

## CUET UG Physical Education Online Question Paper 2024 with Correct Answer

**Question 1:** Which of the following type of strength is of utmost importance for a long jumper while taking off?

- (1) Strength endurance
- (2) Explosive strength
- (3) Maximum strength
- (4) Speed strength

**Correct Answer:** (2) Explosive strength

**Solution:** Explosive strength is crucial for long jumpers as it allows them to generate the necessary force and speed in a short burst to propel themselves off the ground for a successful jump.

### Quick Tip

Training for explosive strength often involves plyometric exercises, which help improve the ability to exert force quickly, a key element in sports requiring quick, powerful movements like jumping.

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**Question 2:** Which one of the organization is responsible for the preparation and participation of competitors in Olympic Games, Common Wealth Games and Asian Games in India?

- (1) Indian Olympic Association
- (2) International Olympic Committee
- (3) Sports Authority of India
- (4) Ministry of Youth Affairs & Sports

**Correct Answer:** (1) Indian Olympic Association

**Solution:** The Indian Olympic Association (IOA) is responsible for organizing and managing India's participation in major international sports events like the Olympic Games, Commonwealth Games, and Asian Games. It plays a key role in athlete selection, training, and overall preparation.

**Quick Tip**

The Indian Olympic Association works closely with sports federations to ensure athletes are well-prepared and have the necessary support to perform at their best in international competitions.

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**Question 3:** The career which focuses on helping athletes by improving their mindset to enable them to improve their sports performance:

- (1) Physiotherapist
- (2) Sports Psychologists
- (3) Sports Agent
- (4) Sports Nutritionists

**Correct Answer:** (2) Sports Psychologists

**Solution:** Sports psychologists work with athletes to enhance their mental game, helping them build focus, reduce performance anxiety, and improve overall mental resilience, which is crucial for peak performance in sports.

**Quick Tip**

Mental toughness and psychological well-being are as important as physical training. Sports psychologists use various techniques like visualization, goal-setting, and mental conditioning to enhance performance.

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**Question 4:** By using which of the following process, teams will be placed in such a manner so that previous year's ranking teams do not meet at an early stage of a tournament?

- (1) Heats
- (2) Bye
- (3) Seeding
- (4) Fixture

**Correct Answer:** (3) Seeding

**Solution:** Seeding is the process of arranging teams in a tournament such that the best-ranked teams from the previous season or competitions do not face each other in the early stages, ensuring a balanced and fair progression.

Quick Tip

Seeding helps maintain competitive integrity in tournaments by preventing top teams from eliminating each other in early rounds, thus making the competition more exciting and fair.

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**Question 5:** Identify the primary goal of Intramural Competition from the statements given below:

- (1) To provide opportunity for mass participation of students
- (2) To develop the feeling of integration with other institutions
- (3) To provide opportunity for choosing a career in sports
- (4) To achieve high performance at highest level

**Correct Answer:** (1) To provide opportunity for mass participation of students

**Solution:** Intramural competitions are designed to encourage wide participation from students within the same institution, promoting physical activity and a sense of community without the pressure of high-level competition.

### Quick Tip

Intramurals foster teamwork, improve fitness, and provide recreational fun, making them a great platform for students to engage in sports for enjoyment and personal growth.

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**Question 6:** How many total number of matches will be played in a knock-out tournament of 21 teams, including third place match?

- (1) 18
- (2) 21
- (3) 20
- (4) 17

**Correct Answer:** (2) 21

**Solution:** In a knock-out tournament with 21 teams, the total number of matches will be 20 to determine the winner, plus one additional match for third place, making a total of 21 matches.

### Quick Tip

The formula for calculating the number of matches in a knock-out tournament is usually  $N - 1$  (where  $N$  is the number of teams), but if a third-place match is included, you add one more match.

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**Question 7:** Which of the following is not a skin injury?

- (1) Abrasion
- (2) Laceration
- (3) Incision
- (4) Sprain

**Correct Answer:** (4) Sprain

**Solution:** A sprain is an injury to the ligaments surrounding a joint, typically caused by stretching or tearing. It is not a skin injury. The other options: abrasion, laceration, and incision are types of skin injuries.

**Quick Tip**

Sprains are common in sports, and recovery often involves rest, ice, compression, and elevation (RICE). Unlike skin injuries, sprains affect the joints and ligaments, not the skin.

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**Question 8:** The fracture that occurs when the broken ends of the bones get jammed together by the force of the injury, is called:

- (1) Oblique
- (2) Impacted
- (3) Greenstick
- (4) Comminuted

**Correct Answer:** (2) Impacted

**Solution:** An impacted fracture happens when the broken ends of the bone are driven into each other by the force of the injury, typically causing shortening of the bone.

**Quick Tip**

Impacted fractures often occur during falls or accidents where there is significant compression or direct impact. Immediate medical attention is required for proper alignment and healing.

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**Question 9:** The weight of dumbbell for men in arm curl test item of Rikli & Jones senior citizen fitness test is:

- (1) 5 Pounds

- (2) 6 Pounds
- (3) 8 Pounds
- (4) 10 Pounds

**Correct Answer:** (3) 8 Pounds

**Solution:** In the Rikli & Jones Senior Citizen Fitness Test, men use an 8-pound dumbbell for the arm curl test, which is designed to measure upper-body strength in older adults.

Quick Tip

The arm curl test helps evaluate functional fitness in seniors, assessing their ability to perform daily tasks that require upper body strength.

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**Question 10:** A person's speed, quickness, and body control while changing direction can be measured by which of the following test?

- (1) Standing Broad Jump
- (2) Zig-Zag Run
- (3) Sit and Reach Test
- (4) Partial Curl-Up

**Correct Answer:** (2) Zig-Zag Run

**Solution:** The Zig-Zag Run is a test that measures agility, which is the ability to change direction quickly and efficiently while maintaining body control.

Quick Tip

Agility drills, like the Zig-Zag Run, are commonly used in sports to improve an athlete's ability to change direction quickly and effectively, which is crucial in dynamic movements.

**Question 11:** The law of acceleration is also known as:

- (1) Law of inertia
- (2) Law of action & reaction
- (3) Law of Resultant Force
- (4) Boyle's Law

**Correct Answer:** (3) Law of Resultant Force

**Solution:** Newton's second law, the law of acceleration, is also called the law of resultant force. It states that the force applied to an object is equal to its mass multiplied by its acceleration ( $F = ma$ ).

Quick Tip

Understanding Newton's laws of motion is fundamental in biomechanics, as they explain how forces affect movement and acceleration in sports and physical activities.

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**Question 12:** In which kind of personality is a person interested in his/her own mental self and prefers to be withdrawn from external reality?

- (1) Introvert
- (2) Ambivert
- (3) Somatotype
- (4) Extrovert

**Correct Answer:** (1) Introvert

**Solution:** An introvert is someone who tends to focus on their inner thoughts and feelings rather than seeking external stimulation. They often prefer solitude and are introspective, rather than engaging actively in social settings.

### Quick Tip

Introverts often thrive in environments that allow for quiet reflection and may prefer working independently, whereas extroverts tend to seek out social interactions for stimulation.

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**Question 13:** According to William Herbert Sheldon's Theory of Personality, a person who is soft, social, and peaceful in nature has a tendency towards a:

- (1) Cerebrotonic Personality
- (2) Somatotonic Personality
- (3) Viscerotonic Personality
- (4) Cervesonic Personality

**Correct Answer:** (3) Viscerotonic Personality

**Solution:** According to Sheldon's theory, a viscerotonic personality is associated with people who are relaxed, sociable, and enjoy comfort and food. They tend to be peaceful and gentle in nature.

### Quick Tip

Sheldon's theory categorizes personalities into three types based on body types: ectomorphs (cerebrotonic), mesomorphs (somatotonic), and endomorphs (viscerotonic).

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**Question 14:** Arrange the steps of interval training session in a sequential order from first to last:

- (A) Short Break
- (B) Warm-up
- (C) Resume similar intensity running
- (D) Fast pace running where heart goes up to 180 beats per minute
- (E) Heart beat goes down to 120-130 beats per minute



Choose the correct answer from the options given below:

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

**Correct Answer:** (4) (B), (D), (A), (E), (C)

**Solution:** The correct order of an interval training session starts with a warm-up (B), followed by fast pace running (D), a short break (A), heart rate lowering (E), and finally resuming the running (C).

Quick Tip

Interval training involves alternating between high-intensity activity and rest periods, which helps improve cardiovascular fitness and endurance.

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**Question 15:** Arrange the following associations/institutions with respect to their establishment years from latest to oldest:

- (A) Badminton Association of India
- (B) All India Tennis Association
- (C) Netaji Subhash National Institute of Sports
- (D) Indian Olympic Association
- (E) Amateur Athletic Federation of India

Choose the correct answer from the options given below:

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

**Correct Answer:** (2) (C), (E), (A), (D), (B)

**Solution:** The correct order of establishment from latest to oldest is as follows:

- (C) Netaji Subhash National Institute of Sports
- (E) Amateur Athletic Federation of India
- (A) Badminton Association of India
- (D) Indian Olympic Association
- (B) All India Tennis Association

**Quick Tip**

Knowing the establishment years of important sports institutions helps in understanding the development of sports administration and governance in India.

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**Question 16:** Which of the following procedures are not included under P.R.I.C.E. treatment of sports injuries?

- (A) Rest
- (B) Recovery
- (C) ICE
- (D) Combination
- (E) Evaluation

Choose the correct answer from the options given below:

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

**Correct Answer:** (1) (B), (D) and (E) only

**Solution:** The P.R.I.C.E. treatment for sports injuries stands for Protection, Rest, Ice, Compression, and Elevation. Procedures such as Recovery, Combination, and Evaluation are not part of this protocol.

**Quick Tip**

P.R.I.C.E. is commonly used for treating acute injuries like sprains, strains, and bruises. It helps reduce swelling and prevent further injury during the early stages of recovery.

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**Question 17:** An endomorphic somatotype is characterised by the following psychological physiological characteristics:

- (A) Pear-shaped, Fat and Thick, Wide Hips
- (B) Thin, Underweight, Narrow Chest
- (C) Broad Shoulder, Narrow Waist
- (D) Relaxed, Comfortable, Fun Loving
- (E) Creative, Artistic, Thoughtful

Choose the correct answer from the options given below:

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

**Correct Answer:** (1) (A) and (D) only

**Solution:** An endomorphic somatotype is characterized by a soft, rounded body shape with a tendency to store fat (A), and these individuals are often described as relaxed, comfortable, and fun-loving (D).

### Quick Tip

Endomorphs typically have a higher percentage of body fat and may find it harder to lose weight, but they often have strong and powerful physiques suited for sports like weightlifting.

**Question 18:** Arrange the following steps of standing broad jump in a sequential order from last to first:

- (A) Lean forward, swing arms behind both knees to gain momentum
- (B) Distance will be measured from back to the heel to the take off line
- (C) Stand behind the take off line
- (D) Jump as far as possible landing on both the feet
- (E) Push the surface and take off while swinging arms forward

Choose the correct answer from the options given below:

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

**Correct Answer:** (3) (C), (A), (E), (D), (B)

**Solution:** The correct sequence for performing a standing broad jump starts with standing behind the take-off line (C), leaning forward and swinging arms behind the knees for momentum (A), pushing off and swinging arms forward to take off (E), jumping and landing on both feet (D), and finally, measuring the distance from the heel to the take-off line (B).

### Quick Tip

The standing broad jump is a great test of lower-body explosive strength, and using proper arm movement can significantly increase the jump distance.

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**Question 19:** Which of the following are the test items of Barrow Motor Ability Test?

- (A) Medicine Ball Put
- (B) Standing Broad Jump
- (C) 50m Dash
- (D) Zig-zag Run
- (E) Vertical Jump

Choose the correct answer from the options given below:

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

**Correct Answer:** (4) (B), (C) and (D) only

**Solution:** The Barrow Motor Ability Test includes the standing broad jump (B), 50m dash (C), and zig-zag run (D) as test items. These tests measure speed, agility, and lower-body strength.

**Quick Tip**

The Barrow Motor Ability Test is designed to assess various aspects of physical fitness like agility, speed, and coordination, making it a comprehensive test of motor ability.

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**Question 20:** Match the Component from List-I with the Test from List-II:

<b>List-I (Component)</b>	<b>List-II (Test)</b>
(A) Flexibility	(I) 600m Run/Walk
(B) Endurance	(II) Partial Curl-up
(C) Abdominal strength	(III) Sit and Reach Test
(D) Speed	(IV) 50m Dash (Standing Start)

Choose the correct answer from the options given below:

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

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

**Solution:** The correct matches are: (A) Flexibility with (III) Sit and Reach Test

(B) Endurance with (I) 600m Run/Walk

(C) Abdominal strength with (II) Partial Curl-up

(D) Speed with (IV) 50m Dash (Standing Start)

#### Quick Tip

Matching fitness components with the correct tests ensures accurate assessment of specific physical abilities like flexibility, endurance, strength, and speed.

**Question 21:** Match the Personality Traits of Big Five Theory of Personality as listed in List-I with the Behavioural Characteristics of high score listed in List-II:

List-I (Personality Traits)	List-II (Behavioural Characteristics)
(A) Conscientiousness	(I) Well Organised
(B) Extraversion	(II) Friendly
(C) Agreeableness	(III) Active
(D) Neuroticism	(IV) Anxious

Choose the correct answer from the options given below:

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

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

**Solution:** The correct matches are: (A) Conscientiousness with (I) Well Organised

(B) Extraversion with (III) Active

(C) Agreeableness with (II) Friendly

(D) Neuroticism with (IV) Anxious

**Quick Tip**

The Big Five personality traits offer insights into an individual's typical behavior and how they respond to different situations in life.

**Question 22:** Match the type of Friction listed in List-I with their suitable Example listed in List-II:

List-I (Friction)	List-II (Example)
(A) Fluid Friction	(I) Skating on Ice
(B) Rolling Friction	(II) When an athlete glides in air
(C) Static Friction	(III) When force applied to an object does not cause it to move
(D) Sliding Friction	(IV) Roller Skating

Choose the correct answer from the options given below:

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

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

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

(4) (A)-(IV), (B) - (I), (C) - (II), (D) - (III)

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

**Solution:** The correct matches are: (A) Fluid Friction with (II) When an athlete glides in air

(B) Rolling Friction with (IV) Roller Skating

- (C) Static Friction with (III) When force applied to an object does not cause it to move  
(D) Sliding Friction with (I) Skating on Ice

Quick Tip

Understanding the different types of friction and their practical examples is essential for improving athletic performance and reducing injuries.

**Question 23:** Who was the first President of Indian Olympic Association?

- (1) Maharaja Bhupender Singh
- (2) Mr. Dorabji Tata
- (3) Dr. A. G. Noehren
- (4) Maj. Dhyan Chand

**Correct Answer:** (1) Maharaja Bhupender Singh

**Solution:** Maharaja Bhupender Singh of Patiala was the first President of the Indian Olympic Association (IOA), which was established in 1927 to represent India in the Olympic movement.

Quick Tip

The Indian Olympic Association (IOA) plays a crucial role in managing the country's participation in the Olympic Games and other international sports events.

**Question 24:** Formula to find out the number of matches in a Knockout Tournament is:

- (1)  $N/2$
- (2)  $N-1$
- (3)  $N(N-1)$
- (4)  $(N+1)$

**Correct Answer:** (2)  $N-1$



**Solution:** In a knockout tournament, the formula for finding the number of matches is  $N - 1$ , where  $N$  is the number of teams. This formula applies because one team is eliminated in each match, and the final match determines the winner.

#### Quick Tip

In knockout tournaments, each match eliminates one team, and only the final team remains undefeated. Therefore, the number of matches is always one less than the total number of teams.

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**Question 25:** Arrange the following steps of the procedure for the administration of Curl-up Test in a sequence from beginning to the completion of the test:

- (A) Supine lying position on the mat with knees flexed, usually at  $90^\circ$
- (B) Maximum curl-ups for 30 seconds should be noted
- (C) Trunk is lowered back to the floor so that shoulder blades touch the floor
- (D) Warm-up
- (E) On command 'Go' the performer shall raise the trunk and curl-up to 6 inches

Choose the correct answer from the options given below:

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

**Correct Answer:** (4) (D), (A), (E), (C), (B)

**Solution:** The correct sequence begins with a warm-up (D), followed by assuming the supine position with knees flexed at  $90^\circ$  (A). On the command Go, the performer raises the trunk 6 inches (E), then lowers the trunk until the shoulder blades touch the floor (C), and finally, the number of curl-ups in 30 seconds is recorded (B).

### Quick Tip

The curl-up test measures abdominal strength and endurance, and proper form is crucial for accurate results and to prevent injury.

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**Question 26:** Arrange these randomly placed motivational properties of Behaviour in correct sequential order:

- (A) Arousal
- (B) Drive
- (C) Need
- (D) Achievement
- (E) Goal-directed behaviour

Choose the correct answer from the options given below:

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

**Correct Answer:** (1) (C), (B), (A), (E), (D)

**Solution:** The correct sequence of motivational properties starts with a need (C), followed by drive (B), arousal (A), goal-directed behavior (E), and finally, achievement (D).

### Quick Tip

Understanding the sequence of motivation helps in improving performance by aligning personal goals with desired outcomes through focused behavior.

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**Question 27:** Which of the following statements are true in relation to major functions of NADA?

- (A) Adopting and implementing doping rules and policies
- (B) Cooperating with sports related organisations and other anti-doping organisations
- (C) Encouraging reciprocal testing
- (D) Promoting Gene doping
- (E) Promoting anti-doping by educating sports persons, teachers and officials

Choose the correct answer from the options given below:

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

**Correct Answer:** (1) (A), (B) and (E) only

**Solution:** The major functions of NADA (National Anti-Doping Agency) include adopting and implementing doping rules and policies (A), cooperating with other sports-related and anti-doping organizations (B), and promoting anti-doping education for sports persons, teachers, and officials (E). Gene doping (D) is not a function that NADA promotes, but rather aims to prevent.

#### Quick Tip

NADA plays a crucial role in ensuring fair play in sports by implementing anti-doping policies, conducting testing, and educating stakeholders about the dangers and rules of doping.

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**Question 28:** Match the Soft Tissue Injury listed in List-I with their description in List-II:

List-I (Soft Tissue Injury)	List-II (Description)
(A) Abrasion	(I) Cut made into the tissue of the body
(B) Incision	(II) Rubbing away of the upper layer of Epidermis
(C) Sprain	(III) Injury to the muscles or tendons
(D) Strain	(IV) Stretching or tearing of ligaments

Choose the correct answer from the options given below:

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

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

**Solution:** The correct matches are: (A) Abrasion with (II) Rubbing away of the upper layer of Epidermis

(B) Incision with (I) Cut made into the tissue of the body

(C) Sprain with (IV) Stretching or tearing of ligaments

(D) Strain with (III) Injury to the muscles or tendons

#### Quick Tip

Understanding soft tissue injuries and their characteristics helps in providing immediate and appropriate treatment, reducing the risk of long-term damage.

**Question 29:** Match the Corrective Measures listed in List-I with their Postural Deformities listed in List-II:

List-I (Corrective Measure)	List-II (Postural Deformities)
(A) Walking on inner edge of feet	(I) Knock-knee
(B) Horse-riding	(II) Scoliosis
(C) Wall Stretch, Pull ups	(III) Round shoulder
(D) Trikonasana	(IV) Bow-legs

Choose the correct answer from the options given below:

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

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

**Solution:** The correct matches are: (A) Walking on inner edge of feet with (I) Knock-knee  
(B) Horse-riding with (III) Round shoulder  
(C) Wall Stretch, Pull ups with (II) Scoliosis  
(D) Trikonasana with (IV) Bow-legs

#### Quick Tip

Corrective exercises are essential for treating postural deformities and improving body alignment, leading to better physical function and reduced discomfort.

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**Question 30:** In which of the following fracture, bone breaks diagonally?

- (1) Oblique fracture
- (2) Transverse fracture
- (3) Impacted fracture
- (4) Comminuted fracture

**Correct Answer:** (1) Oblique fracture

**Solution:** An oblique fracture occurs when the bone breaks diagonally across its axis, usually caused by an angled blow or twisting force.

### Quick Tip

Oblique fractures often require more careful alignment during treatment due to the diagonal break, which can make the bone more prone to shifting.

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**Question 31:** Which type of motion is seen in 400 m. race?

- (1) Linear
- (2) General
- (3) Angular
- (4) Rotational

**Correct Answer:** (2) General

**Solution:** The motion seen in a 400m race is classified as general motion, which is a combination of both linear and angular motion. While the body's center of mass moves linearly around the track, certain parts of the body, like arms and legs, exhibit angular motion.

### Quick Tip

General motion, common in athletic activities, involves a mix of linear and angular movements, providing efficiency and control in sports like running.

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**Question 32:** Which of the following movement is observed while performing 'Stand at Ease' position?

- (1) Abduction
- (2) Adduction
- (3) Flexion
- (4) Extension

**Correct Answer:** (2) Adduction

**Solution:** In the Stand at Ease position, the movement involves bringing the legs closer together, which is known as adduction.

Quick Tip

Adduction is a movement that pulls a body part toward the midline of the body, such as when bringing the legs together or lowering the arms to the side.

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**Question 33:** Which of the following law applies if body 'A' exerts force on body 'B' and simultaneously body 'B' exerts the same force on body 'A'?

- (1) Law of Inertia
- (2) Law of Momentum
- (3) Law of Reaction
- (4) Law of Gravity

**Correct Answer:** (3) Law of Reaction

**Solution:** The law of reaction, also known as Newton's Third Law of Motion, states that for every action, there is an equal and opposite reaction. This applies when two bodies exert force on each other simultaneously.

Quick Tip

Newton's Third Law is crucial in understanding how forces interact in sports, such as when pushing off the ground during a jump or making contact in a tackle.

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**Question 34:** In which of the following sports reduced friction helps to improve performance?

- (1) Foot Ball
- (2) Basket Ball
- (3) Skiing
- (4) Tennis

**Correct Answer:** (3) Skiing

**Solution:** In skiing, reduced friction between the skis and the snow allows the athlete to glide smoothly, improving speed and overall performance.

**Quick Tip**

Reduced friction is beneficial in sports like skiing and skating, where smoother surfaces and less resistance help increase speed and efficiency.

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**Question 35:** Which of the following type of aggression is unplanned, reactionary, impulsive, and fuelled by intense emotion?

- (1) Hostile Aggression
- (2) Instrumental Aggression
- (3) Assertive Behaviour
- (4) Normal Behaviour

**Correct Answer:** (1) Hostile Aggression

**Solution:** Hostile aggression is characterized by impulsive, emotional, and unplanned reactions, often driven by anger or frustration, and is intended to harm.

**Quick Tip**

Hostile aggression is a negative form of behavior in sports and should be controlled through proper emotional management and focus on constructive competition.

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**Question 36:** Which of the following deformities are related to lower body extremities?

- (1) Kyphosis, Bow-legs, Knock-Knee
- (2) Knock-Knee, Flat-foot, Scoliosis
- (3) Flat-foot, Knock-Knee, Bow-legs
- (4) Scoliosis, Bow-legs, Flat-foot



**Correct Answer:** (3) Flat-foot, Knock-Knee, Bow-legs

**Solution:** The deformities related to the lower body extremities include flat-foot, knock-knee, and bow-legs, which affect the alignment and function of the legs and feet.

Quick Tip

Postural deformities like flat-foot, knock-knee, and bow-legs can affect walking and running mechanics. Early corrective exercises can help prevent further complications.

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**Question 37:** Which of the following game/sport is the proud legacy of Scandinavia and Rome?

- (1) Martial Art
- (2) Yoga
- (3) Gymnastics
- (4) Badminton

**Correct Answer:** (3) Gymnastics

**Solution:** Gymnastics has its roots in both Scandinavian and Roman cultures. The sport was highly developed in ancient Rome, where it was used as training for soldiers, and has continued as a proud legacy in modern times.

Quick Tip

Gymnastics combines strength, flexibility, and balance, and it has evolved from military training exercises to a competitive sport worldwide.

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**Question 38:** Which of the following is a contagious disease?

- (1) Cancer
- (2) Diabetes

- (3) Influenza
- (4) Hypertension

**Correct Answer:** (3) Influenza

**Solution:** Influenza, commonly known as the flu, is a contagious disease caused by viruses that spread from person to person through droplets in the air.

**Quick Tip**

Contagious diseases like influenza can spread rapidly, especially in crowded environments. Preventive measures like vaccination and good hygiene are important for reducing transmission.

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**Question 39:** Bow-legs is also known as:

- (1) Genu Varum
- (2) Genu Valgum
- (3) Pes Planus
- (4) Knock-Knee

**Correct Answer:** (1) Genu Varum

**Solution:** Bow-legs, or Genu Varum, is a condition in which the legs curve outward at the knees while the feet and ankles touch.

**Quick Tip**

Genu Varum, or bow-legs, can occur naturally in infants and toddlers, but if it persists into later childhood, corrective measures may be needed.

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**Question 40:** Which of the following is NOT the symptom of Dislocation?

- (1) Bruising

- (2) Swelling
- (3) Instability of the Joint
- (4) Break in a bone

**Correct Answer:** (4) Break in a bone

**Solution:** A break in a bone (fracture) is not a symptom of dislocation. Dislocation involves the displacement of a joint, and symptoms include bruising, swelling, and instability of the joint.

#### Quick Tip

Dislocations require immediate medical attention to realign the joint and prevent further damage. Fractures, on the other hand, involve bone breakage and have different treatment protocols.

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**Read the passage carefully and answer the question as per the content:**

Milkha Singh was born in 1929 in Gobindpura village in the Muzaffargarh district of Pakistan. He spent most of his childhood in poverty. Singh lost his 14 siblings to poverty, poor health and lack of medical attention. During the 1947 partition, he became an orphan and moved to India. He earned his living by working in a roadside restaurant before joining the army in 1951. During his military training, he realised his sprinting abilities. Hawaldar Gurudev Singh persuaded him to run a cross-country race as a part of military training. He practiced hard and came to the limelight during the National Games at Patiala in 1956. He broke the 200m and 400m records in the National Games at Cuttack in 1958.

From running three miles ranging from running the first mile slowly and then increasing pace each mile before his training in the off season schedule, Singh would run three 400m races followed by one slow-paced 200m race followed by three 400m races fast followed by another 200m race slowly in the morning.

During the season schedule, 10 sprints of 150m on Mondays, six 200m sprints on Tuesdays, four 300m sprints on Wednesdays, two 500m sprints once on Saturdays followed by complete

rest on Sunday.

He is the only athlete to win a gold medal in the 400 meters race at the Commonwealth Games and the Asian Games. Milkha Singh set a National Record in the 1960 Olympics by winning fourth place in the 400m race in 45.73 seconds. This record remained for almost 40 years.

In his sports career, Padma Shree Milkha Singh achieved many medals, including the gold medal in 200 meters in the 1958 Asian Games, 400 meters in the 1958 Asian Games, 440 yards in the 1958 Asian Games, 400 meters in the 1962 Asian Games, the 4x400-meter relay in the 1962 Asian Games, and silver in 400 meters in the 1964 Calcutta National Games. Apart from these achievements, in 1960, he was persuaded by then Prime Minister Pandit Jawaharlal Nehru to run against Abdul Khaliq in Pakistan, whom he defeated. He then received the title of "The Flying Sikh" by General Ayub.

**Question 41:** When and where did Milkha Singh break the records of 200m and 400m in National Games?

- (1) In 1929, Gobindpura Village
- (2) In 1958, Cuttack
- (3) In 1956, Patiala
- (4) In 1964, Calcutta

**Correct Answer:** (2) In 1958, Cuttack

**Solution:** Milkha Singh broke the 200m and 400m records during the National Games held in Cuttack in 1958, which marked a significant achievement in his athletic career.

**Quick Tip**

Breaking records at the National Games was one of the milestones that put Milkha Singh in the national spotlight and paved the way for his future successes.

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**Read the passage carefully and answer the question as per the content:**

Milkha Singh was born in 1929 in Gobindpura village in the Muzaffargarh district of Pakistan.

He spent most of his childhood in poverty. Singh lost his 14 siblings to poverty, poor health and lack of medical attention. During the 1947 partition, he became an orphan and moved to India. He earned his living by working in a roadside restaurant before joining the army in 1951. During his military training, he realised his sprinting abilities. Hawaldar Gurudev Singh persuaded him to run a cross-country race as a part of military training. He practiced hard and came to the limelight during the National Games at Patiala in 1956. He broke the 200m and 400m records in the National Games at Cuttack in 1958.

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During the season schedule, 10 sprints of 150m on Mondays, six 200m sprints on Tuesdays, four 300m sprints on Wednesdays, two 500m sprints once on Saturdays followed by complete rest on Sunday.

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In his sports career, Padma Shree Milkha Singh achieved many medals, including the gold medal in 200 meters in the 1958 Asian Games, 400 meters in the 1958 Asian Games, 440 yards in the 1958 Asian Games, 400 meters in the 1962 Asian Games, the 4x400-meter relay in the 1962 Asian Games, and silver in 400 meters in the 1964 Calcutta National Games. Apart from these achievements, in 1960, he was persuaded by then Prime Minister Pandit Jawaharlal Nehru to run against Abdul Khaliq in Pakistan, whom he defeated. He then received the title of "The Flying Sikh" by General Ayub.

**Question 42:** The title of 'Flying Sikh' was awarded by \_\_\_\_\_:

- (1) Pt Jawahar Lal Nehru
- (2) Abdul Khaliq
- (3) General Ayub
- (4) Sardar Vallabh Bhai Patel

**Correct Answer:** (3) General Ayub

**Solution:** The title of 'Flying Sikh' was awarded to Milkha Singh by General Ayub of Pakistan after Milkha defeated Abdul Khaliq in a race in 1960.

#### Quick Tip

The title "Flying Sikh" became an iconic identity for Milkha Singh, highlighting his remarkable speed and success in athletics.

**Read the passage carefully and answer the question as per the content:**

Milkha Singh was born in 1929 in Gobindpura village in the Muzaffargarh district of Pakistan. He spent most of his childhood in poverty. Singh lost his 14 siblings to poverty, poor health and lack of medical attention. During the 1947 partition, he became an orphan and moved to India. He earned his living by working in a roadside restaurant before joining the army in 1951. During his military training, he realised his sprinting abilities. Hawaldar Gurudev Singh persuaded him to run a cross-country race as a part of military training. He practiced hard and came to the limelight during the National Games at Patiala in 1956. He broke the 200m and 400m records in the National Games at Cuttack in 1958.

From running three miles ranging from running the first mile slowly and then increasing pace each mile before his training in the off season schedule, Singh would run three 400m races followed by one slow-paced 200m race followed by three 400m races fast followed by another 200m race slowly in the morning.

During the season schedule, 10 sprints of 150m on Mondays, six 200m sprints on Tuesdays, four 300m sprints on Wednesdays, two 500m sprints once on Saturdays followed by complete rest on Sunday.

He is the only athlete to win a gold medal in the 400 meters race at the Commonwealth Games and the Asian Games. Milkha Singh set a National Record in the 1960 Olympics by winning fourth place in the 400m race in 45.73 seconds. This record remained for almost 40 years.

In his sports career, Padma Shree Milkha Singh achieved many medals, including the gold medal in 200 meters in the 1958 Asian Games, 400 meters in the 1958 Asian Games, 440

yards in the 1958 Asian Games, 400 meters in the 1962 Asian Games, the 4x400-meter relay in the 1962 Asian Games, and silver in 400 meters in the 1964 Calcutta National Games. Apart from these achievements, in 1960, he was persuaded by then Prime Minister Pandit Jawaharlal Nehru to run against Abdul Khaliq in Pakistan, whom he defeated. He then received the title of "The Flying Sikh" by General Ayub.

**Question 43:** In the 1960 Olympics, Milkha Singh won fourth place in the 400m race with a National Record of \_\_\_\_\_:

- (1) 48.75 seconds
- (2) 44.65 seconds
- (3) 46.25 seconds
- (4) 45.73 seconds

**Correct Answer:** (4) 45.73 seconds

**Solution:** Milkha Singh set a National Record of 45.73 seconds in the 400m race during the 1960 Olympics, where he finished in fourth place. This record stood for nearly 40 years.

#### Quick Tip

Milkha Singh's remarkable 45.73-second finish in the 400m at the 1960 Olympics remains one of the most significant achievements in Indian athletics history.

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**Read the passage carefully and answer the question as per the content:**

Milkha Singh was born in 1929 in Gobindpura village in the Muzaffargarh district of Pakistan. He spent most of his childhood in poverty. Singh lost his 14 siblings to poverty, poor health and lack of medical attention. During the 1947 partition, he became an orphan and moved to India. He earned his living by working in a roadside restaurant before joining the army in 1951. During his military training, he realised his sprinting abilities. Hawaldar Gurudev Singh persuaded him to run a cross-country race as a part of military training. He practiced hard and came to the limelight during the National Games at Patiala in 1956. He broke the

200m and 400m records in the National Games at Cuttack in 1958.

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During the season schedule, 10 sprints of 150m on Mondays, six 200m sprints on Tuesdays, four 300m sprints on Wednesdays, two 500m sprints once on Saturdays followed by complete rest on Sunday.

He is the only athlete to win a gold medal in the 400 meters race at the Commonwealth Games and the Asian Games. Milkha Singh set a National Record in the 1960 Olympics by winning fourth place in the 400m race in 45.73 seconds. This record remained for almost 40 years.

In his sports career, Padma Shree Milkha Singh achieved many medals, including the gold medal in 200 meters in the 1958 Asian Games, 400 meters in the 1958 Asian Games, 440 yards in the 1958 Asian Games, 400 meters in the 1962 Asian Games, the 4x400-meter relay in the 1962 Asian Games, and silver in 400 meters in the 1964 Calcutta National Games. Apart from these achievements, in 1960, he was persuaded by then Prime Minister Pandit Jawaharlal Nehru to run against Abdul Khaliq in Pakistan, whom he defeated. He then received the title of "The Flying Sikh" by General Ayub.

**Question 44:** During the season schedule, what was Milkha Singh's practice plan for Wednesday?

- (1) Four 300m Sprints
- (2) Six 200m Sprints
- (3) Two 500m Sprints
- (4) Two 600m race

**Correct Answer:** (1) Four 300m Sprints

**Solution:** Milkha Singh's practice plan for Wednesday during the season schedule included four 300m sprints, which helped him build endurance and speed.



### Quick Tip

Structured training with varied sprint distances helped Milkha Singh develop both speed and stamina, which were key to his success in middle-distance races.

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### Read the passage carefully and answer the question as per the content:

Milkha Singh was born in 1929 in Gobindpura village in the Muzaffargarh district of Pakistan. He spent most of his childhood in poverty. Singh lost his 14 siblings to poverty, poor health and lack of medical attention. During the 1947 partition, he became an orphan and moved to India. He earned his living by working in a roadside restaurant before joining the army in 1951. During his military training, he realised his sprinting abilities. Hawaldar Gurudev Singh persuaded him to run a cross-country race as a part of military training. He practiced hard and came to the limelight during the National Games at Patiala in 1956. He broke the 200m and 400m records in the National Games at Cuttack in 1958.

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During the season schedule, 10 sprints of 150m on Mondays, six 200m sprints on Tuesdays, four 300m sprints on Wednesdays, two 500m sprints once on Saturdays followed by complete rest on Sunday.

He is the only athlete to win a gold medal in the 400 meters race at the Commonwealth Games and the Asian Games. Milkha Singh set a National Record in the 1960 Olympics by winning fourth place in the 400m race in 45.73 seconds. This record remained for almost 40 years.

In his sports career, Padma Shree Milkha Singh achieved many medals, including the gold medal in 200 meters in the 1958 Asian Games, 400 meters in the 1958 Asian Games, 440 yards in the 1958 Asian Games, 400 meters in the 1962 Asian Games, the 4x400-meter relay in the 1962 Asian Games, and silver in 400 meters in the 1964 Calcutta National Games. Apart from these achievements, in 1960, he was persuaded by then Prime Minister Pandit Jawaharlal Nehru to run against Abdul Khaliq in Pakistan, whom he defeated. He then received the title of "The Flying Sikh" by General Ayub.

**Question 45:** When did Milkha Singh win the silver medal in the 400m race?

- (1) 1958 Asian Games
- (2) 1962 Asian Games
- (3) 1964 National Games
- (4) 1960 Commonwealth Games

**Correct Answer:** (3) 1964 National Games

**Solution:** Milkha Singh won the silver medal in the 400m race at the 1964 National Games held in Calcutta.

**Quick Tip**

Milkha Singh's consistent performance in athletics earned him medals at both international and national events, including a silver in the 1964 National Games.

---

**Read the passage carefully and answer the question as per the content:**

Man is a social animal and always social by nature. This social nature has a great impact on physical activities. Sports and physical activities can also be considered as cultural heritage of mankind. Understanding the many factors that influence physical activity may help improve the effectiveness of physical activity intervention programmes. Research suggests that the effectiveness of programs should be maximized when participant's confidence about their ability to continue physical activities is nurtured. They enjoy the activities they have chosen, receive encouragement and assistance from the other people in their lives, and reside in a supportive environment that provides convenient, attractive, and safe places for physical activity. A person becomes active on a regular basis by participation in physical activity, but some personality traits are inherited. No social influences on physical activity are strong for people of all ages, but the nature of the support varies with development level. Remarkably, social support for adults can come from friends, co-workers, or family members in the form of encouragement, participation in physical activities, and providing assistance, such as child care.

For adolescents, the influence of peers is of great importance. But development is possible only through the means of co-operation, competition, and enthusiasm. Within the competitive structure of many physical activities and sports experiences, there are countless opportunities for teaching important social values. For example-winning, losing, success, failure, rejection, anxiety, fair play, acceptance, friendship, cooperation, etc.

**Question 46:** How can the effectiveness of Physical activity programs be maximised?

- (A) Receiving encouragement and assistance from other people
- (B) Residing in supportive Environment
- (C) Exaggerating the appearance
- (D) Religious influence
- (E) Convenient and safe places for physical activity

Choose the correct answer from the options given below:

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

**Correct Answer:** (3) (A), (B) and (E) only

**Solution:** The passage states that physical activity programs are most effective when participants receive encouragement and assistance from others (A), reside in a supportive environment (B), and have access to convenient and safe places for physical activity (E). Exaggerating appearance (C) and religious influence (D) are not relevant to the effectiveness of physical activity programs.

#### Quick Tip

Physical activity programs thrive when participants are motivated, have support systems, and easy access to safe and convenient activity spaces.

**Read the passage carefully and answer the question as per the content:**

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**Question 47:** Which of the following are the most important means of development?

- (1) Cooperation, Competition and Enthusiasm
- (2) Winning, Losing and Acceptance
- (3) Rejection, Anxiety and Fairplay
- (4) Success, Enthusiasm and Stress

**Correct Answer:** (1) Cooperation, Competition and Enthusiasm

**Solution:** The passage highlights that development is possible through cooperation, competition, and enthusiasm, as these elements foster growth, learning, and resilience in physical activities and sports.

### Quick Tip

Cooperation, competition, and enthusiasm are crucial in both sports and life for building skills, resilience, and teamwork, leading to personal and collective growth.

---

### Read the passage carefully and answer the question as per the content:

Man is a social animal and always social by nature. This social nature has a great impact on physical activities. Sports and physical activities can also be considered as cultural heritage of mankind. Understanding the many factors that influence physical activity may help improve the effectiveness of physical activity intervention programmes. Research suggests that the effectiveness of programs should be maximized when participant's confidence about their ability to continue physical activities is nurtured. They enjoy the activities they have chosen, receive encouragement and assistance from the other people in their lives, and reside in a supportive environment that provides convenient, attractive, and safe places for physical activity. A person becomes active on a regular basis by participation in physical activity, but some personality traits are inherited. No social influences on physical activity are strong for people of all ages, but the nature of the support varies with development level. Remarkably, social support for adults can come from friends, co-workers, or family members in the form of encouragement, participation in physical activities, and providing assistance, such as child care. For adolescents, the influence of peers is of great importance. But development is possible only through the means of co-operation, competition, and enthusiasm. Within the competitive structure of many physical activities and sports experiences, there are countless opportunities for teaching important social values. For example-winning, losing, success, failure, rejection, anxiety, fair play, acceptance, friendship, cooperation, etc.

**Question 48:** Which of the following is a subject of inheritance?

- (1) Habits and Routines
- (2) Manners and Etiquette
- (3) Character
- (4) Personality Traits

**Correct Answer:** (4) Personality Traits

**Solution:** Personality traits are considered a subject of inheritance, as they are influenced by genetic factors passed down from parents to offspring. Other aspects like habits, routines, and manners are shaped more by environmental factors and experiences.

**Quick Tip**

Personality traits such as introversion, extroversion, or temperamental qualities are often inherited, while habits and routines are learned through experience.

---

**Read the passage carefully and answer the question as per the content:**

Man is a social animal and always social by nature. This social nature has a great impact on physical activities. Sports and physical activities can also be considered as cultural heritage of mankind. Understanding the many factors that influence physical activity may help improve the effectiveness of physical activity intervention programmes. Research suggests that the effectiveness of programs should be maximized when participant's confidence about their ability to continue physical activities is nurtured. They enjoy the activities they have chosen, receive encouragement and assistance from the other people in their lives, and reside in a supportive environment that provides convenient, attractive, and safe places for physical activity. A person becomes active on a regular basis by participation in physical activity, but some personality traits are inherited. No social influences on physical activity are strong for people of all ages, but the nature of the support varies with development level. Remarkably, social support for adults can come from friends, co-workers, or family members in the form of encouragement, participation in physical activities, and providing assistance, such as child care. For adolescents, the influence of peers is of great importance. But development is possible only through the means of co-operation, competition, and enthusiasm. Within the competitive structure of many physical activities and sports experiences, there are countless opportunities for teaching important social values. For example-winning, losing, success, failure, rejection, anxiety, fair play, acceptance, friendship, cooperation, etc.

**Question 49:** Which of the following is of great importance for adolescents?

- (1) Anxiety
- (2) Sports Facilities
- (3) Peer Group
- (4) Physical Activity

**Correct Answer:** (3) Peer Group

**Solution:** The passage emphasizes that peer influence is of great importance for adolescents, as they are significantly impacted by the behaviors, attitudes, and support of their peer group during this stage of development.

**Quick Tip**

For adolescents, peer groups play a crucial role in shaping social interactions, interests, and behaviors, including their participation in physical activities.

---

**Read the passage carefully and answer the question as per the content:**

Man is a social animal and always social by nature. This social nature has a great impact on physical activities. Sports and physical activities can also be considered as cultural heritage of mankind. Understanding the many factors that influence physical activity may help improve the effectiveness of physical activity intervention programmes. Research suggests that the effectiveness of programs should be maximized when participant's confidence about their ability to continue physical activities is nurtured. They enjoy the activities they have chosen, receive encouragement and assistance from the other people in their lives, and reside in a supportive environment that provides convenient, attractive, and safe places for physical activity. A person becomes active on a regular basis by participation in physical activity, but some personality traits are inherited. No social influences on physical activity are strong for people of all ages, but the nature of the support varies with development level. Remarkably, social support for adults can come from friends, co-workers, or family members in the form of encouragement, participation in physical activities, and providing assistance, such as child care.

For adolescents, the influence of peers is of great importance. But development is possible only through the means of co-operation, competition, and enthusiasm. Within the competitive structure of many physical activities and sports experiences, there are countless opportunities for teaching important social values. For example-winning, losing, success, failure, rejection, anxiety, fair play, acceptance, friendship, cooperation, etc.

**Question 50:** Which of the following is not a social value?

- (1) Acceptance
- (2) Friendship
- (3) Motor Learning
- (4) Cooperation

**Correct Answer:** (3) Motor Learning

**Solution:** Motor learning is a process related to acquiring skills through practice and experience and is not classified as a social value. Social values such as acceptance, friendship, and cooperation involve interpersonal interactions and relationships.

#### Quick Tip

Social values like acceptance, friendship, and cooperation are essential for building strong communities and fostering teamwork, while motor learning pertains to skill development in physical activities.