

Roll No.

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

Signature of Invigilators

1. _____

2. _____

2017

Question Booklet Series

X

PAPER-II

Question Booklet No.

(Identical with OMR Answer Sheet Number)

Subject Code : 20

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 get 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.
 - Verify whether the Question Booklet No. is identical with OMR Answer Sheet No.; if not, the full set to be replaced.
 - After this verification is over, the Question Booklet Series and Question Booklet Number should be entered on the OMR Sheet.
- 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) (●) (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 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 Black Ball point pen.**
- Use of any calculator or mobile phone etc. is strictly prohibited.**
- There are no negative marks for incorrect answers.**

[Please Turn Over]

PHYSICAL EDUCATION

PAPER II

1. The force which is not directed through the centre of gravity of human body is

- (A) Concentric force
- (B) Angular force
- (C) Rotational force
- (D) Eccentric force

2. The score which is freely moveable in the distribution is

- (A) Normal score
- (B) Standard score
- (C) Coefficient of variation
- (D) Degree of freedom

3. Multiple correlation is high if the correlation between independent variable is

- (A) High
- (B) Low
- (C) Medium
- (D) Zero

4. The equation which predicts most likely values of a variable from known values of others is

- (A) Binomial Equation
- (B) Curvilinear Equation
- (C) Multiple Variance
- (D) Regression Equation

5. Example of ordinal scale is

- (A) Ranking of athletes
- (B) Classification of body types
- (C) Scoring in Basketball
- (D) Scoring in Long jump

6. Match the following psychological concepts of *List-I* with the description cited in *List-II* in a meaningful way:

<i>List-I</i>	<i>List-II</i>
(a) An unconditioned stimulus	(i) The reaction to the uncontrolled stimulus
(b) The unconditioned response	(ii) An event, object or substance that naturally evokes a response
(c) A neutral stimulus	(iii) An organism's mental representation of the features of an environment
(d) Cognitive map	(iv) A process not connected to any automatic or innate response
(a)	(b)
(A)	(i)
(B)	(ii)
(C)	(iii)
(D)	(iv)

7. Play Theories are

- (a) Catharsis theory
- (b) Attribution theory
- (c) Psycho-Analytic theory
- (d) Individual zones of optimal functioning theory

Select the correct Answer—

- (A) (a) and (c)
- (B) (b) and (d)
- (C) (b) and (c)
- (D) (a) and (d)

8. Meaning of the word athlete was

- (A) the contest
- (B) the prize
- (C) the strong man
- (D) the slave

9. In which year was the interim olympic held?

- (A) 1896
- (B) 1906
- (C) 1908
- (D) 1916

10. Who suggested modern pentathlon in olympics?

- (A) G. D. Sondhi
- (B) B. P. Coubertin
- (C) J. A. Samaranch
- (D) Bill Clinton

11. Body assumes a 'fight or flight' condition preparing for emergency situation, when the _____ nervous system is active.

- (A) central
- (B) somatic
- (C) sympathetic
- (D) para sympathetic

12. According to Freud's Psychoanalytic theory, innate biological instincts and urges present at birth refers to

- (A) ID
- (B) Eros
- (C) Libido
- (D) Thanatos

13. Body mind relationship was first promulgated by

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

14. Cognition deals with

- (A) Learning
- (B) Memory
- (C) Creativity
- (D) All of the above

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

List I

List II

- | | |
|------------------------------------|-------------------|
| (a) Classical Theory of Management | (i) Henry Fayol |
| (b) Administrative Theory | (ii) F. W. Taylor |
| (c) Human resource Theory | (iii) Max Weber |
| (d) Scientific Management Theory | (iv) Elton Mayo |

Codes:

- | | | | |
|-------------------------|-----|-----|-----|
| (a) | (b) | (c) | (d) |
| (A) (i) (ii) (iii) (iv) | | | |
| (B) (iii) (i) (iv) (ii) | | | |
| (C) (ii) (iii) (i) (iv) | | | |
| (D) (iv) (ii) (iii) (i) | | | |

16. Which of the following minerals keeps brain, nails and hair healthy?

- (A) Potassium
- (B) Sulphur
- (C) Phosphorus
- (D) Calcium

17. Final event in 'Decathlon' is always

- (A) Javelin throw
- (B) 1500 mts race
- (C) 110 mts Hurdles
- (D) 800 meter race

18. 'Lady Ratan Tata' Trophy is associated with the game of

- (A) Kho-Kho
- (B) Volleyball
- (C) Hockey
- (D) Football

19. The contractile unit of a muscle cell is

- (A) Actin filament
- (B) Myosin Cross bridge
- (C) Myofibril
- (D) Sarcomere

20. When a joint moves and reduces the angle between the bones at the joint, the movement is called

- (A) Protraction
- (B) Flexion
- (C) Pronation
- (D) Supination

21. Match the following concepts from *List-I* with the conceived activities of *List-II*:

List-I

List-II

- | | |
|---|--|
| (a) Direction of application of force | (i) Running forward with straight feet |
| (b) Surface contact while applying forces to external objects | (ii) Throwing, pulling, pushing and striking |
| (c) Continuity of motion | (iii) Back rolling, pole vaulting |
| (d) Body radius effect on angular velocity | (iv) Tuck head and bend knee |

Codes:

- | | | | | |
|-----|------|-------|-------|-------|
| | (a) | (b) | (c) | (d) |
| (A) | (ii) | (i) | (iii) | (iv) |
| (B) | (i) | (ii) | (iii) | (iv) |
| (C) | (ii) | (iv) | (i) | (iii) |
| (D) | (iv) | (iii) | (ii) | (i) |

22. Backward swing of the leg is impeded by the powerful

- (A) Pubo-femoral ligament
- (B) Gluteus muscles
- (C) Iliofemoral ligament
- (D) Quadriceps

23. Muscle turns into fat when someone stops working out is a

- (A) Fact
- (B) Partial truth
- (C) Belief
- (D) Debunked myth

24. In one millimetre of blood, the number of platelets is stated to be about

- (A) 1,00,000
- (B) 2,00,000
- (C) 3,00,000
- (D) 4,00,000

25. Which of the following class of drugs is used medicinally to relieve pain and anxiety?

- (A) Barbiturates
- (B) Cocaine
- (C) Opiates
- (D) Hallucinogens

26. Which of the two therapies do contra-bath combine?

- (A) Diathermy and Cryo-therapy
- (B) Hydrotherapy and Thermo-therapy
- (C) Naturopathy and Cryo-therapy
- (D) Cryo-therapy and Thermo-therapy

27. As a principle, massage should begin and conclude with

- (A) Percussion
- (B) Mobilization
- (C) Petrissage
- (D) Effleurage

28. In which organ of the human body free oxygen, hydrogen and nitrogen are found?

- (A) Lungs and Trachea
- (B) Blood and Intestines
- (C) Lungs and Blood
- (D) Stomach and Intestine

29. Restoration of normal breathing and pulse by rhythmical compression is called

- (A) Cardio-pulmonary Resuscitation
- (B) Cardio-respiratory endurance
- (C) Cardiac rehabilitation
- (D) Cardio-pulmonary Index

30. Softness of bones is known as

- (A) Osteoporosis
- (B) Osteomalasia
- (C) Osteoblast
- (D) Osteoclast

31. The rate of atrophy is accelerated through the stimulation of

- (A) Actin and Myosin filaments
- (B) Blood flow
- (C) Phasic stretch
- (D) Golgi tendon organs

32. The oesophagus is situated between

- (A) Stomach and Intestine
- (B) Pharynx and Larynx
- (C) Stomach and Pharynx
- (D) Larynx and Intestine

33. Medio lateral movement is also known as

- (A) Rotation
- (B) Adduction
- (C) Abduction
- (D) Flexion

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

Assertion (A) : Osteoporosis disease occurs for Basketball players due to over use of joints.

Reason (R) : Synovial fluid is reduced in the joint due to over use.

In the context of two statement, which one of the following is correct.

Codes:

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

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

List I

List II

- | | |
|---------------------------------|------------------------|
| (a) Operant Theory | (i) Personality |
| (b) Situation Specific Theory | (ii) Motivation |
| (c) Social Learning Theory | (iii) Learning |
| (d) Cognitive Evaluation Theory | (iv) Leadership Theory |

Codes:

- | | | | |
|-----------|-------|-------|-------|
| (a) | (b) | (c) | (d) |
| (A) (i) | (ii) | (iii) | (iv) |
| (B) (ii) | (iii) | (iv) | (i) |
| (C) (iii) | (iv) | (i) | (ii) |
| (D) (iv) | (i) | (ii) | (iii) |

36. In high altitude one can jump higher because

- (A) air resistance is less and muscle strength is more.
- (B) muscle strength is more and body mass is less.
- (C) air resistance is less and body weight is less.
- (D) body mass is less and air resistance is less.

37. Motor educability is generally defined as

- (A) proficiency in a particular sports.
- (B) high level motor fitness.
- (C) ability to perform fundamental movements.
- (D) ability to learn different motor skills quickly and easily.

38. During acceleration in running, the athlete must keep the centre of gravity ahead of

- (A) Driving foot
- (B) Lead foot
- (C) Torso
- (D) Shoulder line

39. In function, management in an organisation is often compared to

- (A) well oiled machine
- (B) hub of administration
- (C) planned mechanism
- (D) brain in the human body

40. The essence of management in any field of human interaction is

- (A) Coordination
- (B) Co-existence
- (C) Cooperation
- (D) Consensus

41. Both in theory and practise, while systematic planning is reflective of organisation, systematic working of plan reflects

- (A) Beurocracy
- (B) Management
- (C) Coordination
- (D) Administration

42. The concept of sports management has got revolutionised mainly due to unprecedented growth of

- (A) Human population
- (B) Urbanisation
- (C) Industry and Business
- (D) Science and Technology

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

Assertion (A) : The standard deviation is the most suitable measure of variability if the scores are measured on interval scale.

Reason (R) : It is not affected by the change of origin but is affected by the change of scale.

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 right explanation of (A)
- (D) Both (A) and (R) are right but (R) is not right explanation of (A)

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

Assertion (A) : Probability sampling ensures external validity of findings.

Reason (R) : However at times due high external validity probability sampling techniques are weak in giving in representative sample.

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 right explanation of (A)
- (D) Both (A) and (R) are right but (R) is not right explanation of (A)

45. Which of the following pair is not rightly matched?

- (A) Research — Scientific
- (B) Informed consent — Ethics
- (C) Alternate — Hypotheses
- (D) Chi Square — Parametric test

46. Which of these is a technique of quantitative research?

- (A) Depth Interview
- (B) Observation reportaire
- (C) Focus group
- (D) Likert scale

47. Sideward lifting of arms in jumping jack is an example of

- (A) Adduction
- (B) Flexion
- (C) Abduction
- (D) Extension

48. Topspin on volley-ball during service will cause the ball to take

- (A) higher angle of projectile.
- (B) lower angle of rebound.
- (C) higher angle of rebound.
- (D) both (A) and (C)

49. Biceps Dumbbell curls is an example of force generation out of

- (A) Class I lever
- (B) Class II lever
- (C) Class III lever
- (D) Both (B) and (C)

50. Match the following:

- | | |
|------------------|--------------------------------|
| (a) Cholera | (i) Mycobacterium Tuberculosis |
| (b) Chickenpox | (ii) Vibrio Cholera |
| (c) Tuberculosis | (iii) Mycobacterium |
| (d) Leprosy | (iv) Varicella Virus |

Codes:

- | | (a) | (b) | (c) | (d) |
|-----|-------|-------|------|-------|
| (A) | (ii) | (iii) | (i) | (iv) |
| (B) | (ii) | (iv) | (i) | (iii) |
| (C) | (i) | (iii) | (ii) | (iv) |
| (D) | (iii) | (iv) | (i) | (ii) |

X-11
ROUGH WORK

2017-II

2017-II

X-12
ROUGH WORK