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te	
ne	
	16/07/2024
	2:00 PM - 5:00 PM
	PGT (Physical Education)

ility and Reasoning Ability

t, S, T, U and V has an exam on a different day of a week starting from Monday
i Sunday of the same week. U has the exam on one of the days after Q. V has
uesday. Only 3 people have the exam between V and P. Q has the exam
efore R but not on a Wednesday. S and U do not have the exam on Monday.
ople have the exam between Q and T?

Question ID : 630680351981
Option 1 ID : 6306801370024
Option 2 ID : 6306801370022
Option 3 ID : 6306801370023
Option 4 ID : 6306801370021

English alphabetical order, three of the following letter-cluster pairs are alike
ay and thus form a group. Which is the letter-cluster pair that does not belong

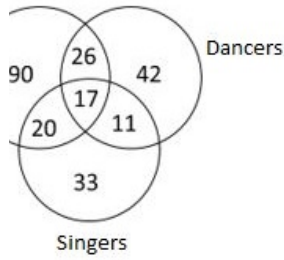
d man out is not based on the number of consonants/vowels or their position
luster.)

1

R

Question ID : 630680477541
Option 1 ID : 6306801865312
Option 2 ID : 6306801865313
Option 3 ID : 6306801865315
Option 4 ID : 6306801865314

given diagram carefully and answer the question that follows.
 ers in different sections indicate the number of people.



How many such dancers are there who are also singers?

- Question ID : 630680316311
- Option 1 ID : 6306801230880
- Option 2 ID : 6306801230879
- Option 3 ID : 6306801230878
- Option 4 ID : 6306801230877

Which cluster should replace # and % so that the pattern and relationship followed by letter-cluster pair on the left side of :: is the same as that on the right side of ::?

- A : %
- N, % = QLS
- M, % = QKS
- M, % = QLR
- P, % = QLS

- Question ID : 630680711903
- Option 1 ID : 6306802789278
- Option 2 ID : 6306802789279
- Option 3 ID : 6306802789277
- Option 4 ID : 6306802789276

Two statements are given followed by two conclusions. Select the conclusion(s) that follow(s) from the statements.

Statement I: In 2019, 31 per cent of people defecate in open as compared to 58 per cent in India, as per a survey conducted by the government.

Statement II: India is a small nation as compared to India. In the last two years India has made steady progress in providing access to sanitation.

- Conclusion II follows.
- Conclusion I follows.
- Neither conclusion I nor II follows.
- Both conclusions I and II follow.

- Question ID : 630680106095
- Option 1 ID : 630680412280
- Option 2 ID : 630680412279

o 128 following a certain logic. Following the same logic, 31 is related to 83.
ie following is 56 related, following the same logic?
tions should be performed on the whole numbers, without breaking down the
their constituent digits. E.g. 13 – Operations on 13 such as
cting/multiplying to 13 can be performed. Breaking down 13 into 1 and 3 and
ng mathematical operations on 1 and 3 is not allowed.)

Question ID : 630680541145
Option 1 ID : 6306802115611
Option 2 ID : 6306802115610
Option 3 ID : 6306802115612
Option 4 ID : 6306802115613

mbers should be interchanged to make the following equation correct?

$$15 - 25 = 5$$

Question ID : 630680339203
Option 1 ID : 6306801319382
Option 2 ID : 6306801319383
Option 3 ID : 6306801319384
Option 4 ID : 6306801319381

umbers are given below. In each set of numbers, certain mathematical
n the first number result(s) in the second number. Similarly, certain
operation(s) on the second number result(s) in the third number and so on.
given options follows the same set of operations as in the given sets?

tions should be performed on the whole numbers, without breaking down the
their constituent digits. E.g. 13 – Operations on 13 such as
cting/multiplying to 13 can be performed. Breaking down 13 into 1 and 3 and
ng mathematical operations on 1 and 3 is not allowed.)

- 51.2
- 45.2
-) - 35.2 - 50.2
- ? - 55.2 - 80.2
- 1 - 44.2 - 59.2
- ;) - 50.2 - 75.2

Question ID : 630680711041
Option 1 ID : 6306802785821
Option 2 ID : 6306802785823
Option 3 ID : 6306802785820
Option 4 ID : 6306802785822

Term that does NOT belong to the following series.
GP48, CC60, XV72, SO84

Question ID : 630680149646
Option 1 ID : 630680578754
Option 2 ID : 630680578753
Option 3 ID : 630680578755
Option 4 ID : 630680578752

Five people live on six different floors of the same building. The lowermost floor in the building is numbered 1, the floor above it is numbered 2 and so on till the topmost floor, which is numbered 6. Q lives on the floor numbered 5. P lives on one of the floors above I. Q lives on the floor immediately below I. Only R lives below G. Which floor number does R live on?

Question ID : 630680367608
Option 1 ID : 6306801431881
Option 2 ID : 6306801431882
Option 3 ID : 6306801431883
Option 4 ID : 6306801431884

Which word is based on the following words.

TOP

For each word, each letter is changed to the next letter in the English alphabetical order. Which letter-cluster thus formed will have no vowel?

Question ID : 630680796953
Option 1 ID : 6306803122768
Option 2 ID : 6306803122771
Option 3 ID : 6306803122769
Option 4 ID : 6306803122770

ode language,
A is the mother of B'
A is the brother of B'
A is the wife of B'
A is the father of B'
above, how is S related to G if 'M + G - P × Q ÷ R - S + T'?

brother

r

's daughter

ter's daughter

Question ID : 630680149675

Option 1 ID : 630680578868

Option 2 ID : 630680578871

Option 3 ID : 630680578869

Option 4 ID : 630680578870

ollowing four letter-cluster pairs are alike in a certain way and thus form a
is the letter-cluster pair that does NOT belong to that group?
d one out is not based on the number of consonants/vowels or their positions
luster.)

P

I

3

M

Question ID : 630680694982

Option 1 ID : 6306802722170

Option 2 ID : 6306802722167

Option 3 ID : 6306802722168

Option 4 ID : 6306802722169

: from point A and drives 3 km towards west. He then takes a left turn and
He takes a final right turn and drives 7 km and stops at point B. Tanmay starts
which is 8 km east of Point A, and drives 8 km towards west. He then takes a
drives 11 km. He takes a final right turn and drives 3 km and stops at Point Q.
ortest distance between Point Q and Point B?

is are 90 degree turns only.)

Question ID : 630680751968

Option 1 ID : 6306802947232

Option 2 ID : 6306802947231

Option 3 ID : 6306802947233

Option 4 ID : 6306802947230

Some in place of the question mark (?) in the given series in order to make it complete?
 LG9 ?

Question ID : 630680151161
 Option 1 ID : 630680584706
 Option 2 ID : 630680584707
 Option 3 ID : 630680584705
 Option 4 ID : 630680584704

Some in place of the question mark (?) in the given series?

, 92, ?

Question ID : 630680539669
 Option 1 ID : 6306802109794
 Option 2 ID : 6306802109793
 Option 3 ID : 6306802109795
 Option 4 ID : 6306802109796

are sitting in two parallel rows containing 4 people each in such a way that distance between adjacent persons.
 X, Y and Z are seated and all of them are facing south.
 , K and L are seated and all of them are facing north.
 person faces another person from the other row.
 I to the left of Y. I sits second to the right of L. Only two people sit between L and J.
 The following sits to the immediate left of the person facing I?

Question ID : 630680408755
 Option 1 ID : 6306801593914
 Option 2 ID : 6306801593912
 Option 3 ID : 6306801593913
 Option 4 ID : 6306801593911

'÷' means 'x', '÷' means '-' and 'x' means '+', then what will come in place of mark (?) in the following equation?
 8 + 2 x 3 = ?

is based on the five, three-digit numbers given below.
1 925 164 415 (Right)
7 – First digit = 6, second digit = 9 and third digit = 7)
operations are to be done from left to right.
The resultant if the first digit of the lowest number is added to the third digit of
the number?

Question ID : 630680813221
Option 1 ID : 6306803186296
Option 2 ID : 6306803186297
Option 3 ID : 6306803186295
Option 4 ID : 6306803186294

code,
'the good mind' is coded as 'cx ol vc tt',
'have' is coded as 'wq sd cx vb',
'her knowledge' is coded as 'cx vb hj ol' and
'we look' is coded as 'pu tt sd yb'.
(The first two letters are two-letter coded only.)
Which of the following is the possible code for 'and'?

- 'yb' or 'pu'
- 'sd' or 'tt'
- 'tt' or 'yb'
- 'yb' or 'sd'

Question ID : 630680797574
Option 1 ID : 6306803125254
Option 2 ID : 6306803125252
Option 3 ID : 6306803125253
Option 4 ID : 6306803125255

rareness

Which of the following birds is the national bird of India?

- Peacock
- Parrot
- Indian Bustard
- Parakeet

Question ID : 630680477417
Option 1 ID : 6306801864827
Option 2 ID : 6306801864825
Option 3 ID : 6306801864826
Option 4 ID : 6306801864828

Which of the following statements about Mycoplasma is true?

- Mycoplasma are the smallest known bacteria.
- Mycoplasma belong to kingdom Animalia.
- Mycoplasma are organisms that completely lack a cell wall.
- Mycoplasma are blood plasma found in certain mammals.

Question ID : 630680865977
Option 1 ID : 6306803391704
Option 2 ID : 6306803391705
Option 3 ID : 6306803391703
Option 4 ID : 6306803391702

Which of the following states is the Sand Art Festival celebrated?

- Andhra Pradesh
- Karnataka
- Kerala
- Rajasthan

Question ID : 630680393988
Option 1 ID : 6306801536255
Option 2 ID : 6306801536254
Option 3 ID : 6306801536256
Option 4 ID : 6306801536257

The railings of the Bharhut stupa were built during the _____ period.

- Gupta
- Scythians
- Greeks
- Maurya

Question ID : 63068084307
Option 1 ID : 630680326781
Option 2 ID : 630680326782
Option 3 ID : 630680326780
Option 4 ID : 630680326783

Ministry of Statistics and Programme Implementation, Government of India, reported that the per capita Net National Income (NNI) at constant (2011-12) prices in the year

- 2016
- 2018
- 2018
- 2017

Question ID : 630680863793
Option 1 ID : 6306803383184
Option 2 ID : 6306803383186
Option 3 ID : 6306803383185
Option 4 ID : 6306803383183

from West Bengal has been conferred with which award in 2024 for his contribution to society in the field of environment and afforestation?

- a Vibhushan
- a Bhushan
- ian Environmental Prize
- a Shri

Question ID : 630680862377
Option 1 ID : 6306803377289
Option 2 ID : 6306803377288
Option 3 ID : 6306803377290
Option 4 ID : 6306803377287

of the 'Directive Principles of State Policy' is taken from which of the following in the Indian Constitution?

- d
- e

Question ID : 630680861288
Option 1 ID : 6306803373030
Option 2 ID : 6306803373028
Option 3 ID : 6306803373027
Option 4 ID : 6306803373029

ge was included in the list of languages in the Eighth Schedule of the Constitution of India by the 21st Constitutional Amendment Act?

- ii
- iii
- iv
- ali

Question ID : 630680157754
Option 1 ID : 630680610547
Option 2 ID : 630680610544
Option 3 ID : 630680610546
Option 4 ID : 630680610545

territory of Jammu and Kashmir was created by the abrogation of which of the articles?

- e 370
- e 380
- e 239AA
- e 35A

Question ID : 630680861315
Option 1 ID : 6306803373133
Option 2 ID : 6306803373134
Option 3 ID : 6306803373131
Option 4 ID : 6306803373132

Following communities is associated with the festival of Baisakhi?

an

n

Question ID : 630680861275
 Option 1 ID : 6306803372975
 Option 2 ID : 6306803372978
 Option 3 ID : 6306803372976
 Option 4 ID : 6306803372977

In official count of the population conducted from time to time, the following years was the first complete census conducted since independence?

Question ID : 630680866055
 Option 1 ID : 6306803392009
 Option 2 ID : 6306803392007
 Option 3 ID : 6306803392006
 Option 4 ID : 6306803392008

Following accurately depicts the DNA double helix?



Question ID : 630680305629
 Option 1 ID : 6306801188892
 Option 2 ID : 6306801188890
 Option 3 ID : 6306801188889
 Option 4 ID : 6306801188891

Following fundamental rights is NOT available to foreign citizens?

Equality before Law

Right of Freedom of Life and Body

Right against Exploitation

Right of Freedom of Expression

Question ID : 630680861290
 Option 1 ID : 6306803372975

Ministry of Statistics and Programme Implementation, Government of India,
Gross Value Added (GVA) Net National Income (NNI) at constant (2011-12) prices increased by ____
% to 2022-23.

- %
- %
- %
- %

Question ID : 630680863789
Option 1 ID : 6306803383167
Option 2 ID : 6306803383168
Option 3 ID : 6306803383170
Option 4 ID : 6306803383169

In the following years did Guru Gobind Singh establish the Khalsa Panth?

Question ID : 630680866074
Option 1 ID : 6306803392080
Option 2 ID : 6306803392081
Option 3 ID : 6306803392079
Option 4 ID : 6306803392078

According to the March 2024 report published by IQAir, what was India's rank among the 10
countries with the worst air quality in 2024?

1

Question ID : 630680862381
Option 1 ID : 6306803377314
Option 2 ID : 6306803377311
Option 3 ID : 6306803377312
Option 4 ID : 6306803377313

The communal violence known as the Surat Split of 1907 was related with the _____.

- 1 All India Muslim League
- 2 Mahasabha
- 3 Indian National Congress
- 4 Communist Party

Question ID : 630680302812
Option 1 ID : 6306801177910
Option 2 ID : 6306801177912
Option 3 ID : 6306801177911
Option 4 ID : 6306801177913

c sequence of lower and upper Palaeolithic tools was identified in _____ in

rabha-Ghataprabha valleys

ao caves

valley

am caves

Question ID : 63068092781

Option 1 ID : 630680359816

Option 2 ID : 630680359818

Option 3 ID : 630680359817

Option 4 ID : 630680359815

. (Thermal Infra-Red Imaging Satellite for High-resolution Natural Resource mission, is a collaborative endeavor between space agencies of India and following countries?

ilia

e

Question ID : 630680862368

Option 1 ID : 6306803377254

Option 2 ID : 6306803377253

Option 3 ID : 6306803377251

Option 4 ID : 6306803377252

the annual Periodic Labour Force Survey (PLFS), what was the Labour Force Rate (LFPR) in India in the year 2021-2022?

Adda247

Question ID : 630680863801

Option 1 ID : 6306803383217

Option 2 ID : 6306803383216

Option 3 ID : 6306803383215

Option 4 ID : 6306803383218

Aptitude and Data Interpretation

portionsl to 90, 39 and 30 is:

Question ID : 630680850392

Option 1 ID : 6306803330727

Surface area of a cylinder having radius 4 cm and height 29 cm is:

- cm²
- cm²
- cm²
- cm²

Question ID : 630680737063
 Option 1 ID : 6306802888857
 Option 2 ID : 6306802888859
 Option 3 ID : 6306802888858
 Option 4 ID : 6306802888856

500 is deposited at 6% per annum for 2 years. Find the difference in interests compounded annually and when simple interest is applied.

- 16
- 35
- 35
- 10

Question ID : 630680809188
 Option 1 ID : 6306803170331
 Option 2 ID : 6306803170332
 Option 3 ID : 6306803170334
 Option 4 ID : 6306803170333

Salary is ₹14000 per month. He spends ₹5500 on house rent, ₹3000 on bills and ₹2000 on shopping. The remaining amount is his monthly savings. Find his savings(in ₹) in a year, if in the month of December he spent his complete monthly saving for birthday celebration.

)



Question ID : 630680667455
 Option 1 ID : 6306802613380
 Option 2 ID : 6306802613383
 Option 3 ID : 6306802613382
 Option 4 ID : 6306802613381

Pipe A and B can fill a tank in 36 hours and 24 hours, respectively. If both the pipes work simultaneously, then the time taken to fill the tank is:

- hours
- hours
- hours
- hours

Question ID : 630680344609

1 do a piece of work in 8, 4 and 8 days respectively. How long will they take to together?

Question ID : 630680659921
Option 1 ID : 6306802583628
Option 2 ID : 6306802583626
Option 3 ID : 6306802583627
Option 4 ID : 6306802583629

of 13 numbers is 11. If each number is multiplied by 7, then what will the new

Question ID : 630680552059
Option 1 ID : 6306802158461
Option 2 ID : 6306802158462
Option 3 ID : 6306802158463
Option 4 ID : 6306802158464

it in 2019 was ₹25600. He gets an increment of 30% every year. What was his n 2021?

Question ID : 630680667185
Option 1 ID : 6306802612303
Option 2 ID : 6306802612301
Option 3 ID : 6306802612300
Option 4 ID : 6306802612302

ro pianos, each for ₹1080, making a profit of 20% on the sale of the first and a n the sale of the second. What is the total cost price (in ₹) of the two pianos?

Question ID : 630680633319
Option 1 ID : 6306802479174
Option 2 ID : 6306802479175
Option 3 ID : 6306802479172
Option 4 ID : 6306802479173

$7 \div 2 \times 6$

Question ID : 630680688107
Option 1 ID : 6306802695091
Option 2 ID : 6306802695089
Option 3 ID : 6306802695088
Option 4 ID : 6306802695090

weight of 14 boys in a class is 40.5 kg and that of the remaining 4 boys is 1 the average weight (in kg) of all the boys in the class.

Question ID : 630680657350
Option 1 ID : 6306802573345
Option 2 ID : 6306802573344
Option 3 ID : 6306802573343
Option 4 ID : 6306802573342

article for ₹119, a man loses 15%. At what price (in ₹) should he sell it to gain

Question ID : 630680633005
Option 1 ID : 6306802477919
Option 2 ID : 6306802477921
Option 3 ID : 6306802477918
Option 4 ID : 6306802477920

to cover a distance of 8 km in 1 hour. If he covers one-fourth of the distance in the total time, then what should his speed (in km/h) be to cover the remaining distance in the remaining time so that the person reaches the destination exactly on time?

Question ID : 630680850410
Option 1 ID : 6306803330800
Option 2 ID : 6306803330797
Option 3 ID : 6306803330799
Option 4 ID : 6306803330798

Anil can complete a job alone in 12 days while Bhaskar can complete it alone in 15 days. On the first day only Anil works, on the second day only Bhaskar works and on the third day Anil and Bhaskar work together. This cycle continues till the work is completed. How long will it take to complete the work?

12 days

15 days

18 days

20 days

Question ID : 630680710523

Option 1 ID : 6306802783799

Option 2 ID : 6306802783798

Option 3 ID : 6306802783797

Option 4 ID : 6306802783800

Find the value of the following.

$$1 \times \sqrt{108} - \sqrt{59} + \sqrt{25}$$

Question ID : 630680379315

Option 1 ID : 6306801478303

Option 2 ID : 6306801478304

Option 3 ID : 6306801478306

Option 4 ID : 6306801478305

The circumference of the top of a large hemispherical iron bowl is 565.2 cm and the thickness is 1 cm. What will be the cost (in ₹) of painting all the surfaces of the bowl if it costs ₹ 100 per cm² of the surface of the bowl? (Use $\pi = 3.14$.)

85

35

35

35

Question ID : 630680381310

Option 1 ID : 6306801486193

Option 2 ID : 6306801486194

Option 3 ID : 6306801486192

Option 4 ID : 6306801486191

square whose diagonal measures 12 units is 72 square units. If the area of a square with the same diagonal, then the measure of the diagonal (in units) of a square whose area is 32 square units will be:

Question ID : 630680858649
Option 1 ID : 6306803362831
Option 2 ID : 6306803362830
Option 3 ID : 6306803362832
Option 4 ID : 6306803362833

of 13 numbers is 10. If each number is multiplied by 2, then what will the new

Question ID : 630680568905
Option 1 ID : 6306802224431
Option 2 ID : 6306802224432
Option 3 ID : 6306802224430
Option 4 ID : 6306802224429

9 x 0.2076 is equal in value to:

8 x 6909 x 2.076

3 x 690.9 x 207.6

3 x 69.09 x 20.76

3 x 6.909 x 207.6

Question ID : 630680677567
Option 1 ID : 6306802653723
Option 2 ID : 6306802653725
Option 3 ID : 6306802653724
Option 4 ID : 6306802653726

on (in years) will ₹4200 fetch a simple interest of ₹840 at 4% per annum rate

Question ID : 630680665888
Option 1 ID : 6306802607114
Option 2 ID : 6306802607113
Option 3 ID : 6306802607115
Option 4 ID : 6306802607112

a paragraph are given below. While the first and the last sentences (A1 and correct order, the sentences in between are jumbled up. Arrange the the correct order to form a meaningful and coherent paragraph.

: region, characterised by its extreme cold and ice-covered seas.

ng increasingly significant in global geopolitics.

ange is causing ice to melt at unprecedented rates.

opening new shipping routes and revealing untapped natural resources.

ike Russia, Canada, the United States, Denmark, and Norway have vested e Arctic.

iding to territorial claims and strategic military positioning.

Question ID : 630680849119
 Option 1 ID : 6306803325999
 Option 2 ID : 6306803325998
 Option 3 ID : 6306803326001
 Option 4 ID : 6306803326000

ion that can be used as a one-word substitute for the given group of words.

of lending money at unreasonably high rates of interest

zlement

ptcy

ion

Question ID : 630680846083
 Option 1 ID : 6306803314183
 Option 2 ID : 6306803314186
 Option 3 ID : 6306803314184
 Option 4 ID : 6306803314185

st appropriate option to fill in the blank.

:tiquettes impressed everyone at the dinner table.

:cable

Question ID : 630680845962
 Option 1 ID : 6306803313712
 Option 2 ID : 6306803313711
 Option 3 ID : 6306803313714
 Option 4 ID : 6306803313713

Choose the most appropriate question tag to fill in the blank.

Enjoy the movie, _____?

Will you

Do you

Can you

Shall you

Question ID : 630680845888

Option 1 ID : 6306803313422

Option 2 ID : 6306803313419

Option 3 ID : 6306803313420

Option 4 ID : 6306803313421

Choose the most appropriate option to fill in the blank.

What you sow.

;

Question ID : 630680159907

Option 1 ID : 630680619014

Option 2 ID : 630680619012

Option 3 ID : 630680619013

Option 4 ID : 630680619015

Choose the word or phrase that can be used as a one-word substitute for the given group of words.

Studying the influence of heavenly bodies on human life

Astronomer

Alchemist

Biologist

Chronologist

Question ID : 630680846013

Option 1 ID : 6306803313911

Option 2 ID : 6306803313912

Option 3 ID : 6306803313913

Option 4 ID : 6306803313914

Choose the most appropriate synonym of the highlighted word.

"There's still some time left to prepare for the exam. Try to stay hopeful," Faisal cheer her friend up.

;

Optimistic

Disheartened

Discouraged

Question ID : 630680748105

Option 1 ID : 6306802932045

Choose the most appropriate option to fill in the blank and complete the given idiom.

Originally, we had planned to go to the beach, but we decided to _____ it a day as we were so tired.

number

Question ID : 630680736521
Option 1 ID : 6306802886768
Option 2 ID : 6306802886769
Option 3 ID : 6306802886771
Option 4 ID : 6306802886770

Choose the highlighted text with the correct idiom from the options.

After spending long months studying for the medical entrance exam, with all the complex fierce competition, John knew he had no probability or prospect of getting into his top choice school.

He rubbed his fingers

He saw a ball's chance in hell

He threw the dice

He will battle

Question ID : 630680747959
Option 1 ID : 6306802931463
Option 2 ID : 6306802931461
Option 3 ID : 6306802931462
Option 4 ID : 6306802931460

Choose the most appropriate idiom/phrase that can substitute the underlined part of the sentence.

To address every minor issue that arises, we should tackle them early to prevent escalating into major problems.

to sack

to tie beans

to nip in the bud

to hold the gun

Question ID : 630680795252
Option 1 ID : 6306803116032
Option 2 ID : 6306803116034
Option 3 ID : 6306803116031
Option 4 ID : 6306803116033

Choose the most appropriate adverb to fill in the blank.

_____ that visiting this website might help us get the answers to our questions

Probably

Probably

Probably

Probably

Most appropriate synonym of the highlighted word.

Books so intriguing; I can't wait to see how the story unfolds.

Engulfing

Engaging

Engrossing

Engendering

Question ID : 630680748107

Option 1 ID : 6306802932055

Option 2 ID : 6306802932052

Option 3 ID : 6306802932053

Option 4 ID : 6306802932054

Most appropriate ANTONYM of the word 'Clarity' to fill in the blank in the sentence.

Confusion

How did you find the lecture on quantum physics?
I was as rather _____. I couldn't understand a thing.

Confusing

Confounding

Comprehensible

Confusing

Question ID : 630680752493

Option 1 ID : 6306802949259

Option 2 ID : 6306802949256

Option 3 ID : 6306802949258

Option 4 ID : 6306802949257

Most appropriate word that can be used as a one-word substitute for the given group of words.

Decorative elements that occur in printing or writing

Decorative

Decorative

Decorative

Question ID : 630680846026

Option 1 ID : 6306803313966

Option 2 ID : 6306803313964

Option 3 ID : 6306803313963

Option 4 ID : 6306803313965

Most appropriate option to fill in the blanks.

A person who can help her overcome ____ problems she is facing.

Alleviate

Alleviate

Alleviate

Directions:

Read the passage and answer the questions that follow.

Novel stories about the slave plantations, especially in the southern colonies of America, such as *Gone With the Wind* by Margaret Mitchell, often portray slaves as if they were even happy to serve their white owners, this is pure fiction. Africans were never content as slaves and resisted whenever possible. While slave revolts were the most common, they had the greatest impact on the white population, causing them to live in fear of their neighbours' slaves, they were relatively rare events. Slave codes, which restricted what slaves could meet, what they could be taught, and how they could be treated, existed in the southern slave populations in an attempt to prevent slave revolts. Instead of revolting, slaves turned to less violent but effective means of resistance. Field slaves often worked only as hard and as fast as they had to in order to avoid being disciplined. They often intentionally trampled crops as they worked in the fields. Women slaves practiced infanticide in order to reduce the number of children and, therefore, future slaves that they would have to raise.

Question No : 16

Which of the following best captures the essence of the given passage?

(A) The passage describes the daily work and routines of field slaves and discusses the impact of slave codes.

(B) The passage details the lives of plantation owners and their slaves.

(C) The passage debunks the myth of happy slaves and highlights their resistance.

(D) The passage focuses on the fictional portrayal of slavery in literature and the need for reform for women slaves.

Question ID : 630680849733
 Option 1 ID : 6306803328173
 Option 2 ID : 6306803328175
 Option 3 ID : 6306803328174
 Option 4 ID : 6306803328176

Directions:

Read the passage and answer the questions that follow.

Novel stories about the slave plantations, especially in the southern colonies of America, such as *Gone With the Wind* by Margaret Mitchell, often portray slaves as if they were even happy to serve their white owners, this is pure fiction. Africans were never content as slaves and resisted whenever possible. While slave revolts were the most common, they had the greatest impact on the white population, causing them to live in fear of their neighbours' slaves, they were relatively rare events. Slave codes, which restricted what slaves could meet, what they could be taught, and how they could be treated, existed in the southern slave populations in an attempt to prevent slave revolts. Instead of revolting, slaves turned to less violent but effective means of resistance. Field slaves often worked only as hard and as fast as they had to in order to avoid being disciplined. They often intentionally trampled crops as they worked in the fields. Women slaves practiced infanticide in order to reduce the number of children and, therefore, future slaves that they would have to raise.

Question No : 17

Which of the following is most accurately inferred about the portrayal of slaves in 'Gone With the Wind'?

(A) The passage highlighted the harsh realities of slave resistance.

(B) The passage provided a realistic view of slavery.

(C) The passage accurately depicted slaves as content with their lives.

(D) The passage focused on the economic aspects of slavery and portrays slaves as constantly resisting.

Question ID : 630680849732
 Option 1 ID : 6306803328170
 Option 2 ID : 6306803328169
 Option 3 ID : 6306803328171
 Option 4 ID : 6306803328172

on:

Read the passage and answer the questions that follow.

Popular stories about the slave plantations, especially in the southern colonies of America, such as *Gone With the Wind* by Margaret Mitchell, often portray slaves as if they were even happy to serve their white owners, this is pure fiction. Africans were never content as slaves and resisted whenever possible. While slave revolts were the most common, they had the greatest impact on the white population, causing them to live in fear of their neighbours' slaves, they were relatively rare events. Slave codes, which restricted what slaves could meet, what they could be taught, and how they could be treated, existed in the southern slave populations in an attempt to prevent slave revolts. Instead of revolting, slaves turned to less violent but effective means of resistance. Field slaves often worked only as hard and as fast as they had to in order to avoid being disciplined. Some slaves intentionally trampled crops as they worked in the fields. Women slaves practiced infanticide in order to reduce the number of children and, therefore, future slaves that they

No : 18

Based on the given passage, why were slave revolts rare?

(A) Slave codes restricted slaves' activities

(B) Slaves were generally content with their lives

(C) There were not enough slaves to organise revolts

(D) Slaves lacked the resources to revolt

Question ID : 630680849731
 Option 1 ID : 6306803328167
 Option 2 ID : 6306803328165
 Option 3 ID : 6306803328166
 Option 4 ID : 6306803328168

on:

Read the passage and answer the questions that follow.

Popular stories about the slave plantations, especially in the southern colonies of America, such as *Gone With the Wind* by Margaret Mitchell, often portray slaves as if they were even happy to serve their white owners, this is pure fiction. Africans were never content as slaves and resisted whenever possible. While slave revolts were the most common, they had the greatest impact on the white population, causing them to live in fear of their neighbours' slaves, they were relatively rare events. Slave codes, which restricted what slaves could meet, what they could be taught, and how they could be treated, existed in the southern slave populations in an attempt to prevent slave revolts. Instead of revolting, slaves turned to less violent but effective means of resistance. Field slaves often worked only as hard and as fast as they had to in order to avoid being disciplined. Some slaves intentionally trampled crops as they worked in the fields. Women slaves practiced infanticide in order to reduce the number of children and, therefore, future slaves that they

No : 19

Choose the most appropriate ANTONYM of the given word.

(A) Supportive

(B) Oppressive

Question ID : 630680849734
 Option 1 ID : 6306803328178
 Option 2 ID : 6306803328179
 Option 3 ID : 6306803328177
 Option 4 ID : 6306803328180

on:

1 passage and answer the questions that follow.

onal stories about the slave plantations, especially in the southern colonies of 3, such as Gone With the Wind by Margaret Mitchell, often portray slaves as l even happy to serve their white owners, this is pure fiction. Africans were never is slaves and resisted whenever possible. While slave revolts were the most had the greatest impact on the white population, causing them to live in fear of eighbours' slaves, they were relatively rare events. Slave codes, which restricted could meet, what they could be taught, and how they could be treated, existed in th slave populations in an attempt to prevent slave revolts. Instead of revolting, urned to less violent but effective means of resistance. Field slaves often orked only as hard and as fast as they had to in order to avoid being disciplined. ntionally trampled crops as they worked in the fields. Women slaves practiced 1 order to reduce the number of children and, therefore, future slaves that they

No : 20

ollowing is the central theme of the given passage?

Impact of African slave revolts on the white population

Contrast between fictional and real experiences of slaves

Role of women in slave communities

Notional portrayal of slavery in literature

Question ID : 630680849730
Option 1 ID : 6306803328162
Option 2 ID : 6306803328161
Option 3 ID : 6306803328164
Option 4 ID : 6306803328163

uage and Comprehension

षण शब्द से वाक्य का रिक्त स्थान पूर्ण करें--
; लिए यह सामग्री काम चलाने के लिए है।

Question ID : 630680628917
Option 1 ID : 6306802461752
Option 2 ID : 6306802461751
Option 3 ID : 6306802461754
Option 4 ID : 6306802461753

मय में रेखांकित खंड के स्थान पर प्रयुक्त होने वाले सबसे उपयुक्त विकल्प का चयन कीजिए-

पीड़ित क्षेत्रों का भ्रमण किया।

ों का

त्रों का

र दौरा

रा का

Question ID : 630680510356
Option 1 ID : 6306801994555

नना' मुहावरे का सही अर्थ है -

खोल देना

म को करना

डोना

माना

Question ID : 630680785974

Option 1 ID : 6306803079980

Option 2 ID : 6306803079978

Option 3 ID : 6306803079981

Option 4 ID : 6306803079979

में सही वाक्य क्रम अंकित कीजिए।

न छात्रों के जीवन में की अत्यधिक आवश्यकता कृत्रिम बुद्धिमत्ता है।

ल छात्रों के जीवन में कृत्रिम बुद्धिमत्ता की अत्यधिक आवश्यकता है।

ुद्धिमत्ता की अत्यधिक आवश्यकता आजकल छात्रों के जीवन में है।

ुद्धिमत्ता की आजकल छात्रों के जीवन में अत्यधिक आवश्यकता है।

Question ID : 630680717395

Option 1 ID : 6306802811151

Option 2 ID : 6306802811152

Option 3 ID : 6306802811149

Option 4 ID : 6306802811150

ह से दिए गए वाक्य का रिक्त स्थान पूर्ण करें--
दाधिकारियों भी विचलित कर देती है।

Question ID : 630680628909

Option 1 ID : 6306802461723

Option 2 ID : 6306802461722

Option 3 ID : 6306802461721

Option 4 ID : 6306802461720

म्य में रेखांकित खंड के स्थान पर प्रयुक्त होने वाले सबसे उपयुक्त विकल्प का चयन कीजिए-

चविभूषण की प्रदान की उपाधि।

प्रदान की।

न उपाधि

पाधि की।

धि प्रदान।

Question ID : 630680510355

Option 1 ID : 6306801994551

Option 2 ID : 6306801994553

Option 3 ID : 6306801994550

Option 4 ID : 6306801994552

षण शब्द से वाक्य का रिक्त स्थान पूर्ण करें--
ध ईश्वर ने दो कान भी दिए हैं जितना बोलो उससे अधिक सुनो।

ए
नव

Question ID : 630680628916
Option 1 ID : 6306802461750
Option 2 ID : 6306802461748
Option 3 ID : 6306802461747
Option 4 ID : 6306802461749

म्यांश के लिए सार्थक शब्द चुने।
न किया जाना है।

ग
ज

Question ID : 630680695173
Option 1 ID : 6306802722933
Option 2 ID : 6306802722935
Option 3 ID : 6306802722932
Option 4 ID : 6306802722934

नावरे का सही अर्थ है

ए
र
ने

Question ID : 630680785980
Option 1 ID : 6306803080002
Option 2 ID : 6306803080003
Option 3 ID : 6306803080004
Option 4 ID : 6306803080005

किस भाग में त्रुटि है-
कृपया करें।

करें।

Question ID : 630680793745
Option 1 ID : 6306803110152
Option 2 ID : 6306803110151
Option 3 ID : 6306803110153
Option 4 ID : 6306803110154

निम्न में सही वाक्य क्रम अंकित कीजिए।

१. तेलंगाना की राजधानी है।
 २. तेलंगाना राजधानी की है।
 ३. है की हैदराबाद तेलंगाना।
 ४. है हैदराबाद तेलंगाना की।

Question ID : 630680717397
 Option 1 ID : 6306802811160
 Option 2 ID : 6306802811159
 Option 3 ID : 6306802811158
 Option 4 ID : 6306802811157

'होना' मुहावरे का अर्थ निम्न में से है--

१. जान होना
 २. बरेबाज़ होना
 ३. ढँडी होना
 ४. दर होना

Question ID : 630680733925
 Option 1 ID : 6306802876479
 Option 2 ID : 6306802876478
 Option 3 ID : 6306802876477
 Option 4 ID : 6306802876476

क्यांश के लिए सार्थक शब्द चुने।
 कारों को मानता है।

१.
 २.
 ३.
 ४.

Question ID : 630680858636
 Option 1 ID : 6306803362780
 Option 2 ID : 6306803362779
 Option 3 ID : 6306803362781
 Option 4 ID : 6306803362778

वर्षण शब्द से वाक्य का रिक्त स्थान पूर्ण करें--
 होता है कि ईश्वर ही उसकी सहायता करेंगे।

१.
 २.
 ३.
 ४.

Question ID : 630680628915
 Option 1 ID : 6306802461743
 Option 2 ID : 6306802461746
 Option 3 ID : 6306802461745
 Option 4 ID : 6306802461744

संख्यावाचक विशेषण से वाक्य पूर्ण कीजिए।
1 में _____ बजे पहुँचे।

Question ID : 630680623135
Option 1 ID : 6306802438694
Option 2 ID : 6306802438697
Option 3 ID : 6306802438696
Option 4 ID : 6306802438695

Qn:

आधार पर निम्नांकित प्रश्नों के उत्तर दीजिए—

हिंदी कहानी का निजी रूप बहुत नहीं उभर सका था। इससे पूर्व कहानियाँ साधारण, अनगढ़, संस्कृत के साहित्य से अनुप्राणित तथा रहस्य-रोमांच से भरी थीं। उनमें आकस्मिकता और संयोग तत्त्व की प्रधानता थी। जीवन-यथार्थ के कठोर साक्षात्कार से रहित थीं पाठक में संघर्ष-चेतना को उद्दीप्त करने में भी यह तत्त्व के आगमन से हिंदी कहानी को एक नई दिशा एवं दृष्टि मिली। सन् 1916 में सरस्वती पत्रिका में उनकी पहली प्रकाशित हुई। उन्होंने हिंदी के प्राचीन कथा-शिल्प को तोड़कर युगानुरूप उसे नया रूप-रंग प्रदान किया। कहानी में कुतूहल, रोमांचकता और मनोरंजकता की प्रधानता थी, अब हिंदी कहानी मनुष्य के यथार्थ से निकले पहली बार कहानी को 'मनोवैज्ञानिक विश्लेषण', 'जीवन के यथार्थ चित्रण' और 'स्वाभाविक वर्णन' से नया ना की मात्रा कम करने का आग्रह किया। उन्होंने सामाजिक, राजनीतिक एवं आर्थिक यथार्थ को केंद्र में रखकर वेदना और हिंदी कथा-संसार से देवता, राजा और ईश्वर को अपदस्थ करके दीन, दलित, शोषित प्रताड़ित के पद पर प्रतिष्ठित किया। 'सरस्वती' पत्रिका के प्रकाशन के लगभग 9 वर्ष बाद जयशंकर प्रसाद की पहली पत्रिका प्रकाशित हुई- 'इंदु'। 'प्रसाद' जी की पहली कहानी 'ग्राम' इसी पत्रिका में छपी।

No : 16

क्षेत्र में प्रेमचंद द्वारा किया गया सबसे बड़ा बदलाव था—

संयोग तत्त्व की प्रधानता स्थापित करना।

राजा और ईश्वर की महानता को प्रदर्शित करना

मनुष्य के मनोरंजन का साधन बनाना

मनुष्य के यथार्थ से जोड़ना

Question ID : 630680851621
Option 1 ID : 6306803335550
Option 2 ID : 6306803335551
Option 3 ID : 6306803335549
Option 4 ID : 6306803335548

Qn:

आधार पर निम्नांकित प्रश्नों के उत्तर दीजिए-

हिंदी कहानी का निजी रूप बहुत नहीं उभर सका था। इससे पूर्व कहानियाँ साधारण, अनगढ़, संस्कृत के साहित्य से अनुप्राणित तथा रहस्य-रोमांच से भरी थीं। उनमें आकस्मिकता और संयोग तत्त्व की प्रधानता। जीवन-यथार्थ के कठोर साक्षात्कार से रहित थीं पाठक में संघर्ष-चेतना को उद्दीप्त करने में भी यह द के आगमन से हिंदी कहानी को एक नई दिशा एवं दृष्टि मिली। सन् 1916 में सरस्वती पत्रिका में उनकी प्रकाशित हुई। उन्होंने हिंदी के प्राचीन कथा-शिल्प को तोड़कर युगानुरूप उसे नया रूप-रंग प्रदान करने में कुतूहल, रोमांचकता और मनोरंजकता की प्रधानता थी, अब हिंदी कहानी मनुष्य के यथार्थ से ने पहली बार कहानी को 'मनोवैज्ञानिक विश्लेषण', 'जीवन के यथार्थ चित्रण' और 'स्वाभाविक वर्णन' से ना की मात्रा कम करने' का आग्रह किया। उन्होंने सामाजिक, राजनीतिक एवं आर्थिक यथार्थ को केंद्र में रवेदना और हिंदी कथा-संसार से देवता, राजा और ईश्वर को अपदस्थ करके दीन, दलित; शोषित प्रताड़ित के पद पर प्रतिष्ठित किया। 'सरस्वती' पत्रिका के प्रकाशन के लगभग 9 वर्ष बाद जयशंकर प्रसाद की ने पत्रिका प्रकाशित हुई- 'इंदु'। 'प्रसाद' जी की पहली कहानी 'ग्राम' इसी पत्रिका में छपी।

No : 17

नेयों की विशेषता निम्न में से नहीं है-

ने कहानी को कुतूहल, रोमांचकता और मनोरंजकता प्रदान की।

ने कहानियों में कल्पना की मात्रा कम करने पर ज़ोर दिया।

ने कहानी को सामाजिक यथार्थ से जोड़ा।

ने शोषित, प्रताड़ित मनुष्य को नायक पद पर प्रतिष्ठित किया।

Question ID : 630680851619
Option 1 ID : 6306803335543
Option 2 ID : 6306803335541
Option 3 ID : 6306803335540
Option 4 ID : 6306803335542

Qn:

आधार पर निम्नांकित प्रश्नों के उत्तर दीजिए-

हिंदी कहानी का निजी रूप बहुत नहीं उभर सका था। इससे पूर्व कहानियाँ साधारण, अनगढ़, संस्कृत के साहित्य से अनुप्राणित तथा रहस्य-रोमांच से भरी थीं। उनमें आकस्मिकता और संयोग तत्त्व की प्रधानता। जीवन-यथार्थ के कठोर साक्षात्कार से रहित थीं पाठक में संघर्ष-चेतना को उद्दीप्त करने में भी यह द के आगमन से हिंदी कहानी को एक नई दिशा एवं दृष्टि मिली। सन् 1916 में सरस्वती पत्रिका में उनकी प्रकाशित हुई। उन्होंने हिंदी के प्राचीन कथा-शिल्प को तोड़कर युगानुरूप उसे नया रूप-रंग प्रदान करने में कुतूहल, रोमांचकता और मनोरंजकता की प्रधानता थी, अब हिंदी कहानी मनुष्य के यथार्थ से ने पहली बार कहानी को 'मनोवैज्ञानिक विश्लेषण', 'जीवन के यथार्थ चित्रण' और 'स्वाभाविक वर्णन' से ना की मात्रा कम करने' का आग्रह किया। उन्होंने सामाजिक, राजनीतिक एवं आर्थिक यथार्थ को केंद्र में रवेदना और हिंदी कथा-संसार से देवता, राजा और ईश्वर को अपदस्थ करके दीन, दलित; शोषित प्रताड़ित के पद पर प्रतिष्ठित किया। 'सरस्वती' पत्रिका के प्रकाशन के लगभग 9 वर्ष बाद जयशंकर प्रसाद की ने पत्रिका प्रकाशित हुई- 'इंदु'। 'प्रसाद' जी की पहली कहानी 'ग्राम' इसी पत्रिका में छपी।

No : 18

रामेश्वर कहानी कब और किस पत्रिका में प्रकाशित हुई?

इंदु में

इंदु में

सरस्वती में

सरस्वती में

Question ID : 630680851620
Option 1 ID : 6306803335547
Option 2 ID : 6306803335545
Option 3 ID : 6306803335544
Option 4 ID : 6306803335546

an:

आधार पर निम्नांकित प्रश्नों के उत्तर दीजिए-

हिंदी कहानी का निजी रूप बहुत नहीं उभर सका था। इससे पूर्व कहानियाँ साधारण, अनगढ़, संस्कृत के साहित्य से अनुप्राणित तथा रहस्य-रोमांच से भरी थीं। उनमें आकस्मिकता और संयोग तत्त्व की प्रधानता। जीवन-यथार्थ के कठोर साक्षात्कार से रहित थीं पाठक में संघर्ष-चेतना को उद्दीप्त करने में भी यह द के आगमन से हिंदी कहानी को एक नई दिशा एवं दृष्टि मिली। सन् 1916 में सरस्वती पत्रिका में उनकी प्रकाशित हुई। उन्होंने हिंदी के प्राचीन कथा-शिल्प को तोड़कर युगानुरूप उसे नया रूप-रंग प्रदान कहानी में कुतूहल, रोमांचकता और मनोरंजकता की प्रधानता थी, अब हिंदी कहानी मनुष्य के यथार्थ से ने पहली बार कहानी को 'मनोवैज्ञानिक विश्लेषण', 'जीवन के यथार्थ चित्रण' और 'स्वाभाविक वर्णन' से ना की मात्रा कम करने' का आग्रह किया। उन्होंने सामाजिक, राजनीतिक एवं आर्थिक यथार्थ को केंद्र में रंवेदना और हिंदी कथा-संसार से देवता, राजा और ईश्वर को अपदस्थ करके दीन, दलित; शोषित प्रताड़ित के पद पर प्रतिष्ठित किया। 'सरस्वती' पत्रिका के प्रकाशन के लगभग 9 वर्ष बाद जयशंकर प्रसाद की ने पत्रिका प्रकाशित हुई- 'इंदु'। 'प्रसाद' जी की पहली कहानी 'ग्राम' इसी पत्रिका में छपी।

No : 19

तक लिखी गयी हिंदी कहानियों के संदर्भ में असत्य है-

कस्मिकता और संयोग तत्त्व की प्रधानता थी।

नियों रहस्य-रोमांच से भरपूर थीं।

नियों जीवन के कठोर साक्षात्कार से युक्त थीं।

नियों संस्कृत के कथा पुराण साहित्य से अनुप्राणित थीं।

Question ID : 630680851618
Option 1 ID : 6306803335538
Option 2 ID : 6306803335537
Option 3 ID : 6306803335539
Option 4 ID : 6306803335536

an:

आधार पर निम्नांकित प्रश्नों के उत्तर दीजिए-

हिंदी कहानी का निजी रूप बहुत नहीं उभर सका था। इससे पूर्व कहानियाँ साधारण, अनगढ़, संस्कृत के साहित्य से अनुप्राणित तथा रहस्य-रोमांच से भरी थीं। उनमें आकस्मिकता और संयोग तत्त्व की प्रधानता। जीवन-यथार्थ के कठोर साक्षात्कार से रहित थीं पाठक में संघर्ष-चेतना को उद्दीप्त करने में भी यह द के आगमन से हिंदी कहानी को एक नई दिशा एवं दृष्टि मिली। सन् 1916 में सरस्वती पत्रिका में उनकी प्रकाशित हुई। उन्होंने हिंदी के प्राचीन कथा-शिल्प को तोड़कर युगानुरूप उसे नया रूप-रंग प्रदान कहानी में कुतूहल, रोमांचकता और मनोरंजकता की प्रधानता थी, अब हिंदी कहानी मनुष्य के यथार्थ से ने पहली बार कहानी को 'मनोवैज्ञानिक विश्लेषण', 'जीवन के यथार्थ चित्रण' और 'स्वाभाविक वर्णन' से ना की मात्रा कम करने' का आग्रह किया। उन्होंने सामाजिक, राजनीतिक एवं आर्थिक यथार्थ को केंद्र में रंवेदना और हिंदी कथा-संसार से देवता, राजा और ईश्वर को अपदस्थ करके दीन, दलित; शोषित प्रताड़ित के पद पर प्रतिष्ठित किया। 'सरस्वती' पत्रिका के प्रकाशन के लगभग 9 वर्ष बाद जयशंकर प्रसाद की ने पत्रिका प्रकाशित हुई- 'इंदु'। 'प्रसाद' जी की पहली कहानी 'ग्राम' इसी पत्रिका में छपी।

No : 20

स्थ' का अर्थ होगा--

डित

Question ID : 630680851622
Option 1 ID : 6306803335553
Option 2 ID : 6306803335554
Option 3 ID : 6306803335552
Option 4 ID : 6306803335555

Following statements is NOT correct regarding Sprain?

I. Most common location for a sprain is in your chest.

II. It is the stretching or tearing of ligaments, the fibrous tissue that connects joints.

III. It occurs when one overextends or tears a ligament while severely straining a joint.

IV. Regular stretching and strengthening exercises for any kind of sport can be the best assurance for such kind of sports injury.

Question ID : 630680888332

Option 1 ID : 6306803479072

Option 2 ID : 6306803479071

Option 3 ID : 6306803479073

Option 4 ID : 6306803479074

Following statements is/are correct regarding first aid?

I. Immediate assistance given to the person suffering from sudden injury or illness. It should be given by the first aider only, otherwise results may be adverse.

II. It should be given by the first aider only, otherwise results may be adverse.

III. It should be given by the first aider only, otherwise results may be adverse.

Question ID : 630680922667

Option 1 ID : 6306803615496

Option 2 ID : 6306803615494

Option 3 ID : 6306803615495

Option 4 ID : 6306803615497

Following is a scope of statistical applications?

I. Engineering and physical sciences

II. Engineering and physical sciences

III. Engineering and physical sciences

Question ID : 630680884186

Option 1 ID : 6306803462658

Option 2 ID : 6306803462660

Option 3 ID : 6306803462659

Option 4 ID : 6306803462657

Following statements is/are correct regarding iron?

I. It is found in very small amounts by the body and is therefore also called a trace element.

II. It is found in very small amounts by the body and is therefore also called a trace element.

III. It is found in very small amounts by the body and is therefore also called a trace element.

IV. It is found in very small amounts by the body and is therefore also called a trace element.

ights of Persons with Disabilities (RPWD) Act, 2016 recognises ____ disability

Question ID : 630680896356
 Option 1 ID : 6306803511405
 Option 2 ID : 6306803511404
 Option 3 ID : 6306803511406
 Option 4 ID : 6306803511403

Following help(s) in weight management?

a diet journal of food and beverage intake, and also of the amount of time that
 watching television, playing video games and exercising.
 body weight each week.

I or II

and II

Question ID : 630680888752
 Option 1 ID : 6306803480772
 Option 2 ID : 6306803480774
 Option 3 ID : 6306803480773
 Option 4 ID : 6306803480771

risk of overweight and obesity includes which of the following?

the number of calories consumed from fats and sugars.
 regular physical activity (60 minutes per day for children and 150 minutes
 for adults).

I or II

and II

Question ID : 630680888743
 Option 1 ID : 6306803480738
 Option 2 ID : 6306803480735
 Option 3 ID : 6306803480737
 Option 4 ID : 6306803480736

Which of the following statements is/are correct regarding tadasana?

It is a full body stretch to whole body muscles.
 Do not perform this asana if knee joints and ankle joints are experiencing pain and

I or II

and II

es are important in which of the following?

of perfect equilibrium and harmony

g

and II

or I nor II

Question ID : 630680883279

Option 1 ID : 6306803459437

Option 2 ID : 6306803459438

Option 3 ID : 6306803459436

Option 4 ID : 6306803459435

Following statements is NOT correct regarding setubandhasana?

Increases the tension and stiffness of the muscles and tones up the body.

Setubandhasana is recommended if one is suffering from any back problems, asthma, high blood pressure or excessive obesity.

It expands the chest.

It improves coordination between body and mind and enhances concentration.

Question ID : 630680883375

Option 1 ID : 6306803459809

Option 2 ID : 6306803459810

Option 3 ID : 6306803459808

Option 4 ID : 6306803459807

Following statements is/are correct regarding Purchase Budget?

It would include only direct materials and goods.

While preparing purchase budget, the factors like the opening and closing stock to be maintained, maximum and minimum stock quantities to be maintained, economic order quantity, the resources available, the policy of management etc., should also be taken into account.

I

or I nor II

and II

Question ID : 630680896646

Option 1 ID : 6306803512552

Option 2 ID : 6306803512554

Option 3 ID : 6306803512551

Option 4 ID : 6306803512553

Following behavioural problems are associated with disability?

1. Isolation and withdrawal
2. Problems in interpersonal relations and social adjustment
3. Attention problems

4. Depression and III

5. Anxiety and III

6. Depression and II

7. Depression and III

Question ID : 630680896387

Option 1 ID : 6306803511522

Option 2 ID : 6306803511520

Option 3 ID : 6306803511519

Option 4 ID : 6306803511521

Which of the following statements is correct regarding the purchase budget?

1. It forecasts the quantity and value of purchases required for production.
2. It provides quantity-wise and period-wise information about the materials to be purchased.
3. It is associated with sales forecasts and production planning.

4. It provides quantity-wise and period-wise information about the materials to be purchased.

5. It is associated with sales forecasts and production planning.

6. It provides quantity-wise and period-wise information about the materials to be purchased.

7. It is associated with sales forecasts and production planning.

Question ID : 630680896649

Option 1 ID : 6306803512566

Option 2 ID : 6306803512563

Option 3 ID : 6306803512564

Option 4 ID : 6306803512565

Which of the following statements regarding the dos and don'ts while performing anuloma-viloma pranayama, which of the following statements is NOT correct?

1. Do not breathe through the mouth

2. Do not hear any sound from the nose

3. Do not exhale very slowly

4. Do not press hard on the nostrils

Question ID : 630680883411

Option 1 ID : 6306803459936

Option 2 ID : 6306803459938

Option 3 ID : 6306803459935

Option 4 ID : 6306803459937

Who is considered the Father of Yoga?

1. Maharshi Patanjali

2. Maharshi Patanjali

3. Maharshi Patanjali

4. Maharshi Vishvamitra

Question ID : 630680881967

Option 1 ID : 6306803454188

is any substance that helps or claims to help enhance athletic performance

recovery
the chance of injury during training
tolerance for more intense training

and II

and III

and III

and III

Question ID : 630680888446

Option 1 ID : 6306803479519

Option 2 ID : 6306803479522

Option 3 ID : 6306803479521

Option 4 ID : 6306803479520

to the introduction to statistics, which of the following is correct regarding

in, inference is made about the population characteristics on the basis of what
about the sample.

A statistical estimator should have the characteristics of being unbiased,
and accurate.

or I nor II

and II

Question ID : 6306808884207

Option 1 ID : 6306803462740

Option 2 ID : 6306803462737

Option 3 ID : 6306803462739

Option 4 ID : 6306803462738

Following statements is/are correct regarding the meaning of yoga?

Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to

refers to an inner science comprising of a variety of methods through which
one can realise this union and achieve mastery over their destiny.

or I nor II

and II

Question ID : 6306808883273

Option 1 ID : 6306803459411

Option 2 ID : 6306803459414

Option 3 ID : 6306803459412

Option 4 ID : 6306803459413

types of hypotheses. Which of the following is NOT one of them?

asis
hypothesis

er I nor II

and II

Question ID : 630680884201
Option 1 ID : 6306803462713
Option 2 ID : 6306803462714
Option 3 ID : 6306803462716
Option 4 ID : 6306803462715

Following is NOT a difference between health education and counseling?

Health education is usually initiated by the educator. Counseling is usually initiated at a distressed client.

Health education is usually for a group or a mass audience. Counseling is usually one-to-one basis or involves a small group.

Health education aims to disseminate information through discussion. Counseling relieves stress through dialogue.

Counseling relies on communication skills. Health education does not rely on communication skills.

Question ID : 630680888797
Option 1 ID : 6306803480967
Option 2 ID : 6306803480970
Option 3 ID : 6306803480969
Option 4 ID : 6306803480968

Team cohesion, team cohesion includes which of the following?

Team
cohesion

er I nor II

and II

Question ID : 630680881692
Option 1 ID : 6306803453243
Option 2 ID : 6306803453241
Option 3 ID : 6306803453240
Option 4 ID : 6306803453242

Following is/are (a) component(s) of physical fitness?

Cardiovascular endurance

I and II

Neither I nor II

Question ID : 63068088810
Option 1 ID : 6306803481020
Option 2 ID : 6306803481021
Option 3 ID : 6306803481019
Option 4 ID : 6306803481022

On motivation and goal setting, which of the following statements is/are correct?
Optimal arousal?

Optimal is the level of arousal at which we function best.

Optimal provide a much sounder theoretical explanation of work motivation.

Neither I nor II

I and II

Question ID : 630680922436
Option 1 ID : 6306803614529
Option 2 ID : 6306803614528
Option 3 ID : 6306803614526
Option 4 ID : 6306803614527

On sports psychology, which of the following statements is/are correct?
Eye-hand coordination?

Coordination is the ability of the central nervous system to coordinate the
information received from the eyes to control, guide and direct the hands in the
execution of a given task

It shows that badminton players' eye-hand coordination is less than that of non-
players.

Neither I nor II

I and II

Question ID : 630680881874
Option 1 ID : 6306803453906
Option 2 ID : 6306803453903
Option 3 ID : 6306803453905
Option 4 ID : 6306803453904

to the preparation of psychological skill profiles for players, which of the elements is correct regarding self-talk?

an effective technique to control thoughts and influence feelings.
 athletes don't support the use of self-talk strategies to improve performance in sports tasks.

either I nor II

both I and II

Question ID : 630680881774
 Option 1 ID : 6306803453546
 Option 2 ID : 6306803453544
 Option 3 ID : 6306803453545
 Option 4 ID : 6306803453543

Which of the following statements is/are correct regarding primary and secondary

motivation can be termed as basic motivation and mainly includes the needs for hunger, thirst, sleep, sex, avoidance of pain etc.
 Primary motivation is mostly the same for all individuals.

both I and II

either I nor II

Question ID : 630680922430
 Option 1 ID : 6306803614496
 Option 2 ID : 6306803614494
 Option 3 ID : 6306803614495
 Option 4 ID : 6306803614497

Which of the following sports benefit the most from improved peripheral vision as a peripheral vision apparatus?

Archery

all

Weightlifting

Question ID : 630680881913
 Option 1 ID : 6306803454016
 Option 2 ID : 6306803454017
 Option 3 ID : 6306803454018
 Option 4 ID : 6306803454015

Which of the following is NOT one of the major dimensions of wellness?

Emotional Dimension

Psychological Dimension

Social Dimension

Physical Dimension

Question ID : 630680882000

Following tasks would most likely be assessed by an eye-hand coordination

Jumping over hurdles

Winning a race

Throwing a ball

Heading a soccer ball

Question ID : 630680881864
Option 1 ID : 6306803453866
Option 2 ID : 6306803453865
Option 3 ID : 6306803453864
Option 4 ID : 6306803453863

Which stimuli is/are used in reaction time apparatus?

I
II

I or II

I and II

Question ID : 630680881889
Option 1 ID : 6306803453942
Option 2 ID : 6306803453940
Option 3 ID : 6306803453941
Option 4 ID : 6306803453939

Which statements is/are correct regarding the characteristics of

It is a process. It is continuous and contains system orientation.
It stimulates the human being to release his energy, and the behaviour is to realise goals.
It can only be positive.

I and III

I and II

Question ID : 630680883442
Option 1 ID : 6306803460050
Option 2 ID : 6306803460049
Option 3 ID : 6306803460047
Option 4 ID : 6306803460048

Who developed certain approaches to leadership behaviour. He propounded _____ leadership or management.

Question ID : 630680883116

of social psychology, leadership can be explained with the help of various
Which of the following is NOT one of them?

Identity theory
Maslow's hierarchy model

I

and II

Neither I nor II

Question ID : 630680922805
Option 1 ID : 6306803616035
Option 2 ID : 6306803616034
Option 3 ID : 6306803616036
Option 4 ID : 6306803616037

Which of the following statements is/are NOT correct regarding the importance of agility?

Agility is more effective when it is combined with high levels of strength endurance and

Agility plays an important role in physical activities especially in such events as

Neither I nor II

and II

Question ID : 630680888815
Option 1 ID : 6306803481050
Option 2 ID : 6306803481048
Option 3 ID : 6306803481049
Option 4 ID : 6306803481047

Which of the following is/are the benefit(s) of goal setting?

Increased motivation
Increased focus attention
Increased duration of efforts

I

and III

and III

Question ID : 630680883570
Option 1 ID : 6306803460532
Option 2 ID : 6306803460533
Option 3 ID : 6306803460534
Option 4 ID : 6306803460531

With respect to the different types of goal setting, which of the following statements is/are correct regarding performance goals?

I. Performance goals are often more motivating than outcome goals.
 II. Performance goals are often more motivating than process goals.
 III. Performance goals help in tracking progress and give us a reason for continuing the hard work.

Options: I and II

Correct Answer: I and II

Question ID : 630680883576
 Option 1 ID : 6306803460555
 Option 2 ID : 6306803460557
 Option 3 ID : 6306803460556
 Option 4 ID : 6306803460558

Which of the following is/are correct regarding agility?

I. Agility is the capacity of an individual to perform successive movements of the same type at the same rate.
 II. Agility is more effective when it is combined with high levels of strength, endurance and speed.

Options: I and II

Correct Answer: I

Correct Answer: I and II

Question ID : 630680883619
 Option 1 ID : 6306803460690
 Option 2 ID : 6306803460687
 Option 3 ID : 6306803460688
 Option 4 ID : 6306803460689

Which of the following is/are the factor(s) affecting body composition?

Options: I and III

Correct Answer: I and III

Correct Answer: I

Question ID : 630680883605
 Option 1 ID : 6306803460638
 Option 2 ID : 6306803460637
 Option 3 ID : 6306803460635
 Option 4 ID : 6306803460636

Following statements is/are NOT correct regarding applied sports psychology?

Sports psychology is the scientific study of psychological or mental factors that affect performance and participation of sports and other physical activities.
The applied sports psychology is to help the athletes so that they can perform to their capabilities and moreover enjoy their sport thoroughly.

I or II

and II

Question ID : 630680881624
Option 1 ID : 6306803452976
Option 2 ID : 6306803452979
Option 3 ID : 6306803452978
Option 4 ID : 6306803452977

Following is a motivation technique?

Approach
Sport strategy

and II

I or II

Question ID : 630680883426
Option 1 ID : 6306803459993
Option 2 ID : 6306803459992
Option 3 ID : 6306803459991
Option 4 ID : 6306803459994

Of the components of skill-related fitness, which of the following is a benefit of

your performance in physical activities.
Increased muscle blood flow.

I or II

and II

Question ID : 630680922827
Option 1 ID : 6306803616125
Option 2 ID : 6306803616122
Option 3 ID : 6306803616123
Option 4 ID : 6306803616124

Following factors affect(s) flexibility and joint mobility?

I. structure of joint
II. and muscles stretchability
III. on between the agonist and antagonist muscles

I

II

I and III

Question ID : 630680883829
Option 1 ID : 6306803461472
Option 2 ID : 6306803461473
Option 3 ID : 6306803461471
Option 4 ID : 6306803461474

Gummerson, flexibility is affected by which of the following factors?

I. Joint, as some joints simply are not meant to be flexible.
II. Elasticity of skin, as skin actually has a very high degree of elasticity.

Neither I nor II

I and II

Question ID : 630680883824
Option 1 ID : 6306803461454
Option 2 ID : 6306803461452
Option 3 ID : 6306803461453
Option 4 ID : 6306803461451

Which of the following statements is/are correct regarding muscular strength?

I. Muscular strength is the ability of the muscle or muscle groups of an individual to exert resistance to overcome it or to act against it as per the demands of the sports

II. Muscular strength is inversely related to force production.

I and II

Neither I nor II

Question ID : 630680922467
Option 1 ID : 6306803614668
Option 2 ID : 6306803614666
Option 3 ID : 6306803614667
Option 4 ID : 6306803614669

Which of the following major functions does it serve?

It bridges the subjects of study and life.
It strengthens knowledge.

I and II

Neither I nor II

Question ID : 630680888679
Option 1 ID : 6306803480459
Option 2 ID : 6306803480461
Option 3 ID : 6306803480460
Option 4 ID : 6306803480462

Which of the following statements is/are correct regarding flexibility?

It increases the range of motion around a joint.
It helps prevent injuries in the joints through all stages of life.

Neither I nor II

I and II

Question ID : 630680883816
Option 1 ID : 6306803461420
Option 2 ID : 6306803461422
Option 3 ID : 6306803461421
Option 4 ID : 6306803461419

Which of the following statements is/are correct regarding skill-related fitness?

It refers to the neuromuscular components of fitness, which enable a person to perform successfully at a particular motor skill, game, or activity.
Motor fitness components include agility, balance, coordination, power, reaction time, and speed.

I and II

Neither I nor II

Question ID : 630680883883
Option 1 ID : 6306803461687
Option 2 ID : 6306803461688
Option 3 ID : 6306803461685
Option 4 ID : 6306803461686

Following physical tests is/are used to determine aerobic endurance?

p Test
k Test

r I nor II

and II

Question ID : 630680883743
Option 1 ID : 6306803461131
Option 2 ID : 6306803461132
Option 3 ID : 6306803461134
Option 4 ID : 6306803461133

Following statements is/are NOT correct regarding curriculum design?

design is a model, plan, pattern, sketch, or guide, Ideas about curriculum
important for the work of effective curriculum construction.
Curriculum designer must select an appropriate model according to the nature of the
subject he is going to construct a curriculum.

and II

r I nor II

Question ID : 630680888690
Option 1 ID : 6306803480504
Option 2 ID : 6306803480505
Option 3 ID : 6306803480506
Option 4 ID : 6306803480503

Of the components of skill-related fitness, which of the following statements
regarding balance?

I co-ordination are not inter-related.
II concerned with both the pull and push of the body by the attraction of the
gravity.
III controlled by a mechanism in the hand.

and III

and II

I

Question ID : 630680922820
Option 1 ID : 6306803616094
Option 2 ID : 6306803616097
Option 3 ID : 6306803616096
Option 4 ID : 6306803616095

Following statements is/are correct regarding exercise testing?

I. Testing for clinical or health/fitness purposes is generally not indicated for adolescents unless there is a health concern.
II. The testing protocol should be based on the reason the test is being performed and on the functional capability of the child or adolescent.

and II

or I nor II

Question ID : 630680883807
Option 1 ID : 6306803461385
Option 2 ID : 6306803461383
Option 3 ID : 6306803461386
Option 4 ID : 6306803461384

Where were the first modern Olympic Games held?

Question ID : 630680888507
Option 1 ID : 6306803479765
Option 2 ID : 6306803479763
Option 3 ID : 6306803479766
Option 4 ID : 6306803479764

Following statements is/are correct regarding anaerobic exercise/system?

I. Anaerobic exercise is any activity that breaks down glucose for energy by using oxygen.
II. The aerobic system works to produce energy for strength training.

I

and II

or I nor II

Question ID : 630680883747
Option 1 ID : 6306803461148
Option 2 ID : 6306803461149
Option 3 ID : 6306803461150
Option 4 ID : 6306803461147

Journalism requires proper background research and planning. The story is being planned. Which of the following is not a consideration?

I. The medium through which the story shall be broadcast or published.
II. The interests and preferences of the target audience or readers of the story.

or I nor II

and II

Following are the roles of journalism in sports promotion?
 I: People learn the rules of the sport from watching it on TV.
 II: Seeing good sports people on TV and in newspapers makes them a role model to look up to.
 III: Watching professionals on the TV can help you see how a technique is formed, which could help your performance.

I and III

I and III

I and III

I and II

Question ID : 630680888477
 Option 1 ID : 6306803479645
 Option 2 ID : 6306803479644
 Option 3 ID : 6306803479646
 Option 4 ID : 6306803479643

Which of the following is/are (a) principle(s) of exercise training?

I: The work load of each exercise session must exceed the normal demands of the body in order to bring about a training effect.
 II: Providing a variety of activities reduces boredom and increases motivation and interest.

I and II

I and II

Question ID : 630680883762
 Option 1 ID : 6306803461210
 Option 2 ID : 6306803461208
 Option 3 ID : 6306803461207
 Option 4 ID : 6306803461209

Which of the following statements is correct regarding the benefits of endurance training?

I: Decreased resting heart rate
 II: Increased heart size and volume
 III: Increased blood volume and slight increase in haemoglobin

I and III

III

Question ID : 630680883861
 Option 1 ID : 6306803461597
 Option 2 ID : 6306803461596
 Option 3 ID : 6306803461598
 Option 4 ID : 6306803461595

Which of the following functions of sports event management does the 'recruitment' place?

Organizing

Managing

Marketing

Controlling

Question ID : 630680888675

Option 1 ID : 6306803480444

Option 2 ID : 6306803480446

Option 3 ID : 6306803480443

Option 4 ID : 6306803480445

Which are the components of health related physical fitness.

Question ID : 6306808883857

Option 1 ID : 6306803461580

Option 2 ID : 6306803461579

Option 3 ID : 6306803461581

Option 4 ID : 6306803461582

Regarding the sequence of exercises, which of the following statements is/are correct?

I. Do one exercise for each major muscle group.

II. Always recommend starting exercise with your smaller muscle groups and then the larger muscle groups.

Both I and II

Neither I nor II

Question ID : 6306808883797

Option 1 ID : 6306803461349

Option 2 ID : 6306803461350

Option 3 ID : 6306803461348

Option 4 ID : 6306803461347

Measurement is different from quantitative measurement in which of the following aspects?
 I. Units of qualitative measurement are often norms; and those of quantitative measurement are units.
 II. Units of qualitative measurement are generally universal, while the units of quantitative measurement are not universal.

- I and II
- Neither I nor II

Question ID : 630680883996
 Option 1 ID : 6306803462085
 Option 2 ID : 6306803462087
 Option 3 ID : 6306803462088
 Option 4 ID : 6306803462086

In a body composition test, what does the 'Bod Pod' measure?

- Body density
- Bone mineral density
- Cardiac power
- Body composition

Question ID : 630680922880
 Option 1 ID : 6306803616337
 Option 2 ID : 6306803616334
 Option 3 ID : 6306803616336
 Option 4 ID : 6306803616335

In which of the following fields aptitude tests can be used?

- Coaching
- Recruitment
- None of these
- All of these



Question ID : 630680922873
 Option 1 ID : 6306803616307
 Option 2 ID : 6306803616309
 Option 3 ID : 6306803616308
 Option 4 ID : 6306803616306

Which of the following is NOT an importance of evaluation in sports?
 I. Selection of a team or for individual events
 II. The purpose of guidance and counseling

- Neither I nor II
- I and II

Question ID : 630680883983

ists possess the knowledge and skills to administer various treatment
it include:

manipulation
sage

or I nor II

and II

Question ID : 630680888702
Option 1 ID : 6306803480562
Option 2 ID : 6306803480560
Option 3 ID : 6306803480559
Option 4 ID : 6306803480561

al Aptitude Test (DAT) consists of which of the following tests?

oning (VR)
asoning (AR)

or I nor II

and II

Question ID : 630680922870
Option 1 ID : 6306803616297
Option 2 ID : 6306803616294
Option 3 ID : 6306803616295
Option 4 ID : 6306803616296

sts employ various modalities to alleviate symptoms and protect the injured
f the following is/are NOT one/some of them?

to reduce swelling and numb the affected area, providing pain relief.
therapy to reduce pain and promote tissue healing.

and II

or I nor II

Question ID : 630680888708
Option 1 ID : 6306803480585
Option 2 ID : 6306803480583
Option 3 ID : 6306803480586
Option 4 ID : 6306803480584

Following is a significance of Hath Yoga practices in health promotion?

I. Improved Respiratory System
II. Shiny Skin
III. Improved Digestion
IV. Improved Blood Circulation

Correct Answer: I and II

Question ID : 630680883917
Option 1 ID : 6306803461815
Option 2 ID : 6306803461814
Option 3 ID : 6306803461816
Option 4 ID : 6306803461813

Which of the following statements is/are NOT true regarding the developmental norms?

I. Mental norms depict the normal developmental path for an individual's mental development.
II. Mental norms can be classified as mental age norms, grade equivalent norms, and chronological age norms.

Correct Answer: I and II

Question ID : 630680922843
Option 1 ID : 6306803616189
Option 2 ID : 6306803616186
Option 3 ID : 6306803616187
Option 4 ID : 6306803616188

Which of the following is NOT one of the limbs or steps of Ashtanga Yoga?

I. Pranayama
II. Asana
III. Dhyana
IV. Samadhi

Correct Answer: I

Question ID : 630680883911
Option 1 ID : 6306803461790
Option 2 ID : 6306803461792
Option 3 ID : 6306803461791
Option 4 ID : 6306803461789

Which of the following statements is NOT correct regarding Mantra Meditation?

I. Mantras are words that are chanted loudly during meditation.
II. Mantra 'Om' is regularly used since it delivers a deep vibration that makes it easier for the mind to concentrate on that particular sound.

Correct Answer: I and II

Correct Answer: I and II

ation measures the effectiveness of training in terms of which of the

the training

and III

and II

Question ID : 630680922916
 Option 1 ID : 6306803616481
 Option 2 ID : 6306803616478
 Option 3 ID : 6306803616479
 Option 4 ID : 6306803616480

Following statements is/are correct regarding the standard test?

test is usually produced by experts, but it is not better than a teacher-made

standardised test could be used to assess, and compare students in the group.

or I nor II

I

and II

Question ID : 630680922588
 Option 1 ID : 6306803615162
 Option 2 ID : 6306803615165
 Option 3 ID : 6306803615163
 Option 4 ID : 6306803615164

For the tests related to muscular strength, which of the following statements is regarding push-up?

1) or press up fitness test measures the upper limb muscular strength and endurance.

2) push-up begins with the hands and toes touching the floor, the upper body should be in a straight line, feet slightly apart, the arms at shoulder width apart at a right angle to the body.

and II

or I nor II

Question ID : 630680883963
 Option 1 ID : 6306803461985
 Option 2 ID : 6306803461986
 Option 3 ID : 6306803461987
 Option 4 ID : 6306803461988

Following statements is a scope of evaluation related to the students?
 intensive research
 the rate of improvement or progress

and II

I

or I nor II

Question ID : 630680883973
 Option 1 ID : 6306803462025
 Option 2 ID : 6306803462027
 Option 3 ID : 6306803462026
 Option 4 ID : 6306803462028

ables an individual to identify and assess muscular strength and endurance of
 y.

up

thrust

ninal curl

n run or walk

Question ID : 630680923115
 Option 1 ID : 6306803617275
 Option 2 ID : 6306803617277
 Option 3 ID : 6306803617276
 Option 4 ID : 6306803617274

o the standardisation of psychological tests, which of the following
 correct?

tion refers to the consistency of processes and procedures that are used for
 id scoring a test.
 g the norms is not a key step for standardisation.

or I nor II

and II

Question ID : 630680922593
 Option 1 ID : 6306803615193
 Option 2 ID : 6306803615191
 Option 3 ID : 6306803615190
 Option 4 ID : 6306803615192

Following is a step in the squat thrust test?
 standing position.

I step is to go down, achieve a low squat position, and place both palms on the

I step, take both legs back quickly, and achieve plank position. Quickly come
 iginal standing position.

and II

and III

and III

and III

Following statements is/are correct regarding sports therapy?

Sports therapy is an aspect of healthcare that is specifically concerned with the injury and the rehabilitation of the patient back to optimum levels of occupational, and sports specific fitness, regardless of age and ability. It applies the principles of sport and exercise science, incorporating physiological and psychological processes to prepare the participant for training, competition and where appropriate, work.

I and II

Neither I nor II

Question ID : 630680888704
Option 1 ID : 6306803480568
Option 2 ID : 6306803480569
Option 3 ID : 6306803480570
Option 4 ID : 6306803480567

Following is a need of measurement?

I. To assess the ability of students, finding out their interest and aptitude at the time of admission and admit them on its basis.
II. To identify the hindrances in the educational progress of the students and remedy them.

I and II

Neither I nor II

Question ID : 630680883989
Option 1 ID : 6306803462071
Option 2 ID : 6306803462069
Option 3 ID : 6306803462072
Option 4 ID : 6306803462070

Following statements is/are correct regarding the absolute angular position and relative angular position?

I. Absolute angular position refers to the orientation of an object relative to a fixed reference such as horizontal or vertical.
II. Relative angular position refers to the orientation of an object relative to a non-fixed reference or plane.

I and II

Neither I nor II

Question ID : 630680884400
Option 1 ID : 6306803463507
Option 2 ID : 6306803463505
Option 3 ID : 6306803463506
Option 4 ID : 6306803463508

Techniques can be usefully divided into how many categories?

Question ID : 630680922446
Option 1 ID : 6306803614566
Option 2 ID : 6306803614567
Option 3 ID : 6306803614568
Option 4 ID : 6306803614569

Due to the environment and sports performance, environmental factors, if not all, can give rise to which of the following?

I, heat stroke, hyperthermia and frostbite due to changes in temperature
II, acclimatization and weight gain due to hypoxia at high altitudes

and II

or I nor II

Question ID : 630680888435
Option 1 ID : 6306803479477
Option 2 ID : 6306803479476
Option 3 ID : 6306803479475
Option 4 ID : 6306803479478

In sports technology, the Duckworth Lewis Stern (DLS) method is related to which of the following sports?

all

at

;

Question ID : 630680884175
Option 1 ID : 6306803462613
Option 2 ID : 6306803462614
Option 3 ID : 6306803462615
Option 4 ID : 6306803462616

Which of the following statements is correct regarding biomechanics?

I, Biomechanics is the science of movement of a living body, including how muscles, bones, and ligaments work together to produce movement.

II, Mechanical principle of motion relates to linear motion, velocity, speed, and momentum.

or I nor II

and II

Question ID : 630680884288
Option 1 ID : 6306803463064
Option 2 ID : 6306803463063

o motivation and goal-setting, which of the following statements is NOT
ling Maslow's hierarchy of needs?

xtualisation needs are to 'become what we are capable of becoming', which
greatest achievement.

ogical needs are for a higher position within a group.

needs are about putting a roof over our heads and keeping us from harm.

ging needs introduce our tribal nature. If we are helpful and kind to others, they
s friends.

Question ID : 630680883491
Option 1 ID : 6306803460217
Option 2 ID : 6306803460215
Option 3 ID : 6306803460216
Option 4 ID : 6306803460218

o the literature search in physical education, which of the following is/are
literature search?

blem statement.
ondary sources.

and II

r I nor II

Question ID : 630680883670
Option 1 ID : 6306803460843
Option 2 ID : 6306803460845
Option 3 ID : 6306803460846
Option 4 ID : 6306803460844

o the preparation of psychological skill profiles for players, which of the
OT a principle of goal setting?

/ identify time constraints.

nly the final outcome goals.

oderately difficult goals; they are superior to either easy or very difficult.

goals down and regularly monitor progress.

Question ID : 630680881783
Option 1 ID : 6306803453575
Option 2 ID : 6306803453577
Option 3 ID : 6306803453578
Option 4 ID : 6306803453576

ollowing is/are NOT relaxation technique(s) for sportsperson?

c
peutic

and II

I

r I nor II

Question ID : 630680881718

to the state of a body, which of the following is/are a category of equilibrium?
 equilibrium
 equilibrium

I or II

I and II

Question ID : 630680888088
 Option 1 ID : 6306803478099
 Option 2 ID : 6306803478102
 Option 3 ID : 6306803478100
 Option 4 ID : 6306803478101

goals of sport and exercise biomechanics?
 performance improvement
 performance improvement
 performance improvement

I and II

I and III

I and III

I and III

Question ID : 630680884298
 Option 1 ID : 6306803463101
 Option 2 ID : 6306803463103
 Option 3 ID : 6306803463104
 Option 4 ID : 6306803463102

Which of the following statements is/are NOT correct regarding angular displacement?
 Angular displacement is the angular analog of linear displacement.
 Angular displacement is the change in absolute angular position experienced by a rotating line.

I or II

I and II



Question ID : 630680884395
 Option 1 ID : 6306803463488
 Option 2 ID : 6306803463487
 Option 3 ID : 6306803463485
 Option 4 ID : 6306803463486

Which of the following is/are a criteria for returning to sports after injury?
 Full range of movement of joints
 Full range of movement of joints

I and II

I or II

Question ID : 630680888287
 Option 1 ID : 6306803478896

o sports injuries, which of the following is NOT a skin injury?

tion

on

sion

re wound

Question ID : 630680888346
Option 1 ID : 6306803479128
Option 2 ID : 6306803479127
Option 3 ID : 6306803479129
Option 4 ID : 6306803479130

nance performance, various mental strategies have been taught to the
h of the following is NOT one of them?

tion techniques

lk

oubt

isation

Question ID : 630680881644
Option 1 ID : 6306803453057
Option 2 ID : 6306803453056
Option 3 ID : 6306803453059
Option 4 ID : 6306803453058

re responsible for liaison with print media is the ____ committee.

ting

e

cs

cal

Question ID : 630680923100
Option 1 ID : 6306803617216
Option 2 ID : 6306803617217
Option 3 ID : 6306803617215
Option 4 ID : 6306803617214

reaction time apparatus requires the participant to choose between multiple
spond accordingly?

e Reaction Time Apparatus

Reaction Time Apparatus

tion Reaction Time Apparatus

lex Reaction Time Apparatus

Question ID : 630680881926
Option 1 ID : 6306803454052
Option 2 ID : 6306803454051
Option 3 ID : 6306803454053
Option 4 ID : 6306803454054

Following statements is/are NOT correct regarding goals and goal setting?

I is a mental training technique that can be used to increase an individual's towards achieving a specific standard of proficiency on a task within a 3.

can be broken into less ambitious short-term goals, setting up a kind of oals to be achieved one by one.

and II

or I nor II

Question ID : 630680883562

Option 1 ID : 6306803460499

Option 2 ID : 6306803460501

Option 3 ID : 6306803460502

Option 4 ID : 6306803460500

of motor movement is defined as the ability to exert force against resistance?

ility

xe

ular strength

Question ID : 630680888196

Option 1 ID : 6306803478533

Option 2 ID : 6306803478534

Option 3 ID : 6306803478532

Option 4 ID : 6306803478531

Following statements is NOT correct regarding intrinsic motivation?

thods include goal-setting strategies, family and community support.

re to internal factors.

iving force to pursue an action for fun, joy or any other inner satisfaction.

the short-term benefit of maintaining a behaviour.

Question ID : 630680883453

Option 1 ID : 6306803460089

Option 2 ID : 6306803460088

Option 3 ID : 6306803460087

Option 4 ID : 6306803460090

Following statements is/are correct regarding displacement and distance?
 Displacement and distance travelled by a point on a rotating object are
 proportional to the radius of rotation.
 Distance travelled equals the product of the angular displacement measured in
 the radius of rotation.

I
 or I nor II
 and II

Question ID : 630680884409
 Option 1 ID : 6306803463541
 Option 2 ID : 6306803463542
 Option 3 ID : 6306803463544
 Option 4 ID : 6306803463543

Following statements is INCORRECT regarding the guiding principles to
 degree of stability?

Weight is directly proportional to stability.
 Higher the centre of gravity, the higher the stability.
 Wider the base, the greater the stability.
 Closer the centre of gravity to the centre of the base of support, the more will be

Question ID : 630680888093
 Option 1 ID : 6306803478120
 Option 2 ID : 6306803478121
 Option 3 ID : 6306803478119
 Option 4 ID : 6306803478122

In the statistics in the singular and plural senses, which of the following
 is correct?
 In the singular sense means that quantitative information is available,
 for example, information on population or demographic features.
 In sense, 'Statistics' refers to what is called statistical methods. It deals with
 collection of data, their classification, analysis, and interpretation of statistical data.

I or II
 and II

Question ID : 630680884224
 Option 1 ID : 6306803462808
 Option 2 ID : 6306803462806
 Option 3 ID : 6306803462807
 Option 4 ID : 6306803462805

Following is NOT a skill-related fitness component?

Muscular adaptations and coordinated abilities
 Reaction time
 Speed
 Body composition

Question ID : 630680888840

Following is/are correct regarding skeletal muscles?

Muscles are made up of muscle fibres which are divided into two categories: slow-twitch fibres or Type I fibres and Fast-twitch fibres or Type II fibres. Slow-twitch fibres or Type I fibres or Slow oxidative fibres contain small numbers of myofibrils, have fewer capillaries, and have a lower concentration of myoglobin and enzymes than Fast twitch fibres.

I or II

I and II

Question ID : 630680883753
 Option 1 ID : 6306803461172
 Option 2 ID : 6306803461174
 Option 3 ID : 6306803461171
 Option 4 ID : 6306803461173

According to the models of body composition, which of the following statements is/are correct regarding the 'Three Compartment Model'?

The Three Compartment (3C) model consists of fat, fat-free solids, and water. The fat content of FFM is assumed to be between 30% and 36% for most species, and cross-sectional studies in adult humans show evidence of differences in the FFM with age.

I or II

I and II

Question ID : 630680883640
 Option 1 ID : 6306803460742
 Option 2 ID : 6306803460741
 Option 3 ID : 6306803460740
 Option 4 ID : 6306803460739

Which of the following statements is/are correct regarding the importance of physical fitness?

Physical fitness of an individual has alertness, concentration and positive thought about life. It motivates himself/herself to develop good personal habits regarding smoking, drinking alcohol, etc. Physical exercise is a strength booster, relieves tension and controls emotion swings of an individual.

I and II

I or II

Question ID : 630680888827
 Option 1 ID : 6306803481104
 Option 2 ID : 6306803481105
 Option 3 ID : 6306803481106
 Option 4 ID : 6306803481103

Which of the components of skill-related fitness, which of the following statements regarding agility?

I. Ability to change and control the direction and position of the body while constant, rapid motion.
II. A jump in gymnastics is an example of agility.

Choose the correct answer:

A. I and II

Question ID : 630680883898
Option 1 ID : 6306803461744
Option 2 ID : 6306803461741
Option 3 ID : 6306803461742
Option 4 ID : 6306803461743

Which of the following is a biomechanical analysis to improve technique involves four steps. Which of the following is NOT one of them?

A. Motion

B. Variation

C. Precision

D. Reaction

Question ID : 630680888253
Option 1 ID : 6306803478761
Option 2 ID : 6306803478760
Option 3 ID : 6306803478762
Option 4 ID : 6306803478759

Which of the following is a type of skill related to fitness from the example given below.

A. A runner starts at the sound of the starter's gun. He hears the stimulus, and his foot strikes the starting block as soon as possible.

B. Reaction time

C. Accuracy

D. Speed

Question ID : 630680883902
Option 1 ID : 6306803461757
Option 2 ID : 6306803461759
Option 3 ID : 6306803461758
Option 4 ID : 6306803461760

Following with respect to the qualities of motor movements and qualities.

Quality	Example
	A. Holding a yoga pose
	B. Ability to exert maximum force in a short period
	C. Completing a 100 m sprint in 10 seconds

); III-B

); III-A

B; III-C

); III-A

Question ID : 630680888209
 Option 1 ID : 6306803478585
 Option 2 ID : 6306803478586
 Option 3 ID : 6306803478583
 Option 4 ID : 6306803478584

Following is/are a misconception related to yoga?

I. The practice of yoga is restricted to hatha yoga and asanas (postures).
 II. Yoga is commonly understood only as a therapy or exercise system for health and

and II

); I nor II

Question ID : 630680883291
 Option 1 ID : 6306803459477
 Option 2 ID : 6306803459478
 Option 3 ID : 6306803459475
 Option 4 ID : 6306803459476

Yoga is useful to sports medicine professionals in identifying:
 I. Injuries that may have caused an injury
 II. Injuries that prevent the injury from recurring (or occurring in the first place)
 III. Injuries that may assist with rehabilitation from the injury

and II

and III

and III

and III

Question ID : 630680884307
 Option 1 ID : 6306803463137
 Option 2 ID : 6306803463138
 Option 3 ID : 6306803463140
 Option 4 ID : 6306803463139

s and objectives of health education are to help people to:

ases; by informing and educating them the principles of healthy living and
ir health behaviour(s)
alth; by providing knowledge and skills and, motivating them to practice
lth practices
lth services; encourage them to use medical and health services provided for

and III

and III

and III

and II

Question ID : 630680888802

Option 1 ID : 6306803480989

Option 2 ID : 6306803480990

Option 3 ID : 6306803480988

Option 4 ID : 6306803480987

Following statements is/are correct regarding utkatasana?

is known as utkatasana because in this asana, the hips are kept raised.
the functioning of the digestive system.

or I nor II

and II

Question ID : 630680883402

Option 1 ID : 6306803459902

Option 2 ID : 6306803459901

Option 3 ID : 6306803459900

Option 4 ID : 6306803459899

Following is/are characteristic(s) of research?

1 of the procedures used in the research process allows researchers to
conclusions drawn.
her collects data on which to base decisions.
her takes individual events (data) and uses them to establish general

and III

I

and III

Question ID : 630680883675

Option 1 ID : 6306803460866

Option 2 ID : 6306803460863

Option 3 ID : 6306803460864

Option 4 ID : 6306803460865

the RPwD Act 2016, low vision means a condition where a person has any of conditions, namely:

I not exceeding 6/18 or less than 20/60 upto 3/60 or upto 10/200 (Snellen) in with best possible corrections
II of the field of vision subtending an angle of less than 40° up to 10°.

or I nor II

and II

Question ID : 630680896495
Option 1 ID : 6306803511954
Option 2 ID : 6306803511951
Option 3 ID : 6306803511952
Option 4 ID : 6306803511953

Following statements is correct regarding the method of developing flexibility?

I Test is for lower body flexibility.
II Reach Test is for upper body flexibility.

and II

or I nor II

Question ID : 630680883833
Option 1 ID : 6306803461487
Option 2 ID : 6306803461489
Option 3 ID : 6306803461488
Option 4 ID : 6306803461490

According to the principles of exercise, which of the following statements is NOT correct?

I A day of training for a given component of fitness should be followed by an I day or rest day for that component and/or muscle group(s) to help permit

II Intensity (how hard) and/or duration (how long) of exercise must suddenly III Level of fitness.

IV Training must be geared toward specific goals.

V For an effective, a programme should include activities that address all the fitness VI since overemphasising any one of them may hurt the others.

Question ID : 630680922458
Option 1 ID : 6306803614624
Option 2 ID : 6306803614625
Option 3 ID : 6306803614623
Option 4 ID : 6306803614622

Following statements is/are correct regarding cardio-vascular endurance?

I. Activity of the heart, lungs and blood vessels to supply sufficient amount of oxygen to the cells, to meet the demands of the activity characterised by moderate intensity of large muscle groups over a prolonged period of time.
II. Treadmill run/walk test can be used to evaluate cardio-vascular endurance.

Both I and II

Neither I nor II

Question ID : 630680883870
Option 1 ID : 6306803461632
Option 2 ID : 6306803461633
Option 3 ID : 6306803461634
Option 4 ID : 6306803461631

Which of the following is a use of descriptive statistics?

I. Descriptive statistics provide simple summaries about the sample and the measures.
II. Descriptive statistics, one is simply describing what is in the data or what the data

III. Descriptive statistics are used to present only qualitative descriptions in a manageable

Both I and III

Both I and II

Question ID : 630680884237
Option 1 ID : 6306803462860
Option 2 ID : 6306803462859
Option 3 ID : 6306803462857
Option 4 ID : 6306803462858

Which of the following is NOT correct regarding the inter-relationship between test, measurement and evaluation; which of the following is NOT correct regarding evaluation?

I. Evaluation is objective-oriented.

II. Evaluation is a continuous process.

III. No assumption about a student can be formed on the basis of evaluation.

IV. Evaluation is a means, and not an end in itself.

Question ID : 630680884005
Option 1 ID : 6306803462110
Option 2 ID : 6306803462111
Option 3 ID : 6306803462109
Option 4 ID : 6306803462112

Which 'T-test' assess in physical education and sports science?

- Aerobic endurance
- Anaerobic fitness
- Lung capacity

Question ID : 630680922883
 Option 1 ID : 6306803616346
 Option 2 ID : 6306803616348
 Option 3 ID : 6306803616347
 Option 4 ID : 6306803616349

Which of the following is/are (a) benefit(s) of sports injury rehabilitation with physiotherapy?

Physiotherapy rehabilitation allows the body to adapt and recover from the change in posture, balance, coordination, strength and stability around the injured area as part of a rehabilitation programme for complete recovery.

- I and II
- Neither I nor II

Question ID : 630680888712
 Option 1 ID : 6306803480600
 Option 2 ID : 6306803480599
 Option 3 ID : 6306803480601
 Option 4 ID : 6306803480602

In the treatment of bone injury, which of the following is NOT a type of closed fracture?

- Compound Fracture
- Incomplete Fracture
- Greenstick Fracture
- Comminuted Fracture

Question ID : 630680888350
 Option 1 ID : 6306803479145
 Option 2 ID : 6306803479144
 Option 3 ID : 6306803479146
 Option 4 ID : 6306803479143

Which of the following sports uses a simplified alternative to the video assistant referee (VAR) system known as the Video Assistant Referee (VAR)?

- Football
- All of the above
- Cricket
- None of the above

Question ID : 630680884168
 Option 1 ID : 6306803462585
 Option 2 ID : 6306803462586

o evaluation in sports, which of the following statements is correct

ness of interpreting the collected data to measure and make the professional value or worth.
may be formative or summative.

and II

r I nor II

Question ID : 630680922937
Option 1 ID : 6306803616563
Option 2 ID : 6306803616562
Option 3 ID : 6306803616564
Option 4 ID : 6306803616565

poses of measurement and evaluation are:
e students for courses- general, professional, technical, commercial etc.
eaching by helping to review the effectiveness of teaching arrangements

and II

r I nor II

Question ID : 630680884115
Option 1 ID : 6306803462402
Option 2 ID : 6306803462403
Option 3 ID : 6306803462401
Option 4 ID : 6306803462404

ollowing statements is NOT correct regarding emerging trends in sports

s' social media tweets and postings about current events, problems or their are read by large audiences and frequently make news.

o the decrease in sponsorships and advertisements, sports journalism is now a e affair.

o journalism is increasingly turning into a specialised stream, from being a small o bulletin to full-fledged 24x7 sports channels and entire magazines devoted to e.

o stic sports, inter-university games, sports news from cities etc. are being o mainstream media.

Question ID : 630680888490
Option 1 ID : 6306803479697
Option 2 ID : 6306803479698
Option 3 ID : 6306803479695
Option 4 ID : 6306803479696

Following statements is correct regarding the psychological test?

I. Psychological Test is an objective and standardised measure of an individual's mental and emotional characteristics.

II. Psychological tests have been developed to measure all the dimensions of psychological functioning (e.g., intelligence, aptitude, etc.)

III. In addition to objective tests, psychologists have also developed certain projective tests, for the assessment of personality.

I and III

I and II

I and III

II and III

Question ID : 630680922857

Option 1 ID : 6306803616245

Option 2 ID : 6306803616242

Option 3 ID : 6306803616243

Option 4 ID : 6306803616244

Which of the following statements are correct regarding myofascial release therapy?

I. Myofascial release therapy is a hands-on technique used to manage myofascial pain.

II. In myofascial release therapy, the therapist doesn't focus specifically on your muscles.

III. In myofascial release therapy, the therapist focuses on releasing tension in your fascial tissues.

I and II

I and III

II and III

I and III

Question ID : 630680888717

Option 1 ID : 6306803480627

Option 2 ID : 6306803480628

Option 3 ID : 6306803480629

Option 4 ID : 6306803480630

Which of the following tests, which of the following statements is correct regarding the norm?

I. A norm is defined as the typical performance level for a certain group of individuals.

II. A norm is factually demonstrated by establishing the performance of individuals from a representative sample in a test.

I and II

I or II

Question ID : 630680922851

Option 1 ID : 6306803616218

Option 2 ID : 6306803616219

Option 3 ID : 6306803616220

Option 4 ID : 6306803616221

Following statements is/are correct regarding narcotics?
 I. Use of narcotics reduces, eliminates and hides pain.
 II. Cocaine is commonly used in sports with a high recovery time in between games.
 III. Amphetamines increase the heart rate.

I and III

II and III

I and II

Question ID : 630680888465
 Option 1 ID : 6306803479595
 Option 2 ID : 6306803479598
 Option 3 ID : 6306803479596
 Option 4 ID : 6306803479597

Following factors is/are most critical for ensuring the credibility and accuracy of reporting in newspapers?

I. Dependence
 II. News delivery

I and II

Neither I nor II

Question ID : 630680888671
 Option 1 ID : 6306803480428
 Option 2 ID : 6306803480429
 Option 3 ID : 6306803480430
 Option 4 ID : 6306803480427

Following statements is/are correct regarding knock-out tournaments?

I. In a knock-out tournament, a player or team continues to play matches until it is defeated.
 II. A knock-out tournament is very costly.
 III. In a knock-out tournament, there is the possibility of a match between two good teams or in the early stages.

I and III

II and III

I and II

II and I

Question ID : 630680888683
 Option 1 ID : 6306803480477
 Option 2 ID : 6306803480476
 Option 3 ID : 6306803480475
 Option 4 ID : 6306803480478

Measurement and evaluation of the major components of physical fitness are:

- Length: 2000 m run test
- Measurement of Body Mass Index (BMI)
- and II
- or I nor II
- I

Question ID : 630680922930
Option 1 ID : 6306803616536
Option 2 ID : 6306803616537
Option 3 ID : 6306803616535
Option 4 ID : 6306803616534

Primary purpose of conducting a skinfold caliper test in sports science?

- Measure agility
- Determine anaerobic power
- Assure mental ability
- Estimate body fat percentage

Question ID : 630680922888
Option 1 ID : 6306803616368
Option 2 ID : 6306803616369
Option 3 ID : 6306803616366
Option 4 ID : 6306803616367

Following disabilities is/are caused due to chronic neurological conditions?

Dystonia
Parkinson's disease

or I nor II

and II

Question ID : 630680896520
Option 1 ID : 6306803512051
Option 2 ID : 6306803512054
Option 3 ID : 6306803512052
Option 4 ID : 6306803512053

Official motto of the Olympic Games?

- Through Sport
- World, One Field
- United World
- or, Higher, Stronger – Together

Question ID : 630680888516
Option 1 ID : 6306803479800
Option 2 ID : 6306803479801
Option 3 ID : 6306803479802

Following is an advantage of non-parametric statistics?
 The sample size is very small, there may be no alternative except to use a non-parametric statistical test.
 The analysis tested by the non-parametric test may be more appropriate for research

Non-parametric methods are available to treat data which are simply classificatory and ordinal, i.e., are measured in nominal scale.

I and III

I and III

I and II

Question ID : 630680884246
 Option 1 ID : 6306803462893
 Option 2 ID : 6306803462896
 Option 3 ID : 6306803462894
 Option 4 ID : 6306803462895

For health related fitness, which of the following statements is/are correctly related to Body Composition?

Body composition is the classification of the human body into fat weight and lean body

One of the methods for evaluating the body composition is by a skin-fold caliper.

Another method for evaluating the body composition is hydrostatic weighing or underwater weighing.

I

I and III

I and III

Question ID : 630680883875
 Option 1 ID : 6306803461655
 Option 2 ID : 6306803461656
 Option 3 ID : 6306803461654
 Option 4 ID : 6306803461653

Which of the following statements is/are correct regarding aerobic activity?

Carbohydrates promote aerobic activities.

Intensity aerobic activity requires carbohydrates in the form of glucose and glycogen.

ATP system provides energy for short duration activities like 100 m sprints.

I

I and III

Question ID : 630680883757
 Option 1 ID : 6306803461188
 Option 2 ID : 6306803461189
 Option 3 ID : 6306803461190
 Option 4 ID : 6306803461187

Following statements is/are correct regarding motivation and sports?

I. Motivation for sports participation and exercise is largely extrinsic in nature.
II. People participate in sports and exercise for various extrinsic motives, but internal motives are added wherever or whenever extrinsic motive is reduced.

Neither I nor II

Both I and II

Question ID : 630680883475
Option 1 ID : 6306803460152
Option 2 ID : 6306803460154
Option 3 ID : 6306803460151
Option 4 ID : 6306803460153

Following statements is correct regarding the ballistic method of improving

I. Flexibility exercises are done with rhythmic movements, then it is called ballistic.
II. Ballistic method is not very effective in improving the range of motion around the joints.
III. Ballistic method includes gymnastic movements.

I

Both I and III

III

Question ID : 630680883844
Option 1 ID : 6306803461532
Option 2 ID : 6306803461533
Option 3 ID : 6306803461534
Option 4 ID : 6306803461531

Which error can be minimised when using psychological testing apparatus?

I. Conducting tests only outdoors

II. Providing adequate training and clear instructions

III. Testing only experienced athletes

IV. Using the most expensive equipment

Question ID : 630680881950
Option 1 ID : 6306803454134
Option 2 ID : 6306803454132
Option 3 ID : 6306803454133
Option 4 ID : 6306803454131

o psychological skill profiles for players, which of the following is/are mental imagery?

- I of arousal and anxiety.
- II n of attention focus and other cognitions.
- III enhancing self-confidence, motivation and self-control.

and III

I

and III

Question ID : 630680881793
 Option 1 ID : 6306803453611
 Option 2 ID : 6306803453613
 Option 3 ID : 6306803453612
 Option 4 ID : 6306803453614

Following statements is/are correct regarding yoga?

- I anas are performed, respiration and metabolic rates slow down. As a result, of oxygen and body temperature drops.
- II res tend to promote catabolism.

and II

or I nor II

Question ID : 630680883300
 Option 1 ID : 6306803459513
 Option 2 ID : 6306803459511
 Option 3 ID : 6306803459512
 Option 4 ID : 6306803459514

o the techniques of motivation, which of the following statements is/are ling the guided discovery method?

I method, athletes are highly motivated if they are just made to do things as per

II method, the lack of independence given by the instructor in decision-making in motivation.

or I nor II

and II

Question ID : 630680883467
 Option 1 ID : 6306803460123
 Option 2 ID : 6306803460126
 Option 3 ID : 6306803460125
 Option 4 ID : 6306803460124

of team building in the context of sports is described as:

opinions of team members
supportive working relationships
the team members' role ambiguity

and II

and III

and III

and III

Question ID : 630680881676

Option 1 ID : 6306803453184

Option 2 ID : 6306803453187

Option 3 ID : 6306803453186

Option 4 ID : 6306803453185

of the steps of yoga called 'Ashtang Yoga'. Which of the following is NOT one of

Arma

hara

a

Question ID : 630680883307

Option 1 ID : 6306803459550

Option 2 ID : 6306803459549

Option 3 ID : 6306803459548

Option 4 ID : 6306803459547

of the principles of exercise, which of the following statements is/are correct principles of regularity?

For a training effect, you must exercise often.

Exercise can do more harm than good.

Rest is also important in resting, sleeping, and following a sensible diet.

I

II

I and III

Question ID : 630680883777

Option 1 ID : 6306803461269

Option 2 ID : 6306803461267

Option 3 ID : 6306803461270

Option 4 ID : 6306803461268

The 10 and 20 test is mainly for the development of which of the following?

Cardiovascular Endurance

Energy

Body Composition

Cardiovascular Strength

Question ID : 630680922831

Following statements is/are correct regarding theories of the origins of sports?

Innate theory suggests that humans are innately aggressive.
 Learning theory suggests, by contrast, that we learn to be aggressive from others.
 Socialization-aggression hypothesis suggests that we become aggressive in response to socialization.

I and III

I and III

II

Question ID : 630680881738

Option 1 ID : 6306803453412

Option 2 ID : 6306803453414

Option 3 ID : 6306803453415

Option 4 ID : 6306803453413

Of SMART goals, what does 'T' stand for?

Bound

Measurable

Time

Attainable

Question ID : 630680881831

Option 1 ID : 6306803453738

Option 2 ID : 6306803453735

Option 3 ID : 6306803453736

Option 4 ID : 6306803453737

Pre-participation health screening before initiating physical activity or an exercise program is a multistage process that may include which of the following?

Pre-participation assessment and classification by qualified health/fitness, clinical health care professionals.

Pre-participation evaluation including a physical examination and stress test by a qualified health care professional.

I or II nor III

I and II

Question ID : 630680883813

Option 1 ID : 6306803461407

Option 2 ID : 6306803461410

Option 3 ID : 6306803461409

Option 4 ID : 6306803461408

Which is the correct formula for Budgeted Purchase Quantity?

- Option 1: Budgeted Purchase Quantity = Budgeted Consumption Quantity + Required Closing Inventory Stock
- Option 2: Budgeted Purchase Quantity = Budgeted Consumption Quantity + Required Closing Inventory Stock
- Option 3: Budgeted Purchase Quantity = Budgeted Consumption Quantity + Required Closing Inventory Stock + Sales
- Option 4: Budgeted Purchase Quantity = Budgeted Consumption Quantity – Required Closing Inventory Stock

Question ID : 630680896662
 Option 1 ID : 6306803512615
 Option 2 ID : 6306803512618
 Option 3 ID : 6306803512617
 Option 4 ID : 6306803512616

According to Maslow's Expectancy Theory, motivation is a product of three factors. Which of the following is NOT one of the factors?

- Option 1: Expectancy
- Option 2: Instrumentality
- Option 3: Valence
- Option 4: Self-efficacy

Question ID : 630680883507
 Option 1 ID : 6306803460282
 Option 2 ID : 6306803460280
 Option 3 ID : 6306803460279
 Option 4 ID : 6306803460281

Which of the following is described in hatha yogic texts as one of the six cleansing processes?

- Option 1: Neti (cleansing of the mouth and food pipe)
- Option 2: Trishnetri (cleansing of the eyes)
- Option 3: Basti (cleansing of the large intestine (lower abdomen))
- Option 4: Pawanasthasana (strengthening of the abdominal organs)

Question ID : 630680883395
 Option 1 ID : 6306803459875
 Option 2 ID : 6306803459877
 Option 3 ID : 6306803459876
 Option 4 ID : 6306803459878

Which of the following relaxation techniques, which of the following is NOT correct regarding Progressive Muscle Relaxation (PMR)?

- Option 1: PMR is a training session that lasts about 180 minutes.
- Option 2: PMR was the first of the modern relaxation techniques.
- Option 3: PMR is a modern version of PMR, four sections of the body are relaxed in turn.
- Option 4: In PMR, participants are taught to tense each muscle group before relaxing it, helping them to appreciate the difference in sensation between tense and relaxed muscles.

Question ID : 630680881724
 Option 1 ID : 6306803453359
 Option 2 ID : 6306803453356
 Option 3 ID : 6306803453357
 Option 4 ID : 6306803453358

o psychological skill profiles for players, which of the following is a benefit of
ry?

- of arousal and anxiety.
- n of attention focus and other cognitions.
- enhancing self-confidence, motivation and self-control.

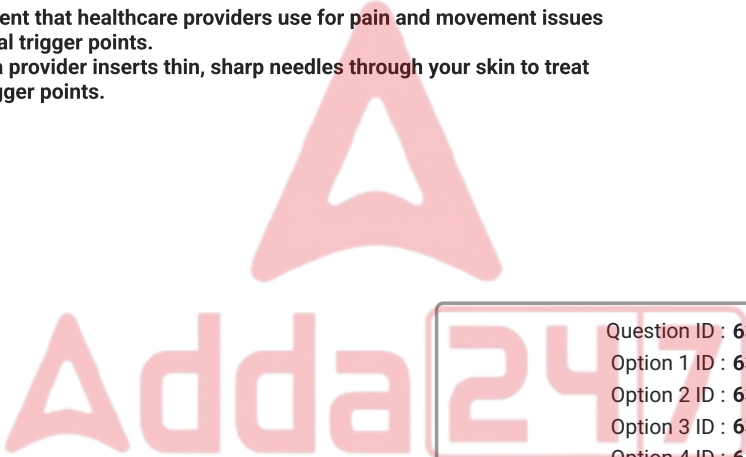
and III
I
and III

Question ID : 630680923138
 Option 1 ID : 6306803617366
 Option 2 ID : 6306803617369
 Option 3 ID : 6306803617367
 Option 4 ID : 6306803617368

o sports medicine, which of the following statements is/are NOT correct
needing?

- y is a treatment that healthcare providers use for pain and movement issues
th myofascial trigger points.
- treatment, a provider inserts thin, sharp needles through your skin to treat
rofascial trigger points.

and II
er I nor II



Question ID : 630680888723
 Option 1 ID : 6306803480660
 Option 2 ID : 6306803480661
 Option 3 ID : 6306803480662
 Option 4 ID : 6306803480659

ollowing is generally NOT a role of the technical committee during a sports

- ng and layout of the fields; maintenance of the fields.
- ration of a first-aid kit and arrangement of medical facilities.
- ation of fixtures, rules, and regulations for the sports event.
- tion of score sheets and other related papers from officials, preparation of

Question ID : 630680888696
 Option 1 ID : 6306803480527
 Option 2 ID : 6306803480530
 Option 3 ID : 6306803480528
 Option 4 ID : 6306803480529

Following terms with their respective definitions in the context of mechanical principles.

	Definition
	A. The use of bones and joints to create movement
levers	B. <i>The push or pull exerted on an object</i>
Center of Gravity	C. The point at which the body's mass is balanced

3; III-A

A; III-C

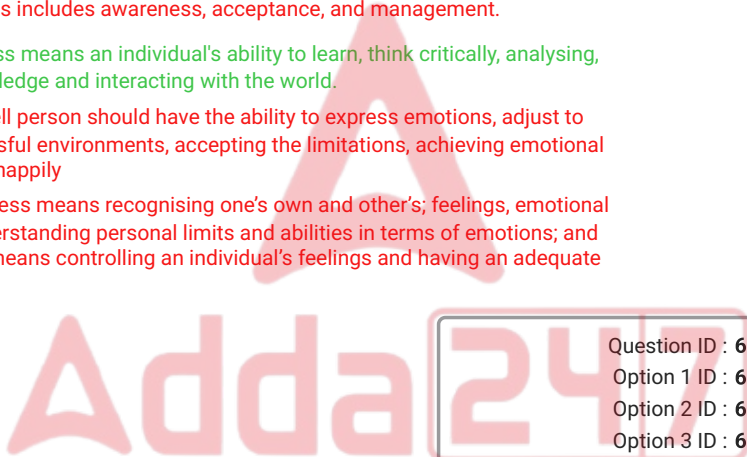
3; III-B

3; III-C

Question ID : 630680888227
 Option 1 ID : 6306803478658
 Option 2 ID : 6306803478656
 Option 3 ID : 6306803478657
 Option 4 ID : 6306803478655

Following statements is NOT correct regarding the emotional dimension of

- Emotional wellness includes awareness, acceptance, and management.
- Emotional wellness means an individual's ability to learn, think critically, analysing, applying knowledge and interacting with the world.
- Emotionally well person should have the ability to express emotions, adjust to cope with stressful environments, accepting the limitations, achieving emotional stability and enjoying life happily
- Emotional awareness means recognising one's own and other's; feelings, emotional intelligence includes understanding personal limits and abilities in terms of emotions; and emotional management means controlling an individual's feelings and having an adequate emotional regulation.



Question ID : 630680896353
 Option 1 ID : 6306803511392
 Option 2 ID : 6306803511394
 Option 3 ID : 6306803511393
 Option 4 ID : 6306803511391

In sports biomechanics and kinesiology, there are _____ types/classes of

Question ID : 630680888216
 Option 1 ID : 6306803478612
 Option 2 ID : 6306803478611
 Option 3 ID : 6306803478613
 Option 4 ID : 6306803478614

to the biomechanical testing methods, which of the following statements regarding Electromyography (EMG)?
 I measuring muscle activity.
 II combined with 3D motion analysis and force plate testing.

and II

or I nor II

Question ID : 630680888072
 Option 1 ID : 6306803478036
 Option 2 ID : 6306803478035
 Option 3 ID : 6306803478037
 Option 4 ID : 6306803478038

Which of the following statements is correct regarding Differential Aptitude Tests (DAT)?

I Aptitude Tests (DAT) is not commonly used in educational settings.
 II Aptitude Tests (DAT) consist of only three independent subtests.

and II

or I nor II

Question ID : 630680922862
 Option 1 ID : 6306803616262
 Option 2 ID : 6306803616264
 Option 3 ID : 6306803616263
 Option 4 ID : 6306803616265

Which of the following is the correct application of physics law in sports from the given description.

I A diver needs to push down on the springboard when he/she dives off a diving board so that the springboard pushes back the force on you for proper projecting into the air for performance.

II Newton's first law of motion

III Newton's second law of motion

IV Newton's third law of motion

V Law of Conservation of Energy

Question ID : 630680888099
 Option 1 ID : 6306803478146
 Option 2 ID : 6306803478144
 Option 3 ID : 6306803478145
 Option 4 ID : 6306803478143

Which of the following functions of sports event management does the 'recruitment' place?

I Selling

II Buying

III Financing

IV Marketing

Question ID : 630680888100

Which of the following is/are correct regarding explosive power?

Explosive power is the ability to release maximum muscular force in the shortest time. Explosive power measurement is expressed in terms of the distance through which the object is propelled through space.

I and II

I

Neither I nor II

Question ID : 630680883649
Option 1 ID : 6306803460769
Option 2 ID : 6306803460768
Option 3 ID : 6306803460767
Option 4 ID : 6306803460770

Which of the following types of sports journalism focuses on uncovering unethical practices like doping?

Opinion commentary

Feature writing

Investigative journalism

Match analysis

Question ID : 630680888500
Option 1 ID : 6306803479735
Option 2 ID : 6306803479738
Option 3 ID : 6306803479736
Option 4 ID : 6306803479737

Which of the following techniques is commonly used to measure bone mineral density in physical education?

Dual-energy X-ray absorptiometry (DEXA)

Height measurement

Bioelectrical impedance analysis (BIA)

Maximal strength testing

Question ID : 630680922900
Option 1 ID : 6306803616414
Option 2 ID : 6306803616417
Option 3 ID : 6306803616416
Option 4 ID : 6306803616415

Biomechanists use two main approaches to analysing human movement patterns in qualitative and quantitative analysis. In this context, which of the following is NOT a qualitative analysis?

Field-based, not laboratory-based, which enhances ecological validity

Participant-friendly

When done properly, it is highly systematic.

Reliability and objectivity can be easily assessed.

Question ID : 630680884379
Option 1 ID : 6306803463422
Option 2 ID : 6306803463424
Option 3 ID : 6306803463423

Of the common sports injuries, which of the following conditions is/are due to sport?

IV
Impingement syndrome

III or II

and II

Question ID : 630680888727
Option 1 ID : 6306803480675
Option 2 ID : 6306803480676
Option 3 ID : 6306803480678
Option 4 ID : 6306803480677

Following is NOT correct regarding aptitude and aptitude tests?

Special aptitude refers to special abilities in a particular field of activity.

Verbal aptitude, mechanical aptitude, numerical aptitude, and typing aptitude are aptitude tests.

Verbal tests are available in only one form: independent (generalised) aptitude

Verbal aptitude tests exist in the form of test batteries, which measure aptitude in discrete but homogeneous areas.

Question ID : 630680922967
Option 1 ID : 6306803616682
Option 2 ID : 6306803616684
Option 3 ID : 6306803616683
Option 4 ID : 6306803616685

Which of the given options is correct with respect to the following statements about iodine

Statement-I: In areas where the soil is easily washed off by rain and melting snow, the deficiency of iodine is commonly seen.
Statement-II: Iodine is present in the soil from where it is taken up by the plants, therefore, if the soil is rich in iodine, the crops grown on it are a good source of iodine in the diet.

Both Statement-I and Statement-II are correct, but Statement-II is not the correct reason for Statement-I.

Statement-I is incorrect, but Statement-II is correct.

Statement-I is correct, but Statement-II is incorrect.

Both Statement-I and Statement-II are correct, and Statement-II is the correct reason for Statement-I.

Question ID : 630680888777
Option 1 ID : 6306803480880
Option 2 ID : 6306803480882
Option 3 ID : 6306803480881
Option 4 ID : 6306803480879

Following is NOT an advantage of technique improvement due to the use of
in sports?

cs can be used by teachers and coaches to correct motions of students or

ics also help in developing a new and more effective technique for better
i sport motion.

and II

er I nor II

Question ID : 630680884368
Option 1 ID : 6306803463379
Option 2 ID : 6306803463377
Option 3 ID : 6306803463378
Option 4 ID : 6306803463380

Following is NOT an application of Newton's second law of motion in sports?

cer, a team will require more force to kick the ball high and faster. This law of
amental in soccer, so you can calculate the force needed to give a pass or kick
net without missing.

ter gliding on ice will continue gliding with the same speed and in the same
ss an external force acts upon the skater.

:uss throw, if we want to determine the force acting on a discus (2 kg), if it is
: 20 m/sec²

t-put, a player who applies more force and tosses the shot-put at the correct
eater displacement of shot-put, whereas a player who exerts less force has a
ement of shot-put.

Question ID : 630680888122
Option 1 ID : 6306803478237
Option 2 ID : 6306803478238
Option 3 ID : 6306803478235
Option 4 ID : 6306803478236

Following statements is/are correct regarding the descriptive research

ommon descriptive research technique is the survey, which includes
s and interviews.

survey is designed to obtain norms for abilities, performances, beliefs, and

ERD fitness tests developed are examples of Delphi surveys.

and III

and III

Question ID : 630680883735
Option 1 ID : 6306803461101
Option 2 ID : 6306803461102
Option 3 ID : 6306803461100
Option 4 ID : 6306803461099

Following statements is/are correct regarding Karma Yoga?

I. Karma Yoga is a path for selfless action, in which work is done without attachment to the results.
II. Karma Yoga is regarded by many as the ideal path for self-realisation.
III. Karma Yoga is highlighted by the Bhagwat Gita.

Options:
A) I and II
B) I and III
C) II and III
D) I, II and III

Correct Answer: D

Question ID : 630680883957
Option 1 ID : 6306803461963
Option 2 ID : 6306803461961
Option 3 ID : 6306803461962
Option 4 ID : 6306803461964

Methodology

Which of the following principles of human development from the description given below.

The description is also based on the principle that although some aspects of development will be common to all individuals, but because they possess different hereditary traits and environments, they differ from each other.

- Options:
A) Principle of Continuity
B) Principle of Generality to Specificity
C) Principle of Individual Differences
D) Principle of Sequentiality

Correct Answer: C

Question ID : 630680896877
Option 1 ID : 6306803513463
Option 2 ID : 6306803513466
Option 3 ID : 6306803513464
Option 4 ID : 6306803513465

Which of the following is/are the Policy Barriers to inclusive education?

I. Lack of quality of education for children with special needs.
II. Lack of properly trained teachers for inclusive classrooms, infrastructural deficiencies

Options:
A) I and II
B) I and III
C) II and III
D) I, II and III

Correct Answer: A

Question ID : 630680896818
Option 1 ID : 6306803513229
Option 2 ID : 6306803513227
Option 3 ID : 6306803513228
Option 4 ID : 6306803513230

Which of the following is/are correct regarding gender analysis?

Gender analysis is the tool or framework to reduce gender inequalities both at the level of individual and social action.

Gender analysis as a tool or framework is designed to integrate gender analysis in social policy planning.

I and II

Neither I nor II

Question ID : 630680896705
Option 1 ID : 6306803512788
Option 2 ID : 6306803512789
Option 3 ID : 6306803512787
Option 4 ID : 6306803512790

Which of the '5ps' model for effective class management, which of the following is not a 'P'?

Patience

Proactive

Prevalence

Prevalence

Prevalence

Question ID : 630680896669
Option 1 ID : 6306803512643
Option 2 ID : 6306803512644
Option 3 ID : 6306803512645
Option 4 ID : 6306803512646

Which of the following is/are NOT correct regarding the difference between discipline and subject, which of the following is/are NOT correct?

In the education of school subjects is the development of specialised knowledge

Disciplines come first in the development of a person.

I and II

Neither I nor II

Question ID : 630680896693
Option 1 ID : 6306803512741
Option 2 ID : 6306803512742
Option 3 ID : 6306803512740
Option 4 ID : 6306803512739

o the process of constructing knowledge, which of the following statements regarding Dewey's contribution?

I that learners should engage in a preplanned environment.
II should demonstrate their knowledge through creativity and collaboration.
III should be provided with opportunities to think from themselves and articulate
i.

I and III

and III

and II

and III

Question ID : 630680896697

Option 1 ID : 6306803512756

Option 2 ID : 6306803512758

Option 3 ID : 6306803512755

Option 4 ID : 6306803512757

o the system approach to curricular development, which of the following is the subsystems of an educational system as described by George Beauchamp

ction

elling

ation

istration

Question ID : 630680896746

Option 1 ID : 6306803512943

Option 2 ID : 6306803512944

Option 3 ID : 6306803512946

Option 4 ID : 6306803512945

ollowing is/are NOT (a) characteristic(s) of a discipline?

I substantial body of knowledge founded on core concepts and theories.
II cal inquiry methods for studying problems.

and II

or I nor II

Question ID : 630680896689

Option 1 ID : 6306803512725

Option 2 ID : 6306803512723

Option 3 ID : 6306803512726

Option 4 ID : 6306803512724

models or action plans for reaching out to students with differential/nil
o digital devices for learning enhancement in different situations, which of the
its may be considered?

capacity building for continuing teaching through different modes.
Learning Environment.
interventions for the differently-abled students.

- and III
- and III
- and III
- and II

Question ID : 630680896672
Option 1 ID : 6306803512658
Option 2 ID : 6306803512657
Option 3 ID : 6306803512656
Option 4 ID : 6306803512655

the Office of the UN High Commission for Human Rights (OHCHR), inclusive
process that recognises:

on to eliminate barriers that restrict or ban participation
change culture, policy, and practice for mainstream schools to accommodate
all students, including those (experiencing) disabilities.

- and II
- or I nor II

Question ID : 630680896845
Option 1 ID : 6306803513335
Option 2 ID : 6306803513336
Option 3 ID : 6306803513337
Option 4 ID : 6306803513338

Following statements are correct regarding sit and reach test?

h test helps in the measurement of flexibility of the lower back muscles and
iscle group.
t, a sit and reach box, and mat are required.
1 is asked to sit in a long sitting position placing both feet against the box with
the box.

- and II
- and III
- and III
- and III

Question ID : 630680896801
Option 1 ID : 6306803513159
Option 2 ID : 6306803513162
Option 3 ID : 6306803513160
Option 4 ID : 6306803513161

Following is/are (a) type(s) of Teaching-Learning Resource(s)?

Teaching-Learning Resources
Digital Teaching-Learning Resources

and II

or I nor II

Question ID : 630680896682
Option 1 ID : 6306803512695
Option 2 ID : 6306803512696
Option 3 ID : 6306803512697
Option 4 ID : 6306803512698

According to the principles of curriculum planning, which of the following statements is NOT the principle of flexibility?

It encourages the effective use of new technologies as tools of learning.

When planning a curriculum, it is essential to determine the relevance of it in terms of students' interests and vocational needs of learners.

It should also be responsive to social and technological changes and meet the learner's needs arising from that change process.

Curriculum planning must be adaptable to the particular needs of an educational institution.

Question ID : 630680896755
Option 1 ID : 6306803512981
Option 2 ID : 6306803512982
Option 3 ID : 6306803512980
Option 4 ID : 6306803512979

Which of the following statements is/are NOT correct regarding the theory of cognitive development proposed by Piaget?

Leibniz proposed the theory of cognitive development. It focuses on how children construct their understanding of the world as they pass through four stages of cognitive development through assimilation (responding to existing schemas) and accommodation (modifying a schema to fit new information).

or I nor II

and II

Question ID : 630680896892
Option 1 ID : 6306803513526
Option 2 ID : 6306803513524
Option 3 ID : 6306803513523
Option 4 ID : 6306803513525

Which of the following is the primary purpose of the sit-up test?

To balance successfully on a single leg

To increase abdominal muscular strength

To increase speed and coordination of limb movement

To increase the endurance of the abdominals and hip flexors

Following is/are (an) approach(es) to curricular development?

approach
approach

and II

or I nor II

Question ID : 630680896761
Option 1 ID : 6306803513003
Option 2 ID : 6306803513005
Option 3 ID : 6306803513004
Option 4 ID : 6306803513006

Following is the most common test to measure muscular endurance?

1) Reach Test

2) JP

3)

4) 10 min run or walk test

Question ID : 630680896772
Option 1 ID : 6306803513050
Option 2 ID : 6306803513048
Option 3 ID : 6306803513049
Option 4 ID : 6306803513047

Following statements is/are correct regarding later childhood?

1) Childhood is characterised by intellectual, moral and social development.
2) In later childhood, as their intellectual abilities develop, they are able to make decisions about the people around them.

or I nor II

and II

Question ID : 630680896855
Option 1 ID : 6306803513378
Option 2 ID : 6306803513377
Option 3 ID : 6306803513376
Option 4 ID : 6306803513375

Following is/are (a) tests related to muscular strength?

Curl

or I nor II

and II

Question ID : 630680896766

o curricular expectations, children in the upper primary stage are expected to:

ntly and with a sense of audience (formal and informal)
e messages, invitations, short paragraphs, letter (formal and informal),
personal diary, dialogue from story and story from a dialogue/conversation in
Braille
J the central idea and locate details in the text (familiar and unfamiliar)

and III

and III

and III

and II

Question ID : 630680896678

Option 1 ID : 6306803512680

Option 2 ID : 6306803512681

Option 3 ID : 6306803512682

Option 4 ID : 6306803512679

