

Roll No.

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

Signature of Invigilators

1. _____
2. _____

PAPER – II

Test Booklet No.

2210

Test Booklet Series :-

A

PHYSICAL EDUCATION

Time : $1\frac{1}{4}$ Hours

Maximum Marks : 100

Instructions for the Candidates

1. Write your roll number in the space provided on the top of this page and roll number with subject code on the OMR Sheet attached with this booklet.
2. This paper consists of fifty multiple choice type of questions. Answer *all* the questions. Each question carries *two* marks.
3. Each question has *four* alternative responses marked (A), (B), (C) and (D). You have to select *only one* correct response and mark it in the OMR Sheet with blue ink ball pen.

Example :



Here (C) is the correct response.

4. Your responses to the questions are to be indicated only in the OMR Sheet pinned with this booklet. If the marking is put at any other place than in the OMR sheet, it will not be evaluated.
5. Two sheets are attached at the end of the booklet for rough work.
6. If you write your name or put any special mark on any part of the test booklet or OMR Sheet which may disclose in any way your identity, you will render yourself liable to disqualification.
7. Do not tamper or fold the OMR Sheet in anyway. If you do so your OMR Sheet will not be evaluated.
8. You should return the OMR Sheet along with this test booklet to the invigilator at the end of the examination and should not carry any paper with you outside the examination hall.
9. If the OMR sheet is not returned along with the test booklet, you will be disqualified.
10. No candidate shall be allowed to leave his/her seat or the examination hall/room till the end of the examination without the permission of the invigilator.

[P.T.O.

PHYSICAL EDUCATION

Paper – II

1. Who among the following started the custom of flaming the torch from Athens to the site of Olympic Games ?
 - (A) Adolf Hitler
 - (B) King George-1
 - (C) Plato
 - (D) Pierre-de-Coubertin.
2. The organ which produces bile is
 - (A) heart
 - (B) pancreas
 - (C) thyroid
 - (D) liver.
3. The rotation of trunk is in the
 - (A) frontal plane
 - (B) transverse plane
 - (C) saggital plane
 - (D) horizontal plane.
4. Surplus energy theory was propounded by
 - (A) McDougal
 - (B) Herbert Spencer
 - (C) Lazarus
 - (D) Karl Groose.
5. Zygomatic is a bone of
 - (A) face
 - (B) head
 - (C) wrist
 - (D) ankle.
6. The most abundant single constituent of muscle is
 - (A) proteins
 - (B) enzymes
 - (C) water
 - (D) carbohydrates.

7. Sprain during a sport activity is to be immediately attended to by
- (A) application of ointment
 - (B) hot fomentation
 - (C) cold compression
 - (D) massage.
8. Postural deformities of the vertebral column are detected by
- (A) pedograph
 - (B) ordinary measuring scale
 - (C) spondeometer
 - (D) all of these.
9. Injury to medial meniscus is common amongst
- (A) hockey players
 - (B) boxers
 - (C) footballers
 - (D) track & field.
10. The type of machine in which force arm is less than the resistance arm favours
- (A) speed
 - (B) force
 - (C) power
 - (D) resistance.
11. Hunching the shoulders forward is called
- (A) Elevation
 - (B) Abduction
 - (C) Rotation
 - (D) Adduction.
12. Momentum gained by a long jumper directly depends on his
- (A) mass and velocity
 - (B) mass and air resistance
 - (C) mass and reaction time
 - (D) velocity and resistance.

13. The Eysenck Personality Inventor (EPI) measures
- (A) Introversion only
 (B) Extroversion only
 (C) Personality structure
 (D) Introversion and Extroversion.
14. The story of Pelop and Hypodamia throwing light on ancient Olympic Games is
- (A) deliberate source
 (B) advertent source
 (C) inadvertent source
 (D) secondary source.
15. Close form questionnaire contains questions that call for
- (A) free response
 (B) check response
 (C) descriptive response
 (D) short response.
16. Any cluster of individuals who have one or more characteristics in common is called
- (A) Population
 (B) Commodity
 (C) Randomness
 (D) None of these.
17. Match *List - I* with *List - II* and select the correct answer using the code given below :

*List - I**List - II*

- | | |
|--------------------------|------------------------------|
| a) Body measurement | 1. Biacromial diameter |
| b) Skeletal diameter | 2. Sitting height |
| c) Circumference | 3. Subscapular skifold width |
| d) Skin fold measurement | 4. Cuff-circumference. |

Code :

- | | <i>a</i> | <i>b</i> | <i>c</i> | <i>d</i> |
|-----|----------|----------|----------|----------|
| (A) | 1 | 2 | 3 | 4 |
| (B) | 4 | 1 | 3 | 2 |
| (C) | 1 | 4 | 2 | 3 |
| (D) | 2 | 1 | 4 | 3. |

18. Match *List - I* with *List - II* and select the correct answer using the code given below :

<i>List - I</i>	<i>List - II</i>
a) Sacrum	1. 12 vertebrae
b) Cervical	2. 5 vertebrae
c) Lumbar	3. 5 vertebrae fused
d) Thoracic	4. 7 vertebrae.

Code :

	<i>a</i>	<i>b</i>	<i>c</i>	<i>d</i>
(A)	1	3	4	2
(B)	4	1	2	3
(C)	2	4	3	1
(D)	3	4	2	3.

19. Match *List - I* with *List - II* and select the correct answer using the code given below :

<i>List - I</i>	<i>List - II</i>
a) Connectionist theories	1. Cognitive theory
b) Gestalt theories	2. Hull's theory
c) Reinforcement theories	3. Skinner's theory
d) Conditioning theories	4. Thorndike's theory

Code :

	<i>a</i>	<i>b</i>	<i>c</i>	<i>d</i>
(A)	1	2	4	3
(B)	4	1	2	3
(C)	4	2	1	3
(D)	3	1	2	4

20. Soleus is a muscle of

- (A) face
- (B) hip
- (C) leg
- (D) forearm.

21. The statistical measure which is generally applied to the determination of sampling error is
- (A) Mean
 - (B) Chi-square
 - (C) Correlation
 - (D) Standard Deviation.
22. 'Agoge' was the name of system in Greece related to
- (A) education
 - (B) military training
 - (C) music
 - (D) none of these.
23. The first physical fitness component to be lost by an athlete during detraining period is
- (A) endurance
 - (B) speed
 - (C) strength
 - (D) agility.
24. As a load factor, quality of movement is related with
- (A) load frequency
 - (B) load intensity
 - (C) load volume
 - (D) load density.
25. Movement of a body part laterally toward the medial line of the body is called
- (A) Flexion
 - (B) Extension
 - (C) Abduction
 - (D) Adduction.
26. Which of the following training systems has been considered best for body adaptation ?
- (A) Interval training
 - (B) High altitude training
 - (C) Circuit training
 - (D) Fartlek training.

27. In sports context, aggression must be defined as
- (A) Violence
 - (B) Assertive play
 - (C) Out-of-control situation
 - (D) Hostility.
28. Man's social inheritance is primarily reflected in
- (A) religious rites and rituals
 - (B) education and ethics
 - (C) social institutions and organizations
 - (D) traditions and customs.
29. The Latissimus Dorsi is powerfully involved in
- (A) Volleyball and Basketball
 - (B) Football and Hockey
 - (C) Swimming and Rowing
 - (D) Gymnastics and Dance.
30. The most difficult task in sports management is the management of
- (A) personnel
 - (B) play fields
 - (C) equipment
 - (D) materials.
31. A good demonstration is designed to help
- (A) the teacher to teach skills perfectly
 - (B) enable pupils to understand the skill well
 - (C) speed up perfection in a skill
 - (D) understand biomechanics of the skill.
32. Analysis of co-variance represents an extension of analysis variance to allow for the correlation between
- (A) two group scores
 - (B) several group scores
 - (C) initial and final scores
 - (D) two different variables.

33. Biofeedback is a technique by the use of which an individual learns to relax by controlling
- (A) involuntary body functions such as heart rate
 - (B) voluntary muscles involved in exercise
 - (C) inputs of sensory impulses
 - (D) motor activities of the limbs.

34. Match *Statement - I* with *Statement - II* and select the correct answer using the code given below :

Statement - I : The rate of change of momentum is directly proportional to the applied force and it is in the same direction in which force is applied.

Statement - II : When an object is acted upon by a constant force, its resulting acceleration is directly proportional to the force and inversely proportional to its mass.

Code :

- (A) (i) is correct
 - (B) (ii) is correct
 - (C) (i) and (ii) are correct
 - (D) (i) and (ii) are false.
35. Match *List - I* with *List - II* and select the correct answer using the code given below :

<i>List - I</i>	<i>List - II</i>
a) Cell Membrane	1. Excretory function
b) Mitochondria	2. Absorbs and excretes the molecules once carried out
c) Lysosomes	3. Contain enzymes
d) Vacuoles	4. Break down large molecules within the cell

Code :

	<i>a</i>	<i>b</i>	<i>c</i>	<i>d</i>
(A)	1	4	2	3
(B)	2	4	1	3
(C)	2	3	4	1
(D)	3	2	1	4

36. Match *List - I* with *List - II* and select the correct answer using the code given below :

<i>List - I</i>		<i>List - II</i>	
a)	Medial	1.	Face down
b)	Prone	2.	Front
c)	Supine	3.	Inside
d)	Anterior	4.	Face up.

Code :

	<i>a</i>	<i>b</i>	<i>c</i>	<i>d</i>
(A)	3	1	4	2
(B)	1	4	2	3
(C)	2	4	1	3
(D)	1	3	4	2

37. Match *List - I* with *List - II* and select the correct answer using the code given below :

<i>List - I</i>		<i>List - II</i>	
a)	Vitamin B_1	1.	Cyanocobalamine
b)	Vitamin B_2	2.	Thiamine
c)	Vitamin E	3.	Riboflavin
d)	Vitamin B_{12}	4.	Tocopherol

Code :

	<i>a</i>	<i>b</i>	<i>c</i>	<i>d</i>
(A)	2	3	4	1
(B)	3	4	2	1
(C)	3	4	1	2
(D)	4	3	1	2.

38. Make the correct choice from the *Assertion (A)* and *Reason (R)* given below :

Assertion (A) : The girdles attach the limbs (extremities) to the axial skeleton.

Reason (R) : The girdles are considered to be part of the axial skeleton.

- (A) (A) and (R) are true
- (B) (A) is true, but (R) is false
- (C) (A) and (R) are false
- (D) (A) is false, but (R) is true.

39. The important indicator of female skeleton is
- (A) small skull
 - (B) wide pelvis
 - (C) curved humerus
 - (D) wide mandible.
40. Muscle can store glycogen up to
- (A) 475 gm
 - (B) 700 gm
 - (C) 650 gm
 - (D) 400 gm.
41. The minimum duration of a macro-cycle is
- (A) 17 days
 - (B) 7 days
 - (C) 2 days
 - (D) 10 days.
42. World Cup Football is organized after years of Olympic Games.
- (A) 4 years
 - (B) 5 years
 - (C) 1 year
 - (D) 2 years.
43. Skeletal growth can be measured by
- (A) date of birth
 - (B) carpal X-ray
 - (C) brain scan
 - (D) steel tape.
44. One of the important tools for collecting data in historical research is
- (A) Sampling
 - (B) Experiment
 - (C) Interview
 - (D) TAT Test.

45. The basic aim of interval training is the development of
- (A) speed
 - (B) speed-strength
 - (C) high endurance
 - (D) speed endurance.
46. Russel-Lang test is meant for measuring playing ability in
- (A) Basketball
 - (B) Volleyball
 - (C) Badminton
 - (D) Golf.
47. Reciprocal innovation is a process that involves our
- (A) vascular system
 - (B) hormonal regulation
 - (C) neuromuscular phenomenon
 - (D) muscular system.
48. The pattern of reducing heart rate after exercise is known as
- (A) Bradycardia
 - (B) Recovery
 - (C) Low heart rate
 - (D) Super-compensation.
49. The largest organ of human organism is
- (A) Femur
 - (B) Liver
 - (C) Skin
 - (D) Brain.
50. BMI is the ratio between
- (A) food intake and work output
 - (B) body weight and height
 - (C) age and height
 - (D) CO₂ and O₂.