

CUET Physical Education Solution

SET C

Ques 1. Which of these personality traits were proposed by modern trait theorist Gordon Allport in 1936?

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

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

Ans. (1)

Explanation: The Gordon Allport proposed three traits Central traits, Cardinal traits and Secondary traits. The answer should include these traits so from the above options (1) is correct.

Ques 2. Arrange the following procedural steps to conduct Harvard Step Test in a sequential order from 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)

Ans. (4)

Explanation: (A) Start at command Go : This starts the test.

- (B) Stepping up and down in a four count sequence on the bench: This is the exercise of the test.
- (E) Sit down after completion of exercise: you stop exercising after the specified period or when you feel tired.
- (C) Measure heart beat from one to one and a half minutes: You check your heart rate for the stipulated period of time to determine recovery.
- (D) Compute fitness index score: From the heart rate data one can determine the fitness level by using the provided formula.

Ques 3. 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

Ans. (3)

Explanation: Kyphosis, Lordosis: These are abnormal curvatures of the thoracic or lumbar regions of spine respectively.

- Genu Valgum (Knock Knees): This is a condition where the knees touch each other when the patient stands with his/ her feet close together. It does not deform the spine; it only affects the leg alignment.
- Genu Varum (Bow Legs): This is the opposite effect of knock knees when standing with feet together the knees are apart. It also impacts leg alignment instead on the spine.
- Pes Planus (Flat Feet): This is a condition where the foot structure takes a flat appearance due to a condition known as pes planus which is not directly associated with the spine.

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

Ans. (4)

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.

5. 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

Ans. (2) Last quarter of 20th century

6. 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

Ans. (2) Positive Reinforcement

7. What may be the hindrance of equality in sport among women and men ?

- (1) Increase of popularity of women in sport

- (2) Increase of women sports officials
- (3) Institutions and programmes are conservative
- (4) Promotion of women's participation in India

Ans. (3) Institutions and programmes are conservative

8. 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

Ans. (3) Smaller hearts and lungs

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

- (1) Below average
- (2) Rich
- (3) Low
- (4) Intermediate

Ans. (2) Rich

10. 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

Ans. (3)

Explanation: Here's why:

- Speed: It should be understood that speed is used in the workout described above but it is not the main objective. The short bursts are for raising the heart rate and not necessarily for attaining the fastest speed.
- Strength: This type of workout would not generally aim to improve strength. It should be noted that strength training normally incorporates the use of resistance and longer recovery intervals.
- Agility: Agility is quick directional change and would not be stressed in this type of situation with short sprints in a straight line (or similar fashion).
- Cardiovascular endurance, on the other hand concentrates on the supply of oxygen to working muscles during continuous exercise. High-intensity intervals improve the body's ability to perform this process better and enhance the ability to maintain a higher heart rate for longer periods over time.

11. 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

Ans. (3)

Explanation: Here's why:

- (1) Based on scientific principles: This is an essential component of sports training. Training programs are planned based on physiological

principles such as exercise physiology, muscle mechanics, and nutrition for providing maximum performance outcomes.

- (2) Helps in improving higher performance: This is a primary goal of sports training. It involves skill training, strength training, endurance training, and other special training components of the sport-specific nature.
- (4) Aims to identify individual's best potential: This is one of the most important aspects of sports training. Trainers and coaches analyze athletes and their abilities and identify the potential of the athlete to generate specific training programs aimed at utilizing the potential of the athlete in that specific sport.
- (3) Aims to provide multi-sports experience: However, it does not mean that cross-training, which involves using movements from other sports, is the goal of sports training; rather, it is achieving excellence in a particular sport. Participation in more than one sport might be advantageous during early learning or for overall health and well-being, but sport specialization focuses exclusively on refining tactical and technical aspects of one sport.

12. 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

Ans. (3) Olympic Games

Explanation: Motto that includes the words 'Faster, Higher, Stronger, Together' belongs to the Olympic games.

13. 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)

Ans. (4)

Explanation: YMCA is a global organization associated with the conducts of health and fitness.

Historical evidence can point to the existence of a YMCA branch in Chennai during the 1920's and it is possible that physical education or sports was offered at the branch.

14. Roland Garros is related to which of the following tournament?

- (1) Wimbledon
- (2) Australian Open
- (3) U.S. Open
- (4) French Open

Ans. (4)

Explanation: The French Open is also known as Roland Garros is an important tennis tournament organised in Paris, France every year. It's one of the four Grand Slam tournaments in tennis that plays on clay courts.

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

- (1) 11

- (2) 13
- (3) 15
- (4) 17

Ans. (2)

Explanation: Here's how to find the number of byes:

- Find the next highest power of 2: The number immediately just greater than 19 in the power of 2 is 2^5 or 32.
- Subtract the number of teams: $32 - 19 = 13$.

Thus, there will be 13 byes given in a knock-out tournament with 19 teams.

16. Which of the following is not a stimulant?

- (1) Amphetamines
- (2) Cocaine
- (3) Diamorphine
- (4) Caffeine

Ans. (3) Diamorphine

Explanation: Diamorphine also known as heroin is an opioid. It depresses the central nervous system, leading to a feeling of relaxation.

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

- (1) Greenstick
- (2) Strain
- (3) Transverse
- (4) Comminuted

Ans. (3)

Explanation: Here's why:

- Greenstick fracture: This is an incomplete fracture that only occurs in children where only one side of the bone is deformed without a clean break.
- Strain: This is not a bone fracture; it is a soft tissue injury that occurs when muscles or tendons or ligaments are stretched or torn.
- Comminuted fracture: This means that instead of just a straight fracture of the bone there are several fractures of the bone.

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

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

Ans. (2) Opposite

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

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

Ans. (1)

Explanation: Sagittal plane divides the body into right and left halves. Exercises in this plane include flexion or extension at a joint like bending the elbow (bicep curl) or knee (squat). These movements include flexion which is a reduction in the angle between two bones at a joint.

20. 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 psychological

Ans. (2)

Explanation: Here's why:

- Instrumental aggression is deliberate and it serves a purpose while reactive aggression is based on anger or provoked
- The use of aggression in this case is that the perpetrator uses aggression to get something he or she wants instead of intending to cause harm.
- Such things include being aggressive to win an argument, breaking rules to succeed in a competition, or using people to get what is wanted.