

CUET Physical Education Question Paper with Solution 2024

Set C

Ques. 1

Which of these personality traits were proposed by modern trait theorist Gordon Allport in 1936?

- (A) Central traits
- (B) Primary traits
- (C) Cardinal traits
- (D) Approach traits
- (E) Secondary traits

Answer: (1) (A), (C) and (E) only.

Solution:

He developed the theory of personality with central traits, cardinal traits, and even what are termed as secondary traits, all being propounded by Gordon Allport.

Ques. 2

Arrange the following procedural steps to conduct the Harvard Step Test in a sequential order from first to last:

- (A) Start at command Go
- (B) Stepping up and down in a four-count sequence on the bench
- (C) Measure heart beat from one to one and a half minutes
- (D) Compute fitness index score
- (E) Sit down after completion of exercise

Answer: (4) (A), (B), (E), (C), (D).

Solution:

The correct procedure starts by stepping on command, then exercise, followed by rest, measure the heart rate, then calculation of the fitness index score.

Ques. 3

Which of the following postural deformities are not related to the spine?

- (A) Pes Planus
- (B) Kyphosis
- (C) Genu Valgum
- (D) Lordosis
- (E) Genu Varum

Answer: (3) (A), (C) and (E) only.

Solution:

Those which are not of the spine are Pes Planus (flat feet), Genu Valgum (knock knees), and Genu Varum (bow legs). Spinal deformity, on the other hand, is Kyphosis and Lordosis.

Ques. 4

Match the types/steps involved in organizing a tournament listed in List-I with their correct associations listed in List-II:

List-I (Types/Steps involved in organizing a tournament):

(A) Bye

(B) Knock-out

(C) Number of byes

(D) Number of teams in upper half of a knock-out tournament when the number of teams is odd

List-II (Associations):

(I) Number of teams + 1 ÷ 2

(II) Next highest power of 2 – number of teams

(III) Team once defeated is out of the tournament

(IV) Advantage given to team in which team will not play first round and directly reaches next round

Answer: (2) (A) - (II), (B) - (IV), (C) - (III), (D) - (I).

Solution:

The correct term matching should be understood as: Tournament structures are how the tournaments are set up with byes, knock-out procedures, and divisions of the team numbers.

Ques. 5

When did the dramatic rise of female sports participation occur?

Answer: (2) Last quarter of 20th century.

Solution:

A notable upsurge in participation by women in sports was witnessed in the last quarter of the 20th century, and that solely signifies changes toward gender parity in sports.

Ques. 6

Which of the following is not a psychological constraint for women's participation in sports?

Answer: (2) Positive Reinforcement.

Solution:

Positive reinforcement encourages participation, whereas psychological constraints such as low self-confidence, stress, and self-esteem can inhibit participation in sports.

Ques. 7

What may be the hindrance of equality in sports among women and men?

Answer: (3) Institutions and programmes are conservative.

Solution:

The conservative structures and programs still enforce inequalities between men's and women's involvement in sports, which therefore does not allow for fair play.

Ques. 8

Which of the following is a physiological reason for women's non-participation in sports?

Answer: (3) Smaller hearts and lungs.

Solution:

Physiological factors, for instance, a smaller heart and lungs in women may prevent their full participation in the sporting activities.

Ques. 9

What kind of record does India have in participation of women in sports?

Answer: (2) Rich.

Solution:

Indian history boasts excellent records of women's participation in sports, although it varied with the changing constraints of society.

Ques. 10

What kind of proposal was forwarded by the committees in order to provide exposure to potential athletes?

Answer: (1) Hosting state-level inter-school competition at school.

Solution:

The committees further mooted organizing a state-level inter-school competition where such latent athletes could be exposed and given opportunities.

Ques. 11

In what manner can the situation of unsportsman-like behavior be avoided?

Answer: (3) Systematic process.

Solution:

A well-organized, systematic process about events coupled with inherent self-control helps remain away from unsportsman-like behavior.

Ques. 12

On what basis were the various sub-committees recommended?

Answer: (2) Interest and capabilities.

Solution:

The sub-committees were thus constituted according to the interests and capabilities of students and teachers in order to ensure that the organization was effective.

Ques. 13

What was the agenda of discussion in the physical education committee meeting?

Answer: (2) To plan a comprehensive program.

Solution:

The agenda in this meeting was to work out a comprehensive plan for physical education and sports for the entire academic year.

Ques. 14

In which meeting were the school principal, teachers, and alumni included?

Answer: (1) Physical education committee.

Solution:

The meeting consisted of the school principal, teachers, students, alumni, and parents as the physical education committee.

Ques. 15

Which Motor Fitness component can be developed by working out with sufficient speed for a duration to take heart rate up to 180 bpm and take a short break before starting the workout again?

Answer: (3) Endurance.

Solution:

This kind of workout, which comprised intense intervals interspersed with short rests, enhances endurance by elevating the heart rate to very high levels.

Ques. 16

Identify the incorrect statement listed below about sports training:

Answer: (3) Aims to provide multi sports experience.

Solution:

Normally, sports training focuses on building performance in one particular sport and does not even allow multi-sport experiences.

Ques. 17

Motto of which of the following games includes the words 'Faster, Higher, Stronger, Together'?

Answer: (3) Olympic Games.

Solution:

"Faster, Higher, Stronger, Together" becomes the Olympic Games motto, expressing both athletic excellence and unity.

Ques. 18

Which of the following Physical Education/Sports institution was established in 1920?

Answer: (4) Y.M.C.A. (Chennai).

Solution:

Of these institutions notable is the Y.M.C.A. College of Physical Education that came into existence at Chennai in 1920 and was one of the first institutions for physical education in India.

Ques. 19

Roland Garros is related to which of the following tournaments?

Answer: (4) French Open.

Solution:

The French Open is played on the stadium named Roland Garros after one of France's aviators and the only of the four Grand Slam tennis tournaments played on clay courts.

Ques. 20

How many Byes will be given if 19 teams are participating in a Knock-Out Tournament?

Answer: (1) 11.

Solution:

It required 11 byes for a knock-out tournament with 19 teams for the tournament to be properly structured and well-balanced in terms of the matches played.

Ques. 21

Which of the following is not a stimulant?

Answer: (3) Diamorphine.

Solution:

Diamorphine is an opioid, though not a stimulant. On the other hand, there are other substances known to be stimulants: amphetamines, cocaine, caffeine, among others.

Ques. 22

_____ fracture occurs when there is a straight break right across the bone.

Answer: (3) Transverse.

Solution:

In a transverse fracture, the bone is broken straight across it, which usually happens due to a direct blow or considerable force.

Ques. 23

Friction works in _____ direction of the moving object.

Answer: (2) Opposite.

Solution:

Friction always opposes an object's motion, so it always acts opposite to the motion of an object.

Ques. 24

Flexion is a movement, which occurs in _____ plane.

Answer: (1) Sagittal.

Solution:

Flexion refers to the act of bending a joint. This occurs in the sagittal plane that divides the body into the left and right halves.

Ques. 25

In an instrumental aggression, the main aim is to _____.

Answer: (2) Attain non-aggressive goals.

Solution:

instrumental aggression works because of a specific goal that is desired such as beating or getting some kind of reward, not because one wants to hurt an opponent.

Ques. 26

Arrange the following stretching exercises in a sequential order from toe to head:

- (A) Pectoral stretch**
- (B) Quadriceps stretch**
- (C) Thoracic extension stretch**
- (D) Lumbar extension stretch**

Answer: (2) (B), (D), (C), (A).

Solution:

The limbs of the lower extremities should be correctly ordered from toe to head as the quadriceps (thighs), the lumbar (lower back), thoracic (upper back), and pectoral (chest) respectively.

Ques. 27

Arrange the following number of teams in a sequential order from less to more with respect to allotment of byes in a Knock-out Tournament:

- (A) 05**
- (B) 14**

- (C) 32
- (D) 12
- (E) 63

Answer: (2) (E), (C), (B), (D), (A).

Solution:

For the sake of the knock-out teams, byes are determined based on the number of participants. Starting from the most to the least, it lists: 63, 32, 14, 12 and 5.

Ques. 28

Arrange the following postural deformities in a sequential order from toe to head:

- (A) Hump Back/Kyphosis
- (B) Genu Varum
- (C) Pes Planus
- (D) Hollow Back

Answer: (3) (C), (B), (D), (A).

Solution:

Postural deformities in that order from toe to head include: flat feet, Pes Planus; bow legs, Genu Varum; Hollow Back, lordosis; and Kyphosis, or hunchback.

Ques. 29

Arrange the following fitness tests as per their time requirements of conducting the test in a sequential order from minimum to maximum:

- (A) Walk Test (Rikli and Jones)
- (B) 50 mtrs Run Test (Motor Fitness)
- (C) Harvard Step Test
- (D) Partial Curl Up Test (Motor Fitness)

Answer: (1) (B), (D), (C), (A).

Solution:

The order of the proper sequence from shortest to longest completion time of the tests is as follows: Walk Test, Partial Curl Up, Harvard Step Test, and 50 mtrs Run Test (short sprint).

Ques. 30

Which of the following statements is/are true?

- (A) Lakshmbai National Institute of Physical Education is the oldest pioneer institute of Physical Education in India.
- (B) Y.M.C.A. College of Physical Education (Chennai) was established in 1920.
- (C) Sports Authority of India implements various schemes of Ministry of Youth Affairs and Sports.

(D) N.S.N.I.S. facilitates training of coaches and raising technical competence of existing coaches in the country.

Answer: (2) (B), (C) and (D) only.

Solution:

It is not the oldest. Y.M.C.A. College of Physical Education was actually established in 1920. Sports Authority of India and N.S.N.I.S. play their respective roles precisely as described.

Ques. 31

Causes of disabilities can be broadly classified into which of the following categories?

- (A) Pre-Natal**
- (B) Post-Natal**
- (C) Pro-Natal**
- (D) Perinatal**

Answer: (4) (A), (B) and (D) only.

Solution:

The various classes incorporated include Pre-Natal-which refers to events that occur before birth, Post-Natal refers to events that occur after birth, and Perinatal that refers to events occurring around the period of birth. Pro-Natal does not fit in this definition.

Ques. 32

Which of the following are the characteristics of Endomorph body type?

- (A) Narrow Hips**
- (B) Round, Fat and Thick**
- (C) Pear-Shaped**
- (D) Thin**
- (E) Underdeveloped Muscles**

Answer: (3) (B), (C) and (E) only.

Solution:

This body type is known as an endomorph, which is when someone has a rounded or full body type that most of the times is pear-shaped and underdeveloped muscles without a thin figure and narrow hips.

Ques. 33

Match the sportspersons listed in List-I with their associated games listed in List-II:

List-I (Sportspersons):

- (A) Manpreet Singh**
- (B) Anup Kumar**

- (C) Sunil Chhetri
- (D) Bajrang Punia

List-II (Associated Games):

- (I) Football
- (II) Wrestling
- (III) Hockey
- (IV) Kabaddi

Answer: (3) (A) - (III), (B) - (IV), (C) - (I), (D) - (II).

Solution:

Manpreet Singh is an Indian hockey player, Anup Kumar belongs to Kabaddi, Sunil Chhetri is a footballer, and Bajrang Punia is a wrestling champion.

Ques. 34

Match the postural deformities listed in List-I with their corrective measures listed in List-II:

List-I (Postural Deformities):

- (A) Knock Knees
- (B) Round Shoulders
- (C) Kyphosis
- (D) Bow Legs

List-II (Corrective Measures):

- (I) Walking on inner edge of feet
- (II) Horse Riding
- (III) Wall stretch, Pull Ups
- (IV) Swimming, Gym ball exercises

Answer: (1) (A) - (II), (B) - (III), (C) - (IV), (D) - (I).

Solution:

Horse riding may straighten Knock Knees; Round Shoulders can be corrected by doing wall stretches and pull-ups; swimming or gym ball exercises will straighten Kyphosis; and walking on the inner edge of one's feet can straighten Bow Legs.

Ques. 35

Match the traits listed in List-I with their explanation listed in List-II:

List-I (Traits):

- (A) Cardinal Traits
- (B) Central Traits
- (C) Assessment of Traits
- (D) Secondary Traits

List-II (Explanation):

(I) Based on 3 factors

(II) That reflect only in certain circumstances

(III) Building blocks that shape most of our behavior

(IV) Dominant behavior

Answer: (1) (A) - (IV), (B) - (III), (C) - (I), (D) - (II).

Solution:

Cardinal traits are dominant behavior, central traits are like building blocks, traits appraisal is determined by 3 factors, and secondary traits only manifest in certain situations.

Ques. 36

Which training method is another variation of the variable pace method?

Answer: (1) Fartlek method.

Solution:

The Fartlek method is sometimes referred to as "speed play" and, though an interval training method, varies so closely with the variable pace method that it incorporates variations in pace.

Ques. 37

Identify the movement of the exercise shown in the picture given below:



Answer: (4) Isotonic ankle plantar flexion.

Solution:

Isotonic exercises are movement-based, and plantar flexion means pushing the toes downwards, a concept which generally implies the involvement of calf muscles.

Ques. 38

Maintenance of plank position is an example of which type of strength development exercise?

Answer: (1) Isometric.

Solution:

In the case of isometric exercise, the individual holds a position and never undergoes any movement that's visible in terms of muscle length or joint angles, such as in a plank.

Ques. 39

Venue of Olympic Games is decided by which of the following body?

Answer: (3) International Olympic Committee.

Solution:

The International Olympic Committee is therefore the organization mandated to decide on the venue for Olympic Games.

Ques. 40

Which is the governing body responsible for Deaflympics?

Answer: (3) International Committee of Sports for the Deaf (ICSD).

Solution:

The ICSD is the governing body responsible for the Deaflympics. Its main function is organizing sports events designed specifically for deaf athletes.

Ques. 41

Identify the correct type of postural disorder from the picture given below:

Answer: (2) Bow leg.

Solution:

Bow legs is a condition whereby the knees are wide apart when the person stands with the feet and ankles together as marked in the picture as the proper postural deformity.

Ques. 42

Which of the following is not a cause of sports injury during training?

Answer: (4) Proper Warm-Up.

Solution:

Only proper warm-up can prevent injuries in a game; sudden increase in load, inappropriate techniques, and improper facilities tend to cause injuries in sports.

Ques. 43

Which of the following is not a soft tissue injury?

Answer: (3) Dislocation.

Solution:

An injury to the joint but not to the soft tissue is a dislocation. Examples of soft tissue injuries are sprains, strains, and contusions.

Ques. 44

Which one of the following is not a symptom of a dislocated shoulder joint?

Answer: (4) Visible bleeding.

Solution:

While joint instability and pain and swelling may be common complaints following the dislocation of the shoulder, it does not typically bring visible bleeding with it.

Ques. 45

A tear-like wound caused by either the skin hitting an adjacent object or an object hitting the skin with force will be called _____.

Answer: (4) Laceration.

Solution:

A laceration is a tear in the skin that is jagged in appearance and caused by a sharp object or significant force; it is not like an abrasion or contusion.

Ques. 46

What is the weight of the medicine ball for boys in the Barrow Motor Ability Test?

Answer: (2) 3 kg.

Solution:

The Barrow Motor Ability Test uses a 3 kg medicine ball for the boys' performance in exercises that are supposed to test the boys' motor fitness.

Ques. 47

Identify the test item of the Senior Citizen's Fitness Test in the picture given below:



Answer: (4) 30 second Chair stand test.

Solution:

The 30-second chair stand test measures the lower body strength of elderly people by counting how many times they can stand up from a seated position within 30 seconds.

Ques. 48

Which of the following will be called the study of motion of the body with respect to the time, displacement, velocity, and speed of movement either in a straight line or in a rotary direction?

Answer: (3) Kinematics.

Solution:

Kinematics thus centers on time, displacement, velocity, and speed while studying the motion without considering the forces that cause this movement.

Ques. 49

Which of the following options is not the importance of Sports Biomechanics?

Answer: (4) Tactical enhancement.

Solution:

Sports biomechanics is applied to performance enhancement, technique improvement, and equipment improvement. As such, tactical enhancement is not biomechanically related.

Ques. 50

What will be the correct sequence of the management of abrasion?

(A) Visit a doctor

(B) Use sterilized gauze to wipe the dirt and clean the affected area

(C) Application of ointment

(D) Cover the injured part

Answer: (2) (B), (C), (D), (A).

Solution:

Once an abrasion is diagnosed, a proper treatment ensues in the order of cleaning the site, followed by topical ointment application, covering, and consultation with a doctor when necessary.