

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–III

Question Booklet No.

Subject Code : 20

OMR Sheet No. ....

(To be filled by the candidate)

**PHYSICAL EDUCATION**

Time : 2 Hours 30 Minutes

Maximum Marks: 150

*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 seventy-five (75) 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 III

1. Given below are two statements, one labelled as *Assertion (A)* and the other labelled as *Reason (R)*.

*Assertion (A)*: Physical Education is an art.

*Reason (R)*: Performing gymnastic activities has an aesthetic and creative value.

In the context of the above two statements, which one of the following is correct?

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

2. 'The research is an ethical process'. Here the meaning of ethics is

- (A) the external beauty of the research.
- (B) the quality of the research content.
- (C) the fulfilment of research values in an investigation.
- (D) None of the above

3. Professional preparation of Physical Education teachers in India is governed by

- (A) L.N.I.P.E.
- (B) N.C.T.E.
- (C) N.C.E.R.T.
- (D) U.G.C.

4. A subject's body weight is 70.5 kilograms and his height is the square root of 3.24 in meters, then the Body Mass Index (BMI) will be

- (A) 16.72
- (B) 22.84
- (C) 21.76
- (D) 14.89

5. As a result of regular exercise training, which of the following is not affected during maximal exercise?

- (A) Cardiac Output
- (B) Stroke Volume
- (C) Maximal Heart Rate
- (D) None of the above

6. During long duration exercise of submaximal intensity, which type of muscle fibers are primarily recruited?

- (A) Type I
- (B) Type IIA
- (C) Type IIB
- (D) Type IIX

7. A single motor neuron and all the muscle fibers it innervates comprise a

- (A) Muscle unit
- (B) Motor unit
- (C) Sarcomere
- (D) Fascicle

8. The rear-foot motion called pronation results from a combination of

- (A) Abduction, eversion and plantarflexion
- (B) Adduction, inversion and plantarflexion
- (C) Abduction, eversion and dorsiflexion
- (D) Adduction, inversion and dorsiflexion

9. Conditioning of visceral responses is often called

- (A) Operant conditioning
- (B) Biofeedback
- (C) Habituation
- (D) Sensitization

10. Feeling good about being able to perform an activity or skill, such as finally being able to run a mile or to increase the speed of walking a mile, is an example of

- (A) Extrinsic reward
- (B) Intrinsic reward
- (C) External stimulus
- (D) Internal stimulus

[ Please Turn Over ]

11. Match *List-I* with *List-II* and make correct pairs using the codes given below:

<i>List-I</i>	<i>List-II</i>
(I) Milk, Cheese, Yogurt	(1) Carbohydrate
(II) Meat, Poultry, Fish	(2) Minerals
(III) Vegetables and fruits	(3) Protein
(IV) Bread, Rice, Cereal	(4) Vitamins

Codes:

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

12. Hyperextension of movement occurs when the extension is beyond

- (A) 60 Degree
- (B) 90 Degree
- (C) 120 Degree
- (D) 180 Degree

13. If the skin breaks and bleeds, the injury is called

- (A) Contusion
- (B) Laceration
- (C) Bruise
- (D) Abrasion

14. A reduced body weight, a morbid fear of fat, an obsession with food and an abnormal body image are the symptoms of

- (A) Dieting
- (B) Anorexia nervosa
- (C) Obesity
- (D) Bulimia nervosa

15. 'Little League Elbow' is the term related to

- (A) development of muscles of the arm of young athletes.
- (B) overuse injuries of young athletes.
- (C) acute injuries of young athletes.
- (D) None of the above

16. Reasons for fitness testing of the older adult include

- (A) Evaluation of progress
- (B) Exercise prescription
- (C) Motivation
- (D) All of the above

17. A person exercised for five minutes in Harvard Step Test. His total pulse count was 250, then the Physical Efficiency Index (PEI) of the person will be

- (A) 60
- (B) 70
- (C) 65
- (D) 55

18. In a negatively skewed distribution the mean is

- (A) Least
- (B) Maximum
- (C) Between mode and median
- (D) Coincides with mode and median

19. What two regulatory proteins are found within actin complex of skeletal muscle?

- (A) Epimysium and Perimysium
- (B) Perimysium and Endomysium
- (C) Myosin and Troponin
- (D) Troponin and Tropomyosin

20. The simplest method of studying dispersion is

- (A) Range
- (B) Quartile Deviation
- (C) Mean Deviation
- (D) Standard Mean

21. Sampling in which elements are grouped together because they share certain characteristics is called

- (A) Cluster sampling
- (B) Systematic sampling
- (C) Stratified sampling
- (D) Simple random sampling

22. The evaluation which is undertaken during the course of training is called

- (A) Summative evaluation
- (B) Creative evaluation
- (C) Formative evaluation
- (D) Normative evaluation

23. The component of philosophy that deals with knowledge, its kind and method is known as

- (A) Logic
- (B) Axiology
- (C) Metaphysics
- (D) Epistemology

24. A person's perception of his/her own personality traits is reflected in his/her

- (A) Self-esteem
- (B) Self concept
- (C) Self efficacy
- (D) Self regard

25. Match *List-I* with *List-II* and select the game after the name of the discoverers of respective skill test.

<i>List-I</i>	<i>List-II</i>
(I) Basketball	(1) Russel Lange
(II) Football (Soccer)	(2) McDonald
(III) Volleyball	(3) Hewitt
(IV) Tennis	(4) Knox

Codes:

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

26. Probability sampling has the quality of

- (A) each element of population gets equal opportunity of the selection in a sample.
- (B) representativeness.
- (C) employing parametric statistics.
- (D) All of the above

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

<i>List-I</i>	<i>List-II</i>
(I) Classical theory of Management	(1) Henry Fayol
(II) Administrative theory	(2) F.W. Taylor
(III) Human Resource theory	(3) Max Weber
(IV) Scientific Management theory	(4) Elton Mayo

Codes:

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

28. The Basal Metabolic Rate (BMR) may vary from person to person but it is closely related to a person's

- (A) Body weight
- (B) Physical activity
- (C) Lean tissue
- (D) Muscle energy

29. Diuretics are generally used by the athletes of power sport in order to

- (A) bring stability in circulation of blood.
- (B) lose body weight.
- (C) increase muscle strength.
- (D) bring the tension level down.

30. 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

31. In which type of lever, the weight is in between force and fulcrum?

- (A) Type I
- (B) Type II
- (C) Type III
- (D) All of the above

[ Please Turn Over ]

32. On "Set" command the spinter is in  
 (A) Neutral equilibrium  
 (B) Stable equilibrium  
 (C) Unstable equilibrium  
 (D) None of the above
33. Elite performances are ensured only when attitudes and self-reaction patterns are strengthened by  
 (A) repeated intervention programme.  
 (B) mental "exercises" and focal attention.  
 (C) the use of variety of coping strategies.  
 (D) introspection and self-realization.
34. Which of the following tests is not a test for measuring anxiety?  
 (A) STAI  
 (B) SCATI  
 (C) CSAI  
 (D) BIDR
35. The Ist Class Lever is built for  
 (A) Speed  
 (B) Equilibrium  
 (C) Strength  
 (D) Range of Motion
36. In which type of muscular contraction, the muscle lengthens in its original lengths while producing tensions?  
 (A) Concentric  
 (B) Isometric  
 (C) Eccentric  
 (D) Isokinetic
37. Which of the following theories in a framework for understanding how people explain the others' behaviour as well as their own?  
 (A) Conformity Theory  
 (B) Social Norm Theory  
 (C) Motivational Theory  
 (D) Attribution Theory
38. Absence of normal antero-posterio spinal curve is called  
 (A) Kyphosis  
 (B) Lordosis  
 (C) Scoliosis  
 (D) Flat Back
39. The formula for calculating Quartile deviation is  
 (A)  $\frac{Q_4 - Q_3}{2}$   
 (B)  $\frac{Q_3 - Q_1}{2}$   
 (C)  $\frac{Q_3 - Q_2}{2}$   
 (D) None of the above
40. Out of the following parameters identify the discrete variable  
 (A) Height  
 (B) Dips  
 (C)  $VO_2$  max  
 (D) 100 mts. Sprint time
41. The standard Error of a difference between two mean is  
 (A)  $\sqrt{\frac{\text{dist}}{N}} m_1^2 + m_2^2$   
 (B)  $\sqrt{\sigma\sigma}$   
 (C) Both of the above  
 (D) None of the above
42. The control centre of our respiratory process lies in  
 (A) Medulla Oblongata  
 (B) Hypothalamus  
 (C) Brain Stem  
 (D) Central Cortex
43. Which country hosted the first "Special Olympics"?  
 (A) USA  
 (B) England  
 (C) India  
 (D) Germany

44. When were the women participants formally admitted to Olympic Games?

- (A) Berlin 1936
- (B) London 1908
- (C) St Louis 1904
- (D) Stockholm 1912

45. Who postulated the Surplus Energy Theory of play?

- (A) Patricks
- (B) Lumley
- (C) Spencer and Schiller
- (D) Stanley Hall

46. Which deep heat modality is the therapeutic application of high radiofrequency electric currents?

- (A) TENS
- (B) Microwave diathermy
- (C) Ultrasound
- (D) Shortwave diathermy

47. Which ergogenic aid involves producing more red blood cells and haemoglobin?

- (A) Blood doping
- (B) Erythropoietin
- (C) Both of the above
- (D) None of the above

48. Who said, 'sound mind in a sound body'?

- (A) Plato
- (B) Aristotle
- (C) Rousseau
- (D) Discartes

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

<i>List-I</i>	<i>List-II</i>
(I) Hitch Kick	(1) Volleyball
(II) Baulk Line	(2) Badminton
(III) Drop Shot	(3) Kabaddi
(IV) Libero	(4) Long Jump

*Codes:*

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

50. 'Fartlek Training' was first devised and adopted in

- (A) USA
- (B) Sweden
- (C) England
- (D) Switzerland

51. Full form of CPR is

- (A) Cardiopulmonary Rehabilitation
- (B) Cardiopulmonary Resuscitation
- (C) Cardiopulmonary Retention
- (D) None of the above

52. In which of the following modalities, convection is used as its method of heat transfer?

- (A) Ice bag
- (B) Hot packs
- (C) Infrared lamp
- (D) Whirlpool

53. If a body's supply of oxygen is cut off in drowning, choking or smothering, death will occur in about

- (A) 5-10 minutes
- (B) 10-15 minutes
- (C) 15-20 minutes
- (D) 20-30 minutes

[ Please Turn Over ]

- 54.** Warming-up and warming down help athletes to
- improve their performance skills.
  - prevent injury and enhance performance.
  - avoid being ill and sick.
  - keep their body and mind relaxed.
- 55.** Which of the following class of drugs is used medicinally to relieve pain and anxiety?
- Barbiturates
  - Opiates
  - Cocaine
  - Hallucinogeus
- 56.** Cryo therapy is the first aid treatment given for
- Bleeding wound
  - Sprain
  - Dislocation
  - All of the above
- 57.** Sideways bending of trunk is an example of movement in
- Frontal plane and Sagittal axis
  - Sagittal plane and Sagittal axis
  - Frontal plane and Transverse axis
  - Sagittal plane and Lateral axis
- 58.** In anatomical language, the heart muscle is called
- Pericardium
  - Endocardium
  - Myocardium
  - Epicardium
- 59.** Match *List-I* with *List-II* and select the correct option using the codes given below:
- | <i>List-I</i>                    | <i>List-II</i>           |
|----------------------------------|--------------------------|
| (I) Health Related Fitness       | (1) Mobility             |
| (II) Performance Related Fitness | (2) Flexibility          |
| (III) Physiological Fitness      | (3) Bone Mineral Density |
| (IV) Functional Fitness          | (4) Agility              |
- Codes:*
- |     | (I) | (II) | (III) | (IV) |
|-----|-----|------|-------|------|
| (A) | 2   | 3    | 4     | 1    |
| (B) | 2   | 4    | 3     | 1    |
| (C) | 3   | 4    | 2     | 1    |
| (D) | 1   | 4    | 2     | 3    |
- 60.** A weak child born, used to be left on the 'Mount Tygatus' for dying in
- Athens
  - Sparta
  - Rome
  - Germany
- 61.** At the time of release of discus
- centripetal force is more than centrifugal force.
  - centrifugal force is more than centripetal force.
  - centripetal and centrifugal force become zero.
  - None of the above
- 62.** The Sports Authority of India was formed in the year
- 1983
  - 1984
  - 1985
  - 1986
- 63.** Phillipides was a/an
- Athenian Greek
  - Spartan Greek
  - Roman
  - None of the above

64. What refers to the idea that people help others without personal gain?

- (A) Philanthropy
- (B) Service before Self
- (C) Socialism
- (D) Altruism

65. Given below are two statements, one labelled as *Assertion (A)* and the other labelled as *Reason (R)*.

*Assertion (A)*: Each individual starts with a new set of genes which are the carriers of traits of a person.

*Reason (R)*: Suitable environment helps in the development of inborn qualities of a sportsman and leads to excellence in sports.

In the context of the above two statements, which one of the following is correct?

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

66. Which of the following is a disease caused by virus?

- (A) Cholera
- (B) Leprosy
- (C) Tuberculosis
- (D) Chickenpox

67. In *List-I* four psychological concepts are enumerated, in *List-II* they are described briefly. Match each concept in *List-I* with *List-II* and select the correct option using codes:

<i>List-I</i>	<i>List-II</i>
(I) An unconditional stimulus	(1) Concerning formation of associations between stimuli and responses
(II) Cognitive map	(2) The reaction to the uncontrolled stimulus
(III) The unconditional response	(3) An organism's mental representation of the features of an environment
(IV) Classical conditioning	(4) An event, object, or substance that naturally evokes a response

Codes:

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

68. Which of the following is known as the trunk-line of the nervous system?

- (A) Ganglia
- (B) Hypothalamus
- (C) Synapse
- (D) Spinal Cord

69. Weight of human heart is

- (A) 200 grams
- (B) 400 grams
- (C) 220-260 grams
- (D) 300-360 grams

[ Please Turn Over ]

70. Which of the following is not a part of the 'Main Body' of a research report?

- (A) Introduction
- (B) Methodology
- (C) Summary
- (D) Bibliography

71. The scope in research is indicated by

- (A) Limitations of the study
- (B) Delimitation of the study
- (C) Significance of the study
- (D) Interpretation of results

72. Characteristics of a Good Lesson Plan is

- (A) clearly stated general and specific objectives.
- (B) containing suitable learning activities.
- (C) inclusion of necessary AV aids, materials required.
- (D) All of the above

Read the passage and answer the questions (Q. No. 73-75):

Posture is an individual matter that reflects the whole individual either in inactive or in active condition. Posture may be good or poor either in static or dynamic condition. Skeletal framework, muscles, ligaments, neuro-muscular aspects are the foundations of posture. Application of the principles of stability is necessary to

maintain standing posture. Sitting posture also requires appropriate furniture to avoid postural discomfort that will facilitate reading and writing process of the children. Good posture always conveys good impression of wellbeing as well as allows economical use of energy. There are several causes of poor posture. Muscular weakness is also one of common causes of poor posture. Attention should be given on preventive and remedial measures at early stage to avoid postural deviations.

73. A good posture is essential because

- (A) it provides impression of wellbeing.
- (B) it makes us feel good.
- (C) it is cost-effective.
- (D) None of the above

74. For a good sitting posture which of the followings is required?

- (A) Anatomical position of the body
- (B) Appropriate furniture
- (C) Correct form of sitting position
- (D) Position of centre of gravity

75. Which of the followings is required for a Good Standing posture?

- (A) Neuro-muscular coordination
- (B) Stability
- (C) Good condition of the base
- (D) Contraction of leg muscles

A-11

*2015-III*

**ROUGH WORK**

*2015-III*

A-12

**ROUGH WORK**