carbon chain.

In light of the above statements, choose the most appropriate answer from the options given below:

- (A) Both statement-I and statement-II are correct
- (B) Both statement-I and Statement-II are incorrect
- (C) Statement-I is correct and statement-II is incorrect
- (D) Statement-I is incorrect and statement II is correct


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74. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer from the code given below:

Assertion (a): Pathogens are disease-causing organisms.

Reason (r) : Salmonella typhi is a pathogenic virus causing tuberculosis.

Codes:

- (A) Both (a) and (r) are true and (r) is the correct explanation of (a)
- (B) Both (a) and (r) are true, and (r) is not the correct explanation of (a)
- (C) (a) is true, but (r) is false
- (D) (a) is false, but (r) is true

75. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correct answer from the code given below:

Assertion (a): People similar in intelligence take a similar time to acquire knowledge or skills.

Reason (r): With proper training, these abilities can be considerably enhanced.

Codes:

- (A) Both (a) and (r) are true and (r) is the correct explanation of (a)
- (B) Both (a) and (r) are true, and (r) is not the correct explanation of (a)
- (C) (a) is true, but (r) is false
- (D) (a) is false, but (r) is true

76. Match List-I and List-II and select the correct answer from the codes given below:

List-I (Name of Vitamin)		List-II (Chemical Name)	
P	Vitamin B ₁	1	Cobalamin
Q	Vitamin B ₂	2	Thiamine
R	Vitamin B ₇	3	Biotin
S	Vitamin B ₁₂	4	Riboflavin

Codes:

- | | P | Q | R | S |
|-----|---|---|---|---|
| (A) | 4 | 2 | 3 | 1 |
| (B) | 4 | 2 | 1 | 3 |
| (C) | 2 | 4 | 1 | 3 |
| (D) | 2 | 4 | 3 | 1 |



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77. Match List – I with List – II

List – I (Body Type)	List – II (Scale-Ranks)
P. Endo Mesomorph	I. 7 -1 - 1
Q. Mesomorph	II. 1 - 1 - 7
R. Endomorph	III. 4.5 - 5 - 2
S. Ectomorph	IV. 1 - 7 - 1

Choose the correct answer from the options given below:

(P) (Q) (R) (S)

(A) III I IV II

(B) III IV I II

(C) I III II IV

(D) I II III IV

78. Match List – I with List – II in respect to simple reflex arc.

List – I (Part of Arc)	List – II (Activities)
a. Afferent neuron	I. Bind afferent neuron to efferent neuron
b. Synapse	II. Receive stimuli
c. Sensory receptor	III. Transmit stimulation to muscle
d. Efferent neuron	IV. Transmit stimulation to spinal cord

Choose the correct answer from the options given below:

(a) (b) (c) (d)

(A) IV I III II

(B) I IV II III

(C) I IV III II

(D) IV I II III

79. Match List – I with List – II

List – I (Movement Name)	List – II (Activities)
P. Planter Flexion	I. Medial movement of foot at longitudinal axis
Q. Dorsi Flexion	II. Toes move away to tibia
R. Eversion	III. Toes move closer to tibia
S. Inversion	IV. Lateral movement of foot at longitudinal axis

Choose the correct answer from the options given below:

(P) (Q) (R) (S)

(A) I II IV III

(B) II III I IV

(C) II III IV I

(D) I II III IV



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80. Match List – I with List – II

List – I (Movement)		List – II (Muscle involved)	
P.	Flexion at Knee Joint	I.	Tibialis Anterior
Q.	Extension at Knee Joint	II.	Gastrocnemius
R.	Inward Rotation at of tibia	III.	Semitendinosus
S.	Dorsi Flexion at Ankle joint	IV.	Biceps Femoris
		V.	Rectus Femoris

Choose the correct answer from the options given below:

	(P)	(Q)	(R)	(S)
(A)	IV	V	III	I
(B)	IV	III	II	I
(C)	V	IV	III	II
(D)	V	IV	I	II

81. Match the terms of List-I with that List-II and select the correct answer using the codes given below.

List – I		List – II	
P.	Vroom's Theory of Expectancy	1	Learning
Q.	Freid's Psychoanalytic Theory	2	Motivation
R.	Laws of exercise	3	Aggression
S.	S. Mental Faculty Theory	4	Transfer of training

Codes:

	(P)	(Q)	(R)	(S)
(A)	3	2	1	4
(B)	3	2	4	1
(C)	2	3	4	1
(D)	2	3	1	4

82. Match the column:

List – I		List – II	
P.	Specific source cited within a document or paper	1	Bibliography
Q.	Describes the definition, scope and significance of a problem and the methodology that will be used	2	Reference
R.	Concise summary of research study are valuable source of information	3	Abstract
S.	List of books and articles about specific topic	4	Proposal

Codes:

	P	Q	R	S
(A)	2	4	3	1
(B)	4	3	2	1
(C)	2	4	1	3
(D)	3	4	2	1



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83. Match the Column:

List – I		List – II	
P.	Significant learning outcome	1	Provides continuous information and feedback
Q.	Formative assessment	2	Meaningful assessment
R.	Summative assessment	3	Standardized and controlled assessment
S.	Formal assessment	4	Assessment that provides final judgment on learning

Codes:

	P	Q	R	S
(A)	IV	I	III	II
(B)	IV	I	II	III
(C)	I	IV	II	III
(D)	I	IV	III	I

85. Match List-I and List-II and select the correct answer from the codes given below:

Codes:

	P	Q	R	S
(A)	1	2	3	4
(B)	2	1	4	3
(C)	3	4	2	1
(D)	4	3	1	2

84. Match List-I and List-II and select the correct answer from the codes given below:

List – I (WADA Category of Banned substances)		List – II (Substances)	
P.	S2	1	Beta-2 agonists
Q.	S3	2	Diuretics and masking agents
R.	S4	3	Peptide hormones, growth factors
S.	S5	4	Hormone and metabolic modulators

Codes:

	P	Q	R	S
(A)	1	3	4	2
(B)	3	1	4	2
(C)	1	3	2	4
(D)	3	1	2	4

List – I (Strength Index)		List – II (Formula)	
P.	Strength Index for Sr. High school Boys	1	$1.19 (\text{Leg Strength}) + 1.15 (\text{Arm Strength}) + 408$
Q.	Strength Index for Sr. High school Girls	2	$1.27 (\text{Leg Strength}) + 1.19 (\text{Arm Strength}) + 544$
R.	Strength Index for college men	3	$1.18 (\text{Leg Strength}) + 1.10 (\text{Arm Strength}) + 468$
S.	Strength Index for college women	4	$1.22 (\text{Leg Strength}) + 1.23 (\text{Arm Strength}) + 499$



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86. Arrange the Olympic rings in a sequence from your Right to left according to their colors in a sequence.

1. Yellow
2. Green
3. Blue
4. Red
5. Black

Choose the correct answer from the options given below:

- (A) 4, 1 , 5 , 2 , 3
- (B) 3, 1 , 5 , 2 , 4
- (C) 3, 2 , 1 , 5 , 4
- (D) 4, 2 , 5 , 1 , 3

87. Arrange the excitation – coupling phase of muscle contraction in a sequence from first to last:

1. Calcium ions saturate troponin turning on actin
2. Nerves impulse generated
3. Calcium ions released from vesicles
4. Coupling of Actin and Myosin
5. ATP cross bridge charged

Choose the correct answer from the options given below:

- (A) 2, 1 , 3 , 4 , 5
- (B) 3, 1 , 5 , 2 , 4
- (C) 2, 3 , 1 , 5 , 4
- (D) 4, 2 , 5 , 1 , 3

88. Arrange the layers of muscle a sequence from outermost to innermost.

1. Sarcolemma
2. Epimysium
3. Perimysium
4. Endomysium

Choose the correct answer from the options given below:

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



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89. Arrange the following minerals for their recommended daily intake (mg/d) for an 19 – 30 years male form highest to lowest in a sequence:

1. Iron
2. Phosphorus
3. Magnesium
4. Calcium

Select the correct code:

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

90. Arrange the following steps of Tylers model of curriculum development in a sequence from first to last:

- (a) Organizing learning experiences
 (b) Stating objection
 (c) Evaluation
 (d) Selecting learning experiences

Codes:

- (A) (d) (a), (c) and (b)
 (B) (a) (c), (b) and (d)
 (C) (b), (d), (a) and (c)
 (D) (c), (a), (d) and (b)

91. Find the correct sequence of steps for developing an annual training plan:

- (a) Performance prognosis and performance structure
 (b) Goals and sub goals settings
 (c) Periods and meso-cycle
 (d) Load dynamics and indices
 (e) Dates of tests, controls and competitions.

Codes:

- (A) (b), (e), (c), (d) and (a)
 (B) (a), (b), (c), (d) and (e)
 (C) (c), (b), (a), (e) and (d)
 (D) (a), (b), (c), (e) and (d)

92. Select the correct sequence of steps of research:

- (a) Formulation of hypothesis
 (b) Collection of data
 (c) Formulation of generalization and conclusion
 (d) Selection of problem
 (e) Analysis of data
 (f) Design of research
 (g) Discussion on hypothesis

Codes:

- (A) (d), (f), (a), (b), (e), (c) and (g)
 (B) (f), (b), (e), (a), (g), (d) and (c)
 (C) (f), (a), (b), (e), (g), (d) and (c)
 (D) (d), (f), (a), (b), (e), (g) and (c)



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93. The sequence of items to be followed in AAPHER youth fitness test from first to last:

- (a) 50 yards
- (b) Pulls ups/ Flexed arm hang
- (c) Shuttle run
- (d) Bent knees sit ups
- (e) Standing Broad Jump
- (f) 600 yard run

Select the right sequence:

- (A) (a), (d), (e), (c), (b), (f)
- (B) (b), (a), (d), (c), (e), (f)
- (C) (b), (c), (d), (a), (e), (f)
- (D) (b), (d), (c), (e), (a), (f)

94. Arrange the following steps in their correct order for managing a sport programme successfully.

- (a) Budgeting
- (b) Directing
- (c) Planning
- (d) Staffing

Codes:

- (A) (b), (c), (a) and (d)
- (B) (c), (a), (d) and (b)
- (C) (a), b), (c) and (d)
- (D) (d), (a), (b and (c)

95. Arrange the following in a sequence from highest to lowest glycemic index:

1. Honey
2. Brown rice
3. Glucose
4. Bananas
5. White rice

Select the correct option:

- (A) 1,3, 2, 4 and 5
- (B) 3, 1, 5, 2 and 4
- (C) 1, 3, 4, 2 and 5
- (D) 3, 1, 2, 5 and 4



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Note: Read the following passage and give answer of questions from 96 to 100.

An experimental study was conducted to test hypothesis “There will be no significant effect of ginseng supplementation on the endurance performance of athletes” To achieve the objectives of the study control group (N=30) was given placebo for 12 weeks and experimental (N=30) was given 200mg ginseng for 12 weeks. Pre-test and post-test for endurance of both control and experimental groups were conducted. To test the hypothesis t test was used. In the control group, when comparative analysis of mean scores of pre-test and post-test was done, the calculated value of t – test was 1.23(df = 60, 0.05 = 1.96 and 0.01 = 2.58). Whereas, when comparative analysis of mean scores of pre-test and post-test of experimental group was done, the calculated value of t – test was 2.23. But when the post-test mean scores of control and experimental groups were compared, the calculated t value was 3.24.

96. Which type of hypothesis has been taken in the study?

- (A) Directional Hypothesis
- (B) Alternative Hypothesis
- (C) Null Hypothesis
- (D) Positive Hypothesis

97. Which of the following statement/s is /are correct as per the results of pre-test and post- test of control group?

Statement –I : There was no significant effect of supplementation on the endurance performance of control group.

Statement – II : There was significant effect of ginseng supplementation on the endurance performance of in control group.

In light of the above statements, choose the most appropriate answer from the options given below:

- (A) Both Statement I and Statement II are correct
- (B) Both Statement I and Statement II are incorrect
- (C) Statement - I is correct and Statement - II is incorrect
- (D) Statement - I is incorrect and Statement - II is correct



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98. Given below are two statements, one labelled as Assertion (a) and the other labelled as Reason (r). Read the statements and choose the correction answer from the code given below:

Assertion (a) : The hypothesis of the study is accepted.

Reason (r) : As the calculated t value was significant in the experimental group.

- (A) Both (a) and (r) are true and (r) is correct explanation of (a)
- (B) Both (a) and (r) are true and (r) is not correct explanation of (a)
- (C) (a) is true, but (r) is false
- (D) (a) is false, but (r) is true
99. Which of the following statement/s is /are correct as per the results of pre-test and post- test of experimental group?

Statement – I : There was significant improvement at 0.01 level in the endurance performance of experimental group after ginseng supplementation.

Statement – II : There was significant improvement at 0.05 level in the endurance performance of experimental group after ginseng supplementation.

In light of the above statements, choose the most appropriate answer from the options given below:

- (A) Both Statement -I and Statement II are correct
- (B) Both Statement -I and Statement-II are incorrect
- (C) Statement - I is correct and Statement - II is incorrect
- (D) Statement - I is incorrect and Statement - II is correct

100. Which of the following statement/s is /are correct as per the results of pre-test and post- test of control and experimental group?

Statement – I : There was significant improvement at 0.01 level in the endurance performance of experimental group after ginseng supplementation in comparison to control group.

Statement – II : In the present study one tail t-test has been used.

In light of the above statements, choose the most appropriate answer from the options given below:

- (A) Both Statement- I and Statement II are correct
- (B) Both Statement -I and Statement-II are incorrect
- (C) Statement - I is correct and Statement - II is incorrect
- (D) Statement - I is incorrect and Statement - II is correct



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