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145/12, 146/12, 173/14, 174/14

Question Booklet No./
प्रश्न पुस्तिका संख्या

801890

RKD-02/PGT-PHYEDU/TIER-II/X-16

Write here Roll number and Answer-Sheet No.

यहाँ क्रमांक एवं उत्तर-पत्रिका संख्या लिखें

Roll No./अनुक्रमांक

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Answer Sheet No./उत्तर-पत्रिका संख्या

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Question Booklet Series
प्रश्न पुस्तिका क्रम

A

OBJECTIVE TYPE AND DESCRIPTIVE TYPE TIER - II EXAMINATION

वस्तुनिष्ठ और वर्णनात्मक टियर-II परीक्षा

1. There are two Booklets in Green Seal with OMR Answer-Sheet inserted in the First Booklet. First Booklet is of Objective Type and Second Booklet is of Question-Cum Answer Booklet (Descriptive examination). Candidates must complete the details of Roll Number, etc., in the OMR Answer-Sheet as well as in Question Booklets wherever needed, before he/she actually starts answering the questions, failing which Answer-Sheet will not be evaluated and 'ZERO' mark will be awarded.

Objective Type and Question-Cum Answer Booklet's seals shall be opened in the following manner :

- (a) Opening of Green Seal : 10:15 a.m.
 - (b) Opening of Orange Seal : 10:20 a.m.
 - (c) Opening of Blue Seal : 12:30 p.m.
2. You are required to first handover your OMR Answer-Sheet to Invigilator at sharp 12:30 p.m. and afterwards Question-Cum Answer Booklet (Descriptive Examination) at 1:30 p.m.

1. हरी सील के अन्तर्गत दो पुस्तिकाएँ हैं एवं पहली पुस्तिका में ओ.एम.आर. उत्तर-पुस्तिका संलग्न है। पहली पुस्तिका वस्तुनिष्ठ और दूसरी पुस्तिका प्रश्न-उत्तर पुस्तिका (वर्णनात्मक परीक्षा) की है। अभ्यर्थी को प्रश्नों के उत्तर लिखने से पहले प्रश्न पुस्तिकाओं एवं ओ.एम.आर. उत्तर-पत्रिका पर आवश्यकतानुसार रोल नं. तथा अन्य विवरण भरना चाहिए अन्यथा उत्तर-पत्रिका जाँची नहीं जाएगी और शून्य अंक दिया जाएगा।

वस्तुनिष्ठ और प्रश्न-उत्तर पुस्तिका नमूना की सील निम्न विधि से खोलें :

- (क) हरी सील खोलने का समय : 10:15 बजे
 - (ख) नारंगी सील खोलने का समय : 10:20 बजे
 - (ग) नीली सील खोलने का समय : 12:30 बजे
2. आप से अपेक्षा की जाती है कि सर्वप्रथम अपनी ओ.एम.आर. उत्तर-पत्रिका ठीक 12:30 बजे और पुनः प्रश्न-उत्तर पुस्तिका (वर्णनात्मक परीक्षा) दोपहर 1:30 बजे निरीक्षक को जमा करें।

इस पुस्तिका की सील तब तक न खोलें जब तक कहा न जाए

A



1

RKD-02/PGT-PHYEDU/TIER-II/X-16

SEAL

1. Name the founding father of the Asian games.
 - (a) Maharaja Yadavendra Singh of Patiala
 - (b) Pt. Jawaharlal Nehru
 - (c) Rajkumari Amrit Kaur
 - (d) Prof. Guru Dutt Sondhi

2. To complete a full circuit of the body, a drop of blood takes approximately
 - (a) one minute
 - (b) 30 seconds
 - (c) 50 seconds
 - (d) one and half minutes

3. An example of hinges joint is found at the
 - (a) vertebral column
 - (b) junction of atlas and axis
 - (c) knee
 - (d) glenoid cavity

4. Much of the motor-skill learning takes place during
 - (a) puberty
 - (b) infancy
 - (c) childhood
 - (d) adolescence

5. The earliest name for physical education teachers in schools was
 - (a) drill masters
 - (b) physical training instructors
 - (c) skill masters
 - (d) physical educators

6. Which of the following is beyond of the scope of discussion on health ?
 - (a) Hygiene
 - (b) Disease
 - (c) Deformity
 - (d) Death

7. Sports training is a long-term phenomenon, and there are
 - (a) no short – cuts in it.
 - (b) simple procedures involved in it.
 - (c) undulated paths to tread.
 - (d) wide options to choose from.

8. What in your opinion is central to all research ?
 - (a) Instrument
 - (b) Procedure
 - (c) Questions
 - (d) Hypothesis

9. Which of the following require terms does not denote test ?
 - (a) Muscular strength
 - (b) Playing ability in soccer
 - (c) Shooting ability in basketball
 - (d) Running speed

10. The earlier term used for management was
 (a) administration (b) organization
 (c) coordination (d) direction
11. Decimal system uses the numbers from 0 to _____.
 (a) 8 (b) 9
 (c) 16 (d) None of the above
12. Which is the highest award given to the coach in India ?
 (a) Arjun Award (b) Rajiv Khel Ratna Award
 (c) Dronacharya Award (d) Visistha Jyoti Award
13. Man in motion is the focus of attention only in
 (a) Kinesiology (b) Bio-mechanics
 (c) Physical Education (d) Vigorous recreation
14. In anatomical language, the heart muscle is called
 (a) pericardium (b) endocardium
 (c) myocardium (d) epithelium
15. The major function of the ligaments in the body is to
 (a) prevent joint dislocation (b) reduce friction in joints
 (c) act as levers (d) coordinate movements
16. Which of the theories of motivation has biological orientation ?
 (a) Need theory (b) Drive theory
 (c) Instinct theory (d) Humanistic theory
17. In which year was the Master of Physical Education course introduced in the country ?
 (a) 1961-62 (b) 1962-63
 (c) 1963-64 (d) 1964-65
18. Health is primarily a responsibility of the
 (a) community (b) individual
 (c) state (d) parents
19. As a general rule, children should not train for more than
 (a) 10 – 16 hours a week (b) 12 – 18 hours a week
 (c) 16 – 22 hours a week (d) 18 – 24 hours a week

20. The end-product of all research is
- better procedures and more research
 - confirmation or rejection of hypothesis
 - a vivid understanding of the subject
 - a body of knowledge
21. Motor ability tests and fitness and athletic skill test produce response which can be recorded
- quantitatively
 - qualitatively
 - subjectively
 - mechanically
22. The essence of management in any field of human interaction is
- coordination
 - coexistence
 - cooperation
 - co-action
23. RAM stands for
- Random Allowed Memory
 - Ready Access Memory
 - Random Access Memory
 - None of the above
24. Uber cup associated with
- Squash
 - Table Tennis
 - Badminton
 - Tennis
25. Man and woman differ with each other in almost every thing except
- mental ability
 - sexual anatomy
 - physical features
 - physiological functioning
26. During very strenuous exercise, the major reason for the onset of fatigue is
- carbon dioxide
 - oxygen debt
 - depletion of glycogen
 - lactic acid formation
27. Hyperextension occurs when the extension is beyond
- 60°
 - 90°
 - 120°
 - 180°
28. All top sportspersons are characterized by a/an
- powerful urge for winning
 - high need for achievement
 - strong desire to create records
 - ambition to amass wealth

29. Through how many Regional Committees does National Council of Teacher Education work ?
- (a) Two (b) Four
(c) Five (d) Six
30. In the matter of health, one should always
- (a) follow traditions and customs. (b) act upon parental advice.
(c) be guided by the light of science. (d) believe in prevention, not cure.
31. The two major components of load are
- (a) specificity and volume. (b) intensity and volume.
(c) intensity and progression. (d) continuity and recovery.
32. Philosophical research is also known by the name of
- (a) rational research (b) perceptual research
(c) conceptual research (d) behavioural research
33. What really gives meaning to tests and measurements ?
- (a) Precision used in recording data
(b) Interpretation of recorded facts
(c) Principled evaluation
(d) Analysis of testing procedure
34. A state sport association differs from its national body in
- (a) objective (b) function
(c) jurisdiction (d) constitutional status
35. For setting up your modem to access for using Internet, you would use which necessary ?
- (a) Dial up networking (b) Monitor
(c) CD Player (d) None of these
36. Who is the authority to govern sports in India ?
- (a) Sports Council of India (b) Sports Authority of India
(c) Indian Olympic Association (d) None of the above
37. The National Plan of Physical Education- 1956 was formulated by
- (a) Laxmibai College of Physical Education
(b) Union Ministry of Education
(c) All India Council of Sports
(d) Central Advisory Board of Physical Education and Recreation

38. A state of anaemia occurs when there is decrease in
- (a) blood plasma (b) blood platelets
(c) blood sugar (d) haemoglobin
39. Levers in the body produce force to
- (a) create movement (b) overcome resistance
(c) accelerate an object's velocity (d) catapult an object into the space
40. A person's perception of his/her own personality traits is reflected in his
- (a) self-esteem (b) self-concept
(c) self-efficacy (d) self-regard
41. The entry qualification for the B.P.Ed. course is
- (a) Bachelor of Arts degree (b) Bachelor of Science degree
(c) Senior Secondary + C.P.Ed. (d) Bachelor's degree in any subject
42. A perfect food, known as nutrition is one that
- (a) satisfies out hunger. (b) contains all elements of food.
(c) has been cooked very well. (d) is extremely appetizing.
43. The total work done in a training session is termed as
- (a) volume (b) intensity
(c) frequency (d) density
44. Challenging research questions are selected only by those who
- (a) possess intellectual capacity. (b) receive the best guidance.
(c) have resources at their command. (d) can think ahead of times.
45. Name the most valid form of evaluation.
- (a) Hunch-based (b) Calculated-guess based
(c) Well-established criteria based (d) Rational approach based
46. The school intramural programme virtually serves as an excellent ground for
- (a) skill development (b) basic instructional work
(c) testing skill proficiency (d) student recreation
47. In Excel formula start with
- (a) = sign (b) + sign
(c) , sign (d) ""sign

48. Insulin is produced by
 (a) Sex glands (b) Pancreas
 (c) Thyroid gland (d) None of these
49. The only way to keep muscles well-tones is to
 (a) keep them always moving.
 (b) exercise them properly and adequately.
 (c) massage them with oil every morning.
 (d) engage in yogic twists and turns.
50. Physical exercise done in the presence of oxygen is called
 (a) aerobic (b) anaerobic
 (c) isometric (d) isokinetic
51. Acceleration is defined as change in an object's
 (a) position (b) direction
 (c) velocity (d) movement
52. Individual differences among people exist in
 (a) body and mind (b) skill and ability
 (c) thought and action (d) all personality variables
53. Which of the following fields of human activity is unavoidably tied to values ?
 (a) Trade (b) Business
 (c) Teaching (d) Acting in films
54. How many calories does one gram of carbohydrate provide ?
 (a) Four (b) Five
 (c) Six (d) Seven
55. The duration of one macro-cycle of sports training is
 (a) 12 months (b) 10 months
 (c) 8 months (d) 6 months
56. Sampling is considered to be a key to
 (a) historical research (b) philosophical research
 (c) library research (d) precise measuring tools
57. Which of the two characteristics of a test are very closely inter-related ?
 (a) Norms and validity (b) Reliability and validity
 (c) Objectivity and validity (d) Reliability and objectivity

58. Both intramural and extramural athletic competitions should contribute to
- (a) develop athletic talent (b) educational objectives
(c) participants physical welfare (d) institutional prestige
59. Which of the following networking solution is suitable for networking in a building ?
- (a) LAN (b) WAN
(c) MAN (d) All of the above
60. The test of significance used for comparing two means is
- (a) F-test (b) Chi-square
(c) T-test (d) None of the above
61. The Indian Olympic Association was formed in
- (a) 1927 (b) 1952
(c) 1937 (d) 1947
62. By which of the following instruments is the vital capacity measured ?
- (a) Lactometer (b) Goniometer
(c) Spirometer (d) Thermometer
63. What is impossible to change when a body is in the air ?
- (a) Shape of the body (b) Position of the body
(c) Mass of the body (d) Movement of the body
64. In education what is most affected by individual differences among children ?
- (a) Curriculum (b) Teaching methodology
(c) Time table (d) Teacher appointment
65. Where do the athletes acquire ethical values such as sportsmanship from ?
- (a) Co-athletes and seniors (b) Teachers and coaches
(c) Game officials (d) Parents and elders
66. By what other name is health-related fitness best known ?
- (a) Aerobic fitness (b) Cardiovascular fitness
(c) Motor fitness (d) General fitness
67. As far as fitness is concerned, priority training is a basic form of
- (a) endurance training (b) speed training
(c) relaxation training (d) weight training

68. Random selection indicates a process of sampling which is
- (a) least haphazard (b) highly mechanized
(c) "free and uncontrolled" (d) perfectly scientific
69. An obstacle race is a good measure of
- (a) co-ordination (b) speed of movement
(c) body strength (d) extent flexibility
70. What is absolutely necessary in planning and construction of sport infrastructure ?
- (a) A clear policy and values system.
(b) An insight and experience.
(c) A broad vision, a dynamic outlook, and a flexible attitude.
(d) An upright futuristic approach.
71. What do you call the documents found on the www ?
- (a) A link (b) A page
(c) A node (d) A spider
72. The circuit training was first started, explained and studies by
- (a) Morgan and Adamson (b) Clarke and D. Clarke
(c) Scholich (d) None of these
73. The human heart is about the size of a/an
- (a) average size apple. (b) hen's egg.
(c) man's closed fist. (d) big almond.
74. Which of the following is mainly responsible for clotting of the blood ?
- (a) Thrombocytes (b) Haemoglobin
(c) Leucocytes (d) Phagocytes
75. The class I lever is built for
- (a) speed (b) equilibrium
(c) strength (d) range of motion
76. If the captain of a team is a permissive type leader, the team will
- (a) hardly produce good results (b) give out best performance
(c) strive for rank improvement (d) believe in do or die principle

77. Qualifications and pay scales of physical education teachers working in colleges and universities are prescribed by
- (a) Central Government (b) State Governments
(c) Pay Commissions (d) University Grants Commission
78. The key component of health-related fitness is
- (a) flexibility (b) muscular strength
(c) cardio-vascular endurance (d) body composition
79. What is the central core of circuit training ?
- (a) Exercise intensity (b) Exercise density
(c) Exercise volume (d) Exercise continuity
80. The philosophical data are generally in the form of
- (a) numerical items (b) measureable variables
(c) ideas, beliefs, values, attitudes etc (d) quantifiable assertions
81. Most definitions of fitness are in total agreement that fitness as such is
- (a) general (b) specific
(c) total (d) range of movement
82. The world over, great teachers are known for their
- (a) fund of knowledge (b) strength of character
(c) high erudition (d) teaching styles
83. Which two are output devices ?
- (a) Monitor and Printer (b) Storage – disks (Floppy, CD)
(c) Keyboard and Mouse (d) Windows 2000, Windows NT
84. Mode, median and mean are measure of central tendency
- (a) true (b) false
(c) partially true (d) partially false
85. Which of the following is a matter of inheritance ?
- (a) Personality traits (b) Habits & routines
(c) Character (d) Manners & etiquettes
86. If the muscle tension is sustained longer, it will produce
- (a) muscle tear (b) muscle soreness
(c) aches and pains (d) mental distress

87. Walking barefoot on sand or rough ground helps to correct
- (a) flat feet (b) club feet
(c) curved feet (d) outward pointing feet
88. What has attracted the economists towards sports these days ?
- (a) The media publicity (b) Growth of sports industry
(c) High stakes on athletes (d) Cut-throat competition
89. Which of the following agencies decides the nomenclature of various teacher training courses in physical education ?
- (a) Education Ministry
(b) State Education Department
(c) National Council of Teacher Education
(d) National Council for Educational Research and Training
90. In most cases of obesity, the strongest reason is
- (a) eating junk food (b) doing no exercise
(c) nibbling between meals (d) excessive eating
91. A long term training plan may spread over
- (a) one year (b) 2-3 years
(c) 3 to 5 years or even more (d) endless time
92. Historical research is also known as
- (a) biographical research (b) demographic research
(c) retrospective research (d) introspective investigation
93. For boys, the height of the bench in Harvard Step Test is
- (a) 15 inches (b) 20 inches
(c) 24 inches (d) 30 inches
94. An immediate and fruitful follow-up to a lecture is
- (a) practical demonstration (b) storming session
(c) introspection (d) discussion
95. To save an existing file with a new name or to a new location, you should use the _____ command.
- (a) Save (b) Save as
(c) Save and replace (d) New file

96. A perfect positive correlation indicates
 (a) + 1 (b) Zero
 (c) Both of these (d) None of these
97. The quality of life is directly related to
 (a) the state of one's health (b) one's nutritional status
 (c) individual's mind-set (d) fulfilment of needs
98. Which of the following drugs is not banned by the International Olympic Committee?
 (a) Alcohol (b) Marijuana
 (c) Cocaine (d) Ephedrine
99. In movement, bones play the role of
 (a) coordinators (b) axial
 (c) levels (d) movers
100. What has made Olympic Games a profit-making phenomenon than ever before?
 (a) Their philosophy and ideal (b) The education of the youth appeal
 (c) The media involvement in a big way (d) The global sponsorships
101. Common sense says that a true physical education teacher, as a priority, must have
 (a) utmost respect for the profession.
 (b) love for health, fitness, movement and children.
 (c) a strong passion for sport and sport competition.
 (d) good communication skills.
102. What is main cause of constipation among children?
 (a) Insufficient roughage in their diet.
 (b) Lack of punctual and regular toile habits.
 (c) Excessive use of junk food.
 (d) Not too good food chewing habits.
103. The thrill of all sport lies in
 (a) competition (b) performance
 (c) winning (d) participation
104. What kind of problem is best for an individual (researcher)?
 (a) The one suggested by his supervisor
 (b) The one attempted by others in different contexts
 (c) A beaten-track problem
 (d) His own problem

105. The total number of test items in the famous Kraus Weber Test is
(a) five (b) six
(c) four (d) three
106. A written teaching / activity lesson plan is truly known as a
(a) subject guide (b) topic / activity guide
(c) class guide (d) teacher guide
107. The term 'bit' is stand for
(a) megabyte (b) binary language
(c) binary digit (d) ternary number
108. In basketball the radius of the centre circle is
(a) 1.80 m (b) 1.60 m
(c) 2 m (d) 1.75 m
109. What exact duration has been fixed for the Summer Olympic Games ?
(a) 18 days (b) 15 days
(c) 16 days (d) 20 days
110. How many hours before competition should athletes have carbohydrate-loading ?
(a) 8 – 10 hours (b) 6 – 9 hours
(c) 1 – 4 hours (d) 3 – 6 hours
111. Muscles that are attached to the skin of the face allow us to
(a) chew food well (b) move jaw in various ways
(c) express our emotions (d) perform facial movement
112. Which of the following tremendously has increased the general interest in sports ?
(a) Coverage of sports in daily newspapers
(b) Sports journals and magazines
(c) Live reporting on radio and television
(d) Increasing sports journalism
113. A holistic curriculum of physical education exists in
(a) teacher's lessons
(b) syllabus and textbooks
(c) children's experiences at school
(d) classroom interactions

114. In which of the following substance is haemoglobin very rich ?
(a) Calcium (b) Magnesium
(c) Potassium (d) Iron
115. Which of the following techniques is not a psycho-regulation technique ?
(a) Bio-feedback (b) Autogenic training
(c) Thought-stopping (d) Motor skill training
116. What kind of variables are under the control of the research scholar ?
(a) Dependent variables (b) Extraneous variables
(c) Intervening variables (d) Independent variables
117. The sit-up test, the duration of which is 30 seconds, is a test of
(a) agility, strength and flexibility.
(b) abdominal strength, endurance and speed.
(c) back strength, speed and flexibility.
(d) dynamic balance, muscular power and speed.
118. Acquisition of specialized sports skills leads the students to
(a) perform movements skilfully.
(b) become good players.
(c) develop into specialists.
(d) do things economically.
119. Servers are computers that provide resources to other computers connected to a
(a) network (b) mainframe
(c) supercomputer (d) None of these
120. Which of the following games is also known as Ping Pong ?
(a) Badminton (b) Lawn Tennis
(c) Table Tennis (d) Bowling
121. The only way to build muscles and lean body mass is to engage in
(a) strength training (b) endurance running
(c) interval training (d) fartlek training
122. Muscles contract more forcefully if they are put on
(a) alert (b) stretch
(c) readiness (d) flexion

123. In sport psychology, the concept of an athletic personality
- (a) has becomes more profound
 - (b) is yet to crystallize
 - (c) is a far-fetched idea
 - (d) is an impossibility
124. The physical activity programme for adolescents must necessary be
- (a) development-orientated
 - (b) competition-oriented
 - (c) achievement-oriented
 - (d) performance-oriented
125. Which of the following organs of the body is considered most sensitive ?
- (a) Throat
 - (b) Eyes
 - (c) Ears
 - (d) Nose
126. According to rules, the temperature of water in the swimming pool should be around
- (a) 26 °C
 - (b) 27 °C
 - (c) 28 °C
 - (d) 29 °C
127. Which of the following is called the blue print of procedures in experimental research ?
- (a) Design
 - (b) Instruments
 - (c) Laboratory controls
 - (d) Variables
128. The anthropometric measurements shall be most accurate only if these are
- (a) monitored by trained persons.
 - (b) taken with help of very precise instruments.
 - (c) recorded in proper form.
 - (d) inked immediately after measurement.
129. A lead-activity is generally in the form of a/an
- (a) fundamental skill
 - (b) recreational game
 - (c) modified skill / drill
 - (d) unrelated activity
130. Which of the following is not hardware ?
- (a) Magnetic tape
 - (b) Printer
 - (c) VDU terminal
 - (d) Assembler
131. The number of personal foul disqualify a player from the basketball game is
- (a) 3
 - (b) 2
 - (c) 4
 - (d) 5

132. There is no muscle contraction during
- (a) isotonic workouts (b) ballistic exercises
(c) isometric exercises (d) isokinetic bursts
133. Which of the following are involved in injuries called "sprains" ?
- (a) Bones (b) Tendons
(c) Ligaments (d) Blood vessels
134. What kind of skills does javelin throw involve ?
- (a) Projecting skills (b) Propelling skills
(c) Throwing skills (d) Lifting skills
135. What is listed next to formal instruction in physical education ?
- (a) Extramural contests (b) Intramural competitions
(c) Outings (d) Adventure sports
136. Which of the following eatables are enemies of teeth ?
- (a) Bakery products (b) Nuts and fruits
(c) Bony meat (d) Chewing gums & chocolates
137. In a track & field meet, a Marshal is appointed to ensure that
- (a) athletes observe utmost discipline.
(b) the arena is kept clear of the unauthorized individuals.
(c) unwanted element in the audience keep low profile.
(d) proper records of the events held are maintained.
138. A selected group of subjects constitutes a large sample only if it has more than
- (a) 30 individuals (b) 20 individuals
(c) adequate number of individuals (d) around 30 individuals
139. The skin-fold caliper is used for assessment of
- (a) quality of skin (b) thickness of skin
(c) subcutaneous fat tissue (d) adipose tissue at specific sites
140. Effective supervision is one that helps the physical educational teacher to
- (a) grow in stature professionally
(b) develop good personality
(c) assert on the environment
(d) engage in some kind of research

141. The difference between memory and storage is that the memory is _____ and storage is _____.
- (a) temporary, permanent (b) permanent, temporary
(c) slow, fast (d) None of the above
142. Todd Memorial Trophy is associated with
- (a) Basketball (b) Cricket
(c) Football (d) Kabaddi
143. Which of the following don't constitute aerobic ?
- (a) Rhythmic exercises (b) Cycling
(c) Calisthenics (d) Yogic practices
144. In which of the following sports events, power is often considered as a key to success ?
- (a) Steeple chase (b) Pole vault
(c) Road walk (d) Cycling
145. What principle is applied in high jumping case ?
- (a) Use and disuse (b) Transfer of momentum
(c) Action and reaction (d) Vertical projection
146. To which level of education are intramural competitions very relevant ?
- (a) School (b) College
(c) University (d) All levels
147. Who of the following needs greatest opportunity for free play ?
- (a) Pre-adolescents (b) Young children
(c) Old people (d) Women
148. The area of performance for floor exercises in gymnastics shall be
- (a) 10 m × 10 m (b) 12 m × 12 m
(c) 15 m × 15 m (d) 16 m × 16 m
149. A checklist is often compared to a
- (a) housewife's list of shopping items.
(b) ledger with a storekeeper.
(c) list of items in a questionnaire.
(d) inventory of files in an office.

150. The most economical and the most widely used objective method of body composition is
- (a) weighing under-water (b) skin-fold caliper
(c) soft tissue X-ray (d) ultrasound
151. Adapted physical education programme is meant for
- (a) outstanding sportspersons
(b) physically and intellectually challenged people
(c) tribal and backward ethnic groups
(d) injured and chronically ill individuals
152. Hard disk drivers are considered _____ storage.
- (a) flash (b) non-volatile
(c) temporary (d) None of these
153. For India, 1928-Olympiad was memorable occasion because
- (a) the Indian Olympic Association had come into existence.
(b) the hockey team fielded by India won the Olympic gold.
(c) some Indian athletes participated in the Games.
(d) India came to be recognized as a sporting nation.
154. Which of the following is considered as an active form of warm-up ?
- (a) Diathermy (b) Calisthenics
(c) Hot water showers (d) Oil massage
155. Lifting your arms sideways as in a jumping jack is an example of
- (a) rotation (b) circumduction
(c) abduction (d) folding motion
156. The time table, so constructed, must aim at
- (a) speedy achievement of objectives
(b) optimal utilization of time available
(c) ingenious use of infrastructure and faculties
(d) continuity in the activities term to learn
157. In international matches, a hockey team comprises of
- (a) 16 players (b) 11 players
(c) 18 players (d) 20 players
158. Clinical interview is used as a research techniques mostly by
- (a) educationists (b) media persons
(c) sports medicine doctors (d) psychologists

159. Body composition is an important component of
- (a) health-related fitness (b) motor fitness
(c) sport fitness (d) performance-related fitness
160. A word in a web page that, when clicked, opens another document and options :
- (a) anchor (b) hyperlink
(c) reference (d) URL
161. I.A.A.F. is related with
- (a) Track and Field (b) Volleyball
(c) Football (d) Badminton
162. The most serious hazard to a child's growth and development is caused by
- (a) lack of exercise (b) ecological degradation
(c) psychosomatic disorders (d) malnutrition
163. In all sprinting races, the most important factor is
- (a) athlete's leg length
(b) leg power
(c) kind and quality of the muscle fiber
(d) heart size of the runner
164. Further in fosbury flop, when raising the hips at the cross bar, the jumper
- (a) raises his head and legs (b) shrugs his shoulders
(c) lowers his head and legs (d) tucks in his head
165. In survey research, which of the following is the most cost-effective way of data collection ?
- (a) Physical testing (b) Interview
(c) Questionnaire (d) Personal interaction
166. If you subtract your fat-weight from your body-weight, you will get your
- (a) lean body-weight (b) total body-weight
(c) ideal body density (d) best body image
167. I.A.A.F. means
- (a) International Armature Athletic Federation
(b) International Association of Athletic Federation
(c) Both (a) & (b)
(d) None of these
168. A person's posture is most influenced by his
- (a) movement habits (b) home environment
(c) life-style (d) nutritional status
169. Sprains in the knee, wrist or ankle often occur on account of
- (a) bad falls (b) hanging and swinging
(c) excessive twisting motion (d) tendon tearing

170. The number of movements possible in our spine are
 (a) two (b) four
 (c) six (d) just one
171. Pearson-Product correlation technique is used when
 (a) both variables are ordinal.
 (b) both variables are metric.
 (c) one variable is metric and other ordinal.
 (d) two variables are dichotomous.
172. Much difference in body form is due to
 (a) health factors (b) fitness factors
 (c) genetic factors (d) lifestyle factors
173. Direction of the Runway shall be
 (a) Left hand side (b) Right hand side
 (c) Both of these (d) None of these
174. The bio-psychological law of heredity – like begets like –literally means that
 (a) man is capable of reproduction
 (b) human beings reproduce human beings
 (c) parent give birth to children like them only
 (d) children go after their parents only
175. Most exercise-related stress fractures – hair – like cracks in the bones – occur
 (a) above the neck (b) in the vertebrae
 (c) in the hands (d) below the knees
176. In doing pushups which of the following muscles are at work ?
 (a) Abdominals (b) Oblique muscles
 (c) Pectorals (d) Trapezius
177. The chi-square is one of the most popular statistics because it is
 (a) very useful for novices. (b) applied in most research.
 (c) easy to calculate and interpret. (d) good for testing hypothesis.
178. The person responsible for the correct conduct of the meeting is
 (a) Technical Manager (b) Manager
 (c) Referees (d) None of these
179. Today, the national coaching scheme is controlled directly by the
 (a) National Sports Federation
 (b) Sport Authority of India
 (c) Netaji Subhas National Institute of Sports, Patiala
 (d) Indian Olympics Association

180. Dislocations occur most commonly in such sport as
 (a) cycling (b) diving
 (c) archery (d) gymnastics
181. Shot is put, not thrown no doubt, but what is the aim ?
 (a) Distance (b) Height
 (c) Speed (d) Velocity
182. The Null Hypothesis is also known by the name of
 (a) no-difference hypothesis (b) alternative hypothesis
 (c) research hypothesis (d) statistical hypothesis
183. In volleyball assistance to the referees is known as
 (a) Co-ordinator (b) Judge
 (c) Time Keeper (d) Umpire
184. Which of the following games is most popularly played in the Commonwealth Countries ?
 (a) Hockey (b) Cricket
 (c) Horse Polo (d) Lawn Tennis
185. Systematic weight training may lead to tremendous development in
 (a) reaction time (b) speed of movement
 (c) muscular strength (d) strength-endurance
186. Vibrant is a movement carried out on the
 (a) joint (b) bone
 (c) muscle (d) skin
187. The major objective of a research report is to
 (a) enable the researcher to earn a degree.
 (b) proliferate knowledge by publishing it.
 (c) communicate a set of ideas or facts.
 (d) stimulate more research on the subject.
188. The competitor in high jump will Take-take off with
 (a) one feet (b) two feet
 (c) both of above (d) None of these
189. Which of the following sciences proposed the "Law of Use and Disuse" ?
 (a) Physics (b) Biology
 (c) Chemistry (d) Psychology
190. The world's most popular stimulant drug found in tea, coffee, cola drinks, diet pills etc., is
 (a) caffeine (b) cocaine
 (c) cocoa (d) coke

191. The location of take off board from the nearer end of landing area in triple jump for men shall be
(a) 13 m (b) 11 m
(c) 3 m (d) 21 m
192. Trial and error learning is also known as
(a) organized learning (b) self-learning
(c) instinctive learning (d) informal learning
193. Rapid weight loss over 24 to 48 hours can only be attributed to
(a) appetite loss (b) hard workout
(c) water loss (d) fasting
194. Width of the runway of javelin is
(a) 5 m (b) 7 m
(c) 6 m (d) 8 m
195. For sociologists physical education is a/an
(a) lifetime education (b) moral education
(c) education of body (d) value-based education
196. Complex carbohydrates are not found in
(a) fruits (b) rice
(c) pasta (d) breads
197. Which of the following injuries you simply can't treat yourself?
(a) A fracture (b) A sprain
(c) A contusion (d) An abrasion
198. Which of the following is a passive form of massage?
(a) Massage (b) Jogging
(c) Yoga (d) Calisthenics
199. The difference between systolic and diastolic pressure is known as
(a) pulse count (b) pulse rate
(c) pulse pressure (d) pulse difference
200. Which of the two therapies do contra-baths combine?
(a) Diathermy and cryo-therapy
(b) Hydrotherapy and thermo-therapy
(c) Cryo-therapy and thermo-therapy
(d) Electro-therapy and naturopathy

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