



Paper – II
Physical Education

Booklet Code

A

TEST BOOKLET NO.

Subject Code : **3 0**

Roll No. :

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(Figures as per admission card)

Roll No. (in words) : _____

OMR Sheet No. :

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Name and Signature of Invigilator/s

Signature : _____

Name : _____

Time : 2 Hours

Maximum Marks : 200

Number of Pages in this Booklet : 16

Number of Questions in this Booklet : 100

Instructions for the Candidates

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

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PHYSICAL EDUCATION

Paper – II

1. Which of the following is not a test item of SAI Football Skill Test Battery ?
 - (A) Juggling
 - (B) Chapman ball control test
 - (C) 30 m running with the ball
 - (D) Kicking accuracy

2. For Scott Motor Ability Test, which of the following is correct regression equation for three item test battery ?
 - (A) 2.0 standing broad jump + 1.4 basketball throw for distance – obstacle race time
 - (B) 2.0 obstacle race time + 1.4 basketball throw for distance – standing broad jump
 - (C) 2.0 obstacle race time + 1.4 standing broad jump + basketball throw for distance
 - (D) 2.0 basketball throw for distance + 1.4 standing broad jump – obstacle race time

3. With Cooper 12 min. walking and running test, VO_2 max (ml/kg/min) is measured by
 - (A) 35.9712 (distance in miles for 12 min. run/walk) – 11.2878
 - (B) 37.3742 (distance in kilometer for 12 min. run/walk) – 11.2878
 - (C) 35.7912 (distance in kilometer for 12 min. run/walk) – 11.8278
 - (D) 37.3742 (distance in miles for 12 min. run/walk) – 11.8278

4. Which of the following is not a perceptual ability movements ?
 - (A) Adoptive movements
 - (B) Kinaesthetic discriminations
 - (C) Auditory discriminations
 - (D) Visual discriminations

5. Which of the following is not a psychomotor movement ?
 - (A) Segmental reflexes
 - (B) Intersegmental reflexes
 - (C) Suprasegmental reflexes
 - (D) Fundamental segmental reflexes

6. Consider the Statement – I and Statement – II and select the correct answer using codes given below.

Statement – I : Play is behavior for the purpose of fun and enjoyment with no utilitarian or abstract goal in mind.

Statement – II : Play is not allowing us to use up surplus energy, let us rehearse skills and not helping us to reduce anxiety.

Codes :

 - (A) Both I and II are false
 - (B) Both I and II are true
 - (C) I is true but II is false
 - (D) I is false but II is true



7. Consider the Statement – I and Statement – II and select the correct answer using codes given below.

Statement – I : The halm probably half portion of haemoglobin contains iron that binds reversibly with oxygen.

Statement – II : Along with Oxygen and Carbon-dioxide transport, haemoglobin functions in blood pressure regulation by ferrying nitric acid throughout the body.

Codes :

- (A) Both I and II are correct
- (B) I is true but II is false
- (C) Both I and II are incorrect
- (D) I is false but II is true

8. Consider the Statement – I and Statement – II and select the correct answer using codes given below.

Statement – I : The girdles attach the limbs (extremities) to the axial skeleton.

Statement – II : The girdles are considered to be part of the axial skeleton.

Codes :

- (A) Both I and II are correct
- (B) I is true but II is false
- (C) Both I and II are incorrect
- (D) I is false but II is true

9. Consider the Statement – I and Statement – II and select the correct answer using codes given below.

Statement – I : The oxygen debt is the post exercise oxygen consumption above the basal oxygen consumption.

Statement – II : The oxygen debt is the oxygen taken in during recovery over and above that which would have normally been consumed for the same period of repaying the energy stores that were used up during exercise.

Codes :

- (A) Both I and II are correct
- (B) Both I and II are incorrect
- (C) I is true but II is false
- (D) I is false but II is true

10. **Assertion (A) :** Original instinctive behavior can be modified to socially acceptable form of behavior through education.

Reason (R) : Adolescent boys and girls can learn to regard each other in a co-educational learning programme.

Select the answer from the codes given below :

Codes :

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



11. Who emphasized that education should be a social process ?
 (A) Aristotle (B) Rousseau
 (C) Dewey J. (D) Pestalozzi
12. Once training adaptations have been achieved, which of the following is true regarding the time course for loss of these adaptations with complete cessation of training ?
 (A) The increase in heart volume is lost within 2 – 4 weeks. The increase in muscle glycogen
 (B) Concentration is preserved for 1 – 1½ months
 (C) The increase in muscle oxidative enzyme activity is lost within 2 – 4 weeks
 (D) The increase in red blood cell numbers is lost within 1 – 2 weeks
13. All of the following increase the width of a confidence interval except
 (A) Increased confidence level
 (B) Increased variability
 (C) Increased sample size
 (D) Decreased sample size
14. The statement “If there is sufficient evidence to reject a null hypothesis at the 10% significance level, then there is sufficient evidence to reject it at the 5% significance level” is
 (A) Always true
 (B) Never true
 (C) Sometimes true; the p-value for the statistical test needs to be provided for a conclusion
 (D) Not enough information; this would depend on the type of statistical test used
15. Olympia, site of the games, was also home to one of the seven wonders of the ancient world. Which wonder was it ?
 (A) The ivory gold adorned statue of Zeus sculpted by the legendary Phidias
 (B) The Colossus of Rhodes
 (C) The Olympic Stadium
 (D) The Temple of Artemis at Ephesus
16. Stages of learning are
 i. Associative stage
 ii. Autonomous stage
 iii. Feedback stage
 iv. Reinforcement stage
Codes :
 (A) i and ii (B) i and iii
 (C) ii and iv (D) iii and iv
17. The terminal velocity of an object depends on
 i. Mass
 ii. Drag coefficient
 iii. Momentum
 iv. Density of the object and liquid
Codes :
 (A) i, ii and iii (B) i, ii and iv
 (C) ii, iii and iv (D) iii, iv and i
18. Whirlpool therapy used in sports medicine includes
 i. Massage
 ii. Ultrasound
 iii. Water immersion
 iv. Infra-red
 v. Specify the sampling unit
Codes :
 (A) i and ii (B) i and iii
 (C) ii and iii (D) iii and iv



19. Physical Education teachers need a time table because

- i. It helps them to plan effective teaching programme.
- ii. It helps them to plan their leisure time.
- iii. It ensures proper utilization of time and energy.
- iv. It helps them to plan their household works.

Codes :

- (A) i, ii (B) i, iii
(C) ii, iv (D) ii, iii

20. Find out correct agonist-antagonist pairs.

- i. Trapezius – Deltoid
- ii. Pectorals – Latissimus dorsi
- iii. Adductor magnus – Brevis
- iv. Serratus anterior – Rhomboid
- v. Soleus – Gastrocnemius

Codes :

- (A) i, ii and v (B) iii, iv and v
(C) ii, iii and v (D) i, ii and iv

21. Which of the following is not the type of Probability Sampling Methods ?

- (A) Stratified sampling
- (B) Cluster sampling
- (C) Snowball sampling
- (D) Systematic sampling

22. First Winter Olympic Games were held at

- (A) Chamonix, 1924
- (B) Chamonix, 1928
- (C) Vancouver, 1924
- (D) Sapporo, 1928

23. Which of the following three countries boycotted the 1956 Melbourne Olympics ?

- (A) Netherlands, Spain and Switzerland
- (B) Austria, Spain and Switzerland
- (C) Hungary, Spain and Netherlands
- (D) Netherlands, South Africa and Switzerland

24. Which of the following is not a disaccharides ?

- (A) Maltose (B) Glucose
- (C) Sucrose (D) Lactose

25. Which of these is a first-class lever ?

- (A) The humeroulnar joint
- (B) The talocrural joint
- (C) The knee joint
- (D) The atlanto-occipital joint

26. AQI is the Air Quality Index, is measured through which of the following pollutants ?

1. Nitrogen dioxide (NO_2)
2. Carbon monoxide (CO)
3. Ozone (O_3)
4. Sulphur dioxide (SO_2)
5. Carbon dioxide (CO_2)
6. Ammonia (NH_3)
7. Lead (Pb)

- (A) 1, 2, 4 and 6 only
- (B) 1, 2, 5, 6 and 7 only
- (C) 1, 2, 3, 4, 6 and 7 only
- (D) 2, 3, 4 and 5 only



27. Which of the following are correct about Muscles Origin ?

1. Biceps long – Infraglenoid head tubercle
2. Biceps short – Coracoid head process
3. Triceps long – Supraglenoid head tubercle
4. Triceps lateral – Posterior surface head of humerus

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

28. Which of the following are correct about z scores ?

1. The standard deviation of z scores is 1 sigma.
2. Limits of z scores is – 2 sigma to + 2 sigma.
3. Mean of z score is zero.
4. Mean of z score is 10.

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

29. Which of the following contents are included in the Chapter – 1 of Research Report of Physical Education ?

1. Operational definitions of the terms used
2. Hypothesis
3. Delimitations
4. Statement of the problem
5. Reliability and validity of the tools
6. Statistical technique used

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

30. Which of the following is/are correct about Normal Curve ?

1. It never touches the baseline.
2. The point of inflection lies at – 1 sigma to + 1 sigma.
3. The point of inflection lies at – 2 sigma to + 2 sigma.
4. 95% of area comes under – 1.96 sigma to + 1.96 sigma.

Codes :

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

31. Match List – I with List – II.

List – I (Training Method)	List – II (Intensity)
i. Intensive interval method intensity remains between	1. 90% – 100%
ii. Extensive interval method intensity remains between	2. 40% – 60%
iii. Repetition method intensity remains between	3. 80% – 90%
iv. Continuous method intensity remains between	4. 60% – 80%

Codes :

- | | i | ii | iii | iv |
|-----|---|----|-----|----|
| (A) | 2 | 3 | 4 | 1 |
| (B) | 1 | 4 | 3 | 2 |
| (C) | 4 | 3 | 1 | 2 |
| (D) | 3 | 4 | 1 | 2 |



32. Match List – I and List – II and select the correct answer from the codes given below.

List – I (Artery/vein)	List – II (Functions)
i. Aorta	1. Brings oxygenated blood to heart from lungs
ii. Pulmonary vein	2. Supplies oxygenated blood to heart muscles
iii. Vena cava	3. Brings deoxygenated blood to lungs
iv. Coronary artery	4. First artery to leave heart
	5. Brings deoxygenated blood to heart

Codes :

	i	ii	iii	iv
(A)	1	2	3	4
(B)	3	4	2	5
(C)	4	1	5	2
(D)	4	5	1	3

33. Match the following physiological events.

i. Carbohydrate metabolism involves	1. Lipolysis, beta oxidation
ii. Lipid metabolism involves	2. Animation and transamination
iii. Protein catabolism involves	3. Glycolysis, ATP production
iv. Protein synthesis involves	4. Transamination and deamination

Codes :

	i	ii	iii	iv
(A)	3	1	4	2
(B)	1	4	3	2
(C)	2	1	4	3
(D)	4	3	2	1

34. Match the brain parts with its respective functions.

i. Medulla oblongata	1. Regulates auditory and visual reflex
ii. Pons	2. Co-ordinates learned and reflexive patterns of muscular activity
iii. Cerebellum	3. Continuous with spinal cord and contains vital centers
iv. Mid-brain	4. Carry or relay sensory and motor information

Codes :

	i	ii	iii	iv
(A)	3	4	2	1
(B)	2	3	4	1
(C)	4	3	1	2
(D)	3	4	1	2

35. Match the following with their respective principles.

i. Equipment purchase should be	1. Quality
ii. Budget is a	2. Decision by group members
iii. Equipment selection should be based on	3. Standardized
iv. Laissez-faire	4. Realistic estimate of income to expenditure

Codes :

	i	ii	iii	iv
(A)	1	2	3	4
(B)	3	4	1	2
(C)	4	3	1	2
(D)	3	4	2	1



36. The inertia of an object tends to cause the objects
- To increase its speed
 - To decrease its speed
 - To resist any change in its state of motion
 - To decelerate due to friction
37. Fibrous joints are also known as
- Synarthrosis joints
 - Amphiarthrosis joints
 - Diarthrosis joints
 - Polyarthrosis joints
38. At the time of release of discus
- Centripetal force is more than centrifugal force
 - Centrifugal force is more than centripetal force
 - Centripetal and centrifugal force become zero
 - None of the above
39. Validity of a test can be measured by using :
- Construct validity criterion
 - Composite score criterion
 - Critical appraisal criterion
 - Test retest criterion
- Codes :**
- i, iii, iv are correct
 - i, ii, iv are correct
 - ii, iii, iv are correct
 - i, ii, iii are correct
40. Consider following statements and select the appropriate code.
- Playing area of Golf is known as 'Course'.
 - Playing area of Hockey is known as 'Ground'.
 - Playing area of Squash is known as 'Court'.
 - Playing area of Shot-put is known as 'Track'.
- Codes :**
- i and ii are false
 - i, ii and iii are correct
 - ii, iii and iv are correct
 - i, ii, iii and iv are false
41. Find the correct sequence of events given below.
- Stimulation of anterior pituitary
 - Stimulation of neurosensory cells
 - Release of gonadotrophic hormone
 - Release of gonadotrophic releasing hormone
- Codes :**
- iv, ii, i, iii
 - ii, iv, i, iii
 - i, iii, iv, ii
 - iii, i, ii, iv
42. Arrange the following factors from the most important to the least important that determine the flight distance in long jump.
- Take-off angle
 - Take-off height
 - Take-off velocity
 - Air resistance
- Codes :**
- iii, ii, i, iv
 - ii, iii, i, iv
 - i, iii, ii, iv
 - iii, i, ii, iv



43. Assessment of personality based on theoretical models has undergone change with passage of time. Arrange them in sequential order using the codes given below.
- Types theory (William Sheldon)
 - Social learning theory (Albert Bandura, McClelland)
 - 16 personality factor questionnaire (Gordon Allport, Raymond Cattell)
 - Big five factors (Goldberg)
- Codes :**
- (A) i, iii, ii, iv (B) ii, iv, iii, i
(C) iii, ii, i, iv (D) ii, i, iv, iii
44. Find the correct sequence in the sampling process.
- Identify the sampling frame
 - Determine the sampling size
 - Specify the sampling plan
 - Specify the sampling method
 - Specify the sampling unit
- Codes :**
- (A) i, v, iv, ii, iii
(B) ii, iii, v, iv, i
(C) iii, iv, i, ii, v
(D) iv, v, iii, i, ii
45. Which of the following statement is/are correct about Grand Slam tournaments schedule ?
- Australian Open is organized in mid January.
 - French Open is organized late May through early June.
 - Wimbledon is organized in June-July.
 - US Open is organized in Mid October.
- Codes :**
- (A) Only I is correct
(B) Only I, II and III are correct
(C) Only I, II and IV are correct
(D) Only II, III and IV are correct
46. Which of the following is not a characteristic of Adolescent ?
- Auto-erotism
 - Increased social-relationship
 - Questioning attitude
 - Civic-sense
47. Reciprocal innervation means motor neurons
- Transmitting impulse to contract agonist and relax antagonist
 - Transmitting impulse to contract agonist and antagonist
 - Transmitting impulse to relax agonist and contract antagonist
 - Transmitting impulse to relax agonist and antagonist
48. Grade three sprain indicates
- 75% tear in ligament
 - Complete tear in muscle
 - Complete tear in ligament
 - 75% tear in muscle
49. Intensity and volume in sport training are
- Opposite to each other
 - Equal to each other
 - Inversely proportional to each other
 - Directly proportional to each other
50. Which energy system appears to be the primary energy source for extremely high intensity activities ?
- Glycolytic system
 - Oxidative system
 - Phosphocreatine system
 - Protein metabolism system



51. Which of the following is a characteristic of the sport education curriculum model ?
- (A) Practice of closed skills is considered more important than practice of open skills
 - (B) Cognitive, social and emotional skills development is emphasized over physical skill development
 - (C) The choice of skills and when to teach them is based on individual readiness rather than age-group generalizations
 - (D) Skills practice takes place in sequential, progressive, game like situations
52. Arthur Lydiard's method of training develops
- (A) Strength (B) Endurance
 - (C) Agility (D) Flexibility
53. Peak power in the creatine phosphate energy system decreases after 2 – 3 seconds because
- (A) ATP stores in the muscle are becoming depleted
 - (B) The lactic acid energy system begins to provide energy
 - (C) Both the aerobic and lactic acid energy systems begin to provide energy
 - (D) Creatine phosphate stores are becoming depleted
54. The process in which cells and organisms are able to maintain a stable balance of internal and external substances and forces is called
- (A) Adaptation (B) Equilibrium
 - (C) Homeostasis (D) Adjustment
55. The transportation of heat in the body is mainly a property of the _____ it contains.
- (A) Water (B) Oxygen
 - (C) Pressure (D) Food
56. Co-ordination of the efforts of different people towards a common end is technically known as
- (A) Management
 - (B) Organization
 - (C) Administration
 - (D) Supervision
57. Which of the following memory is the shortest span of memory ?
- (A) Short-term memory
 - (B) Sensory memory
 - (C) Rote memory
 - (D) Dual memory
58. Which law given by Thorndike states that "we can get any response from the learner of which he is capable associated with any situation to which he is sensitive" ?
- (A) Law of analogy
 - (B) Law of association shifting
 - (C) Law of exercise
 - (D) Law of multiple response
59. Operant conditioning method also known as instrumental conditioning emphasizes on
- (A) Stimulus
 - (B) Engram
 - (C) Conditioning
 - (D) Response



60. Idea of free hand exercises and classification of gymnastic exercises was a contribution to physical education by
 (A) Carl Jung
 (B) Pen Henrick Ling
 (C) John Basedow
 (D) Guts Muths
61. Sequentially arrange the typical steps in dynamic scene analysis.
 i. Feature detection
 ii. Motion parameter estimation
 iii. Tracking
 iv. Image filtering and enhancement
 v. Establish feature correspondence
Codes :
 (A) iii, ii, iv, v, i (B) i, ii, iv, iii, v
 (C) iv, iii, i, v, ii (D) ii, iv, iii, i, v
62. Arrange four distinct stages of competition process in sequential order.
 i. Subjective competition situation
 ii. Objective competition situation
 iii. Consequence
 iv. Response
Codes :
 (A) iv, iii, i, ii (B) iii, iv, ii, i
 (C) i, ii, iii, iv (D) ii, i, iv, iii
63. In reflex action, nerve impulse passes through a reflex arc in the following sequence.
 i. Sensory neuron
 ii. Motor neuron
 iii. Receptor
 iv. Effector
 v. Integrating centre
Codes :
 (A) iii, v, i, iv, ii (B) iii, i, v, ii, iv
 (C) iv, ii, i, iii, v (D) v, ii, iii, i, iv
64. Find the correct sequential order of hypothesis testing procedure.
 i. State the decision rules
 ii. State hypothesis
 iii. Select appropriate test statistics
 iv. Compute the appropriate test statistics
Codes :
 (A) ii, i, iv, iii (B) i, iii, iv, ii
 (C) ii, iii, i, iv (D) i, ii, iv, iii
65. Find the correct sequence of systematic procedures in scientific research.
 i. Identify the problem
 ii. Define the population
 iii. Develop the instrumentation plan
 iv. Clearly define concepts
 v. Clarify the problem
Codes :
 (A) i, iv, ii, iii, v (B) i, v, iv, ii, iii
 (C) ii, i, iv, v, iii (D) ii, iv, v, iii, i
66. Which of the following is not a communicable disease ?
 (A) Tuberculosis (B) Measles
 (C) Hepatitis B (D) Asthma
67. Which of the following is not fat soluble vitamin ?
 (A) A (B) D
 (C) E (D) C
68. If the r stands for no. of rows in the contingency table and c stands for no. of columns in the contingency table, then the degrees of freedom in the Chi-square test will be
 (A) $(r - 1)(c - 1)$ (B) $(r + 1)(c - 1)$
 (C) $(r - 1)(c + 1)$ (D) $(r + 1)(c + 1)$



69. In one tail t-test, hypothesis is tested at which of the following level ?
(A) 0.05
(B) 0.02
(C) 0.01
(D) Both 0.01 and 0.05 levels
70. In which type of sampling, the researcher using their expertise to select a sample that is most useful to the purposes of the research ?
(A) Judgement sampling
(B) Cluster sampling
(C) Snowball sampling
(D) Convenience sampling
71. Out of the test items given below, which test item was part of Lockhart and McPherson Badminton Skill Test ?
(A) Badminton Playing Ability Test
(B) Smash Test
(C) Shuttle Wall Volley Test
(D) Badminton Shuttle Run Test
72. Johnson Basketball Dribble Test is designed with the purpose of measuring
(A) Dribbling ability
(B) Basketball moment ability
(C) Basketball handling ability and agility
(D) Basketball foot work
73. Standing Board Jump, Zig-Zag Run, Medicine Ball Put, 60 Yard Dash, Softball Throw are the test item included in
(A) AAHPERD
(B) Indiana Motor Fitness Test
(C) Barrow General Motor Ability Test
(D) Iowa Brace Test
74. Performance changes tend to be largest in which stage of learning ?
(A) Cognitive (B) Associative
(C) Autonomous (D) Gross
75. When every member of a group is measured and no attempt is made to generalize a larger group, the method used to describe the group called
(A) Descriptive statistics
(B) Inferential statistics
(C) Non-parametric statistics
(D) Deductive statistics
76. _____ divided all the human beings into two types – introvert and extrovert.
(A) Kretshmer
(B) Sheldon
(C) Jung
(D) Friedmon and Roenmon
77. Which of the following is a external factor that affects concentration ?
(A) Size of stimulus
(B) Interest
(C) Attitude
(D) Habits and temperament
78. Which of the following is a verbal intelligence scale test ?
(A) Picture completion test
(B) Test of arithmetic reasoning
(C) Picture arrangement test
(D) Block design test
79. Group factor theory of intelligence was propounded by
(A) Vernon (B) Speorman
(C) Thorndike (D) Thurston



80. Which of the following is not a method of improving reaction and response time ?
 (A) Warming up
 (B) Cold Water Shower
 (C) Anticipation
 (D) Concentration

81. Match the following items with its functions.

List – I

i. Meninges

ii. Myoglobin

iii. Visceral

iv. Lipofuscin

v. Local potential

List – II

1. Associated with internal organs

2. Connective tissue layers around the CNS

3. Voltage change on the dendrite or soma

4. Oxygen storing red pigment found in sarcoplasm

5. Pigment that accumulates in older neurons

Codes :

- | | i | ii | iii | iv | v |
|-----|---|----|-----|----|---|
| (A) | 2 | 4 | 1 | 3 | 5 |
| (B) | 5 | 4 | 2 | 1 | 3 |
| (C) | 2 | 3 | 1 | 5 | 4 |
| (D) | 2 | 4 | 1 | 5 | 3 |

82. Consider the Statement – I and Statement – II and select the correct answer using codes given below.

Statement – I : Of all the principles of sports training, the principles of training load and administering recovery is most important.

Statement – II : Any mistake in adhering to this principle will prevent sports person from achieving high performances.

Codes :

- (A) Both I and II are false
 (B) Both I and II are true
 (C) I is true but II is false
 (D) I is false but II is true

83. Consider the Statement – I and Statement – II and select the correct answer using codes given below.

Statement – I : A training load producing super-compensation effect can be used again to further improve training state.

Statement – II : After the occurrence of super-compensation load should be increased during the next adaptation phase.

Codes :

- (A) Both I and II are false
 (B) I is true but II is false
 (C) Both I and II are true
 (D) I is false but II is true

84. Consider the Statement – I and Statement – II and select the correct answer using codes given below.

Statement – I : The rate of change of momentum is directly proportional to the applied force and it is in the same direction in which force is applied.

Statement – II : When an object is acted upon by a constant force, its resulting acceleration is directly proportional to the force and inversely proportional to its mass.

Codes :

- (A) Only I is correct
 (B) Only II is correct
 (C) Both I and II are correct
 (D) Both I and II are false



85. Consider the Statement – I and Statement – II and select the correct answer using codes given below.

Statement – I : To prevent the drug abuse, cognitive strategies include education, coaches communicating their feelings about drug abuse, awareness of its illness and development of team/squad guidelines for acceptable behavior.

Statement – II : Behavioural strategies do not include acceptable behavior, drug testing, goal setting and behavior contracting.

Codes :

- (A) Both I and II are correct
 (B) I is true but II is false
 (C) Both I and II are incorrect
 (D) I is false but II is true
86. Which of the following are correct ?
- Goniometer measures flexibility.
 - Spirometer measures vital capacity.
 - Dynamometer measures angle of pull.
 - Sphygmomanometer measures heart rate.

Codes :

- (A) i and ii are correct
 (B) ii and iii are correct
 (C) iii and iv are correct
 (D) i, ii, iii and iv are correct

87. Select the correct sequence of presenting subject matter in a physical education class.

- (A) Correction, Demonstration, Evaluation, Practice
 (B) Demonstration, Correction, Practice, Evaluation
 (C) Practice, Correction, Evaluation, Demonstration
 (D) Demonstration, Practice, Correction, Evaluation

88. Following are the respiratory organs, arrange them in the sequence from top to bottom :

- Larynx
- Bronchus
- Pharynx
- Trachea

Select the correct answer from the codes given below.

Codes :

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

89. Select the correct sequence of training plans from largest duration to smallest duration.

- (A) Micro-cycle plan, Conceptual plan, Macro-cycle plan, Meso-cycle plan
 (B) Conceptual plan, Macro-cycle plan, Meso-cycle plan, Micro-cycle plan
 (C) Macro-cycle plan, Meso-cycle plan, Micro-cycle plan, Conceptual plan
 (D) Meso-cycle plan, Micro-cycle plan, Conceptual plan, Macro-cycle plan



90. Which of the following is not a test item of AAHPER Volleyball Test ?
(A) Set-up test (B) Passing test
(C) Volleying test (D) Smashing test
91. Lower tension on a tennis racquet produces
(A) More control and less power
(B) Less control and more power
(C) Less control and less power
(D) No control and more power
92. Psychological foundations of curriculum help curriculum developers to understand the nature of
(A) Learner (B) Teacher
(C) Ideas (D) Contents
93. Which of the following is against the principles of organization ?
(A) Overlapping of authority
(B) Proper communication
(C) Proper decentralization
(D) Delegation of power
94. Tactical abilities required to tackle the specific sport task includes
(A) Variations of tactical skills
(B) Special perception and intellectual abilities
(C) Creative tactical action
(D) Special intentional abilities
95. Survey research is cross-sectional and therefore
(A) High in reliability but low in internal validity
(B) High in internal validity but low in reliability
(C) High in ecological validity but low in external validity
(D) None of the above
96. Negatively accelerated learning curve is also called
(A) Convex curve
(B) Concave-convex curve
(C) Concave curve
(D) Bi-concave curve
97. Proximate principles of nutrition includes
(A) Carbohydrates, proteins, minerals
(B) Minerals, fats, water
(C) Fats, protein, carbohydrates
(D) Minerals, water, fibers
98. The amount of pressure which blood exerts against the walls of the arteries is called
(A) Arterial pulse
(B) Blood pressure
(C) Stroke volume
(D) Blood viscosity
99. Gluconeogenesis is the synthesis of glucose from
(A) Protein
(B) Non-carbohydrate sources
(C) Fatty acid
(D) Amino acids
100. A typical budget will precisely include
(A) Estimated income and expenditure
(B) Financial irregularities
(C) Misappropriation of fund
(D) Frugality in expenditure



Space for Rough Work

