

Test Booklet No.

Subject : **PHYSICAL EDUCATION**

Test Booklet Code

Code : **321 E**

Medium : **English**

(Do not open this Test Booklet until you are asked to do so)



Time Allowed : 45 minutes	Maximum Marks : 200	Total Questions : 50	Number of questions to be answered : 40
----------------------------------	----------------------------	-----------------------------	--

Kindly read the Instructions given on this Page and Back Page carefully before attempting this Question Paper.

Important Instructions for the Candidates :

1. This Test Booklet contains **50** questions printed in English. Out of these, the candidate is required to answer any **40** questions. If a candidate answers more than 40 questions, the first 40 answered questions will be considered for evaluation.
2. When you are given the OMR Answer Sheet, fill in your particulars on it carefully with **blue/black** ball point pen only.
3. Use only Blue/Black Ball Point Pen for marking responses.
4. The CODE for this Test Booklet is **D**. Make sure that the CODE printed on the OMR Answer Sheet is the same as that on this Test Booklet. Also ensure that your Test Booklet No. and OMR Answer Sheet No. are exactly the same. In case of discrepancy, the candidate should immediately report the matter to the Invigilator for replacement of both the Test Booklet and the OMR Answer Sheet. No claim in this regard will be entertained after five minutes from the start of the examination.
5. Before attempting the question paper kindly check that this Test Booklet has total **16** pages and OMR Answer Sheet consists of one sheet. At the start of the examination within first five minutes, candidates are advised to ensure that all pages of Test Booklet and OMR Answer Sheet are properly printed and they are not damaged in any manner.
6. Each question has four answer options. Out of these four options choose the **MOST APPROPRIATE OPTION** and darken/blacken the corresponding circle on the OMR Answer Sheet with a Blue/Black Ball Point Pen.
7. Five (5) marks will be given for each correct answer. One (1) mark will be deducted for each incorrect answer. If more than one circle is found darkened/blackened for a question, then it will be considered as an incorrect answer. Unanswered questions will be given no mark.

P.T.O.

Name of the Candidate (in Capital Letters) : _____

Application Number (in figures) : _____

Roll Number (in figures) : _____

Centre of Examination (in Capital Letters) : _____

Candidate's Signature : _____ Invigilator's Signature : _____

Facsimile signature stamp of Centre Superintendent : _____

1. 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 ?
 - (1) Speed
 - (2) Strength
 - (3) Endurance
 - (4) Agility
2. Identify the **incorrect** statement listed below about sports training :
 - (1) Based on scientific principles
 - (2) Helps in improving higher performance
 - (3) Aims to provide multi sports experience
 - (4) Aims to identify individual's best potential
3. Motto of which of the following games includes the words 'Faster, Higher, Stronger, Together' ?
 - (1) Asian Games
 - (2) Commonwealth Games
 - (3) Olympic Games
 - (4) South Asian Games
4. Which of the following Physical Education/Sports institution was established in 1920 ?
 - (1) S.A.I.
 - (2) I.O.A.
 - (3) N.S.N.I.S., Patiala
 - (4) Y.M.C.A. (Chennai)
5. Roland Garros is related to which of the following tournament ?
 - (1) Wimbledon
 - (2) Australian Open
 - (3) U.S. Open
 - (4) French Open
6. How many Byes will be given if 19 teams are participating in a Knock-Out Tournament ?
 - (1) 11
 - (2) 13
 - (3) 15
 - (4) 17
7. Which of the following is **not** a stimulant ?
 - (1) Amphetamines
 - (2) Cocaine
 - (3) Diamorphine
 - (4) Caffeine
8. _____ fracture occurs when there is a straight break right across the bone.
 - (1) Greenstick
 - (2) Strain
 - (3) Transverse
 - (4) Comminuted

9. Friction works in _____ direction of the moving object.

- | | |
|--------------|--------------|
| (1) Diagonal | (2) Opposite |
| (3) Same | (4) Forward |

10. Flexion is a movement, which occurs in _____ plane.

- (1) Sagittal
- (2) Frontal
- (3) Transverse
- (4) Horizontal

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

- (1) Cause harm to the opponent physically
- (2) Attain non-aggressive goals
- (3) Express your feeling of jealousy
- (4) Cause harm to the opponent psychologically

12. 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

Choose the correct answer from the options given below :

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

13. 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 | |

Choose the correct answer from the options given below :

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

SPACE FOR ROUGH WORK

14. 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

Choose the correct answer from the options given below :

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

15. 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)

Choose the correct answer from the options given below :

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

16. 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.

Choose the correct answer from the options given below :

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

SPACE FOR ROUGH WORK

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

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

Choose the correct answer from the options given below :

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

18. 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) Under developed muscles

Choose the correct answer from the options given below :

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

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

List-I (Sportspersons)	List-II (Associated Games)
(A) Manpreet Singh	(I) Football
(B) Anup Kumar	(II) Wrestling
(C) Sunil Chhetri	(III) Hockey
(D) Bajrang Punia	(IV) Kabaddi

Choose the correct answer from the options given below :

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

SPACE FOR ROUGH WORK

20. Match the postural deformities listed in **List-I** with their corrective measures listed in **List-II**.

List-I (Postural Deformities)	List-II (Corrective Measures)
(A) Knock Knees	(I) Walking on inner edge of feet
(B) Round Shoulders	(II) Horse Riding
(C) Kyphosis	(III) Wall stretch, Pull Ups
(D) Bow Legs	(IV) Swimming, Gym ball exercises

Choose the correct answer from the options given below :

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

21. Match the traits listed in **List-I** with their explanation listed in **List-II**.

List-I (Traits)	List-II (Explanation)
(A) Cardinal Traits	(I) Based on 3 factors
(B) Central Traits	(II) That reflect only in certain circumstances
(C) Assessment of Traits	(III) Building blocks that shape most of our behaviour
(D) Secondary Traits	(IV) Dominant behaviour

Choose the correct answer from the options given below :

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

22. Which training method is another variation of variable pace method ?

- (1) Fartlek method
- (2) Interval method
- (3) Repetition method
- (4) Continuous method

SPACE FOR ROUGH WORK

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



- (1) Isometric ankle plantar flexion
 - (2) Isometric ankle flexion
 - (3) Isotonic ankle flexion
 - (4) Isotonic ankle plantar flexion
24. Maintenance of plank position is an example of which type of strength development exercise. Choose from the following :
- | | |
|----------------|--------------|
| (1) Isometric | (2) Isotonic |
| (3) Isokinetic | (4) Isonomic |
25. Venue of Olympic Games is decided by which of the following body ?
- (1) International Olympic Academy
 - (2) International Sports Association
 - (3) International Olympic Committee
 - (4) International Olympic Association
26. Which is the governing body responsible for Deaflympics ?
- (1) World Deaf Committee (WDC)
 - (2) International Paralympic Committee (IPC)
 - (3) International Committee of Sports for the Deaf (ICSD)
 - (4) Special Olympic Committee (SOC)

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



- (1) Knock Knee (2) Bow leg
 (3) Scoliosis (4) Lordosis
28. Which of the following is **not** a cause of sports injury during training ?
 (1) Sudden increase of load (2) Lack of proper sports facilities
 (3) Poor exercise technique (4) Proper Warm-Up
29. Which of the following is **not** a soft tissue injury ?
 (1) Contusion (2) Sprain
 (3) Dislocation (4) Strain
30. Which one of the following is **not** a symptom of a dislocated shoulder joint ?
 (1) Pain (2) Swelling
 (3) Instability of joint (4) Visible bleeding
31. A tear-like wound caused by either the skin hitting an adjacent object or an object hitting the skin with force will be called _____.
 (1) Abrasion (2) Contusion
 (3) Incision (4) Laceration
32. What is the weight of medicine ball for boys in Barrow Motor Ability Test ?
 (1) 2 kg (2) 3 kg
 (3) 6 kg (4) 1 kg

SPACE FOR ROUGH WORK

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



- | | |
|------------------------------|--------------------------------|
| (1) Chair sit and reach test | (2) Back Scratch test |
| (3) Arm curl test | (4) 30 second Chair stand test |

34. Which of the following will be called as 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 ?

- | | |
|----------------|--------------|
| (1) Statics | (2) Dynamics |
| (3) Kinematics | (4) Kinetics |

35. Which of the following options is **not** the importance of Sports Biomechanics ?

- (1) Performance enhancement
- (2) Technique improvement
- (3) Equipment improvement
- (4) Tactical enhancement

36. 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

Choose the correct answer from the options given below :

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

SPACE FOR ROUGH WORK

37. Arrange the following procedural steps to conduct 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

Choose the correct answer from the options given below :

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

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

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

Choose the correct answer from the options given below :

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

39. 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

Choose the correct answer from the options given below :

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

SPACE FOR ROUGH WORK

40. Match the types/steps involved in organising of a tournament listed in **List-I** with their correct associations listed in **List-II**.

List-I (Types/Steps involved in organising a tournament)	List-II (Associations)
(A) Bye	(I) $\frac{\text{Number of teams} + 1}{2}$
(B) Knock-out	(II) Next highest power of 2 – number of teams
(C) Number of byes	(III) Team once defeated is out of tournament
(D) Number of teams in upper half of a knock-out tournament when number of teams are odd	(IV) Advantage given to team in which team will not play first round and directly reaches next round

Choose the correct answer from the options given below :

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

Read the passage carefully and answer the next five questions strictly as per the passage :

Women's sports, both amateur and professional, have existed throughout the world for centuries in all varieties of sports. There is a rich record of sports participation of women in India. In the days of Mahabharata, Shakuntala, Madhuri, Kunti all chose physical activities as recreation. As time passed, Indian women were deprived of participation in sports for a number of reasons, despite having the potential and talent. They were put on the back seat, and were not allowed to participate in sports. However, female participation and popularity in sports increased dramatically in the last quarter of the 20th century, reflecting changes that emphasize gender parity. Although the level of participation and performance can still be improved, women's participation in sports is generally accepted and promoted today. Although women have shown a dramatic rise in sports participation, there is still a large disparity in participation rates between women and men. These disparities continue to hinder equality in sports. Many institutions and programs still remain conservative and do not contribute to gender equity in sports. Some research in the physical domain lists constraints like heavy limbs, pear-shaped body structure and postural deformities like flat foot, knock knees etc., and physiological constraints including low level of RBCs, smaller heart and lung, high fat percentage, menstrual disorders, etc. as reasons for women's non-participation in sports. There are certain psychological constraints like low self-confidence and self-esteem, higher level of stress and anxiety and social causes like lack of support or positive reinforcement from the family and the male dominated social structure that affect women's participation in sports. Religious and economic factors also play a negative role that affect women's participation in sports.

41. When did the dramatic rise of female sports participation occur ?

- (1) First quarter of 21st century (2) Last quarter of 20th century
 (3) Last decade of 18th century (4) Beginning of 17th century

SPACE FOR ROUGH WORK

42. Which of the following is **not** a psychological constraint for women's participation in sports ?
- (1) Self-confidence (2) Positive Reinforcement
(3) Stress and Anxiety (4) Self-Esteem
43. What may be the hindrance of equality in sports among women and men ?
- (1) Increase of popularity of women in sports
(2) Increase of women sports officials
(3) Institutions and programmes are conservative
(4) Promotion of women's participation in India
44. Which of the following is a physiological reason for women's non-participation in sports ?
- (1) Pear-shaped body (2) Heavy limbs
(3) Smaller hearts and lungs (4) Oblique femur bone
45. What kind of record does India have in participation of women in sports ?
- (1) Below average (2) Rich
(3) Low (4) Intermediate

Read the passage carefully and answer the next five questions strictly as per the passage :

In the beginning of the annual academic planning for the school, a physical education committee meeting was held which included the school principal, teachers and students, alumni and parents. The agenda of the discussion was to plan for a comprehensive program for physical education and sports for all age groups and prepare a schedule of events along with recommendations for various sub-committees to conduct sports events. The team released the schedule of the events to be conducted in the current academic year. As per the interest and capabilities of students and teachers, various sub-committees were recommended. The sub-committee consisting of house-teachers and students provided feedback about concerns regarding draws and fixtures in intramural school tournament where the best teams competed against each other in the initial round itself. The students also felt that sometimes the teams were not cohesive and did not display sportsman-like behaviour on or off the field. They felt such situations were unseemly and could be avoided through a systematic process. There was also a need to increase the coordination among the committees with more defined roles and responsibilities of each member. To provide exposure to the potential athletes and for talent development, a proposal was put forward for hosting a state-level inter-school competition at the school. To this end, the committees would need human resources, technical support and financial assistance. A new feature to the annual physical education programme, was the conducting of a mass run for crowd funding.

SPACE FOR ROUGH WORK

46. What kind of proposal was forwarded by the committees in order to provide exposure to potential athletes ?
- (1) Hosting state-level inter-school competition at school
 - (2) Hosting annual day
 - (3) Hosting intramural
 - (4) Hosting cultural programme in school
47. In what manner is the situation of unsportsman-like behaviour can be avoided ?
- (1) Guidelines
 - (2) Systematic behaviour
 - (3) Systematic process
 - (4) Instruction
48. On what basis were the various sub-committees recommended ?
- (1) Economic status
 - (2) Interest and capabilities
 - (3) Seniority
 - (4) Potential
49. What was the agenda of discussion in the physical education committee meeting ?
- (1) To organise annual day
 - (2) To plan a comprehensive program
 - (3) Finalized guidelines for sports meet
 - (4) To promote extramural activity
50. In which meeting were the school principal, teachers and alumni included ?
- (1) Physical education committee
 - (2) Academic planning
 - (3) Intramural
 - (4) Extramural

SPACE FOR ROUGH WORK

SPACE FOR ROUGH WORK

Read carefully the following instructions :

8. No candidate will be allowed to leave the OMR Answer Sheet blank. If any OMR Answer Sheet is found blank, it shall be crossed by the Invigilator with his/her signature, mentioning "Cancelled" on it.
9. Do not tear or fold any page of the Test Booklet and OMR Answer Sheet.
10. Candidates are advised to ensure that they fill the correct particulars on the OMR Answer Sheet, i.e., Application No., Roll No., Test Booklet No., Name, Mother's Name, Father's Name and Signature.
11. Rough work is to be done in the space provided for this purpose in the Test Booklet only.
12. The answers will be evaluated through electronic scanning process. Incomplete or incorrect entries may render the OMR Answer Sheet invalid.
13. Candidates are advised not to fold or make any stray marks on the OMR Answer Sheet. Use of Eraser, Nail, Blade, White Fluid/Whitener, etc., to smudge, scratch or damage in any manner the OMR Answer Sheet during examination is strictly prohibited. Candidature and OMR Answer Sheet of candidates using Eraser, Nail, Blade or White Fluid/Whitener to smudge, scratch or damage in any manner shall be cancelled.
14. There will be one copy of OMR Answer Sheet i.e., the Original Copy. After the examination is over, the candidate shall hand over the OMR Answer Sheet to the Invigilator. The candidate can take away the Test Booklet after the examination is over. If the candidate does not hand over the OMR Answer Sheet to the Invigilator and goes away with the OMR Answer Sheet, his/her candidature shall be cancelled and criminal proceedings shall also be initiated against him/her.
15. Candidates are advised strictly not to carry handkerchief, any mobile phone, any type of watch, belt or wear ornaments like ring, chain, ear-ring, etc., electronic or communication device, pen, pencil, eraser, sharpener and correction fluid to the Examination Centre. If any candidate is found possessing any such item, he/she will not be allowed to enter the examination centre. Possession of a mobile phone or any other aiding material as mentioned above by the candidate in the examination room will be treated as a serious violation and it may lead to cancellation of the candidature and debarring him/her from future examinations.
16. If a candidate violates any instructions or shows any indiscipline or misbehaviour, appropriate action will be taken including cancellation of candidature and debarring from future examinations.
17. Use of electronic/manual calculator is **not** allowed.