

Roll No.

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(Write Roll Number from left side exactly as in the Admit Card)

Signature of Invigilators

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**2015**

Question Booklet Series

**A**

**PAPER-II**

Question Booklet No.

**Subject Code : 20**

OMR Sheet No. ....

(To be filled by the candidate)

## **PHYSICAL EDUCATION**

Time : 1 Hour 15 Minutes

Maximum Marks: 100

### *Instructions for the Candidates*

- Write your Roll Number in the space provided on the top of this page as well as on the OMR Sheet provided.
- At the commencement of the examination, the question booklet will be given to you. In the first 5 minutes, you are requested to open the booklet and verify it:
  - To have access to the Question Booklet, tear off the paper seal on the edge of this cover page.
  - Faulty booklet, if detected, should be got replaced immediately by a correct booklet from the invigilator within the period of 5 minutes. Afterwards, neither the Question Booklet will be replaced nor any extra time will be given.
  - After this verification is over, the Question Booklet Series and Question Booklet Number should be entered on the OMR Sheet and the OMR Sheet Number should be entered on this Question Booklet.
- This paper consists of fifty (50) multiple-choice type questions. All the questions are compulsory. Each question carries *two* marks.
- Each Question has four alternative responses marked: **(A)** **(B)** **(C)** **(D)**. You have to darken the circle as indicated below on the correct response against each question.

*Example:* **(A)** **(B)** **(C)** **(D)**, where **(C)** is the correct response.
- Your responses to the questions are to be indicated correctly in the OMR Sheet. If you mark your response at any place other than in the circle in the OMR Sheet, it will not be evaluated.
- Rough work is to be done at the end of this booklet.
- If you write your Name, Roll Number, Phone Number or put any mark on any part of the OMR Sheet, except for the space allotted for the relevant entries, which may disclose your identity, or use abusive language or employ any other unfair means, such as change of response by scratching or using white fluid, you will render yourself liable to disqualification.
- Do not tamper or fold the OMR Sheet in any way. If you do so, your OMR Sheet will not be evaluated.
- You have to return the Original OMR Sheet to the invigilator at the end of the examination compulsorily and must not carry it with you outside the Examination Hall. You are, however, allowed to carry question booklet and duplicate copy of OMR Sheet after completion of examination.
- Use only Blue/Black Ball point pen.**
- Use of any calculator or log table or mobile phone etc. is strictly prohibited.**
- There are no negative marks for incorrect answers.**

[ Please Turn Over ]



**PHYSICAL EDUCATION**

**PAPER II**

1. 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

2. Neuromuscular development is related to

- (A) Physical power
- (B) Cortical control over motor mechanism
- (C) Power of judgement
- (D) Drive for action

3. The Olympic motto Citius, Altius, Fortius was coined by

- (A) Barron Pierre de Coubertin
- (B) Juan Antonio Samaranch
- (C) I. O. C.
- (D) Father Henry Didion

4. Match *List I* with *List II* and select the correct option using the codes given below:

<i>List I</i>	<i>List II</i>
(a) The vedic period	1. 1000 AD – 1757 AD
(b) Early Hindu period	2. 2500 BC – 600 BC
(c) Medieval period	3. 600 BC – 320 AD
(d) Later Hindu period	4. 320 AD – 1000 AD

*Codes:*

(a)	(b)	(c)	(d)
(A) 3	2	4	1
(B) 2	3	1	4
(C) 1	2	3	4
(D) 4	3	2	1

5. Who said that “Play is the natural unfolding of germinal leaves of childhood”?

- (A) William Mc daughall
- (B) Froebel
- (C) Patricks
- (D) Stanely Hall

6. Which place in Greece developed into an Institution where people engaged in physical activity?

- (A) Athens
- (B) Olympiad
- (C) Palaestra
- (D) Didascaleum

7. Reciprocal innervation and reciprocal inhibition are the terms connected with the

- (A) Brain
- (B) Nerves
- (C) Muscles
- (D) Viscera

8. Match *List I* with *List II* and select the correct option using the codes given below:

<i>List I</i>	<i>List II</i>
(a) Anaerobic training	1. Explosive strength
(b) Aerobic training	2. Haemoglobin count
(c) Altitude training	3. Ventricular size
(d) Plyometric training	4. Myocardial thickness

*Codes:*

(a)	(b)	(c)	(d)
(A) 4	3	2	1
(B) 1	4	3	2
(C) 2	1	4	3
(D) 3	4	2	1

9. WBC plays an important role in our body

- (A) for immune system
- (B) to maintain water balance
- (C) to act as buffer system
- (D) to act as a chemical messenger

[ Please Turn Over ]

**10.** Given below are two statements one is *Assertion (A)* and the other is *Reason (R)*

*Assertion (A):* External respiration is the exchange of oxygen and carbon dioxide between lungs and blood in pulmonary capillaries.

*Reason (R):* The oxygen diffuses due to pressure gradient into the blood and at the same time carbon dioxide diffuses in the reverse direction.

Select the correct answer from the codes given below:

- (A) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (B) Both (A) and (R) are true but (R) is not the correct explanation of (A).
- (C) (A) is true but (R) is false.
- (D) (A) is false but (R) is true.

**11.** Oxygen debt is related to

- (A) post exercise  $O_2$  consumption above basal  $O_2$  consumption level
- (B)  $O_2$  consumption during exercise
- (C) post exercise and during exercise  $O_2$  consumption
- (D) during moderate exercise

**12.** Which of the following enzymes is secreted by salivary glands?

- (A) Ptyaline
- (B) Lysozyme
- (C) Lipase
- (D) Both (A) and (B)

**13.** Tetany occurs as a result of

- (A) hyper activity of the parathyroid gland
- (B) Vit D deficiency
- (C) Alkalosis
- (D) hypocalcemia

**14.** The process of vasoconstriction and vasodilation, which regulate blood flow to a given muscle mass, occur at the

- (A) Arteries
- (B) Arterioles
- (C) Capillaries
- (D) Veins

**15.** The Training Heart Rate with 80% intensity of a 20-year old player having a Resting Heart Rate of 70 bpm, will be

- (A) 200 beats/min
- (B) 180 beats/min
- (C) 174 beats/min
- (D) 160 beats/min

**16.** Match *List I* with *List II* and select the correct answer from the codes given below:

*List I*

*List II*

- |   |                           |
|---|---------------------------|
| I. Time elapsing between moment of application of a stimulus and the moment of response | 1. Muscle tone            |
| II. Ratio of carbon dioxide produced to oxygen consumed                                 | 2. Reaction time          |
| III. A state in a muscle which gives it a quality firmness                              | 3. Alactacid and lactacid |
| IV. Two parts of the oxygen debt  | 4. Respiratory quotient   |

*Codes:*

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

**17.** The formula for calculating kinetic energy is

- (A) K. E. = W.t
- (B) K. E. =  $\frac{1}{2} mv^2$
- (C) K. E. = F. d
- (D) K. E. = mgh

18. Equal parallel forces acting in opposite direction is called

- (A) parallel force
- (B) force couple
- (C) torque
- (D) None of the above

19. The movement called 'planter flexion' occurs only in the

- (A) knee
- (B) wrist
- (C) ankle
- (D) hip

20. If you apply a force through the centre of gravity, the object will

- (A) move in a straight line
- (B) make an upward curve
- (C) get a rotatory motion
- (D) overcome the resistance

21. Given below are two statements one is *Assertion (A)* and the other is *Reason (R)*

*Assertion (A)* : Degree of stability depends on area of the base.

*Reason (R)* : Highering centre of gravity decreases degree of stability.

Select the correct answer from the codes given below:

- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (C) (A) is true but (R) is false.
- (D) (A) is false but (R) is true.

22. Which of the following is called a pressure manipulation?

- (A) Stroking
- (B) Clapping
- (C) Pounding
- (D) Kneading

23. Muscle soreness can be explained by

- (A) G-theory
- (B) Tissue torn theory
- (C) Field theory
- (D) None of the above

24. Who of the following developed the hierarchy of needs to explain human behaviour?

- (A) Sigmund Freud
- (B) Charles Darwin
- (C) Abraham Maslow
- (D) Carl Rogers

25. Which of the following nervous systems plays a crucial role in anxiety and arousal—the two potential influencer of performance in sports?

- (A) Sympathetic
- (B) Limbic
- (C) Parasympathetic
- (D) Autonomic

26. The statistical measure which is generally applied for the determination of sampling error is

- (A) mean
- (B) chi-square
- (C) correlation
- (D) standard deviation

27. The quartile deviation is influenced by the upper and lower 25 per cent of the scores.

- (A) True
- (B) False
- (C) Partially true
- (D) Partially false

28. The formula for calculating median for ungrouped data is

- (A)  $\left(\frac{N+1}{2}\right)^{\text{th}}$  score
- (B)  $\left(\frac{N+2}{2}\right)$
- (C)  $\frac{N}{2}$
- (D) None of the above

29. Which of following instruments measures the wind speed?

- (A) Stadiometer
- (B) Anemometer
- (C) Galvanometer
- (D) Ammeter

30. Double periodisation has

- (A) one transitional period
- (B) two transitional period
- (C) three transitional period
- (D) None of the above

31. Duration of a macro-cycle is usually

- (A) 3-4 months
- (B) 3-6 weeks
- (C) one week
- (D) 3-10 days

32. The maximum allowance for the overall inclination of the landing sector in the throwing direction of javelin throw shall not exceed

- (A) 1 : 1000
- (B) 1 : 100
- (C) 1 : 10
- (D) 1 : 10,000

33. Match *List I* with *List II* and select the correct option using the codes given below:

*List I*

*List II*

- |                   |                  |
|-------------------|------------------|
| I. China man      | 1. Javelin throw |
| II. Bully         | 2. Swimming      |
| III. Dolphin kick | 3. Hockey        |
| IV. Finnish hold  | 4. Cricket       |

*Codes:*

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

34. In order to attract more student participation, intramural sports competitions should preferably be organised on

- (A) Knock-out basis
- (B) Round Robin basis
- (C) Challenge basis
- (D) Combination form basis

35. Which of the following teaching styles offers maximum freedom of thought and action to the students?

- (A) Guided-discovery method
- (B) Project method
- (C) Problem-solving method
- (D) Inquiry method

36. Which of the following technique stresses on “programmed phases of work and recovery”?

- (A) Acceleration run
- (B) Interval training
- (C) Fartlek
- (D) Continuous training

37. The plan in which only the chief executive dictates, initiates and monitors is called

- (A) Democratic plan
- (B) Participative plan
- (C) Authoritarian plan
- (D) None of the above

38. Which of the following is against the principles of Organisation?

- (A) Proper decentralization
- (B) Proper communication
- (C) Overlapping of authority
- (D) Delegation of power

39. Test like SAT are used to measure

- (A) aptitude
- (B) intelligence
- (C) achievement
- (D) performance

40. Much of the study of the characteristics of outstanding athletes has been done by

- (A) measurement technique
- (B) between group comparison
- (C) stratified sampling technique
- (D) individual case studies

41. What kind of anxiety is easy for the athlete and their trainers to manage both during practice and competition?

- (A) Chronic anxiety
- (B) Trait anxiety
- (C) Free-floating anxiety
- (D) Situational anxiety

42. The Rajiv Gandhi Khel Ratna Award was instituted by the Government of India in

- (A) 1991-92
- (B) 1993-94
- (C) 1995-96
- (D) 1997-98

43. Match *List I* with *List II* and select the correct answer from the codes given below:

<i>List I</i>	<i>List II</i>
I. Gliding joint	1. Wrist and ankles
II. Movement of the bone around longitudinal axis of the bone	2. Velocity
III. A vertical plane which bisects the body into left and right halves	3. Rotation
IV. The rate at which a body might move for a specific unit of time	4. Sagittal plane

Codes:

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

44. If the ego feels threatened by the Id and superego, what does it do to stay in equilibrium?

- (A) Fight back tooth and nail
- (B) Reconcile with the situation
- (C) Let the sleeping dogs lie
- (D) Use various defence mechanism

45. Interpretation of a student's score done by comparing it with scores of other students is done by

- (A) Criterion referenced test
- (B) Norm-referenced test
- (C) Objective test
- (D) Essay test

46. Shoes with abnormally high heels develop in the wearer

- (A) corns and bursitis
- (B) skin abrasions and scratches
- (C) biomechanical deviation of movement
- (D) aches and pains in the calf muscle and buttocks

47. The major cause of Achilles tendonitis is

- (A) staircase fall
- (B) excessive jumping
- (C) hard surface running
- (D) hard muscle-stretching

48. Which of the following diseases has genetic orientation and is inherited by a person's offspring?

- (A) Tuberculosis
- (B) HIV infection
- (C) Haemophilia
- (D) Beriberi

49. Name the theory of recreation which says that 'play is motivated by a search for pleasure'.

- (A) Catharsis theory
- (B) Surplus energy theory
- (C) Theory of Hedonism
- (D) Arousal-seeking theory

50. Match the following years with the venues of olympic games and answer from the codes given below:

<i>List I</i>	<i>List II</i>
I. 1948	1. Moscow
II. 1980	2. London
III. 1956	3. Rome
IV. 1960	4. Melbourne

Codes:

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

*2015-II*

A-8

**ROUGH WORK**