

# National Testing Agency

**Question Paper Name :** PGQP43 24th Sep 2021 Shift 1  
**Subject Name :** PGQP43  
**Creation Date :** 2021-09-24 14:00:55  
**Duration :** 120  
**Total Marks :** 400  
**Display Marks:** Yes

## PGQP43

**Group Number :** 1  
**Group Id :** 864351338  
**Group Maximum Duration :** 0  
**Group Minimum Duration :** 120  
**Show Attended Group? :** No  
**Edit Attended Group? :** No  
**Break time :** 0  
**Group Marks :** 400  
**Is this Group for Examiner? :** No

## PART A - General

**Section Id :** 8643511220  
**Section Number :** 1  
**Section type :** Online  
**Mandatory or Optional :** Mandatory

<b>Number of Questions :</b>	25
<b>Number of Questions to be attempted :</b>	25
<b>Section Marks :</b>	100
<b>Enable Mark as Answered Mark for Review and Clear Response :</b>	Yes
<b>Sub-Section Number :</b>	1
<b>Sub-Section Id :</b>	8643511453
<b>Question Shuffling Allowed :</b>	Yes

**Question Number : 1 Question Id : 86435129530 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Select the correct word from the options:

After you \_\_\_\_\_ , your lifestyle usually changes.

1. play
2. sleep
3. go shopping
4. get married

**Options :**

864351102571. 1

864351102572. 2

864351102573. 3

864351102574. 4

**Question Number : 2 Question Id : 86435129531 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Select the most suitable synonym:

SWANKY

1. posh
2. poor
3. plain
4. modest

**Options :**

864351102575. 1

864351102576. 2

864351102577. 3

864351102578. 4

**Question Number : 3 Question Id : 86435129532 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which is the nearest meaning of the phrase **to rain cats and dogs**?

1. heavy rain
2. to rain non-stop
3. fight among cats and dogs
4. drizzling

**Options :**

864351102579. 1

864351102580. 2

864351102581. 3

864351102582. 4

**Question Number : 4 Question Id : 86435129533 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Fill in the blank with the right word :

\_\_\_\_\_ he is well known, he is very honest.

1. Despite the fact that
2. In spite of the fact that
3. notwithstanding
4. even if

**Options :**

864351102583. 1

864351102584. 2

864351102585. 3

864351102586. 4

**Question Number : 5 Question Id : 86435129534 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Select the most suitable antonym:

VAGABOND

1. unsettled
2. fly-by-night
3. aimless
4. permanent

**Options :**

864351102587. 1

864351102588. 2

864351102589. 3

864351102590. 4

**Question Number : 6 Question Id : 86435129535 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Choose the correct spelling:

1. oportunity
2. opportunity
3. ooportunity
4. aportunity

**Options :**

864351102591. 1

864351102592. 2

864351102593. 3

864351102594. 4

**Question Number : 7 Question Id : 86435129536 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Identify the meaning of the following idiom from the options given:

**spill the beans**

1. To be untidy
2. To be very talkative
3. To reveal something that is supposed to be kept a secret
4. To leave a place quickly

**Options :**

864351102595. 1

864351102596. 2

864351102597. 3

864351102598. 4

**Question Number : 8 Question Id : 86435129537 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which is the nearest meaning of the phrase **out of blue**

1. stranger
2. unexpectedly
3. to bring happiness
4. emerging out of blue colour

**Options :**

864351102599. 1

864351102600. 2

864351102601. 3

864351102602. 4

**Question Number : 9 Question Id : 86435129538 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Fill in the blank with the right option :

A treasurer must \_\_\_\_\_ the money he spends.

1. allow for
2. give account for
3. account for
4. ask for

**Options :**

864351102603. 1

864351102604. 2

864351102605. 3

864351102606. 4

**Question Number : 10 Question Id : 86435129539 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The phrase, **A hard nut to crack** means

1. an interesting problem
2. a difficult problem
3. a unique problem
4. a simple problem

**Options :**

864351102607. 1

864351102608. 2

864351102609. 3

864351102610. 4

**Question Number : 11 Question Id : 86435129540 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Choose the number which is different from others in the group.

1. 8
2. 64
3. 125
4. 28

**Options :**

864351102611. 1

864351102612. 2

864351102613. 3

864351102614. 4

**Question Number : 12 Question Id : 86435129541 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

In a row of trees, one tree is fifth from either end of the row. How many trees are there in the row?

1. 8
2. 9
3. 10
4. 11

**Options :**

864351102615. 1

864351102616. 2

864351102617. 3

864351102618. 4

**Question Number : 13 Question Id : 86435129542 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

If  $-$  means  $\times$ ,  $\times$  means  $+$ ,  $+$  means  $\div$ , and  $\div$  means  $-$ , then

$$40 \times 12 + 3 - 6 \div 60 = ?$$

1. 7.95
2. 16
3. 44
4. None of these

**Options :**

864351102619. 1

864351102620. 2

864351102621. 3

864351102622. 4

**Question Number : 14 Question Id : 86435129543 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**



Choose the correct answer:

$$39798 + 3798 + 378 = ?$$

1. 43576
2. 43974
3. 43984
4. 49532

**Options :**

864351102623. 1

864351102624. 2

864351102625. 3

864351102626. 4

**Question Number : 15 Question Id : 86435129544 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Find the lowest common multiple of 24, 36 and 40.

1. 120
2. 240
3. 360
4. 480

**Options :**

864351102627. 1

864351102628. 2

864351102629. 3

864351102630. 4

**Question Number : 16 Question Id : 86435129545 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Find the number which when multiplied by 15 increased by 196.

1. 14
2. 20
3. 26
4. 28

**Options :**

864351102631. 1

864351102632. 2

864351102633. 3

864351102634. 4

**Question Number : 17 Question Id : 86435129546 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Choose the correct alternative based on relationship:

Planet : Orbit :: Projectile : ?

1. Trajectory
2. Track
3. Milky Way
4. Path

**Options :**

864351102635. 1

864351102636. 2

864351102637. 3

864351102638. 4

**Question Number : 18 Question Id : 86435129547 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Choose the word which is least like the other words in the group:

1. Pistol
2. Sword
3. Gun
4. Rifle

**Options :**

864351102639. 1

864351102640. 2

864351102641. 3

864351102642. 4

**Question Number : 19 Question Id : 86435129548 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Choose the number which is different from others in the group.

1. 21
2. 36
3. 49
4. 56

**Options :**

864351102643. 1

864351102644. 2

864351102645. 3

864351102646. 4

**Question Number : 20 Question Id : 86435129549 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Find out the missing number in the following sequence :

1, 3, 3, 6, 7, 9, ?, 12, 21.

1. 10
2. 11
3. 12
4. 13

**Options :**

864351102647. 1

864351102648. 2

864351102649. 3

864351102650. 4

**Question Number : 21 Question Id : 86435129550 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

If in a certain code TWENTY is written as 863985 and ELEVEN is written as 323039, how is TWELVE written in that code ?

1. 863203
2. 863584
3. 863903
4. 863063

**Options :**

864351102651. 1

864351102652. 2

864351102653. 3

864351102654. 4

**Question Number : 22 Question Id : 86435129551 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

DGCA stands for

1. Director General of Civil Association
2. Direct General of Civil Aviation
3. Director General of Cost Accounts
4. Director General of Coal Authority

**Options :**

864351102655. 1

864351102656. 2

864351102657. 3

864351102658. 4

**Question Number : 23 Question Id : 86435129552 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The 46<sup>th</sup> President of the USA is

1. Donald Trump
2. Joe Biden
3. Kamala Harris
4. Mike Pence

**Options :**

864351102659. 1

864351102660. 2

864351102661. 3

864351102662. 4

**Question Number : 24 Question Id : 86435129553 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

According to the NEP 2020, the school system will change to

1. 5+2+2+4
2. 5+3+3+4
3. 5+2+3+4
4. 5+4+3+4

**Options :**

864351102663. 1

864351102664. 2

864351102665. 3

864351102666. 4

**Question Number : 25 Question Id : 86435129554 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Russian vaccine for COVID-19 is

1. Sputnik V
2. Sputnik VI
3. Sputnik
4. Sputnik IV

**Options :**

864351102667. 1

864351102668. 2

864351102669. 3

864351102670. 4

## **PART B - PHYSICAL EDUCATION**

**Section Id :**

8643511221

**Section Number :**

2

<b>Section type :</b>	Online
<b>Mandatory or Optional :</b>	Mandatory
<b>Number of Questions :</b>	75
<b>Number of Questions to be attempted :</b>	75
<b>Section Marks :</b>	300
<b>Enable Mark as Answered Mark for Review and Clear Response :</b>	Yes
<b>Sub-Section Number :</b>	1
<b>Sub-Section Id :</b>	8643511454
<b>Question Shuffling Allowed :</b>	Yes

**Question Number : 26 Question Id : 86435129555 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Eccentric contraction of muscle is where muscle gets :

1. Shorten
2. Lengthen
3. Slim
4. No change

**Options :**

864351102671. 1

864351102672. 2

864351102673. 3

864351102674. 4

**Question Number : 27 Question Id : 86435129556 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which is the outermost layer of the muscle?

1. Perimysium
2. Epimysium
3. Endomysium
4. Myocardium

**Options :**

864351102675. 1

864351102676. 2

864351102677. 3

864351102678. 4

**Question Number : 28 Question Id : 86435129557 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The membrane around a muscle cell is called

1. Sarcoplasm
2. Sarcolemma
3. Sarcomere
4. Both 1 and 2

**Options :**

864351102679. 1

864351102680. 2

864351102681. 3

864351102682. 4

**Question Number : 29 Question Id : 86435129558 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**



What do the five rings on the Olympic symbol represent?

1. The five oceans
2. The five planets
3. The five Greek Gods
4. The five continents

**Options :**

864351102683. 1

864351102684. 2

864351102685. 3

864351102686. 4

**Question Number : 30 Question Id : 86435129559 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The five rings of the Olympic symbol are in five different colours. Blue, Yellow, Black, Green and.....

1. Indigo
2. Violet
3. Red
4. Brown

**Options :**

864351102687. 1

864351102688. 2

864351102689. 3

864351102690. 4

**Question Number : 31 Question Id : 86435129560 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Olympic games were held in ancient Greece in the honour of Greek God

\_\_\_\_\_.

1. Zeus
2. Uranus
3. Apollo
4. Jupiter

**Options :**

864351102691. 1

864351102692. 2

864351102693. 3

864351102694. 4

**Question Number : 32 Question Id : 86435129561 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following combinations of years represents the years when the Olympic Games were not held due to the World Wars?

1. 1914, 1940, 1944
2. 1916, 1940, 1944
3. 1920, 1936, 1940
4. 1936, 1940, 1944

**Options :**

864351102695. 1

864351102696. 2

864351102697. 3

864351102698. 4

**Question Number : 33 Question Id : 86435129562 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

What does the Olympic motto Citius, Altius, Fortius mean?

1. Character, Attitude, Fortitude
2. Faster, Higher, Deeper
3. Faster, Higher, Stronger
4. Bigger, Stronger, Taller

**Options :**

864351102699. 1

864351102700. 2

864351102701. 3

864351102702. 4

**Question Number : 34 Question Id : 86435129563 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

What was the Mascot for Tokyo Olympics 2020?

1. Miraitowa
2. Vinicius
3. Miga
4. Pand

**Options :**

864351102703. 1

864351102704. 2

864351102705. 3

864351102706. 4

**Question Number : 35 Question Id : 86435129564 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which medal has Ravi Dahiya won at Tokyo Olympics 2020?

1. Gold
2. Silver
3. Bronze
4. Got 4th position

**Options :**

864351102707. 1

864351102708. 2

864351102709. 3

864351102710. 4

**Question Number : 36 Question Id : 86435129565 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Who is the current captain of the Indian Hockey team (Men)?

1. Manpreet Singh
2. K. D. Singh
3. Bharat Chettri
4. P. R. Sreejesh

**Options :**

864351102711. 1

864351102712. 2

864351102713. 3

864351102714. 4

**Question Number : 37 Question Id : 86435129566 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

S.A.I. High Altitude Training Centre is located in

1. Patiala, Punjab
2. Shilaroo, Himachal Pradesh
3. Lucknow, Uttar Pradesh
4. Imphal, Manipur

**Options :**

864351102715. 1

864351102716. 2

864351102717. 3

864351102718. 4

**Question Number : 38 Question Id : 86435129567 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Netaji Subhas National Institute of Sports is located in

1. Lucknow, Uttar Pradesh
2. Shilaroo, Himachal Pradesh
3. Patiala, Punjab
4. Imphal, Manipur

**Options :**

864351102719. 1

864351102720. 2

864351102721. 3

864351102722. 4

**Question Number : 39 Question Id : 86435129568 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Interval Training is used for developing

1. flexibility
2. agility
3. endurance
4. reaction time

**Options :**

864351102723. 1

864351102724. 2

864351102725. 3

864351102726. 4

**Question Number : 40 Question Id : 86435129569 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Resistance ability against fatigue is called

1. strength
2. speed
3. endurance
4. agility

**Options :**

864351102727. 1

864351102728. 2

864351102729. 3

864351102730. 4

**Question Number : 41 Question Id : 86435129570 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Acceleration of an object will increase as the net force increases depending on its

1. density
2. mass
3. shape
4. volume

**Options :**

864351102731. 1

864351102732. 2

864351102733. 3

864351102734. 4

**Question Number : 42 Question Id : 86435129571 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Physiological factor determining speed :

1. Explosive strength
2. Body weight
3. Muscle composition
4. Both 1 and 3

**Options :**

864351102735. 1

864351102736. 2

864351102737. 3

864351102738. 4

**Question Number : 43 Question Id : 86435129572 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Bone that comes out of socket in hip dislocation is

1. Femur
2. Humerus
3. Tibia
4. Fibula

**Options :**

864351102739. 1

864351102740. 2

864351102741. 3

864351102742. 4

**Question Number : 44 Question Id : 86435129573 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Dislocation is related to

1. bone injury
2. skin injury
3. muscular injury
4. joint injury

**Options :**

864351102743. 1

864351102744. 2

864351102745. 3

864351102746. 4

**Question Number : 45 Question Id : 86435129574 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**



Fracture where a part of the broken bone enters another bone is

1. simple fracture
2. compound fracture
3. impacted fracture
4. green stick fracture

**Options :**

864351102747. 1

864351102748. 2

864351102749. 3

864351102750. 4

**Question Number : 46 Question Id : 86435129575 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Ability to achieve maximum speed from stationary position is called

1. speed endurance
2. acceleration ability
3. locomotors ability
4. movement speed

**Options :**

864351102751. 1

864351102752. 2

864351102753. 3

864351102754. 4

**Question Number : 47 Question Id : 86435129576 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

One of the possible causes for obesity could be

1. heredity
2. excessive eating
3. fast metabolism
4. Both 1 and 2

**Options :**

864351102755. 1

864351102756. 2

864351102757. 3

864351102758. 4

**Question Number : 48 Question Id : 86435129577 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following philosophies is also known as materialism?

1. Realism
2. Pragmatism
3. Naturalism
4. Socialism

**Options :**

864351102759. 1

864351102760. 2

864351102761. 3

864351102762. 4

**Question Number : 49 Question Id : 86435129578 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following agencies was responsible for formulating A National Plan of Physical Education,1956?

1. Human Vyayam Prasarak Mandal, Amravati
2. Ministry of Education, Govt. of India
3. All India Council of Sports
4. Central Advisory Board of Physical Education and Recreation

**Options :**

864351102763. 1

864351102764. 2

864351102765. 3

864351102766. 4

**Question Number : 50 Question Id : 86435129579 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The National Coaching Scheme functions under the control of the

1. NSNIS
2. All India Council of Sports
3. IOA
4. SAI

**Options :**

864351102767. 1

864351102768. 2

864351102769. 3

864351102770. 4

**Question Number : 51 Question Id : 86435129580 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Philosophy deals with

1. love of wisdom
2. social traditions
3. function of kind
4. social behaviour

**Options :**

864351102771. 1

864351102772. 2

864351102773. 3

864351102774. 4

**Question Number : 52 Question Id : 86435129581 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The Olympic Games are held every

1. 5th year
2. 4th year
3. 2nd year
4. 3rd year

**Options :**

864351102775. 1

864351102776. 2

864351102777. 3

864351102778. 4

**Question Number : 53 Question Id : 86435129582 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

In which year, the first Commonwealth Games was held?

1. 1926
2. 1930
3. 1934
4. 1938

**Options :**

864351102779. 1

864351102780. 2

864351102781. 3

864351102782. 4

**Question Number : 54 Question Id : 86435129583 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Commonwealth Games 2022 will be held in which city?

1. Birmingham
2. London
3. Delhi
4. Perth

**Options :**

864351102783. 1

864351102784. 2

864351102785. 3

864351102786. 4

**Question Number : 55 Question Id : 86435129584 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Who of the following is the first Indian woman to win a Gold Medal at the Asian Games?

1. P. T. Usha
2. Karnam Malleshwari
3. Kamaljit Sandhu
4. Sania Mirza

**Options :**

864351102787. 1

864351102788. 2

864351102789. 3

864351102790. 4

**Question Number : 56 Question Id : 86435129585 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which country will organize the 19th Asian Games?

1. Japan
2. India
3. Qatar
4. China

**Options :**

864351102791. 1

864351102792. 2

864351102793. 3

864351102794. 4

**Question Number : 57 Question Id : 86435129586 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Sports grounds in Sparta were called

1. Paedotribes
2. Crypteia
3. Platanistas
4. Dedascaleum

**Options :**

864351102795. 1

864351102796. 2

864351102797. 3

864351102798. 4

**Question Number : 58 Question Id : 86435129587 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which country experienced physical education as a 'Golden Age'?

1. Rome
2. Germany
3. Ancient Greece
4. U.S.A.

**Options :**

864351102799. 1

864351102800. 2

864351102801. 3

864351102802. 4

**Question Number : 59 Question Id : 86435129588 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The word 'athlete'(athlos) originated in

1. Rome
2. Greece
3. China
4. India

**Options :**

864351102803. 1

864351102804. 2

864351102805. 3

864351102806. 4

**Question Number : 60 Question Id : 86435129589 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

John Dewey is referred to as the father of

1. Idealism
2. Realism
3. Naturalism
4. Pragmatism

**Options :**

864351102807. 1

864351102808. 2

864351102809. 3

864351102810. 4

**Question Number : 61 Question Id : 86435129590 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**



Muscle fibers are triggered into action when they receive a/an

1. electric charge
2. nerve impulse
3. direction from medulla
4. hint from spinal cord

**Options :**

864351102811. 1

864351102812. 2

864351102813. 3

864351102814. 4

**Question Number : 62 Question Id : 86435129591 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

When sharp object like nail, or javelin penetrate into our body, they cause

1. incisions
2. muscle soars
3. punctured wounds
4. contusions

**Options :**

864351102815. 1

864351102816. 2

864351102817. 3

864351102818. 4

**Question Number : 63 Question Id : 86435129592 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following has the strongest involvement in observational learning?

1. Cognitive components
2. Physical competencies
3. Skill sequences
4. Practice intervals

**Options :**

864351102819. 1

864351102820. 2

864351102821. 3

864351102822. 4

**Question Number : 64 Question Id : 86435129593 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The Crux of the operant conditioning is that behavior is profoundly affected by its

1. surroundings
2. stimulus intensity
3. initiating agent
4. consequences

**Options :**

864351102823. 1

864351102824. 2

864351102825. 3

864351102826. 4

**Question Number : 65 Question Id : 86435129594 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

According to inverted U-hypothesis, an athlete will perform best only when the amount of arousal (anxiety) is

1. minimal
2. optimal
3. manageable
4. maximal

**Options :**

864351102827. 1

864351102828. 2

864351102829. 3

864351102830. 4

**Question Number : 66 Question Id : 86435129595 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Irrespective of the area in which a study is conducted, central to all kinds of research is

1. instrumentation
2. procedures
3. research question
4. assumption

**Options :**

864351102831. 1

864351102832. 2

864351102833. 3

864351102834. 4

**Question Number : 67 Question Id : 86435129596 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

In order to pursue the research, which of the following is priorly required?

1. Developing a research design
2. Formulating a research question
3. Deciding about the data analysis procedure
4. Formulating a research hypothesis

**Options :**

864351102835. 1

864351102836. 2

864351102837. 3

864351102838. 4

**Question Number : 68 Question Id : 86435129597 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The format of thesis writing is the same as in

1. writing of seminar representation
2. preparation of research paper/article
3. a research dissertation
4. presenting a workshop/conference paper

**Options :**

864351102839. 1

864351102840. 2

864351102841. 3

864351102842. 4

**Question Number : 69 Question Id : 86435129598 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Research that uses qualitative methods for one phase and quantitative methods for the next phase is known as

1. action research
2. mixed-method research
3. quantitative research
4. pragmatic research

**Options :**

864351102843. 1

864351102844. 2

864351102845. 3

864351102846. 4

**Question Number : 70 Question Id : 86435129599 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Research is

1. searching again and again
2. finding solution to any problem
3. working in a scientific way to search for truth of any problem
4. Both 1 and 2

**Options :**

864351102847. 1

864351102848. 2

864351102849. 3

864351102850. 4

**Question Number : 71 Question Id : 86435129600 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following is the first step in starting the research process?

1. Searching sources of information to locate problem
2. Survey of related literature
3. Identification of problem
4. Searching for solutions to the problem

**Options :**

864351102851. 1

864351102852. 2

864351102853. 3

864351102854. 4

**Question Number : 72 Question Id : 86435129601 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

'Metabole' is a Greek word (in English 'Metabolism') which means

1. change
2. exchange
3. intake
4. complete

**Options :**

864351102855. 1

864351102856. 2

864351102857. 3

864351102858. 4

**Question Number : 73 Question Id : 86435129602 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Fat is also known as

1. lipids
2. amino acid
3. glucose
4. polypeptide

**Options :**

864351102859. 1

864351102860. 2

864351102861. 3

864351102862. 4

**Question Number : 74 Question Id : 86435129603 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The branch of science that deals with blood is

1. Hemopoiesis
2. Plasmology
3. Hematology
4. Cytology

**Options :**

864351102863. 1

864351102864. 2

864351102865. 3

864351102866. 4

**Question Number : 75 Question Id : 86435129604 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

How many chambers does the human heart have?

1. Three
2. One
3. Two
4. Four

**Options :**

864351102867. 1

864351102868. 2

864351102869. 3

864351102870. 4

**Question Number : 76 Question Id : 86435129605 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which muscle is called boxer's muscle?

1. Hamstring
2. Gluteal
3. Deltoid
4. Serratus Anterior

**Options :**

864351102871. 1

864351102872. 2

864351102873. 3

864351102874. 4

**Question Number : 77 Question Id : 86435129606 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**



Insertion of the deltoid muscle takes place at

1. deltoid tuberosity of humerus
2. Ribs 5-12
3. inguinal ligament
4. iliac crest and the lumbodorsal fascia

**Options :**

864351102875. 1

864351102876. 2

864351102877. 3

864351102878. 4

**Question Number : 78 Question Id : 86435129607 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Action of Rectus Femoris muscle includes

1. knee extension; hip flexion
2. elevates the ribs
3. shoulder abduction
4. plantar flexion

**Options :**

864351102879. 1

864351102880. 2

864351102881. 3

864351102882. 4

**Question Number : 79 Question Id : 86435129608 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Red blood cells are formed in

1. liver
2. pancreas
3. red bone marrow
4. duodenum

**Options :**

864351102883. 1

864351102884. 2

864351102885. 3

864351102886. 4

**Question Number : 80 Question Id : 86435129609 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which blood group is universal donor?

1. O-
2. A+
3. B+
4. A-

**Options :**

864351102887. 1

864351102888. 2

864351102889. 3

864351102890. 4

**Question Number : 81 Question Id : 86435129610 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

AAHPERD stands for

1. American Alliance for Health, Physical Education, Recreation and Dance
2. American Alliance for Health, Practical Education, Recreation and Dance
3. American Alliance for Health, Physical Education, Research and Design
4. All Alliances for Health, Physical Education, Recreation and Dance

**Options :**

864351102891. 1

864351102892. 2

864351102893. 3

864351102894. 4

**Question Number : 82 Question Id : 86435129611 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

JCR Test involves

1. Jump, Chin-Up and Run
2. Jogging, Chin-Up and Run
3. Juggling, Chin and Run
4. Jump, Chin-Up and Rest

**Options :**

864351102895. 1

864351102896. 2

864351102897. 3

864351102898. 4

**Question Number : 83 Question Id : 86435129612 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

What do we call a need or desire that energizes behavior?

1. Incentive
2. Stress
3. Motivation
4. Emotion

**Options :**

864351102899. 1

864351102900. 2

864351102901. 3

864351102902. 4

**Question Number : 84 Question Id : 86435129613 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Speed in a cyclic exercise is called

1. density
2. frequency
3. intensity
4. duration

**Options :**

864351102903. 1

864351102904. 2

864351102905. 3

864351102906. 4

**Question Number : 85 Question Id : 86435129614 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following is **not** a principle of sports training?

1. The interval principle
2. The principle of reversibility
3. The principle of over-load
4. The principle of cyclic process of training

**Options :**

864351102907. 1

864351102908. 2

864351102909. 3

864351102910. 4

**Question Number : 86 Question Id : 86435129615 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

In terms of emotional factors, high achievers focus on \_\_\_\_\_, whereas low achievers focus on \_\_\_\_\_.

1. shame; pride
2. elation; depression
3. fun; depression
4. pride : shame

**Options :**

864351102911. 1

864351102912. 2

864351102913. 3

864351102914. 4

**Question Number : 87 Question Id : 86435129616 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Two forces which are equal in magnitude but opposite in direction and not acting along the same line is a

1. motion
2. torque
3. rotation
4. couple

**Options :**

864351102915. 1

864351102916. 2

864351102917. 3

864351102918. 4

**Question Number : 88 Question Id : 86435129617 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The point of intersection of the lines of action of the weight of all the points of body is called

1. Centre of line
2. Centre of mass of the body
3. Centre of gravity of the body
4. Centre of the body

**Options :**

864351102919. 1

864351102920. 2

864351102921. 3

864351102922. 4

**Question Number : 89 Question Id : 86435129618 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Larger the moment arm, the greater will be the

1. velocity
2. momentum
3. torque
4. axis of rotation

**Options :**

864351102923. 1

864351102924. 2

864351102925. 3

864351102926. 4

**Question Number : 90 Question Id : 86435129619 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

What do we get by the product of mass and velocity?

1. Force
2. Inertia
3. Momentum
4. Newton

**Options :**

864351102927. 1

864351102928. 2

864351102929. 3

864351102930. 4

**Question Number : 91 Question Id : 86435129620 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The rate of change of momentum of an object is proportional to

1. mass of the body
2. velocity of the body
3. net force applied on the body
4. inertia

**Options :**

864351102931. 1

864351102932. 2

864351102933. 3

864351102934. 4

**Question Number : 92 Question Id : 86435129621 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Opening to the trachea is covered by a small flap of tissues termed as the

1. glottis
2. trachea
3. epiglottis
4. larynx

**Options :**

864351102935. 1

864351102936. 2

864351102937. 3

864351102938. 4

**Question Number : 93 Question Id : 86435129622 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**



In oxidative (Aerobic) system which food component is metabolized?

1. Carbohydrate
2. Protein
3. Fat
4. All of these

**Options :**

864351102939. 1

864351102940. 2

864351102941. 3

864351102942. 4

**Question Number : 94 Question Id : 86435129623 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

How many phosphates are present in ATP?

1. 1
2. 2
3. 3
4. 4

**Options :**

864351102943. 1

864351102944. 2

864351102945. 3

864351102946. 4

**Question Number : 95 Question Id : 86435129624 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

Which of the following has the thickest wall?

1. Right ventricle
2. Left ventricle
3. Right atrium
4. Left atrium

**Options :**

864351102947. 1

864351102948. 2

864351102949. 3

864351102950. 4

**Question Number : 96 Question Id : 86435129625 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

\_\_\_\_\_ is considered as the basic functional unit of the human kidney.

1. Exon
2. Nephron
3. Cilia
4. Neuron

**Options :**

864351102951. 1

864351102952. 2

864351102953. 3

864351102954. 4

**Question Number : 97 Question Id : 86435129626 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The movement of blood through the heart and body is called :

1. Circulation
2. Locomotion
3. Ventriculation
4. Heart pump

**Options :**

864351102955. 1

864351102956. 2

864351102957. 3

864351102958. 4

**Question Number : 98 Question Id : 86435129627 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

The normal diastolic blood pressure in a normal healthy adult human is

1. 80 mm Hg
2. 60 mm Hg
3. 90 mm Hg
4. 110 mm Hg

**Options :**

864351102959. 1

864351102960. 2

864351102961. 3

864351102962. 4

**Question Number : 99 Question Id : 86435129628 Question Type : MCQ Option Shuffling : No  
Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

What is the rank of India in Tokyo Olympics 2020?

1. 7th
2. 40th
3. 20th
4. 48th

**Options :**

864351102963. 1

864351102964. 2

864351102965. 3

864351102966. 4

**Question Number : 100 Question Id : 86435129629 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 4 Wrong Marks : 1**

When was the opening ceremony of the Tokyo Olympics 2020 held?

1. July 22nd
2. July 23rd
3. July 24th
4. July 25<sup>th</sup>

**Options :**

864351102967. 1

864351102968. 2

864351102969. 3

864351102970. 4