CUET 2024 Physical Education Question Paper (Set-B) with Solution

Q.1 Match the traits listed in List-I with their explanation listed in List-II:

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

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)

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

Solution:

- Cardinal traits are dominant and shape an individual's personality. - Central traits are the primary attributes that influence behavior. - Secondary traits are less consistent and appear only in specific situations.

Quick Tip

Traits can be categorized based on their influence on personality—Cardinal traits are dominant, while Secondary traits are situational.

Q.2 Which training method is another variation of variable pace method?

(A) Fartlek method

(B) Interval method

(C) Repetition method

(D) Continuous method

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Correct Answer: (A) Fartlek method

Solution:

The Fartlek method involves alternating between different paces, making it a form of variable pace training, improving both aerobic and anaerobic capacity.

Quick Tip

Fartlek training is Swedish for "speed play" and combines continuous and interval training to improve endurance and speed.

Q.3 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	(III) Wall stretch, Pull Ups
(C) Kyphosis	(IV) Swimming, Gym ball exercises
(D) Bow Legs	(II) Horse Riding

Choose the correct answer from the options given below:

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

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

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

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

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

Solution:

Knock knees can be corrected by walking on the inner edge of feet. Round shoulders can be improved with wall stretches and pull-ups, while swimming and gym ball exercises are suitable for kyphosis, and horse riding helps with bow legs.

Quick Tip

Corrective exercises are specific to each type of postural deformity. Practice regularly for long-term improvement.

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Q.4 Identify the movement of the exercise shown in the picture given below:

(A) Isometric ankle plantar flexion

(B) Isometric ankle flexion

(C) Isotonic ankle flexion

(D) Isotonic ankle plantar flexion

Correct Answer: (D) Isotonic ankle plantar flexion

Solution:

Isotonic exercises involve joint movement with constant muscle tension. In isotonic plantar flexion, the ankle joint moves to flex the foot downward.

Quick Tip

Isotonic exercises involve movement through a range of motion, while isometric exercises are static.

Q.5 Maintenance of plank position is an example of which type of strength development exercise?

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(A) Isometric

(B) Isotonic

(C) Isokinetic

(D) Isonomic

Correct Answer: (A) Isometric

Solution:

Isometric exercises involve muscle contractions without movement. Holding a plank position engages multiple muscles without joint movement, making it an isometric exercise.

Quick Tip

In isometric exercises, the muscle length does not change, and the joint angle remains the same, as in holding a static plank.

Q.6 Venue of Olympic Games is decided by which of the following body?

(A) International Olympic Academy

(B) International Sports Association

(C) International Olympic Committee

(D) International Olympic Association

Correct Answer: (C) International Olympic Committee

Solution:

The International Olympic Committee (IOC) is responsible for deciding the venues for future Olympic Games through its selection process.

Quick Tip

The International Olympic Committee (IOC) oversees the global organization of the Olympic Games, including selecting the host city.

Q.7 Which is the governing body responsible for Deaflympics?

(A) World Deaf Committee (WDC)

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(B) International Paralympic Committee (IPC)

(C) International Committee of Sports for the Deaf (ICSD)

(D) Special Olympic Committee (SOC)

Correct Answer: (C) International Committee of Sports for the Deaf (ICSD)

Solution:

The ICSD is the organization responsible for organizing the Deaflympics, which are held for athletes with hearing impairments.

Quick Tip

Deaflympics, established in 1924, are governed by the International Committee of Sports for the Deaf (ICSD).

Q.8 Identify the correct type of postural disorder from the picture given below:

(A) Knock Knee

(B) Bow Leg

(C) Scoliosis

(D) Lordosis

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Correct Answer: (C) Scoliosis

Solution:

Scoliosis is a lateral curvature of the spine, which can be visually identified through an abnormal sideways curve in the spine.

Quick Tip

Scoliosis is a spinal deformity often identified by uneven shoulders or an uneven waistline due to the sideways curvature of the spine.

Q.9 Which of the following is not a cause of sports injury during training?

(A) Sudden increase of load

(B) Lack of proper sports facilities

(C) Poor exercise technique

(D) Proper Warm-Up

Correct Answer: (D) Proper Warm-Up

Solution:

A proper warm-up is essential for preventing sports injuries, as it prepares the muscles and joints for physical activity.

Quick Tip

A well-planned warm-up routine is a key preventive measure to avoid sports injuries.

Q.10 Which of the following is not a soft tissue injury?

(A) Contusion

(B) Sprain

(C) Dislocation

(D) Strain

Correct Answer: (C) Dislocation

Solution:

Dislocation is the displacement of bones at a joint and is classified as a joint injury, not a soft tissue injury like contusions, sprains, and strains.

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Quick Tip

Soft tissue injuries affect muscles, tendons, and ligaments, while dislocations involve joints and bones.

Q.11 Which one of the following is not a symptom of a dislocated shoulder joint?

(A) Pain

(B) Swelling

(C) Instability of joint

(D) Visible bleeding

Correct Answer: (D) Visible bleeding

Solution:

Visible bleeding is not a typical symptom of a dislocated shoulder, while pain, swelling, and joint instability are common signs.

Quick Tip

Symptoms of a dislocated shoulder include severe pain, swelling, and difficulty moving the joint, but not visible bleeding.

Q.12 A tear-like wound caused by either the skin hitting an adjacent object or an object hitting the skin with force will be called:

(A) Abrasion

(B) Contusion

(C) Incision

(D) Laceration

Correct Answer: (D) Laceration

Solution:

A laceration is a tear-like wound caused by blunt force trauma, often seen when the skin is forcibly torn.

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Quick Tip

Lacerations are jagged wounds, unlike abrasions, which are scrapes, or incisions, which are clean cuts.

Q.13 What is the weight of the medicine ball for boys in the Barrow Motor Ability Test?

(A) 2 kg

(B) 3 kg

(C) 6 kg

(D) 1 kg

Correct Answer: (B) 3 kg

Solution:

The Barrow Motor Ability Test uses a 3 kg medicine ball for boys during various physical fitness assessments.

Quick Tip

The Barrow Motor Ability Test is commonly used in physical education to assess motor skills, such as strength, coordination, and endurance.

Q.14 Identify the test item of the Senior Citizen's Fitness Test shown in the picture below:

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(A) Chair sit and reach test

(B) Back Scratch test

(C) Arm curl test

(D) 30-second Chair stand test

Correct Answer: (D) 30-second Chair stand test

Solution:

The 30-second Chair stand test is designed to assess lower body strength and endurance in older adults, which is a key component of senior fitness.

Quick Tip

The 30-second Chair stand test helps evaluate leg strength, which is essential for activities of daily living in seniors.

Q.15 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?

(A) Statics

(B) Dynamics

(C) Kinematics

(D) Kinetics

Correct Answer: (C) Kinematics

Solution:

Kinematics is the branch of mechanics that deals with the motion of objects without considering the forces that cause the motion. It focuses on the displacement, velocity, and acceleration of moving bodies.

Quick Tip

Kinematics focuses on ”how” objects move, while Kinetics focuses on ”why” they move, considering the forces involved.

Q.16 Which of the following options is not the importance of Sports Biomechanics?

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(A) Performance enhancement

(B) Technique improvement

(C) Equipment improvement

(D) Tactical enhancement

Correct Answer: (D) Tactical enhancement

Solution:

Sports Biomechanics deals with improving performance, technique, and equipment based on the mechanical principles of movement. It does not focus on tactical aspects, which are more related to strategy in sports.

Quick Tip

Biomechanics improves performance by analyzing movements to reduce injury risk and enhance efficiency.

Q.17 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

Correct Answer: (B), (C), (D), (A)

Solution:

The correct sequence for managing an abrasion is first to clean the area with sterilized gauze, apply an ointment, cover the wound, and finally, visit a doctor if necessary.

Quick Tip

Always clean the wound first to prevent infection, then apply an ointment and cover it to allow proper healing.

Q.18 Arrange the following procedural steps to conduct the Harvard Step Test in a sequential order from first to last:

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(A) Start at command ”Go”

(B) Stepping up and down in a four-count sequence on the bench

(C) Measure heart rate from one to one and a half minutes

(D) Compute fitness index score

(E) Sit down after completion of the exercise

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

Solution:

The correct sequence begins with the command ”Go,” followed by stepping on the bench, sitting after completing the exercise, measuring heart rate, and finally computing the fitness index score.

Quick Tip

The Harvard Step Test measures cardiovascular fitness by assessing recovery rate after exercise.

Q.19 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

Correct Answer: (A), (C), and (E)

Solution:

Pes Planus (flat feet), Genu Valgum (knock knees), and Genu Varum (bow legs) are deformities not related to the spine, while Kyphosis and Lordosis are spinal deformities.

Quick Tip

Postural deformities like knock knees and bow legs affect the legs, not the spine.

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Q.20 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

Correct Answer: (A), (C), and (E)

Solution:

Gordon Allport proposed that personality consists of three levels of traits: central traits (core characteristics), cardinal traits (dominant traits), and secondary traits (situational traits).

Quick Tip

Allport's theory divides personality into three main traits: Cardinal, Central, and Secondary.

Q.21 Match the types/steps involved in organizing a tournament listed in List-I with their correct associations listed in List-II:

List-I (Tournament Types)	**List-II (Associations)**
(A) Bye	(I) Advantage given to team not playing the first round
(B) Knock-out	(II) Team eliminated after first defeat
(C) Number of byes	(III) Next highest power of 2 - number of teams
(D) Number of teams in upper half (odd teams)	(IV) (Number of teams + 1)/2

Choose the correct answer from the options given below:

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

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(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)

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

Solution:

- A ”Bye” provides an advantage to a team by allowing them to skip the first round.
- In a knock-out tournament, teams are eliminated after a single defeat.
- The number of byes is calculated based on the next power of 2 compared to the number of teams.
- For tournaments with odd numbers of teams, the upper half refers to the number of teams divided by two, adjusted for any byes.

Quick Tip

Understanding the structure of tournaments, including byes and knock-out formats, is essential for organizing competitive events effectively.

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 gen-

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der 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.

Q.22 When did the dramatic rise of female sports participation occur?

(A) First quarter of 21st century
(B) Last quarter of 20th century
(C) Last decade of 18th century
(D) Beginning of 17th century

Correct Answer: (B) Last quarter of 20th century

Solution:

The passage mentions that female participation in sports increased dramatically in the last quarter of the 20th century, driven by a shift towards gender parity and the promotion of women's sports.

Quick Tip

Women's sports saw substantial growth in participation rates

Q.23 Which of the following is not a psychological constraint for women's participation in sports?

(A) Self-confidence
(B) Positive Reinforcement
(C) Stress and Anxiety
(D) Self-Esteem

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Correct Answer: (B) Positive Reinforcement

Solution:

Positive reinforcement is not considered a constraint but rather a factor that can encourage participation. Psychological constraints include low self-confidence, stress, and self-esteem.

Quick Tip

Positive reinforcement, such as family support, plays a key role in encouraging women's participation in sports.

Q.24 What may be the hindrance of equality in sports among women and men?

(A) Increase in the popularity of women in sports

(B) Increase of women sports officials

(C) Institutions and programs are conservative

(D) Promotion of women's participation in India

Correct Answer: (C) Institutions and programs are conservative

Solution:

The passage mentions that institutions and programs that remain conservative hinder gender equality in sports, preventing women from achieving parity with men.

Quick Tip

Conservative sports programs and institutions can limit opportunities for women, reinforcing gender disparity.

Q.25 Which of the following is a physiological reason for women's non-participation in sports?

(A) Pear-shaped body

(B) Heavy limbs

(C) Smaller hearts and lungs

(D) Oblique femur bone

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Correct Answer: (C) Smaller hearts and lungs

Solution:

The passage mentions smaller hearts and lungs, along with other physiological constraints such as lower RBC count, as barriers to women's participation in sports.

Quick Tip

Physiological constraints like smaller heart and lung capacity can affect women's endurance and physical performance in sports.

Q.26 What kind of record does India have in participation of women in sports?

(A) Below average

(B) Rich

(C) Low

(D) Intermediate

Correct Answer: (B) Rich

Solution:

The passage highlights a rich history of women's participation in sports in India, dating back to ancient times, such as the Mahabharata era.

Quick Tip

Despite societal challenges, women in India have a longstanding history of participation in sports.

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

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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 tournaments 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.

Q.27 What kind of proposal was forwarded by the committees in order to provide exposure to potential athletes?

(A) Hosting state-level inter-school competition at school

(B) Hosting annual day

(C) Hosting intramural

(D) Hosting cultural program in school

Correct Answer: (A) Hosting state-level inter-school competition at school

Solution:

The passage mentions that the committee proposed hosting a state-level inter-school competition to provide exposure to potential athletes.

Quick Tip

State-level competitions can help identify and nurture young talent by providing a larger platform.

Q.28 In what manner can the situation of unsportsman-like behavior be avoided?

(A) Guidelines

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(B) Systematic behavior

(C) Systematic process

(D) Instruction

Correct Answer: (C) Systematic process

Solution:

The passage suggests that a systematic process, which includes well-defined roles and responsibilities, could help avoid unsportsman-like behavior during competitions.

Quick Tip

A well-structured process and clearly defined guidelines can prevent conflicts and promote fair play.

Q.29 On what basis were the various sub-committees recommended?

(A) Economic status

(B) Interest and capabilities

(C) Seniority

(D) Potential

Correct Answer: (B) Interest and capabilities

Solution:

The passage states that sub-committees were formed based on the interest and capabilities of the students and teachers.

Quick Tip

Forming sub-committees based on interest and capabilities ensures better engagement and effectiveness.

Q.30 What was the agenda of discussion in the physical education committee meeting?

(A) To organize annual day

(B) To plan a comprehensive program

(C) Finalized guidelines for sports meet

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(D) To promote extramural activity

Correct Answer: (B) To plan a comprehensive program

Solution:

The meeting was held to plan a comprehensive physical education and sports program for all age groups.

Quick Tip

Comprehensive sports programs help cater to the needs and abilities of students across different age groups.

Q.31 In which meeting were the school principal, teachers, and alumni included?

(A) Physical education committee

(B) Academic planning

(C) Intramural

(D) Extramural

Correct Answer: (A) Physical education committee

Solution:

The physical education committee meeting included the school principal, teachers, alumni, and other stakeholders to discuss sports events.

Quick Tip

Inclusive meetings with stakeholders like alumni, teachers, and students provide a holistic perspective for planning sports events.

Q.32 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 taking a short break before starting the workout again?

(A) Speed

(B) Strength

(C) Endurance

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(D) Agility

Correct Answer: (C) Endurance

Solution:

This method helps develop endurance by repeatedly working at high intensity and allowing for short breaks to recover, leading to improved stamina.

Quick Tip

Endurance workouts, involving high-intensity training with short recovery periods, boost cardiovascular fitness.

Q.33 Identify the incorrect statement listed below about sports training:

(A) Based on scientific principles

(B) Helps in improving higher performance

(C) Aims to provide multi-sports experience

(D) Aims to identify individual's best potential

Correct Answer: (C) Aims to provide multi-sports experience

Solution:

Sports training is focused on improving performance in a specific sport rather than providing a multi-sports experience.

Quick Tip

Sports training is typically specialized, aiming to enhance performance in a particular sport, rather than promoting multi-sports experience.

Q.34 Motto of which of the following games includes the words 'Faster, Higher, Stronger, Together'?

(A) Asian Games

(B) Commonwealth Games

(C) Olympic Games

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(D) South Asian Games

Correct Answer: (C) Olympic Games

Solution:

The motto of the Olympic Games is ”Citius, Altius, Fortius – Communiter,” which translates to ”Faster, Higher, Stronger – Together.”

Quick Tip

The Olympic motto emphasizes the spirit of striving for excellence and unity in sports.

Q.35 Which of the following Physical Education/Sports institutions was established in 1920?

(A) S.A.I.

(B) I.O.A.

(C) N.S.N.I.S., Patiala

(D) Y.M.C.A. (Chennai)

Correct Answer: (D) Y.M.C.A. (Chennai)

Solution:

The Y.M.C.A. College of Physical Education in Chennai was established in 1920 and is one of the oldest institutions for physical education in India.

Quick Tip

Y.M.C.A. College of Physical Education has been a pioneer in promoting physical education in India since its establishment in 1920.

Q.36 Roland Garros is related to which of the following tournaments?

(A) Wimbledon

(B) Australian Open

(C) U.S. Open

(D) French Open

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Correct Answer: (D) French Open

Solution:

Roland Garros is the name of the stadium that hosts the French Open, one of the four Grand Slam tennis tournaments.

Quick Tip

The French Open, held at Roland Garros, is the only Grand Slam tournament played on clay courts.

Q.37 How many Byes will be given if 19 teams are participating in a Knock-Out Tournament?

(A) 11

(B) 13

(C) 15

(D) 17

Correct Answer: (A) 11

Solution:

The number of byes is determined by calculating the difference between the next power of 2 (32) and the number of teams (19). Thus, 32 - 19 = 11 byes.

Quick Tip

In knockout tournaments, byes ensure the total number of teams equals a power of 2 for smoother scheduling.

Q.38 Which of the following is not a stimulant?

(A) Amphetamines

(B) Cocaine

(C) Diamorphine

(D) Caffeine

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Correct Answer: (C) Diamorphine

Solution:

Diamorphine is a narcotic (opioid), not a stimulant, while amphetamines, cocaine, and caffeine are considered stimulants.

Quick Tip

Stimulants increase alertness and energy levels, while narcotics like diamorphine act as depressants.

Q 45. _____ fracture occurs when there is a straight break right across the bone.

(A) Greenstick

(B) Strain

(C) Transverse

(D) Comminuted

Correct Answer: (C) Transverse

Solution:

A transverse fracture is a type of bone fracture where the break is at a right angle to the bone's axis, resulting in a straight break across the bone.

Quick Tip

Transverse fractures are clean breaks across the bone and typically result from direct impact or force.

Q.39 _____ fracture occurs when there is a straight break right across the bone.

(A) Greenstick

(B) Strain

(C) Transverse

(D) Comminuted

Correct Answer: (C) Transverse

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Solution:

A transverse fracture is a type of bone fracture where the break is at a right angle to the bone's axis, resulting in a straight break across the bone.

Quick Tip

Transverse fractures are clean breaks across the bone and typically result from direct impact or force.

Q.40 Friction works in_____ of the moving object.

(A) Diagonal

(B) Opposite

(C) Same

(D) Forward

Correct Answer: (B) Opposite

Solution:

Friction is a force that resists motion and acts in the opposite direction to the movement of an object.

Quick Tip

Friction always acts to oppose motion, which is essential for slowing down or stopping moving objects.

Q.41 Flexion is a movement, which occurs in _____ plane.

(A) Sagittal

(B) Frontal

(C) Transverse

(D) Horizontal

Correct Answer: (A) Sagittal

Solution:

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Flexion refers to the bending movement that decreases the angle between body parts and typically occurs in the sagittal plane.

Quick Tip

Movements like flexion and extension occur in the sagittal plane, which divides the body into left and right.

Q.42 In an instrumental aggression, the main aim is to _____.

(A) Cause harm to the opponent physically

(B) Attain non-aggressive goals

(C) Express your feeling of jealousy

(D) Cause harm to the opponent psychologically

Correct Answer: (B) Attain non-aggressive goals

Solution:

Instrumental aggression is when aggressive behavior is used as a means to achieve a goal that is not inherently aggressive, such as winning a game.

Quick Tip

Instrumental aggression aims to accomplish non-aggressive objectives, often in competitive situations.

Q.43 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

Correct Answer: (B), (D), (A), (C)

Solution:

The correct sequence of stretching exercises from toe to head is: Quadriceps stretch (legs),

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Lumbar extension stretch (lower back), Pectoral stretch (chest), and Thoracic extension stretch (upper back).

Quick Tip

When performing stretching exercises, it's helpful to follow a sequence from the lower body to the upper body.

Q.44 Arrange the following number of teams in a sequential order from less to more with respect to the allotment of byes in a Knock-out Tournament:

(A) 05

(B) 14

(C) 32

(D) 12

(E) 63

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

Solution:

The correct sequence, based on the number of byes, is arranged from fewer teams to more: 32, 63, 14, 5, 12.

Quick Tip

Byes are usually given in knockout tournaments to balance the number of matches, particularly when the number of teams isn't a power of two.

Q.45 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)

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(2) (A), (C), (D), (B)

(3) (C), (B), (D), (A)

(4) (B), (C), (D), (A)

Correct Answer: (C), (B), (D), (A)

Solution:

Pes Planus (flat feet) affects the feet, Genu Varum (bow legs) affects the legs, Hollow Back affects the lower back, and Kyphosis affects the upper back.

Quick Tip

Postural deformities often progress from lower body (feet and legs) to upper body (back and spine).

Q.46 Arrange the following fitness tests as per their time requirements 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)

Correct Answer: (B), (D), (A), (C)

Solution:

The 50 meters run test takes the least time, followed by the Partial Curl-Up test. The Walk Test and Harvard Step Test are longer fitness tests.

Quick Tip

When sequencing fitness tests, start with shorter duration tests, such as sprinting or running tests.

Q.47 Which of the following statements is/are true?

(A) Lakshmibai National Institute of Physical Education is the oldest pioneer institute of Physical Education in India.

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(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.

Correct Answer: (C) and (D) only

Solution:

Sports Authority of India (SAI) is responsible for implementing various schemes of the Ministry of Youth Affairs and Sports. N.S.N.I.S. focuses on training and enhancing the technical competence of coaches in India.

Quick Tip

Remember, the Y.M.C.A. College of Physical Education was founded in 1920, and SAI manages sports schemes under the Ministry of Youth Affairs.

Q.48 Causes of disabilities can be broadly classified into which of the following categories?

(A) Pre-Natal

(B) Post-Natal

(C) Pro-Natal

(D) Perinatal

Correct Answer: (A), (B), and (D) only

Solution:

Disabilities can occur during the pre-natal stage (before birth), post-natal stage (after birth), and perinatal stage (around the time of birth). Pro-natal refers to policies or attitudes promoting childbirth, not a cause of disability.

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Quick Tip

Remember, prenatal, postnatal, and perinatal factors can influence disabilities, but ”pro-natal” is unrelated.

Q.49 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

Correct Answer: (B), (C), and (E)

Solution:

Endomorphs typically have a higher percentage of body fat, rounder bodies, and under-developed muscles. They are often pear-shaped.

Quick Tip

Endomorphs have round, softer bodies and struggle with excess body fat but can excel in strength-related sports.

Q.50 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) - (IV), (C) - (I), (D) - (II)

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

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

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

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

Solution:

Manpreet Singh is a hockey player, Anup Kumar is known for Kabaddi, Sunil Chhetri for football, and Bajrang Punia is a wrestler.

Quick Tip

Associate sportspersons with their famous sports for quick identification.

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