



## ONE MARKER QUESTIONS, SESSION – 2023-24 ALL POSSIBLE MCQ QUESTIONS FROM CHAPTER 1 TO 10

1. Which term is used to describe the amount of blood pumped by the heart during one contraction?

- (a) Vital Capacity (b) Stroke Volume (c) Tidal Volume (d) Residual Volume

2. This is also called as reactive aggression :

- |                            |                                |                             |                           |
|----------------------------|--------------------------------|-----------------------------|---------------------------|
| (a) Assertive<br>behaviour | (b) Instrumental<br>aggression | (c) Impulsive<br>aggression | (d) Hostile<br>aggression |
|----------------------------|--------------------------------|-----------------------------|---------------------------|

3. Sit and Reach Test measures :

- |                             |                                    |  |                           |
|-----------------------------|------------------------------------|--|---------------------------|
| (a) Shoulder<br>flexibility | (b) Hyper extension of<br>the back | (c) Flexibility of Lower back and<br>Hamstring | (d) Abdominal<br>strength |
|-----------------------------|------------------------------------|--|---------------------------|

4. In a knockout tournament 4th Bye will be given to :

- |                                |                                |                                 |                                 |
|--------------------------------|--------------------------------|---------------------------------|---------------------------------|
| (a) Last team of Lower<br>half | (b) Last team of Upper<br>half | (c) First team of Upper<br>half | (d) First team of Lower<br>half |
|--------------------------------|--------------------------------|---------------------------------|---------------------------------|

5. Which is not a Short term effect of exercise on muscular system ?

- |                                |                                     |                                       |   |
|--------------------------------|-------------------------------------|---------------------------------------|---|
| (a) Accumulation of<br>Lactate | (b) Micro-tears in<br>muscle fibers | (c) Increase in muscle<br>temperature | (d) Increase in lactate<br>acid tolerance |
|--------------------------------|-------------------------------------|---------------------------------------|---|

6. Acceleration produced in a body depends upon :

- (a) Its mass (b) Force acting on it (c) Both (a) as well as (b) (d) None of these

7. In the short form of Harvard Step Test, the heart rate is counted between :

- (a) 2 to 2.5 min. (b) 2.5 to 3 min. (c) 1 to 1.5 min. (d) 1.5 to 2 min.

8. Sports is a important tool for social empowerment for women as it develops the following :

- (a) Aggression (b) Isolation (c) Stress (d) Leadership

9. This deformity is also called round back or hunch back :

- (a) Scoliosis (b) Lordosis (c) Kyphosis (d) Bow Legs

10. This condition of Female athlete triad can ruin a female athlete's career because it may lead to stress fractures and other injuries :

(a) Eating Disorders (b) Amenorrhea (c) Osteoporosis (d) Menstrual Dysfunction

11. Balanced diet is important for :

(a) Disease Prevention (b) Meeting Nutritional Needs (c) Immune system (d) All the above

12. Strength is necessary for :

(a) The physical activities associated with daily living (b) Moderate intensity activities (c) High intensity activities (d) All of the above

13. Which of the following is an example of extrinsic motivation ?

(a) Trying to beat your personal best in a 100m sprint (b) Participating in badminton for enjoyment (c) Wanting to swim a length of the swimming baths to gain a badge (d) Taking up aerobics to get fitter

14. Isokinetic training can improve :

(a) Explosive strength (b) Endurance (c) Both (a) as well as (b) (d) None of the above

15. The sideways curvature of spine is called :

(a) Kyphosis (b) Scoliosis (c) Lordosis (d) Round shoulder

16. Vitamin B Complex consists of :

(a) 8 Vitamins (b) 10 Vitamins (c) 3 Vitamins (d) 2 Vitamins

17. Frequent menstruation is known as :

(a) Metrorrhagia (b) Oligomenorrhea (c) Polymenorrhea (d) Menorrhagia

18. 'Yoga' has been derived from Sanskrit word :

(a) YUJ (b) YUP (c) YOG (d) YOJ

19. Which of the following is the first step in a sports programme ?

(a) Staffing (b) Budgeting (c) Planning (d) Directing

20. Persons who score low in extraversion trait of Big Five Theory have the following trait :

(a) Sociable (b) Talkative (c) Expressive (d) Avoid the social meetings

21. The amount of oxygen that can be taken by the lungs from the atmosphere is called :

(a) Oxygen transport (b) Oxygen uptake (c) Oxygen intake (d) None of the above

22. Which of the following is a Micro nutrient ?

(a) Carbohydrates (b) Fats (c) Water (d) Vitamins

23. Who developed Harvard Step Test ?

- |                          |                                      |                                      |                       |
|--------------------------|--------------------------------------|--------------------------------------|-----------------------|
| (a) Dr. Harold M. Barrow | (b) Lucien Brouha and his associates | (c) Dr. Hans Kraus & Dr. Sonja Weber | (d) Dr. Ken H. Cooper |
|--------------------------|--------------------------------------|--------------------------------------|-----------------------|

24. There is no muscle contraction during :

- (a) isotonic workouts (b) ballistic exercises (c) isometric exercises (d) isokinetic bursts

25. Cardiac hypertrophy is :

- |  |  |   |  |
|--|--|---|--|
| (a) plateauing of heart rate due to maximal exercise intensity | (b) enlargement of heart due to chronic endurance training | (c) lowering of heart rate due to physical training | (d) increase in ventricular volume because of exercise |
|--|--|---|--|

26. Which of the following is an intrinsic motivator ?

- (a) Pay (b) Promotion (c) Feedback (d) Interest of play

27. How many matches will be played in 2nd round, if 14 teams are participating in a knockout tournament ?

- (a) 3 (b) 2 (c) 4 (d) 6

28. In sports, a Snooker shot is an example of :

- (a) Locomotor skill (b) Extended motor skill (c) Fine motor skill (d) Gross motor skill

29. The resting Cardiac output is approximately ..... .

- (a) 10.0 lt. (b) 1.0 lt. (c) 5.0 lt. (d) 15.0 lt

30. Which of the following is/are the disadvantage/disadvantages of isometric exercises ?

- |   |  |                                     |                      |
|---|--|-------------------------------------|----------------------|
| (a) They develop static strength and not the dynamic strength | (b) The strength is not developed through the entire range of motion | (c) Loss of interest after few days | (d) All of the above |
|---|--|-------------------------------------|----------------------|

31. Which asana can be practiced immediately after eating food ?

- (a) Hastottanasana (b) Trikonasana (c) Ardhamatsyendrasana (d) Vajrasana

32..... bone comes out of socket in hip dislocation.

- (a) Femur (b) Humerus (c) Tibia (d) Fibula

33. Friction can be increased by

- (a) Using air cushion (b) Lubricant (c) Using sand (d) Using ball bearings

34. Archana a P.E. Teacher of ABC school sent invitations to 25 teams to play Kho-Kho under Khelo India programme. All teams accepted the invitation. Now, help Archana and suggest her which type of tournament she should organise to make the competition successful.

- |                         |                       |                            |                       |
|-------------------------|-----------------------|----------------------------|-----------------------|
| (a) Knockout tournament | (b) League tournament | (c) Round robin tournament | (d) Berger tournament |
|-------------------------|-----------------------|----------------------------|-----------------------|

35. The ability to perform cardiovascular exercises like running, aerobic exercise or swimming, for an extended period of time is called :

- (a) Speed (b) Strength (c) Endurance (d) Flexibility

36. A classic demonstration of explosive strength can be seen in a/an :

- |                        |                           |                                     |                            |
|------------------------|---------------------------|-------------------------------------|----------------------------|
| (a) gymnast's arm hang | (b) shot-putter in action | (c) soccer player chipping the ball | (d) archer drawing the bow |
|------------------------|---------------------------|-------------------------------------|----------------------------|

37. Which of the following tests is conducted to measure cardiovascular fitness ?

- (a) Back scratch test (b) Rockport one mile test (c) Harvard step test (d) Both (b) and (c)

38. The chemical substances synthesized by specific host glands, secreted into the blood and carried throughout the body are called :

- (a) hormones (b) sugar (c) electrolytes (d) capillaries

39. Newton's second law of motion is also known as :

- |                    |                                |                                  |                        |
|--------------------|--------------------------------|----------------------------------|------------------------|
| (a) Law of inertia | (b) Law of action and reaction | (c) Law of momentum/acceleration | (d) Law of gravitation |
|--------------------|--------------------------------|----------------------------------|------------------------|

40. The terms rest and motion are studied under :

- (a) Biochemistry (b) Biomechanics (c) Anatomy (d) All of the above

41. Example of Newton's Third Law is :

- |   |   |  |                      |
|---|---|--|----------------------|
| (a) A ball remains at rest until the force is applied on it | (b) In relay races while exchanging batons in exchange zone | (c) In swimming, a swimmer pushes the water backward and in return gets pushed forward | (d) All of the above |
|---|---|--|----------------------|

42. If injuries are to be classified according to the cause, which of the following doesn't fall under this category ?

- (a) Direct injury (b) Indirect injury (c) Overuse injury (d) Soft tissue injury

43. The deficiency of..... may cause goitre.

- (a) iron (b) copper (c) iodine (d) magnesium

44. The measurement of the amount of friction a surface will generate is called the \_\_\_\_\_ of friction.

- (a) Calibration (b) Coefficient (c) Smoothness (d) Description

45. The process of converting glucose into energy without utilizing oxygen is known as :

(a) Anaerobic respiration (b) Aerobic respiration (c) Stroke volume (d) Pulmonary diffusion

46. Carrot and orange come under :

(a) energy giving foods (b) body building foods (c) protective or regulatory foods (d) Normal foods

47. Newton's first law of motion is also called :

(a) Law of inertia (b) Law of Acceleration (c) Law of action and reaction (d) None of the above

48. Thrust exerted by water in swimming is an example of Newton's ..... law.

(a) First (b) Second (c) Third (d) None of these

49. The isotonic exercises were introduced by :

(a) J.J. Perrine (b) De Lorme (c) Muller (d) None of the above

50. There will be no variation in pace in activity in :

(a) Fartlek Method (b) Continuous Method (c) Interval Method (d) None of Above

51. A high jumper can jump higher off a solid surface because it pushes up his or her body with as much force as he or she is able to generate. It is in accordance with :

(a) Law of conservation of energy (b) Law of inertia (c) Law of action & reaction (d) Newton's law of gravitation

52. Popular ways to be active include :

(a) Walking (b) Cycling (c) Wheeling (d) All of the above

53. Which among the following is not a micronutrient ?

(a) Mineral (b) Vitamin (c) Protein (d) None of the above

54. Fast or intensive interval training method is very effective for developing :

(a) Aerobic endurance (b) Anaerobic endurance (c) Speed endurance (d) Specific endurance

55. Which type of diabetes can occur during pregnancy ?

(a) Type 1 (b) Type 2 (c) Gestational (d) Type 4

56. Newton's 3rd law of motion is known as :

(a) Law of Action and reaction (b) Law of Inertia (c) Law of Acceleration (d) Law of Gravity

57. According to Carl Jung, these people are more comfortable living alone and being by themselves:

(a) Ambiverts (b) Extroverts (c) Introverts (d) Ectoverts

58. Which one of the following methods is used to develop endurance ?

- |                                |                              |                             |                   |
|--------------------------------|------------------------------|-----------------------------|-------------------|
| (a) Continuous Training Method | (b) Interval Training Method | (c) Fartlek Training Method | (d) All the above |
|--------------------------------|------------------------------|-----------------------------|-------------------|

59..... is a process of establishing authority relationships among selected people, work and workplaces so that the group can work together efficiently.

- (a) Planning (b) Directing (c) Staffing (d) Organising

60. When was International Co-ordinating Committee Sports for the Disabled created ?

- (a) 1982 (b) 1984 (c) 1974 (d) 1986

61. The ability to tolerate higher concentration of..... can help in improving endurance performance.

- (a) Lactic acid (b) Hydrochloric acid (c) Acetic acid (d) Sulphuric acid

62. Isotonic exercises were introduced in the year :

- (a) 1951 (b) 1953 (c) 1954 (d) 1955

63. Isometric exercises are also known as :

- |                               |                              |                         |                       |
|-------------------------------|------------------------------|-------------------------|-----------------------|
| (a) Dynamic strength training | (b) Static strength training | (c) Isokinetic training | (d) None of the above |
|-------------------------------|------------------------------|-------------------------|-----------------------|

64. Ballistic method is used to improve.....

- (a) Strength (b) Endurance (c) Speed (d) Flexibility

65. Works like Preparation and maintenance of the ground are done by :

- |                           |                                    |                            |                       |
|---------------------------|------------------------------------|----------------------------|-----------------------|
| (a) Refreshment committee | (b) Ground and equipment committee | (c) Announcement committee | (d) Finance committee |
|---------------------------|------------------------------------|----------------------------|-----------------------|

66. Following are the constraints for women which restrict their participation in sports, except :

- (a) Psychological constraints (b) Social constraints (c) Eating habits (d) Economical constraints

67. The condition in which the knees are closer to each other while the feet remain apart when a person is standing, is known as

- (a) Knee concavity (b) Knock-knee (c) Knee-proximity (d) Knee-clubbing

68. Use of biomechanics in sports :

- |                          |                        |   |                      |
|--------------------------|------------------------|---|----------------------|
| (a) Enhances performance | (b) Improves technique | (c) Helps in developing better sports equipment | (d) All of the above |
|--------------------------|------------------------|---|----------------------|

69. The Harvard Step test was initially designed for :

- (a) School students (b) College students (c) Country youth (d) Top sports students

70. Which of the following methods is used to increase friction ?

(a) Using magnesium powder (b) Lubrication (c) Smoothening both surfaces (d) Streamlining

71. Which of the following is a macro mineral ?

(a) Iodine (b) Iron (c) Copper (d) Calcium

72. In which type of Anorexia does an individual lose weight by taking laxatives or diuretics ?

(a) Bulimia Nervosa (b) Purging type (c) Restricting type (d) Anorexia Nervosa

73. The height of the bench in Harvard Step Test (for boys) is :

(a) 15 inches (b) 20 inches (c) 24 inches (d) 30 inches

74. Vital capacity depends upon :

(a) Lung size (b) Strength of respiratory muscles (c) Chest cavity size (d) All of the above

75. The normal menstrual cycle is for :

(a) 29 days (b) 30 days (c) 26 days (d) 28 days

76. Which of the following affects/affect the projectile trajectory ?

(a) Gravity (b) Angle of release (c) Air resistance (d) All of the above

77. It is the ability to perform an action as quickly as possible to a signal :

(a) Movement Speed (b) Reaction Ability (c) Acceleration ability (d) Locomotor ability

78. This type of tournament is a fast method to know about the winner team in the tournament :

(a) Knock out tournament	(b) Ladder tournament	(c) Combination tournament	(d) League tournament
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79. During the morning assembly in the school, Anu fell unconscious. She was taken to nearby doctor. The doctor declared her malnourished and advised her to take balanced diet everyday. Balance diet consists of :

(a) Macro Nutrients (b) Micro Nutrients (c) Both (a) and (b) (d) Non-Nutritive component

80. Physical impairment or disability includes :

(a) Impaired muscle power	(b) Impaired passive range of movement	(c) Loss of limb, leg length difference and short stature	(d) All of the above
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81. How many games are included in Special Olympics Bharat ?

(a) 15 (b) 24 (c) 20 (d) 18

82. Which of the following is one of the Newton's laws of motion ?

(a) Law of inertia	(b) Law of conservation of energy	(c) Law of conservation of momentum	(d) Law of gravitation
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83. Which of the following is not an objective of the sports training ?

- |  |   |   |  |
|--|---|---|--|
| (a) To accelerate athlete's growth and development processes | (b) To make athletes dream about winning only | (c) To bring about change in athlete attitude, habits and behaviour | (d) To make the athlete highly skillful technically and tactically |
|--|---|---|--|

84. Which is the first step used in classification for Paralympics ?

- (a) Functional Assessment (b) Medical Assessment (c) Observation (d) Competition

85. The training related with improving abilities of an athlete or a sports person is called :

- (a) Exercise (b) Sports training (c) Practice (d) None of the above

86. It is difficult to walk on a wet floor because :

- |                        |                              |                               |                                    |
|------------------------|------------------------------|-------------------------------|------------------------------------|
| (a) Floor gets spoiled | (b) There is more resistance | (c) Force of friction is high | (d) Force of friction is very less |
|------------------------|------------------------------|-------------------------------|------------------------------------|

87. 600 M Run/Walk measures :

- |                         |                            |                            |                       |
|-------------------------|----------------------------|----------------------------|-----------------------|
| (a) Upper body strength | (b) Cardiovascular fitness | (c) Lower back flexibility | (d) None of the above |
|-------------------------|----------------------------|----------------------------|-----------------------|

88. Which is not a long term effects of exercise on muscular system?

- |                           |                          |                         |                            |
|---------------------------|--------------------------|-------------------------|----------------------------|
| (a) Hypertrophy of muscle | (b) Increased metabolism | (c) Increased Myoglobin | (d) Increased blood supply |
|---------------------------|--------------------------|-------------------------|----------------------------|

89. The special Olympics Bharat was formed and registered in :

- (a) 1998 (b) 2001 (c) 2003 (d) 2004

90. Fats and oils come under :

- (a) protective or regulatory foods (b) energy giving foods (c) bodybuilder group (d) routine foods

91. Passive flexibility is always ..... than active flexibility.

- (a) more (b) less (c) equal (d) None of the above

92. In Ardha Chakrasana which is the correct pose:

- |                                    |                                       |                                    |   |
|------------------------------------|---------------------------------------|------------------------------------|---|
| (a) Back bend in standing position | (b) Forward bend in standing position | (c) Leg raised in sitting position | (d) Head and led raised in lying position |
|------------------------------------|---------------------------------------|------------------------------------|---|

93. The muscles control activities like :

- (a) Facial expressions (b) Posture (c) Body movements (d) All of the above

94. The chemical substances synthesised by specific host glands, secreted into the blood and carried throughout the body are called :



(a) hormones (b) sugar (c) electrolytes (d) capillaries

95. Aggression is displayed in sports through .....

(a) assertion of views (b) use of abusive words (c) walking away from the opponent (d) strictly following the rules

96. How many byes will be given if 19 teams are participating in a knock-out tournament ?

(a) 12 (b) 13 (c) 14 (d) 15

97. Anaerobic capacity is the ability to produce energy :

(a) With use of oxygen (b) Without use of oxygen (c) With use of nitrogen (d) None of the above

98. Where was special Olympics in India formed :

(a) New Delhi (b) Calcutta (c) Mumbai (d) Bhopal

99. Paralympic Games was a 1948 sporting competition held at Stoke Mandeville hospital in:

(a) England (b) United States of America (c) Germany (d) Greece

100. Which of the following is/are a continuous method/methods of developing endurance ?

(a) Slow pace (b) Fast pace (c) Variable pace (d) All of the above

101. In Harvard Step Test, the athlete warms up for ..... minutes :

(a) 2 (b) 5 (c) 7 (d) 10

102. Which of the following are involved in injuries called "sprains" ?

(a) Bones (b) Tendons (c) Ligaments (d) Blood vessels

103. Inner urge of an individual which motivates him or her towards the activity is called as :

(a) Intrinsic motivation (b) external motivation (c) secondary motivation (d) awards and rewards

104. What is the resting cardiac output in a normal individual ?

(a) 2 litres (b) 6 litres (c) 8 litres (d) 5 litres

105. Planning in sports leads to :

(a) Increase in expenditure (b) Better coordination (c) Increase in mistakes (d) Increase in last minute pressures

106. How are the big five personality factors (McRae and Costa, 1990, 1996) also known as ?

(a) RIVER Scale (b) BROOK Scale (c) PONDS Scale (d) OCEAN Scale

107. Which parameter is not required to assess the BMR ?

(a) Weight (b) Height (c) Age (d) Name

108. Tyres are treaded to :

(a) Look good (b) Increase longevity (c) Increase friction (d) Increase weight of tyres

109. In slow or extensive interval training method, the total distance to be covered is :

(a) 2 to 3 km (b) 5 to 10 km (c) 2 to 5 km (d) 3 to 7 km

110. Purchase of sports equipment is a work of the .....Committee.

(a) Technical (b) Logistics (c) Marketing (d) Finance

111. Cardio-Respiratory system is essential for :

(a) Efficient pumping of blood (b) Oxygen supply to all parts of the body (c) Both (a) as well as (b) (d) None of the above

112. A.....cycle is an annual plan that works towards peaking for the goal competition of the year.

(a) micro (b) macro (c) meso (d) None of the above

113. The ability of the muscles to act against maximum resistance in a single effort is called :

(a) Explosive strength (b) Strength endurance (c) Maximum strength (d) None of the above

114. Psychological benefits of women participation in sports includes :

(a) Cooperation (b) Emotion Control (c) Physical Fitness (d) Communication

115. Newton's third law of motion is also called :

(a) Law of action and reaction (b) Law of conservation of energy (c) Law of inertia (d) Law of transference of momentum

116. This vitamin is essential for good eyesight :

(a) Vitamin A (b) Vitamin D (c) Vitamin K (d) Vitamin E

117. According to Newton's Second Law of Motion, greater the momentum imparted to an object :

(a) More will be its acceleration (b) Lesser will it resist the external forces acting on it (c) Lesser will be its acceleration (d) None of the above

118. In which of the following functions of sports event management "recruitment process" take place ?

(a) Planning (b) Staffing (c) Controlling (d) Directing

119. If the spine has a sideways curve, it is called

(a) Flat back (b) Lordosis (c) Kyphosis (d) Scoliosis

120. IPL cricket tournament is an example of :

- |                            |                          |                               |                                 |
|----------------------------|--------------------------|-------------------------------|---------------------------------|
| (a) Knockout<br>Tournament | (b) League<br>Tournament | (c) Combination<br>Tournament | (d) Single League<br>Tournament |
|----------------------------|--------------------------|-------------------------------|---------------------------------|

121. What is the normal respiratory rate for an adult ?

- |                                   |                                   |                                   |                                   |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| (a) 10 to 12 breath per<br>minute | (b) 40 to 60 breath per<br>minute | (c) 12 to 20 breath per<br>minute | (d) 30 to 40 breath per<br>minute |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|

122. In 50 mt. standing start of Motor Fitness Test, time is taken nearest to :

- (a) 10th of a second (b) 9th of a second (c) 5th of a second (d) 20th of a second

123. Choose odd one from the check list of organizing a sports event :

- (a) Accommodation (b) Place of event (c) Art integration (d) Sponsorship

124. Men and women usually attain their highest strength levels between the ages of :

- (a) 1 and 2 (b) 5 and 7 (c) 7 and 11 (d) 20 and 40

125. The position of the centre of gravity changes depending upon the :

- |                          |                             |  |                              |
|--------------------------|-----------------------------|--|------------------------------|
| (a) position of<br>force | (b) position of the<br>body | (c) position of the intersection of<br>force | (d) position of<br>stability |
|--------------------------|-----------------------------|--|------------------------------|

126. The Right to Education :

- |   |  |   |   |
|---|--|---|---|
| (a) makes education a<br>fundamental right of<br>every child between the<br>ages of 6 and 14. | (b) provides special<br>facilities to children<br>with various types of<br>disabilities. | (c) gives no special<br>opportunities for<br>children who are<br>differently abled. | (d) enforces Adapted<br>Physical Education<br>programme for children<br>with special needs. |
|---|--|---|---|

127. Factors that bring air resistance into play :

- (a) Larger the surface area (b) Rough surface (c) Smaller the mass (d) All of the above

128. Sprains in the knee, wrist or ankle often occur on account of :

- (a) bad falls (b) hanging and swinging (c) excessive twisting motion (d) tendon tearing

129. Glucose, fructose, sucrose and maltose are called .....carbohydrates.

- (a) complex (b) simple (c) saturated (d) unsaturated

130. Centre of Gravity is the average location of an object's \_\_\_\_\_.

- (a) Weight (b) Force (c) Resistance (d) Velocity

131. The Oath of Special Olympic is :

- |                   |  |   |                          |
|-------------------|--|---|--------------------------|
| (a) Let<br>me run | (b) Let me play But if I cannot win,<br>let me be brave in the attempt | (c) Let me win But if I cannot win,<br>let me be brave in the attempt | (d) None of<br>the above |
|-------------------|--|---|--------------------------|

132. Which test item is used to measure Lower Body Flexibility ?

(a) Chair Stand Test (b) Arm Curl Test (c) Chair Sit and Reach Test (d) Six Minute Walk Test

133. A person having traits of both extroverts as well as introverts is called :

(a) Endomorph (b) Ambivert (c) Mesomorph (d) Ectomorph

134. What is the formula to determine number of matches in League fixture for even number of teams ?

(a)  $N+1/2$  (b)  $N-1/2$  (c)  $N(N-1)/2$  (d)  $N(N+1)/2$

135. Carbohydrates contain elements of :

(a) Hydrogen and oxygen (b) carbon, hydrogen & oxygen (c) carbon and oxygen (d) Nitrogen, carbon & oxygen

136. Physical activity helps to increase .....

(a) Size of muscle (b) Size of bone (c) Size of brain (d) Size of liver

137. Starch in Potatoes is an example of :

(a) Complex carbohydrates (b) Simple carbohydrates (c) Fats (d) Proteins

138. 1 gram of fat provides :

(a) 3 Kcal (b) 4 Kcal (c) 5 Kcal (d) 9 Kcal

139. Who developed Interval Training Method ?

(a) Gosta Holmer (b) Bikila (c) Morgan & Adamson (d) Jetopack

140. Process of recreating images in mind to improve performance in sports is referred as ?

(a) Mental imagery (b) Self-talk (c) Self-esteem (d) Goal setting

141. In Knockout tournament if the total number of teams is odd, then number of teams in the lower half is calculated by :

(a)  $n+1$  (b)  $n-1$  (c)  $n/2$  (d)  $(n-1)/2$

142. It resembles a dead body :

(a) Pawanmuktasana (b) Matsyasana (c) Shavasana (d) Sarvangasana

143. Push Ups (Boys) measure :

(a) Upper body strength and endurance (b) Trunk stability (c) Both (a) as well as (b) (d) None of the above

144. In physical education and sports, motivation is very effective method to bring the required and effective changes in the.....of an athlete or a player :

(a) Behaviour (b) Attitude (c) Interest (d) All of the above

145. Which of the following is a legitimate behaviour ?

(a) Hostile Aggression (b) Instrumental Aggression (c) Assertiveness (d) Proactive Aggression

146. The word Isometric also means :

(a) The same size (b) The small size (c) The large size (d) The largest size

147. Acceleration due to an external force acting on a moving object is technically defined as change in .....of the object :

(a) location (b) direction (c) velocity (d) movement

148. Pushing against a brick wall is an example of :

(a) isometric workout (b) isotonic workout (c) isokinetic workout (d) none of the above

149. Isokinetic exercises were introduced in the year :

(a) 1961 (b) 1963 (c) 1968 (d) 1969

150. Under which act was Special Olympics Bharat formed ?

(a) Indian Trust Act 1882	(b) Indian Trust Act 1881	(c) Indian Trust Act 1880	(d) None of the above
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151. EKS day is celebrated during which month ?

(a) January (b) September (c) April (d) October

152. A person who is bold and outgoing is an :

(a) Introvert (b) Extrovert (c) Ambivert (d) Somatotype

153. A soft tissue injury damages :

(a) Ligaments and tendons (b) Bone (c) Cartilage and muscles (d) Carpals

154. Which of the following is an advantage of physical activities for CWSN ?

(a) Improved Physical fitness	(b) Improved Mental fitness	(c) Improved Social Skills	(d) All the above
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155. What should be the minimum duration for Continuous Training method ?

(a) 10 minutes (b) 20 minutes (c) 40 minutes (d) 30 minutes

156.....is the example of macro mineral.

(a) Phosphorus (b) Copper (c) Iodine (d) Iron

157. The International Paralympic Committee has established ..... disability categories :

(a) Five (b) Seven (c) Ten (d) Eight

158. Back Scratch Test is used to measure :

(a) Shoulder strength (b) Lower body flexibility (c) Upper body strength (d) Upper body flexibility

159. A fracture in which the bone breaks diagonally :

(a) Greenstick (b) Impacted (c) Oblique (d) Transverse

160. Which asana is suggested to relax muscles after performing Vajrasana ?

(a) Sukhasana (b) Savasana (c) Sarvangasana (d) Virabhadrasana

161. Special olympics has Unified sports partners in.....countries :

(a) 160 (b) 166 (c) 162 (d) 172

162. Which type of coordinative ability is required in games like judo and wrestling ?

(a) Orientation ability (b) Coupling ability (c) Adaptation ability (d) Differentiation ability

163. In which method, the exercises are done for longer duration without any interval ?

(a) Interval Method (b) Continuous Method (c) Fartlek Method (d) All of the Above

164. Isokinetic stands for :

(a) Equal tension (b) Equal measuring (c) Equal movement (d) None of the above

165. It is a detailed programme made by the organisers before few days or on the same day of the competition :

(a) Bye (b) Seeding (c) Fixture (d) Special Seeding

166. Which is not an item of Rikli and Jones Test ?

(a) 8 Foot Up and Go (b) Sit & Reach test (c) 6 Minute Walk Test (d) Arms Curl Test

167. According to Professor John Fontanella, the ideal angles from the free throw line will vary from \_\_\_\_\_ to \_\_\_\_\_ with shorter players.

(a) 48.7 degrees to 52.2 degrees	(b) 45.6 degrees and 50.2 degrees	(c) No specific degree	(d) Any degree
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168. It is a disease in which bone weakening increases the risk of a broken bone :

(a) Measles (b) Osteoporosis (c) Atherosclerosis (d) Beriberi

169. Height of stable box used in the Harvard Step Test is :

(a) 1 metre for men & half metre for women	(b) 20 inches for men & 16 inches for women	(c) 16 inches for men & 12 inches for women	(d) None of these
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170. Extroverts :

- |                               |                                  |                              |                      |
|-------------------------------|----------------------------------|------------------------------|----------------------|
| (a) Have more self-confidence | (b) Take more interest in others | (c) Are lively and realistic | (d) All of the above |
|-------------------------------|----------------------------------|------------------------------|----------------------|

171. Grouping process associated with Paralympics is referred as :

- (a) Divisioning (b) Classification (c) Grouping (d) Categorization

172. Who developed Fullerton Functional Test for senior citizens ?

- (a) Brouha and others (b) Johnson and Johnson (c) Rikli and Johnson (d) Rikli and Jones

173. The science of how living things function normally is called :

- (a) Psychology (b) Physiology (c) Kinesiology (d) Biomechanics

174. Which of the following is not a property of muscles ?

- (a) Contractility (b) Excitability (c) Extensibility (d) Durability

175. In general sports biomechanics is a quantitative based study and analysis of professional athletes and sports activities. It explains how and why the human body moves in the way that it does. Following are the importance of biomechanics, except :

- |                             |                              |                                |                              |
|-----------------------------|------------------------------|--------------------------------|------------------------------|
| (a) Improvement in training | (b) Improvement in equipment | (c) Improvement in performance | (d) Improvement in aesthetic |
|-----------------------------|------------------------------|--------------------------------|------------------------------|

176. Which one of the following is an example of intrinsic motivation ?

- |  |  |   |   |
|--|--|---|---|
| (a) Trying to win the cup in a hockey tournament | (b) Earning money by refereeing a football match for your younger children | (c) Enjoying performing a new dance routine | (d) Getting a swimming badge to please your parents |
|--|--|---|---|

177. Who was Bikila ?

- |                               |                              |                             |                           |
|-------------------------------|------------------------------|-----------------------------|---------------------------|
| (a) Athletic Coach of Finland | (b) Athletic Coach of Sweden | (c) Athletic Coach of Egypt | (d) Athletic Coach of USA |
|-------------------------------|------------------------------|-----------------------------|---------------------------|

178. Special Olympics organisation holds ..... competitions :

- (a) Local (b) Regional (c) National (d) All of the above

179. The force of our blood pushing against the walls of our arteries is called as :

- (a) Cardiac output (b) Blood pressure (c) Heart rate (d) VO2 Max

180. In a knockout tournament, if 9 teams are participating then number of byes in upper half will be :

- (a) 3 (b) 4 (c) 5 (d) 2

181. Fracture where a part of broken bone enters another bone is called :

- (a) Simple fracture (b) Compound fracture (c) Impacted fracture (d) Green stick fracture

182. 'Personality' comes from the Latin word persona, meaning :

- (a) privacy (b) person (c) mask (d) attitude

183. Intensive exercise burns of :

- (a) A large number of calories (b) A small number of calories (c) A moderate number of calories (d) None of the above

184. Sports training programmes :

- (a) Improve physical fitness (b) Improve health (c) Lead to wellness (d) All of the above

185. Decrease in size of a body part, cell, organ, or other tissue is called :

- (a) Myopia (b) Atrophy (c) Cardiac arrest (d) Cardiac cycle

186..... helps in smooth elimination of stool or faeces.

- (a) Carbohydrates (b) Roughage (c) Minerals (d) Vitamins

187. The term 'biomechanics' to describe the application of mechanical principles in the study of living organism was adopted in :

- (a) early 1970s (b) late 1970s (c) 1970 (d) early 1980s

188. Study of internal & external forces acting on athlete/player is called :

- (a) Sports Biomechanics (b) Biomechanics (c) Biochemistry (d) Kinesiology

189. Factors affecting motor development.

- (a) Personal (b) Psychological (c) Genetic (d) All of the above

190. Which test is used to measure the aerobic endurance (fitness) of a senior citizen ?

- (a) 8 Feet up and Go test (b) Chair stand test (c) Six minute walk test (d) Arm curl test

191. Which of the following is not a component of Female Athlete Triad ?

- (a) Osteoporosis (b) Eumenorrhea (c) Amenorrhea (d) Eating disorder

192. It is a measure of the amount of minerals (mostly calcium and phosphorus) contained in a certain volume of bone :

- (a) Body composition (b) Bone Mass (c) Pulmonary function (d) Neuron

193. In the human body, the most common class of lever..... .

- (a) 1st Class lever (b) 2nd Class lever (c) 3rd Class lever (d) None of the above

194. Female athlete triad is a syndrome characterized by :

- (a) Osteoporosis (b) Amenorrhea (c) Eating disorder (d) All of the above



195. These kind of people are characterized by outgoingness, responsiveness to other persons, activity, aggressiveness and the ability to make quick decisions :

- (a) Ambiverts (b) Extroverts (c) Introverts (d) Ectoverts

196. This mineral is essential for health of bones and teeth :

- (a) Sodium (b) Potassium (c) Calcium (d) Phosphorus

197. Which amongst these is a sitting asana ?

- (a) Ardh-Matsyendrasana (b) Padahasthasana (c) Ardh Chakrasana (d) Trikonasana

198. The first Special Olympics Games were held in:

- (a) Chicago (b) Paris (c) New York (d) Washington D.C.

199. Obesity occurs when we :

- (a) eat foods high in nutrients (b) take in more calories by eating than we burn by exercising (c) engage in strenuous exercise (d) develop healthy eating habitsA

200. Aerobic capacity depends upon :

- (a) Oxygen intake (b) Oxygen transport (c) Oxygen uptake (d) All of the above

201. The ability of the muscles to carry out work against a resistance when the body is in motion is called :

- (a) Dynamic strength (b) Static strength (c) Strength endurance (d) None of the above

202. In fast or intensive interval training method, the heart rate is kept around ..... beats per minute :

- (a) 120 to 140 (b) 130 to 160 (c) 170 to 200 (d) 140 to 180

203. An object in motion remains in motion and an object at rest remains at rest until acted upon by an external force. It is in accordance with Newtons :

- (a) Third Law of motion (b) Second Law of motion (c) First Law of motion (d) None of the above

204. Minimum duration of activity should be \_\_\_\_\_per week at vigorous intensity in adults above 65 years of age.

- (a) 75 minutes (b) 150 minutes (c) 300 minutes (d) 450 minutes

205. Which agency has accredited the Special Olympics Bharat Programme ?

- (a) Special Olympics International (b) Special Olympics India (c) National Sports Federation (d) Sports Authority of India

206. Who wrote on the Motion of Animals in the 4th century BC?

- (a) Plato (b) Confucius (c) Charles Darwin (d) Aristotle

207. Which of the races is run “to promote brotherhood”?

- (a) Run for Fun (b) Run for specific cause (c) Run for Unity (d) Health Run

208. Gender value for women in Rockport 1 mile test is :

- (a) 1 (b) 0 (c) – 1 (d) + 1

209. Which of the following is not a rule of correct posture ?

- |                |  |   |   |
|----------------|--|---|---|
| (a) Stand tall | (b) Chin should be up and the head centered over the shoulders | (c) body weight should be evenly balanced over both legs and feet | (d) Back should be bent while standing or sitting |
|----------------|--|---|---|

210. The world’s largest sports organisation for children and adults with intellectual and physical disabilities is :

- (a) Top olympics (b) Special olympics (c) Unique olympics (d) None of the above

211. The goal set by a sports-persons should be :

- |                         |                                    |   |                      |
|-------------------------|------------------------------------|---|----------------------|
| (a) Possible to achieve | (b) In the reach of the individual | (c) Of known advantages of attaining it | (d) All of the above |
|-------------------------|------------------------------------|---|----------------------|

212. Which managerial function is to encourage subordinates to work effectively and efficiently in both the short and long-run ?

- (a) Planning (b) Directing (c) Staffing (d) Organising

213. Lateral curvature or sideways curvature of spine is related to :

- (a) Round shoulder (b) Kyphosis (c) Knock-knee (d) Scoliosis

214. Physical exercise done in the presence of oxygen is called :

- (a) aerobic (b) anaerobic (c) isometric (d) isokinetic

215. It is a disease in which bone weakening increases the risk of a broken bone.

- (a) Measles (b) Osteoporosis (c) Atherosclerosis (d) Beriberi

216. Centre of gravity is the average location of an object’s :

- (a) weight (b) force (c) balance (d) velocity

217. Athletes with high endurance generally possess high percentages of :

- (a) Fast twitch muscle fibres (b) Slow twitch muscle fibres (c) Flexibility (d) Fat

218. ‘Vitamin K’ is essential for—

- |                                 |                                   |                           |                            |
|---------------------------------|-----------------------------------|---------------------------|----------------------------|
| (a) Normal coagulation of blood | (b) Providing nourishment to body | (c) Prevention of disease | (d) Metabolism of the body |
|---------------------------------|-----------------------------------|---------------------------|----------------------------|

219. Each movement in human body is the result of ..... of the muscles :

(a) Contraction (b) Relaxation (c) Contraction & Relaxation (d) None of the above

220. Which of the following provide the building blocks for hormones and formation of cell walls :

(a) Fats (b) Minerals (c) Carbohydrates (d) Vitamins

221. Anthocyanins give colour to

(a) roots (b) coffee (c) wheat (d) grapes

222. Who introduced the concept of introversion and extroversion to the world of psychology ?

(a) William Herbert Sheldon (b) Gordon Allport (c) Carl Jung (d) None of the above

223. Iron is a part of :

(a) trace minerals (b) macro minerals (c) vitamins (d) carbohydrate

224. This is also known as predatory aggression :

(a) Assertive behaviour	(b) Instrumental aggression	(c) Impulsive aggression	(d) Hostile aggression
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225. Sports biomechanics can be described as :

(a) mechanics of sports (b) kinesiology (c) physics of sports (d) sports dynamics

226. Vitamin B1 is also known as :

(a) Thiamine (b) Niacin (c) Biotin (d) None of these

227. The first menstruation and the commencement of cyclic menstrual function in female :

(a) Menorrhagia (b) Menarche (c) Eumenorrhea (d) Amenorrhea

228. Which of the following is not one of the Big Five Personality Factors ?

(a) Submissiveness (b) Agreeableness (c) Extraversion (d) Neuroticism

229. A.....cycle is the shortest training cycle.

(a) micro (b) macro (c) meso (d) None of the above

230. Decrease in size of a body part, cell, organ, or other tissue is called :

(a) Myopia (b) Atrophy (c) Cardiac arrest (d) Cardiac cycle

231. At what point is Blood pressure considered high :

(a) 80/120 (b) 130/80 (c) 140/90 (d) 210/120

232. In which of the following food groups "Sugar and jaggery" come under?

- |                                    |                         |                         |                             |
|------------------------------------|-------------------------|-------------------------|-----------------------------|
| (a) Protective or regulatory foods | (b) Energy giving foods | (c) Body building foods | (d) Immunity boosters foods |
|------------------------------------|-------------------------|-------------------------|-----------------------------|

233. Causes of Osteoporosis in female athletes is / are :

- (a) Menopause (b) Low calcium intake (c) Both (a) as well as (b) (d) High calcium intake

234. Continuous training is one of the best methods for improving .....

- (a) Strength (b) Endurance (c) Speed (d) Flexibility

235 ..... refers to inability to digest a particular kind of food.

- (a) Food Myths (b) Food Intolerance (c) Food Tolerance (d) Healthy Food

236. The Friction force acts in a/an \_\_\_\_\_ direction to the direction of motion of an object.

- (a) opposite (b) same (c) downwards (d) diagonal

237. Range of protein intake is

- |   |   |   |   |
|---|---|---|---|
| (a) 5g/kg body weight to 1 g/kg body weight | (b) 1g/kg body weight to 2 g/kg body weight | (c) 2g/kg body weight to 3 g/kg body weight | (d) 3g/kg body weight to 4 g/kg body weight |
|---|---|---|---|

238. 'Fartlek Training' was first devised and adopted in :

- (a) USA (b) Sweden (c) England (d) Switzerland

239. Johnson- Metheny Test battery has \_\_\_\_\_ Items.

- (a) 6 (b) 5 (c) 4 (d) 10

240. Which of the following comes under the category of wound ?

- (a) Abrasion (b) Laceration (c) Both (a) and (b) (d) Tennis elbow

241. Right to education provides free education for all children within the age group of :

- (a) 5-10 yrs (b) 6-14 yrs (c) 10-18 yrs (d) 2-7 yrs

242. Which of the following is/are the advantage/advantages of interval training method ?

- |                                       |                                    |                                     |                      |
|---------------------------------------|------------------------------------|-------------------------------------|----------------------|
| (a) There are less chances of fatigue | (b) Proper overloading can be done | (c) Progress can be measured easily | (d) All of the above |
|---------------------------------------|------------------------------------|-------------------------------------|----------------------|

243. Men and women usually attain their highest strength levels between the ages of :

- (a) 1 and 2 (b) 5 and 7 (c) 7 and 11 (d) 20 and 40

244. How many types of Asanas are there in Yoga ?

- (a) 3 (b) 4 (c) 5 (d) 12

245. Oxalates are present in

(a) green leafy vegetables (b) bajra (c) nuts (d) spices

246. Who quoted “Sthira Sukham Asanam”?

(a) Patanjali (b) Gheranda (c) Shivananda (d) Svatmarama

247. Yogasutra was compiled by :

(a) Patanjali (b) Gheranda (c) Shivananda (d) Svatmarama

248. Sunlight is a source of—

(a) Vitamin A (b) Vitamin B (c) Vitamin C (d) Vitamin D

249. Which of the following is not a condition of Female Athlete Triad ?

(a) Eating Disorders (b) Amenorrhea (c) Round shoulders (d) Osteoporosis

250. What is the full form of BMI ?

(a) Body Measurement Index	(b) Body Minimum Index	(c) Body Mass Index	(d) Body Mass Indication
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251. Following are energy giving food except :

(a) Cereals (b) Sugar and Jaggery (c) Fats and Oil (d) Yellow and Orange Fruits

252. Speed is considered to be a determining factor in :

(a) Precision sports (b) power sports (c) explosive sports (d) endurance sports

253. Rule used by Special Olympics to achieve the intentions of fairness is referred as :

(a) Maximum Effort Rule (b) Honest Effort Rule (c) Best Effort Rule (d) Minimum Effort Rule

254. Who developed Fartlek Training Method ?

(a) Gosta Holmer (b) Bikila (c) Morgan and Adamson (d) Jetopack

255. Fartlek Training is best used to develop :

(a) Endurance (b) Strength (c) Flexibility (d) Speed

256. Absolute strength is :

(a) the amount of force one can exert one time	(b) the amount of force that can be exerted in relation to body weight	(c) The amount of force that can be exerted over time	(d) All of the above
--	--	---	----------------------

257. It is a ligament injury :

(a) Fracture (b) Dislocation (c) Sprain (d) Abrasion

258. It is the amount of blood pumped out by each side of the heart (actually each ventricle) in 1 minute.

(a) Blood pressure (b) Cardiac output (c) Blood volume (d) Anaemia

259. Seeding is decided on the basis of :

(a) Previous performance (b) Future performance (c) Current performance (d) Bad performance

260. Which asana improves efficiency of liver ?

(a) Vajrasana (b) Makrasana (c) Ardhamatsyendrasana (d) Tadasana

261. The big five model of personality contains the following dimensions :

(a) openness, narcissism, psychoticism, conscientiousness, extraversion	(b) psychoticism, neuroticism, extraversion, openness, agreeableness	(c) openness, conscientiousness, extraversion, agreeableness, narcissism	(d) conscientiousness, agreeableness, neuroticism, openness, extraversion
---	--	--	--

262. In planning, defining procedure means :

(a) setting goals	(b) making a policy	(c) formation of rules and regulation	(d) defining course of action
----------------------	------------------------	--	----------------------------------

263. Hiettinger and Muller published a research on isometric exercises in Germany in the year :

(a) 1951 (b) 1953 (c) 1955 (d) 1956

264. Talent identification is a ..... process.

(a) General process (b) Scientific process (c) Specific process (d) None of the above

265. Approximately, how much carbohydrate is required for strength dominant sports ?

(a) 40% (b) 55% (c) 70% (d) 80%

266. Fartlek Training is used to develop .....

(a) Endurance (b) Strength (c) Flexibility (d) Speed

267. IPC in sports, stands for :

(a) International Paralympic Committee	(b) Indian Penal Code	(c) International Pacific Committee	(d) None of the above
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268. According to the nature of activity, which one of the following is not the type of endurance ?

(a) Basic endurance (b) Specific endurance (c) Speed endurance (d) General endurance

269. Which Asana is good for the performance of the Excretory System ?

(a) Sukhasana (b) Tadasana (c) Pawanmuktasana (d) Virabhadrasana

270. Which of the following strategies is considered to make physical activities accessible for children with special needs ?

- |                              |  |   |                   |
|------------------------------|--|---|-------------------|
| (a) Regular Medical check-up | (b) Special environment according to their needs | (c) Adapted Physical education activities | (d) All the above |
|------------------------------|--|---|-------------------|

271. What is the right term that should be used for children with Special needs ?

- (a) Viklang (b) Divyang (c) Differently abled (d) All of the above

272. Isokinetic method was developed by :

- (a) H.C. Buck (b) Joy Perrny (c) J.J. Perrine (d) J.J.Coubertin

273 ..... is the range of movements of joints.

- (a) Strength (b) Endurance (c) Speed (d) Flexibility

274. Deformity of the legs is known as

- (a) Scoliosis (b) Lordosis (c) Knock knees (d) Kyphosis

275. Micronutrients include :

- (a) Vitamins (b) Minerals (c) Both (a) and (b) (d) Carbohydrates

276. The word "Paralympic" was officially used in :

- (a) 1988 (b) 1980 (c) 1992 (d) None of the above

277. In which of the following functions of sports event management "recruitment process" take place ?

- (a) Planning (b) Staffing (c) Controlling (d) Directing

278. Bhujangasana is also known as

- (a) Dog posture (b) Child posture (c) Cobra posture (d) Reverse Boat posture

279. How many athletes took part in the first Paralympic games in Rome (Italy) in 1960 ?

- (a) 400 (b) 450 (c) 500 (d) 600

280. Which one of the following methods is helpful in improving flexibility ?

- |                      |                              |                               |                   |
|----------------------|------------------------------|-------------------------------|-------------------|
| (a) Ballistic Method | (b) Static Stretching Method | (c) Dynamic Stretching Method | (d) All the above |
|----------------------|------------------------------|-------------------------------|-------------------|

281. It is a measure of the amount of minerals (mostly calcium and phosphorus) contained in a certain volume of bone.

- (a) Body composition (b) Bone Mass (c) Pulmonary function (d) Neural function

282. A healthy, normal menstrual period is called :

- (a) Menorrhagia (b) Menarche (c) Eumenorrhea (d) Amenorrhea

283. Use of biomechanics in sports :

- (a) Brings an improvement in training      (b) Prevents sports injuries      (c) Helps in understanding human body      (d) All of the above

284. Increase in glycogen stored in muscle is an effect of :

- (a) Aerobic Training    (b) Anaerobic Training    (c) Cross Training    (d) Multi training

285. Riboflavin is the scientific name of which vitamin ?

- (a) Vitamin B2    (b) Vitamin C    (c) Vitamin E    (d) Vitamin D

286. Publication of rules and regulations should be done :

- (a) Pre event    (b) During event    (c) Post event    (d) Any time during the event

287. Tabular method is used for fixtures in :

- (a) Knock-out tournament    (b) Challenge tournament    (c) League tournament    (d) None of these

288. These are slanted fractures that occur when a force is applied at any angle other than a right angle to the bone :

- (a) Impact fracture    (b) Dislocation    (c) Oblique bone fracture    (d) Green stick fracture

289. The medical name for this deformity is Genu Varum :

- (a) Scoliosis    (b) Lordosis    (c) Knock Knees    (d) Bow Legs

290. Ability to coordinate body part movements with one another and in relation to a definite goal oriented body movement is known as :

- (a) Balance Ability    (b) Adaptation Ability    (c) Rhythm Ability    (d) Coupling Ability

291. Scoliosis is a postural deformity related to

- (a) Muscles    (b) Shoulders    (c) Legs    (d) Spine

292. Ability to move or change direction quickly :

- (a) Agility    (b) Muscular Power    (c) Stamina    (d) Balance

293. They are called as building blocks of body :

- (a) Carbohydrates    (b) Proteins    (c) Vitamins    (d) Fats

294. Dislocation is related to :

- (a) Bone injury    (b) Skin injury    (c) Muscular injury    (d) Joint injury

295. Under which kind of strength would you put shotput ?

- (a) Strength endurance    (b) Explosive strength    (c) Maximum strength    (d) Speed strength

296. Which one of the following is NOT a result of regular exercise?



- |                            |                                 |                          |                         |
|----------------------------|---------------------------------|--------------------------|-------------------------|
| (a) Increased bone density | (b) Increased cholesterol level | (c) Strong immune system | (d) Increased longevity |
|----------------------------|---------------------------------|--------------------------|-------------------------|

297. Which test is used to measure physical fitness and a person's ability to recover after a strenuous exercise ?

- (a) 6 minute walk test (b) Rockport 1 Mile test (c) Harvard step test (d) 600 mt. walk/run

298. There are ..... basic functions of Management.

- (a) four (b) five (c) six (d) eight

299. Publication of rules and regulations should be done :

- (a) Pre event (b) During event (c) Post event (d) Any time during the event

300. To help you improve your abdominal strength for preventing low-back pain, you should do :

- (a) Sit-ups (b) pull-ups (c) push-ups (d) run-ups

301. Kyphosis is a deformity found in :

- (a) Shoulders (b) Lumbar region (c) Thoracic region (d) Hips

302. A higher lactate threshold :

- (a) Delays fatigue (b) Increases endurance (c) Both (a) as well as (b) (d) None of the above

303. The basic function of management is :

- (a) Controlling (b) Budgeting (c) Planning (d) Organising

304. Sit and reach test measures :

- (a) endurance (b) flexibility (c) strength (d) speed

305. The reason Paralympic Games got their name was because :

- |  |   |   |   |
|--|---|---|---|
| (a) they were meant for athletes suffering from paraplegia | (b) they run alongside or parallel to the Olympic Games | (c) the athletes are paragons of their sports | (d) they are attended by a large number of paramedics |
|--|---|---|---|

306. 'Sway Back' is also known as :

- (a) Lordosis (b) Kyphosis (c) Scoliosis (d) Round Shoulder

307. What does 'Fartlek' mean ?

- (a) Effort play (b) Speed play (c) Interval play (d) Overload play

308. Slow or extensive interval training method is very effective for developing :

- (a) Aerobic endurance (b) Anaerobic endurance (c) Speed endurance (d) Specific endurance

309. Modified Push-up test is used to measure :

- |                        |                  |  |                                   |
|------------------------|------------------|--|-----------------------------------|
| (a) Abdominal strength | (b) Leg strength | (c) Arm and shoulder strength for boys | (d) Upper body endurance of girls |
|------------------------|------------------|--|-----------------------------------|

310. Walking barefoot on sand or rough ground helps to correct

- (a) flat feet (b) club feet (c) curved feet (d) outward pointing feet

311. General exercises :

- |                            |                             |                               |                      |
|----------------------------|-----------------------------|-------------------------------|----------------------|
| (a) Develop the whole body | (b) Are good for warming up | (c) Are good for conditioning | (d) All of the above |
|----------------------------|-----------------------------|-------------------------------|----------------------|

312. What is an ideal weight to be reduced in one week ?

- (a) 250 gms to 500 gms (b) 500 gms to 1 kg (c) 1kg to 1.5 kg (d) kg to 2 kgs

313. This test is also known as Fullerton Functional Test of senior citizens :

- (a) Harvard Step Test (b) Rockport Test (c) Senior citizen fitness test (d) Kraus Weber test

314. The medical name for this deformity is Genu Valgum :

- (a) Scoliosis (b) Lordosis (c) Knock Knees (d) Bow Legs

315. Johnson- Metheny Test battery does not consist of \_\_\_\_\_ motor stunts.

- (a) Front Roll (b) Back Roll (c) Side Roll (d) Jumping Full- Turns

316. Scoliosis deformity is related to :

- (a) Feet (b) Legs (c) Head (d) Spine

317. In arm Curl test, weight of the dumbbell for women is :

- (a) 2.5 Kg (b) 2.3 Kg (c) 2.8 Kg (d) 2.1 Kg

318. Lubricants are used to :

- (a) Increase friction (b) Decrease friction (c) To light fire (d) To put off fire

319. In which postural deformity the muscles of chest of an individual contract ?

- (a) Lordosis (b) Knock Knees (c) Kyphosis (d) Bow legs

320. According to Patanjali, the definition of Asana is

- |                             |  |                                       |                                      |
|-----------------------------|--|---------------------------------------|--------------------------------------|
| (a) control of sense organs | (b) sitting in a cross-legged position | (c) sitting in a comfortable position | (d) control of diet and water intake |
|-----------------------------|--|---------------------------------------|--------------------------------------|

321. Psychology means :

- (a) Science of matter (b) Science of mind or soul (c) Science of humanity (d) None of the above

322. It is also called as Isometric strength :

(a) Maximum strength (b) Explosive strength (c) Static Strength (d) Strength endurance

323. A female athlete can have :

(a) Only one part of the triad (b) One, two or all three parts of the triad (c) Only two parts of the triad (d) None of the above

324. Normally people do not adhere to a regular exercising programme due to :

(a) lack of proper goals (b) adding a variety of exercises (c) social support enhancement (d) feedback from instructor

325. In fast or intensive interval training method, the time of workout is :

(a) 10 minutes to 15 minutes (b) 15 minutes to 30 minutes (c) 20 minutes to 40 minutes (d) 20 minutes to 1 hour

326. How many countries participated in the first Paralympic games in Rome (Italy) in 1960 ?

(a) 20 (b) 23 (c) 24 (d) 25

327. Which amongst these is not a method to improve flexibility ?

(a) Ballistic (b) Static stretching (c) PNF (d) Fartlek

328. Carl Jung classified personality into .....main types :

(a) Two (b) Three (c) Four (d) Five

329. Deaflympics were originally known as :

(a) International Deaf Games (b) International Silent Games (c) Games for the deaf (d) None of the above

330. National Sports Federation was upgraded to Priority category on :

(a) 8th April, 2006 (b) 8th April, 2005 (c) 10th April, 2006 (d) 10th April, 2005

331. If a woman in the age group 60-65 years gets a score of greater than 30 in Harvard Step Test, then her physical condition is termed as .....

(a) Excellent (b) Good (c) Very Good (d) Poor

332. Lordosis is a problem of the

(a) Lower Back (b) Middle Back (c) Upper Back (d) Shoulders

333. Speed :

(a) Is the ability of an individual to perform a sports event at a faster rate (b) Is an important component or part of every sports event, especially sprints. (c) Is the ability to complete a race or work within minimum time (d) All of the above

334. Aerobic capacity describes the functional capacity of :

(a) Heart (b) Lungs (c) Blood vessels (d) All of the above

335. Sugar, sweets, bread are rich sources of—

(a) Carbohydrates (b) Fats (c) Proteins (d) Roughage

336. Which of the followings is not symptom of food intolerance ?

(a) Stomach pain (b) Vomiting (c) Breathing problem (d) Low blood sugar level

337. The World Health Organisation first issued a set of guidelines for exercise in the year .....

(a) 2010 (b) 2009 (c) 2012 (d) 2007

338. Which Newton's law is applied while swimming ?

(a) Law of Inertia (b) Law of Acceleration (c) Law of Action and Reaction (d) Both (a) and (b)

339. Sports injuries refer to the kind of injuries that occur during :

(a) Sports (b) Exercise (c) Both (a) as well as (b) (d) None of the above

340. Which of the following is a type of endurance according to the nature of activity ?

(a) Long term endurance (b) Specific endurance (c) Speed endurance (d) Anaerobic endurance

341. Mechanical analysis of Javelin thrown by Neeraj Chopra will be done under :

(a) Biology (b) Biomechanics (c) Physiology (d) Anatomy

342. Overstretching of ligaments causes :

(a) Strain (b) Sprain (c) Contusion (d) Bruises

343. Nutrient is a \_\_\_\_\_ substance.

(a) Biological (b) Chemical (c) Energy (d) Mechanical

344. Which of the following is very good value of VO<sub>2</sub> max of men in the age group of 45-49 years ?

(a) 44 – 48 (b) >48 (c) 47 – 51 (d) >51

345. Fartlek training method is :

(a) A type of Push-ups	(b) A type of cross-country running	(c) 100-metre running	(d) None of the above
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346. Postural deformity due to excessive curvature of thoracic region is known as

(a) Lordosis (b) Scoliosis (c) Kyphosis (d) Cervical

347. Ability to attain high level of fine tuning of movement phases is known as :

(a) Differentiation Ability (b) Orientation Ability (c) Adaptation Ability (d) Coupling Ability

348. Which of the following is/are the advantage/advantages of isometric exercises ?

- (a) They require little space and can be performed anywhere      (b) No equipment is required      (c) They need less time      (d) All of the above

349. If you want to measure Aerobic Endurance of a senior citizen, which test would you use :

- (a) Eight Foot Up & Go Test    (b) Six Minute Walk Test    (c) Back-Scratch Test    (d) Chair Stand Test

350. Who started Special Olympics International ?

- (a) Eunice Kennedy Shriver    (b) John F Kennedy    (c) Sir Ludwig Guttmann    (d) M. Mahadeva

351. Tendonitis in the shoulder of a swimmer from excessive amounts of training is an example of :

- (a) Direct injury    (b) Indirect injury    (c) Overuse injury    (d) Hard tissue injury

352. Application of Newton's laws at motion is very useful in sports. In this context. Acceleration is related to :

- (a) Newton's first law of motion      (b) Newton's third law of motion      (c) Newton's second law of motion      (d) Both (a) and (b)

353. Meso cycle is training of :

- (a) one week    (b) 4 to 10 days    (c) 3 to 6 weeks    (d) Three months

354. After losing a match, a team will be eliminated from the .....

- (a) Knockout tournament    (b) League tournament    (c) Round Robin tournament    (d) None of above

355. Rate at which the activity is being performed is known as :

- (a) Volume    (b) Intensity    (c) Type of Activity    (d) Frequency

356. The ability of a joint to do movements with external help :

- (a) Passive flexibility    (b) Active flexibility    (c) Neuro Flexibility    (d) Continuous flexibility

357. When was Camp Shriver started for children with disabilities ?

- (a) 1982    (b) 1964    (c) 1970    (d) 1962

358. The chief aim of physical activities during 5 to 17 years of age groups is to improve cardio-respiratory and muscular fitness, bone health, cardiovascular and to reduce symptoms of anxiety and depression. Rate at which activity is performed is known as :

- (a) Volume    (b) Intensity    (c) Type of activity    (d) Frequency

359. What is the main work of Finance committee in the tournament ?

- (a) Registration of participants      (b) Publicity of the tournament      (c) Prepare budget of the tournament      (d) Make transport arrangements

360. Deficiency of Vitamin D causes—

(a) Beri-Beri (b) Scurvy (c) Rickets (d) Night blindness

361. Which one of the following is not a part of dynamic strength ?

(a) Maximum strength (b) Strength endurance (c) Explosive Strength (d) Static Strength

362. Which of the following will be an inclusive school :

(a) Mainstream school with separate classrooms for different abilities	(b) Mainstream school with same classrooms for different abilities	(c) Separate schools for Mainstream and for children with disability	(d) All of the above
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363. The amount of oxygen which can be absorbed and consumed by the working muscles from Blood is called .....

(a) Oxygen intake (b) Oxygen transport (c) Oxygen uptake (d) Energy reserve

364. Among the following sports, in which friction plays the least important role ?

(a) Car Race (b) Football (c) Hockey (d) Ice Skating

365. An important benefit of endurance training is that the body gradually is trained to

(a) tackle emergency situations too well	(b) store and burn fuel more efficiently	(c) remain fit in a fighting condition	(d) slow down the ageing process
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366. Which of the following are involved in injuries called "sprains" ?

(a) Bones (b) Tendons (c) Ligaments (d) Blood vessels

367. When was International Sport Organisation for the Disabled created ?

(a) 1960 (b) 1964 (c) 1958 (d) 1976

368. Which gland is associated with Diabetes ?

(a) Endocrine glands (b) Pituitary (c) Pancreas (d) Hypothalamus

369. Name the test in which endurance is not measured ?

(a) 600 mt. run/walk (b) Harvard step test (c) 4 × 10 mt. shuttle run (d) 6 minutes walk test

370. Which organisation is responsible for selecting athletes to represent India at the Paralympic Games ?

(a) International Co-ordinating Committee Sports for the Disabled	(b) National Sports Federation	(c) Paralympic Committee of India	(d) Sports Authority of India
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371. Which property of the joint enables it to have maximum range of motion without undue strain?

(a) Strength (b) Flexibility (c) Endurance (d) Neuro-muscular coordination

372. World Disability Day is celebrated on :

(a) 2nd April (b) 21st June (c) 29th August (d) 3rd December

373. According to WHO, the criteria for overweight as per BMI is

(a) 18.5 – 24.9 (b) 25 -29.9 (c) 30 – 34.9 (d) 35-39.9

374. .... system provide energy during 5000 m race.

(a) ATP CP system (b) Anaerobic System (c) Aerobic System (d) Endurance System

375. Establishing standards for work performance, measuring performance and comparing it to the set standards and taking corrective actions is part of :

(a) Planning (b) Directing (c) Controlling (d) Organising

376. Which of the following asanas gives a posterior stretch to the spinal column ?

(a) Sukhasana (b) Paschimottanasana (c) Shavasana (d) Gomukhasana

377. When and where did the first Paralympic games take place ?

(a) Rome, 1960 (b) Mandeville, 1976 (c) Albertville, 1992 (d) Holland, 1968

378. Which of the following is/are projectile/projectiles ?

(a) Javelin (b) Hammer in hammer-throw (c) Swimmer mid-dive (d) All of the above

379. In this Exercise no movement takes place :

(a) Isometric (b) Isotonic (c) Isokinetic (d) Isonomic

380. Knock-out tournaments are..... expensive in comparison to other forms of tournaments.

(a) less (b) most (c) More (d) None of the above

381. What is the most important prerequisite for a successful competitive event to happen ?

(a) Publicising the event	(b) Appropriate Planning	(c) Coordinating the event	(d) None of the above
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382. The Muscles are attached to the ..... .

(a) Bones (b) Tissues (c) Cells (d) None of the above

383. Healthy weight helps in lowering which disease :

(a) Risk of heart disease (b) Diabetes (c) High blood pressure (d) All of the above

384. Fracture of a bone without breaking into pieces is called :

(a) Green stick fracture (b) Impacted fracture (c) Oblique fracture (d) Compression fracture

385. Cardio-Respiratory system is essential for efficient pumping of blood and ..... supply to all parts of the body :

(a) Oxygen (b) Water (c) Vitamins (d) None of the above

386. Out of the following, choose the vitamin which is water soluble :

(a) Vitamin A (b) Vitamin B (c) Vitamin E (d) Vitamin K

387. Fartlek training method can be performed :

(a) At hilly path (b) River bed (c) Muddy road (d) All of the above

388. Static strength is also called :

(a) Maximum strength (b) Explosive strength (c) Strength endurance (d) Isometric strength

389. Grouping process associated with the Special Olympics is referred to as :

(a) Divisioning (b) Classification (c) Grouping (d) Categorization

390. Exercise has..... effects on the muscular system :

(a) Only short-term (b) Only long-term (c) Both short-term as well as long-term (d) None of the above

391. Which is not a property of muscles ?

(a) Contractility (b) Excitability (c) Extensibility (d) Durability

392. Full form of CWSN is :

(a) Children with sports need (b) Children with special needs (c) Children with specific needs (d) None of the above

393. Which is not a type of Speed ?

(a) Reaction (b) Sprinting (c) Acceleration (d) Speed endurance

394. When was an International Working Group on Sports for the disabled set up ?

(a) In 1960 (b) In 1962 (c) In 1964 (d) In 1968

395. Which test would you suggest for your grandmother to test her lower body flexibility ?

(a) Chair Sit & Reach Test (b) Harvard Step Test (c) Arm Curl Test (d) Back Scratch Test

396. The ability of the muscles to act against resistance in the static position is called :

(a) Dynamic strength (b) Static strength (c) Strength endurance (d) None of the above

397. In slow or extensive interval training method, the time of work out is :

(a) 30 minutes to 1 hour (b) 20 minutes to 45 minutes (c) 10 minutes to 30 minutes (d) 15 minutes to 40 minutes

398. The important feature/features of the Goal Setting Theory is/are :



(a) It is time bound (b) Specificity of the task (c) Definite purpose of task (d) All of the above

399. In which method is stretching done in a rhythmic way ?

(a) Slow stretch (b) Slow stretch and hold (c) Ballistic method (d) PNF

400. A bone fracture is an example of injury to :

(a) Skin (b) Soft tissue (c) Hard tissue (d) Eyes

401. The body will move only when

(a) Force of friction = applied force (b) Force of friction < applied force (c) Force of friction > applied force (d) All of the above

402. Resistance ability against fatigue is called :

(a) Strength (b) Speed (c) Endurance (d) Agility

403. The slow-twitch muscles, which predominantly are supplied with red fibres, are adapted for :

(a) strength (b) speed (c) endurance (d) dynamic balance

404. Hypertension is a condition of :

(a) problem in lungs (b) low blood pressure (c) pain in spine (d) high blood pressure in blood vessels

405. If the menstruation cycle does not begin at puberty, the condition is called :

(a) Primary amenorrhea (b) Secondary amenorrhea (c) Oligomenorrhea (d) Dysmenorrhea

406. Following are the lower extremities deformities except :

(a) Flat Foot (b) Round Shoulder (c) Knock Knee (d) Genu Varum

407. In order to measure abdominal strength, the physical educators would often use :

(a) Push ups (b) Sit and reach (c) Partial Curl ups (d) 50 m standing Run

408..... is also referred to as Neo-Freudian :

(a) William Herbert Sheldon (b) Carl Gustav Jung (c) Gordon Allport (d) None of the above

409..... is used to describe a person's overall sense of self-worth or personal value.

(a) Self Talk (b) Self-esteem (c) Mental Imagery (d) None of the above

410. The founder of Special Olympics was :

(a) Eunice Kennedy Shriver (b) John F. Kennedy (c) Lyndon B. Johnson (d) Donald Trump

411. In this default of feet person gives complete print of his foot sole over the plane surface :

(a) Scoliosis (b) Lordosis (c) Kyphosis (d) Flat foot

412. What is the weight of dumbbell for men in arm curl of Rikli and Jones Test ?

(a) 5 pounds (b) 6 pounds (c) 8 pounds (d) 10 pounds

413. Adults (18-64 years) should do at least :

(a) 150-300 minutes of moderate intensity aerobic physical activity (b) 75-150 minutes of vigorous intensity aerobic physical activity (c) Both (a) as well as (b) (d) None of the above

414. Transitional Phase is a :

(a) rest and recovery period (b) training period (c) competition period (d) fitness period

415. How much is the interval between two subsequent Paralympic games ?

(a) 2 years (b) 3 years (c) 4 years (d) 1 year

416. Which of the following can be defined as filling and keeping filled positions in the organisation structure ?

(a) Planning (b) Directing (c) Staffing (d) Organising

417. Which of the following is a water-soluble vitamin ?

(a) Vitamin A (b) Vitamin B (c) Vitamin D (d) Vitamin K

418. Kyphosis is a deformity found in

(a) Shoulders (b) Lumbar region (c) Hips (d) Thoracic region

419. A sprain is an injury to :

(a) Muscle (b) Tendon (c) Ligament (d) Bone

420. Archana a P.E. Teacher of ABC school sent invitations to 25 teams to play Kho-Kho under Khelo India programme. All teams accepted the invitation. Now, help Archana and suggest her which type of tournament she should organise to make the competition successful.

(a) Knockout tournament	(b) League tournament	(c) Round robin tournament	(d) Berger tournament
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421. The value placed for Male in VO<sub>2</sub> max formula is :

(a) 1 (b) 0 (c) 0.85 (d) 0.72

422. Basic coordination ability/abilities is/are :

(a) Orientation ability (b) Coupling ability (c) Reaction ability (d) All of the above

423. 50 m standing start helps in measuring :

(a) Balance (b) Speed (c) Endurance (d) Agility

424. Which body governs the Paralympic Movement ?

- |                                    |                               |                                 |  |
|------------------------------------|-------------------------------|---------------------------------|--|
| (a) Special Olympics International | (b) Sports Authority of India | (c) Indian Paralympic Committee | (d) International Paralympic Committee |
|------------------------------------|-------------------------------|---------------------------------|--|

425. Which of the following is not a Macro nutrient ?

- (a) Fats (b) Carbohydrates (c) Proteins (d) Minerals

426. Children and sports are closely related to each other. Children have an innate tendency to participate in sports. We must focus on the motor development of the children. The important thing is that the motor development of the children should always be according to the requirement of the sports. Following are the example of gross motor development, except :

- (a) running (b) jumping (c) standing (d) painting

427. What causes an Asthma Attack ?

- (a) Allergy (b) Smoke (c) Exercise (d) All of the above

428. "Spirit in motion" is the motto of :

- (a) Deaflympic (b) Special Olympic Bharat (c) Paralympic (d) None of the above

429. Upper body flexibility of senior citizen is determined by :

- (a) Sit and reach test (b) Chair sit and reach test (c) Back scratch test (d) Arm curl test

430. The greater the percentage of fast twitch muscle fiber one has :

- (a) the stronger he is (b) the faster he is (c) the slower he is (d) more flexible he is

431. Motivation that drives individuals to naturally pursue actions that provide fun, joy, pleasure or challenge is called :

- (a) Extrinsic Motivation (b) Amotivation (c) Intrinsic Motivation (d) Cognitive Motivation

432. Which one of the following is not a result of regular exercise ?

- |                            |                                 |                          |                         |
|----------------------------|---------------------------------|--------------------------|-------------------------|
| (a) Increased bone density | (b) Increased cholesterol level | (c) Strong immune system | (d) Increased longevity |
|----------------------------|---------------------------------|--------------------------|-------------------------|

433. What is the other name of static strength ?

- (a) Isotonic (b) Isometric (c) Isokinetic (d) None of these

434. The amount of breath per minute increases during exercise to :

- |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| (a) 20 breath per minute | (b) 40 breath per minute | (c) 30 breath per minute | (d) 10 breath per minute |
|--------------------------|--------------------------|--------------------------|--------------------------|

435. Fartlek training method was first introduced in :

- (a) 1937 (b) 1935 (c) 1939 (d) 1942

436. The Committee responsible for liaison with Print media is :

- (a) Technical (b) Logistics (c) Marketing (d) Finance

437. Partial Curl Up Test measures :

- (a) Abdominal strength (b) Endurance (c) Both (a) as well as (b) (d) None of the above

438. Which is not a type of endurance according to nature of activities ?

- (a) Basic Endurance (b) General Endurance (c) Specific Endurance (d) Speed Endurance

439. Which balance is required by the body when it is moving ?

- (a) Static equilibrium (b) Dynamic equilibrium (c) Both (d) None

440. Ability of a muscle (or group of muscles) to work continuously for a long period of time :

- (a) Muscular Endurance (b) Aerobic capacity (c) Muscular Power (d) Muscular strength

441. According to Newton's Second Law of Motion, force is the product of mass and .....

- (a) Velocity (b) Distance (c) Acceleration (d) None of the above

442. Special Olympics organisation holds more than .....events a year :

- (a) 10,000 (b) 1,00,000 (c) 50,000 (d) 60,000

443. Mathematical form of Newton's second law of motion is :

- |                                 |                                    |                                       |   |
|---------------------------------|------------------------------------|---------------------------------------|---|
| (a) Momentum = mass<br>× volume | (b) Force = mass ×<br>acceleration | (c) Velocity =<br>acceleration × time | (d) Speed = distance<br>divided by time |
|---------------------------------|------------------------------------|---------------------------------------|---|

444. The second bye is given to the..... team of the upper half in a knockout tournament.

- (a) third (b) second (c) fourth (d) first

445. The force of friction depends upon

- |                                     |                                       |                         |                          |
|-------------------------------------|---------------------------------------|-------------------------|--------------------------|
| (a) Nature of surface of<br>contact | (b) Material of objects in<br>contact | (c) Both 'a' and<br>'b' | (d) None of the<br>above |
|-------------------------------------|---------------------------------------|-------------------------|--------------------------|

446. Which type of exercise was developed by Perrine ?

- (a) Isotonic exercise (b) Isometric exercise (c) Isokinetic exercise (d) None of the above

447. Which is not a short term effects of exercise on muscular system?

- |                                |                                     |                                       |   |
|--------------------------------|-------------------------------------|---------------------------------------|---|
| (a) Accumulation of<br>Lactate | (b) Micro-tears in<br>muscle fibers | (c) Increase in muscle<br>temperature | (d) Increase in lactate<br>acid tolerance |
|--------------------------------|-------------------------------------|---------------------------------------|---|

448. Lack of this vitamin affects the gums, can cause scurvy and swelling in joints :

- (a) Vitamin C (b) Vitamin D (c) Vitamin K (d) Vitamin E

449. Sports psychology deals with :

- (a) Psychological aspects of the sports and behaviour of sportsmen      (b) Human nature      (c) Behaviour of living things      (d) None of the above

450. It is the ability to react immediately or quickly and effectively to a signal.

- (a) Reaction ability   (b) Adaptation ability   (c) Rhythm ability   (d) Differentiation ability

451. Ability to achieve maximum speed from stationary position is called ..... ?

- (a) Speed endurance   (b) Acceleration ability   (c) Locomotor ability   (d) Movement speed

452. 50 M Dash (Standing START) Test measures :

- (a) Cardiovascular fitness      (b) Acceleration and speed      (c) Both (a) as well as (b)      (d) None of the above

453. The volume of blood pumped during one beat (contraction) is called..... .

- (a) Blood flow   (b) Stroke volume   (c) Veins and arteries   (d) Capillaries

454. The acceleration of an object depends directly upon the net force acting on it and inversely upon its ..... .

- (a) Weight   (b) Mass   (c) Height   (d) Density

455. In which eating disorder a person binges and purges ?

- (a) Anorexia Nervosa   (b) Bulimia   (c) Binge Eating disorder   (d) All the above

456. The ability of the muscles to overcome resistance is called :

- (a) Force   (b) Power   (c) Strength   (d) None of these

457. Micro cycle is :

- (a) 3 to 10 weeks   (b) 3 to 10 days   (c) 3 to 10 hours   (d) None from above

458. League-Cum-Knock out is part of which tournament ?

- (a) Knock out   (b) Round robin   (c) Combination   (d) Consolation

459. Which test is to be conducted to measure agility ?

- (a) Standing board jump   (b) 4 × 10 shuttle run   (c) Partial curl up   (d) Push-ups

460. If there are 15 teams participating in a knockout tournaments then the number of matches which will be played are :

- (a) 12   (b) 14   (c) 13   (d) 16

461. The curved trajectory of a projectile is a :

(a) Circle (b) Parabola (c) Ellipse (d) Hyperbola

462. One of the possible causes for obesity could be ?

(a) Heredity (b) Excessive eating (c) Fast metabolism (d) Both (a) and (b)

463. Carl Gustav Jung was a ..... psychiatrist.

(a) Swiss (b) German (c) British (d) Dutch

464. Which of the following is/are lever/levers ?

(a) See-saw (b) Scissors (c) Wheel barrow (d) All of the above

465. Purchase of sports equipment is a work of the .....Committee.

(a) Technical (b) Logistics (c) Marketing (d) Finance

466. In fast or intensive interval training method, the total distance to be covered is :

(a) 2 to 5 km (b) 3 to 4 km (c) 5 to 10 km (d) 3 to 7 km

467. Graded activities as strategy for effective inclusive physical education program includes :

(a) Complex to simple activities	(b) Simple to complex activities	(c) Challenging abilities	(d) None of the above
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468. Which one of the following vitamins is helpful in the clotting of blood ?

(a) Vitamin E (b) Vitamin K (c) Vitamin A (d) Vitamin C

469. Symptoms like headache, vomiting, stomach pain and loose motion can occur because of:

(a) Dieting (b) Food intolerance (c) Back ache (d) Lack of vitamins

470. An abnormal curvature of spine at front is also called—

(a) Scoliosis (b) Lordosis (c) Kyphosis (d) Bow Legs

471. Which of the following is not a benefit of Community Sport?

(a) Developing a sense of belonging	(b) Meeting people with same interests	(c) Increasing anti social behaviour	(d) Improving Physical Health
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472. Cardiac hypertrophy is ..... .

(a) plateauing of heart rate due to maximal exercise intensity	(b) enlargement of heart due to chronic endurance training	(c) lowering of heart rate due to physical training	(d) increase in ventricular volume because of exercise
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473. Newton's law of motion were given by :

(a) Isaac Newton (b) John Newton (c) Boris Newton (d) Eric Newton

474. The muscles account for nearly .....percent of the body weight :

(a) 60 (b) 40 (c) 35 (d) 55

475. The head quarter of paralympics is in :

(a) USA (b) Germany (c) France (d) Sweden

476. Introverts :

(a) Are too self-conscious (b) Are reserved (c) Lack self-confidence (d) All of the above

477. The name “Deaflympics” was adopted in :

(a) 2000 (b) 2001 (c) 2002 (d) 2003

478. Which of the following is effective for prevention of Coronary Heart Disease?

(a) Regular exercise (b) Sedentary lifestyle (c) Medicine (d) Dieting

479. Which is not a Micronutrient ?

(a) Minerals (b) Vitamins (c) Water (d) Protein

480. In the long form of Harvard Step Test, the heart rate is counted between :

(a) 2 – 2.5 min (b) 2.5 – 3 min (c) 1 – 1.5 min (d) 1.5 – 2 min

481 ..... is the ability of muscles to overcome resistance.

(a) Strength (b) Endurance (c) Speed (d) Flexibility

482. Development of Gross Motor and Fine Motor skills are benefits which are part of :

(a) Physical benefits (b) Mental benefits (c) Social benefits (d) Emotional benefits

483. Which of the following is not a hard tissue injury ?

(a) Fracture (b) Dislocation (c) Tennis elbow (d) Laceration

484. A balanced diet has proteins, fats and carbohydrates in a ratio of :

(a) 1:2:4 (b) 2:1:3 (c) 1:2:3 (d) 1:1:4

485. The other name of League Tournament is :

(a) Round Robin Tournament	(b) Combination Tournament	(c) Knock-out Tournament	(d) Challenge Tournament
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486. Which is the main governing body responsible for the organisation of Deaflympics ?

(a) World Deaf champions Committee	(b) International Committee of sports for the deaf	(c) International Co- ordinating Committee Sports for the Disabled	(d) National Sports Federation
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487. Mirabai Chanu is from a very simple family but she always used to dream big. Though she knew that her family would not be able to afford her nutrition still she continued to pursue her dreams.

And finally the day came when she won the silver medal in weight-lifting in Tokyo Olympics. The women who got two medals in Olympics in :

(a) P. V. Sindhu (b) Lolvina Borgohain (c) Sakshi Malik (d) Mirabai Chanu

488. The test duration for the Harvard fitness test is :

(a) 3 minutes (b) 4 minutes (c) 5 minutes (d) 6 minutes

489. Abilities of children in class 1-3 which need to be measured and tracked are :

(a) Body composition (BMI) (b) Coordination (c) Balance (d) All of the above

490. The effect of exercise on muscles depends upon :

(a) Type of exercise (b) Intensity of exercise (c) Time for which exercise is done (d) All of the above

491. Chair Sit and Reach Test is used to measure :

(a) Upper body flexibility (b) Agility (c) Lower body flexibility (d) None of the above

492. For developing or improving flexibility :

(a) Exercise should be done regularly (b) Jerky movements should be avoided (c) Muscles should be relaxed after any flexibility exercise (d) All of the above

493 ..... cycles are typically three or four weeks in length.

(a) Micro (b) Macro (c) Meso (d) None of the above

494. Which is not the Newton's law of motion ?

(a) Law of conservation of energy (b) Law of action and reaction (c) Law of acceleration (d) Law of inertia

495. Which is not a spinal curvature deformity ?

(a) Scoliosis (b) Lordosis (c) Kyphosis (d) Knock knees

496. Which one of the following is an effect of lactic acid ?

(a) Gives you a feeling of excitement (b) Causes extreme hunger pains (c) Helps to create oxygen in the lungs (d) Causes muscle fatigue during exercise

497. Polyurea is associated with :

(a) excessive sweat (b) less urination (c) excessive saliva (d) excessive urination

498. Special Olympics Bharat was recognized as :

(a) Indian Sports Federation (b) National Sports Federation (c) National Sports Authority (d) None of the above

499. Weakening of bones due to loss of bone density and improper bone formation is :



(a) Amenorrhea (b) Anorexia Nervosa (c) Osteoporosis (d) Lordosis

500. This postural deformity is opposite to knock-knees :

(a) Flat back (b) Lordosis (c) Kyphosis (d) Bow legs

501. Psychological factors contributing to talent identification is :

(a) Cognitive (b) Emotional (c) Personality traits (d) All of the above

502. The fitness index score in the range 55.0 to 64.9 in the Harvard Step test, for males is termed as :

(a) Poor (b) Average (c) Below average (d) Good

503. Carl Jung presented his theory of personality by classifying it on the basis of .....important aspects :

(a) Two (b) Three (c) Four (d) Five

504. How is friction due to air reduced ?

(a) Streamlining (b) Lubrication (c) By using ball bearings (d) By polishing

505. What is the other name of Interval Training ?

(a) Fartlek training (b) Overload training (c) Pace training (d) Terrace Training

506. Bhujangasana is also called as :

(a) Cobra pose (b) Tiger pose (c) Peacock pose (d) Cow pose

507. Harvard Step Test was developed in :

(a) 1923 (b) 1933 (c) 1943 (d) 1953

508. The amount of each food group depends on :

(a) The type of sport we play	(b) The type of our training	(c) The time of our training	(d) All of the above
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509. The special Olympics programme came to India in :

(a) 1984 (b) 1985 (c) 1988 (d) 1990

510. The study of forces & their effects on living systems is called :

(a) Biochemistry (b) Anatomy (c) Biomechanics (d) None of the above

511. Interval Training is used for developing :

(a) Flexibility (b) Agility (c) Endurance (d) Speed

512. 'Fartlek Training' is used best to develop :

(a) Flexibility (b) Strength (c) Endurance (d) Neuromuscular coordination

513. 600 m Run / Walk test is used to measure :

(a) Strength Endurance	(b) Endurance and aerobic fitness	(c) Speed and acceleration	(d) None of the above
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514. Which one of the following is not the type of coordinative abilities ?

(a) Balancing ability (b) Coupling ability (c) Handling ability (d) Reaction ability

515. What is the term used for inability of digestive system to digest and absorb individual elements of food ?

(a) Food intolerance (b) Food allergy (c) Food poisoning (d) None of the above

516. When the sum of force acting upon the object and sum of the movement acting upon the body is both equal to zero then the body is said to be in :

(a) Equilibrium (b) Static equilibrium (c) Dynamic equilibrium (d) Zero force

517. Logistics committee deals with :

(a) Accommodation (b) Transportation (c) Medical Staff (d) All of the above

518. Biomechanics which deals with the analysis of the action of force is legitimately the branch of :

(a) Biochemistry (b) Physics (c) Movement Science (d) Kinesiology

519. The ability of the muscles to overcome resistance with high speed is called :

(a) Maximum strength (b) Explosive strength (c) Strength endurance (d) None of the above

520. How can you dispel any myth about food ?

(a) By following social media	(b) On the basis of scientific knowledge	(c) By following TV advertisements	(d) By asking others
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521. It is caused due to the position of the baby's legs in the womb :

(a) Bow Legs (b) Scoliosis (c) Lordosis (d) Kyphosis

522. The persistent poor posture in any activity or situation may cause

(a) undue fatigue in walking	(b) postural deformity	(c) distortion in limb alignment	(d) inferiority complex
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523. Which one of the following is not the example of macro minerals ?

(a) Sodium (b) Potassium (c) Iron (d) Calcium

524. In slow or extensive interval training method, the heart rate is kept around ..... beats per minute :

(a) 100 to 120 (b) 120 to 130 (c) 140 to 180 (d) 130 to 160

525. Children between the ages of..... have the right to come to school to develop their abilities through the process of education :

(a) 5 and 12 (b) 6 and 14 (c) 5 and 14 (d) 6 and 12

526. Fats contain carbon, oxygen and hydrogen in the percentage of ....., ..... and ..... respectively.

(a) 50, 40, 10 (b) 60, 32, 8 (c) 70, 18, 12 (d) 76, 12, 12

527. 400m sprint event comes under :

(a) Speed Endurance (b) Short Endurance (c) Medium Endurance (d) Long Endurance

528. Which type of run includes running the whole distance at a constant speed ?

(a) Pace run (b) Acceleration run (c) Practice run (d) All of the above

529. The amount of breath per minute increases during exercise to :

(a) 20 breath per minute	(b) 40 breath per minute	(c) 30 breath per minute	(d) 10 breath per minute
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530 .....is a process of setting objectives and deciding how to accomplish them.

(a) Planning (b) Directing (c) Staffing (d) Organising

531. BMI between 25.0–29.9 is :

(a) under weight (b) normal (c) overweight (d) obese

532. When was the International Paralympic committee founded ?

(a) In 1989 (b) In 1988 (c) In 1990 (d) In 1992

533. Sports help children :

(a) Develop physical skills (b) Get exercise (c) Make friends and have fun (d) All of the above

534. Acceleration runs are used to improve .....

(a) Strength (b) Endurance (c) Speed (d) Flexibility

535. Which of the following is not a spinal curvature deformity ?

(a) Kyphosis (b) Scoliosis (c) Lordosis (d) Flatfoot

536. Which of the following is NOT the factor affecting projectile trajectory ?

(a) Gravity (b) Angle of Release (c) Buoyant Force (d) Air Resistance

537. If you want to be on the top position in games and sports, you have to adhere to proper sports planning. The attainment of good performance in the field of games and sports depends on effective planning. Following are the objectives of planning, except :

- |                      |                       |                           |                                      |
|----------------------|-----------------------|---------------------------|--------------------------------------|
| (a) Goal orientation | (b) Making strategies | (c) Facilitate recreation | (d) Formation of rule and regulation |
|----------------------|-----------------------|---------------------------|--------------------------------------|

538. In Knockout tournament if the total number of teams is even, then number of teams in the upper half is calculated by :

- (a)  $n+1$  (b)  $n-1$  (c)  $n/2$  (d)  $(n+1)/2$

539. Sorting of the teams and fitting them in the fixtures so that the stronger teams do not meet each other in earlier rounds is called :

- (a) Fixture (b) Seeding (c) Bye (d) Procedure

540. Which of the following does not fall under the category of basic posture ?

- (a) Sitting (b) Reclining (c) Standing (d) Lying

541. Partial curl up is to test :

- |                       |                                |                                      |                                       |
|-----------------------|--------------------------------|--------------------------------------|---------------------------------------|
| (a) agility and speed | (b) leg strength and endurance | (c) abdominal strength and endurance | (d) upper body strength and endurance |
|-----------------------|--------------------------------|--------------------------------------|---------------------------------------|

542. Which syndrome occurs before menstruation and causes symptoms such as acne, irritability, headaches etc. ?

- (a) Pre-Menstrual Syndrome (b) Menopause (c) Post Menstrual Syndrome (d) Anorexia

543. Which one of the following tests is used to assess the coordination and agility of senior citizens ?

- (a) Six-minute walk test (b) Eight-foot up and go test (c) Arm curl test (d) Chair stand test

544. Which of the asana is for relaxation?

- (a) Makarasana (b) Bhadrasana (c) Ardha-Chakrasana (d) All of the above

545. In which type of exercises, the direct movements are not clearly visible ?

- (a) Isokinetic exercises (b) Isotonic exercises (c) Isometric exercises (d) None of these

546. The component present in sugar is :

- (a) Fat (b) Protein (c) Vitamin (d) Carbohydrate

547. The performance of a sports person depends upon :

- (a) Strength (b) Speed and endurance (c) Flexibility and coordination abilities (d) All of the above

548. Gomukhasana and Padmasana are performed to rectify which postural deformity ?

(a) Flatfoot (b) Scoliosis (c) Knock-knees (d) Bow legs

549. This training method is usually conducted over a hilly region track, and it allows variation in pace :

(a) Fartlek method (b) Interval method (c) Acceleration run (d) None of the above

550. Which asana does not have a back bend?

(a) Tadasana (b) Chakrasana (c) Bhujangasana (d) Ushtrasana

551. More the force exerted by a person on the downward bounce, the higher the ball bounces into the air. It is in accordance with :

(a) Newton's 1st law (b) Newton's 2nd law (c) Newton's 3rd law (d) Law of gravitation

552. The asanas which help to increase the concentration power are called as :

(a) Relaxative asanas (b) Cultural asanas (c) Dhyanatmak asanas (d) Corrective asanas

553. National Sports Day is celebrated on :

(a) 9th August (b) 19th August (c) 28th August (d) 29th August

554. Which one of the following is not a factor of Big Five Theory ?

(a) Openness to new ideas (b) Submissiveness (c) Neuroticism (d) Extraversion

555. Kicking off a stationary ball is an example of :

(a) Law of Action and Reaction (b) Law of Acceleration (c) Law of Inertia (d) Both (a) and (b)

556. In which year, the Interval Training Method was introduced ?

(a) 1918 (b) 1919 (c) 1920 (d) 1921

557. What aspect of fitness does the following define : "The ability to use strength quickly to produce an explosive effort".

(a) Agility (b) Muscular Power (c) Stamina (d) Balance

558. The ability of an individual to overcome resistance under the conditions of fatigue is called :

(a) Maximum strength (b) Explosive strength (c) Strength endurance (d) None of the above

559. All over the world people engaging in hard physical work live mainly on

(a) carbohydrate-rich diet (b) fat-packed diet (c) protein diet (d) fat-free diet

560. Playing sports has..... benefits :

(a) Physical (b) Emotional (c) Interpersonal (d) All of the above

561. Which of the following is not a Physical Disability ?

(a) Injury to Spinal cord (b) Injury to neck (c) Loss of limb (d) Attention Deficit Disorder

562. The performance enhancement in the future can be predicted based on :

(a) Physiological factor (b) Physical factor (c) Talent indicators (d) All of the above

563. Which of the following is not a type of endurance according to the nature of activity ?

(a) Basic endurance (b) General endurance (c) Aerobic endurance (d) Specific endurance

564. Pre-tournament tasks are done :

(a) During the tournament	(b) Before the tournament	(c) After the tournament	(d) After the award ceremony
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565. Sit and Reach Test measures :

(a) Flexibility of lower back and hamstring muscles	(b) Cardiovascular fitness	(c) Aerobic capacity	(d) None of the above
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566. Which of the following is not an isometric exercise ?

(a) Hanging from rope or horizontal bar	(b) Pushing a wall	(c) Exercising with dumbbells	(d) Stand with heavy weight on head or back
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567. Which of the following is/are a type of endurance according to the duration of activity ?

(a) Speed endurance (b) Anaerobic endurance (c) Aerobic endurance (d) All of the above

568. Movement of wheel shows which type of friction ?

(a) Rolling friction (b) Sliding friction (c) Static friction (d) None of the above

569. Acceleration of an object will increase as the net force acting on it increases depending on its :

(a) Density (b) Mass (c) Shape (d) Volume

570. Which of the following factors, does NOT determine flexibility ?

(a) Joint Structure (b) Previous Injury (c) Efficiency of Lungs (d) Age and Gender

571. Muscle hypertrophy is :

(a) Decrease in muscle mass	(b) Increase in muscle mass	(c) Increase in muscle strength	(d) None of the above
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572. Friction is a :

(a) Magnetic Force (b) Non-contact Force (c) Contact Force (d) Couple Force

573. It is the injury of skin in which skin is scrapped or rubbed by friction :

(a) Fracture (b) Dislocation (c) Tennis Elbow (d) Abrasion

574. The motion of a projectile is due to two separates simultaneously occurring components of motion and they are :

- (a) One along the vertical (b) One along the horizontal (c) both a and b (d) none of above

575. Glucose is a type of :

- (a) Complex carbohydrates (b) Simple carbohydrates (c) Fats (d) Proteins

576. How many countries were affiliated to International Sport Organisation for the Disabled at the start ?

- (a) 14 (b) 16 (c) 18 (d) 20

577. The acceleration of an object is directly proportional to the net force acting on it and inversely proportional to its .....

- (a) weight (b) height (c) mass (d) density

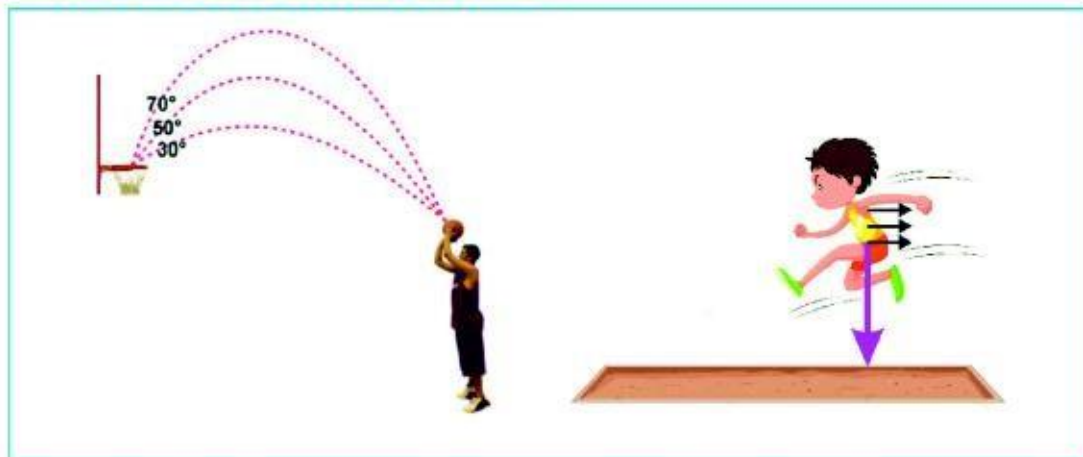
2. Picture based questions 45

**Ramya and Deepthi were state level badminton players of our school. They used to practice hard even during off season. One day while practicing, due to lack of proper warm up, Ramya had injured her elbow and Deepthi had a sprain in her ankle joint. They were sent to hospital and first aid was administered.**



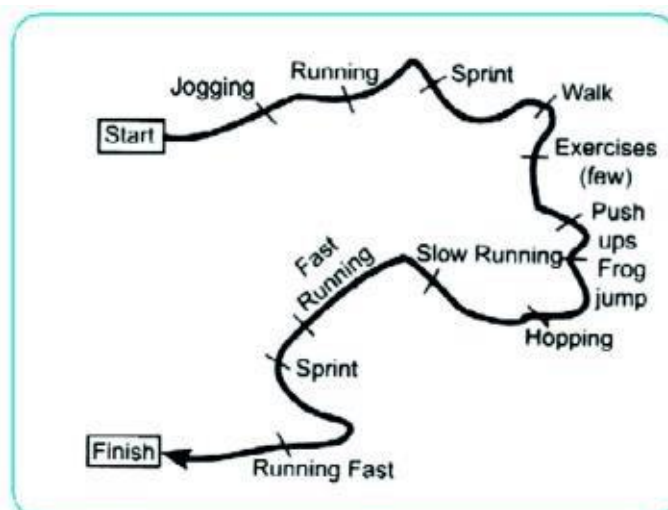
1. Sprain is an injury caused to :  
(a) Bone (b) Skin (c) Ligament (d) Muscle
2. The letter 'C' in PRICER stands for :  
(a) Conduction (b) Compression (c) Concussion (d) Contraction
3. The test to be conducted for bone injuries :  
(a) X-ray (b) Blood test (c) ECG (d) EEG
4. Who are usually affected by greenstick fracture ?  
(a) Adults (b) Children (c) Old aged (d) None of the above
5. The main objective of first aid is to :  
(a) Save life (b) Provide medical help (c) Clear airways (d) Check blood Circulation

While explaining how to release basketball at a correct angle to successfully score points the basketball coach showed students this picture.



Basketball players wanted to know more about projectiles therefore the coach explained to them the factors affecting flight of an object. (C.B.S.E)

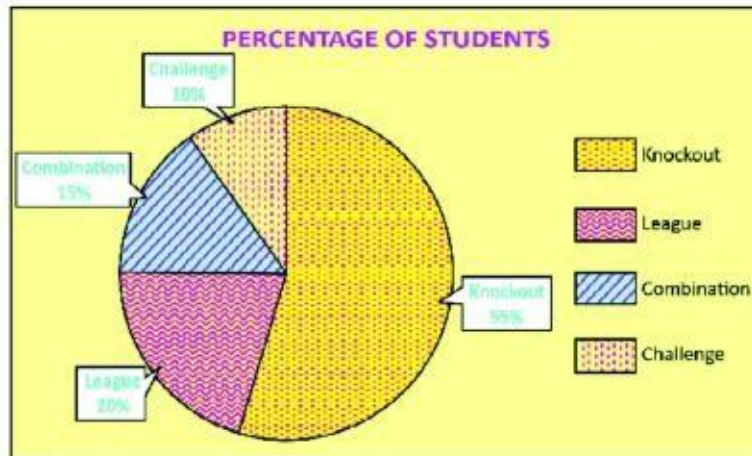
- An object covers less distance when the projected path is at \_\_\_\_ degrees.
- If the initial velocity is low the object will cover \_\_\_\_ distance.
- If the weight of the object is more the impact of gravity will be \_\_\_\_.











- From the above picture, it is identified as \_\_\_\_\_ training method.  
 (a) Pace runs                      (b) Fartlek                      (c) Isometric                      (d) Isotonic
- The above training method helps in increasing the \_\_\_\_\_.  
 (a) Strength                      (b) Speed                      (c) Endurance                      (d) Flexibility
- The Swedish word meaning "Speed Play" is \_\_\_\_\_.  
 (a) Citius                      (b) Fartlek                      (c) Pace                      (d) Altius
- In the above training method, plays an important role :  
 (a) Self-discipline                      (b) Coach                      (c) Guidance                      (d) Support
- This training method was developed by :  
 (a) Holmer                      (b) Fartlek                      (c) Robert                      (d) Johnson



Below given is the pie chart of percentage of students who participated in different types of tournaments :



Based on above data answer the following questions :

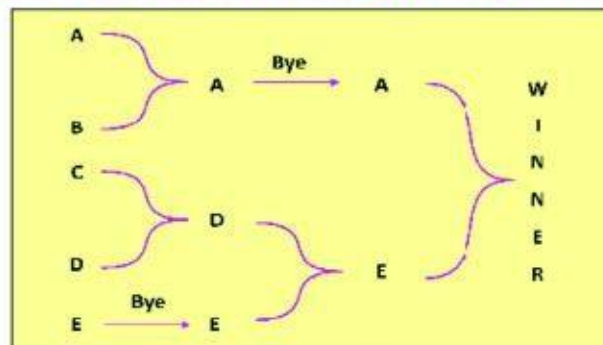
1. In which type of tournament least number of students participated ?  
(a)  (b)  (c)  (d) 
2. By what percentage did students participating in knockout tournament exceed from combination tournament ?  
(a) 55% (b) 25% (c) 20% (d) 40%
3. Which tournament type has the maximum number of students opting for ?  
(a)  (b)  (c)  (d) 

**Q.1. While organizing sports events for the Annual Sports Day, Sahil and Ravi being the captain and vice-captain of sports, formed various committees as shown below.**



- The members of this committee are responsible for welcoming guests and spectators :  
 (a) Decoration committee (b) Reception committee  
 (c) Publicity committee (d) Transportation committee
- Announcement of venue, date and events is done by .....  
 (a) Publicity committee (b) Transportation committee  
 (c) Ground committee (d) Committee for officials
- Organising and conducting of sports events involve .....  
 (a) Planning (b) Forming committees  
 (c) both (a) & (b) (d) only delegation
- Complete responsibility for success of competition is taken by .....  
 (a) Announcement committee (b) Administrative director  
 (c) First aid committee (d) Committee for officials
- To prepare a proper score sheet for record is ..... responsibility.  
 (a) pre-tournament (b) during tournament  
 (c) Post tournament (d) all the above

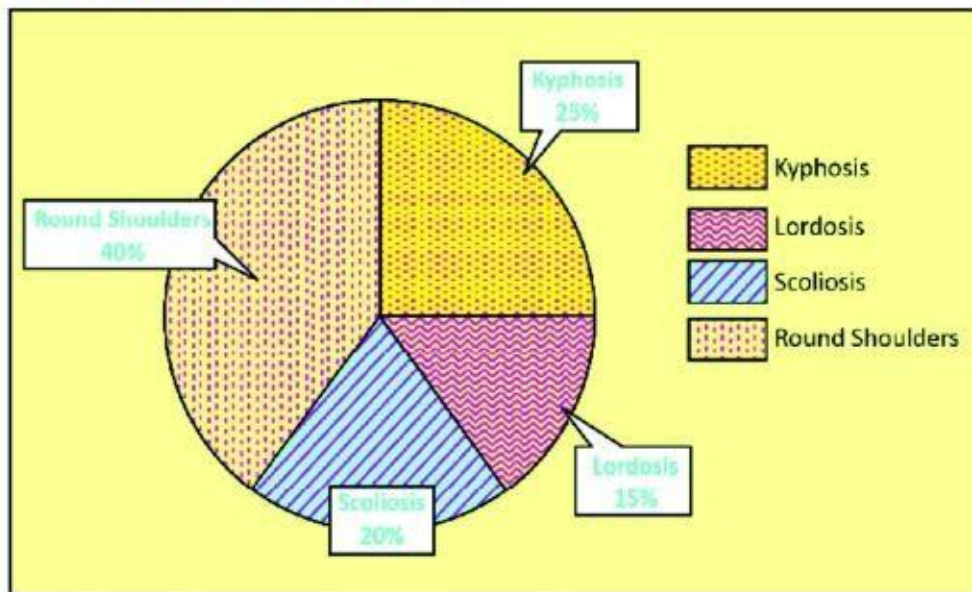
**Q.2. Competing in physical activities has been the natural tendency of humans. The competitions or tournaments are held according to the set rules and regulations. The success of the tournament depends upon suitable fixture. Observe the below given fixture and answer the questions.**











- The method followed in drawing the fixture is .....  
 (a) League (b) Knockout (c) Ladder (d) Combination
- Number of matches played can be calculated by the formula .....  
 (a) N (b) N-1 (c) N+1 (d) N+2
- The advantage of this tournament is .....  
 (a) Economical (b) Less time (c) both (a) and (b) (d) none of the above
- In this type of tournament, a team once defeated gets .....  
 (a) eliminated (b) bye (c) another chance (d) wild card entry
- A privilege given to a team to play in a higher round is called .....  
 (a) fixture (b) bye (c) reward (d) All of the above



**Q.1. Given below is the pie chart of percentage of patients visiting a hospital who were suffering from different types of postural deformities :**



**Based on above data answer the following questions :**

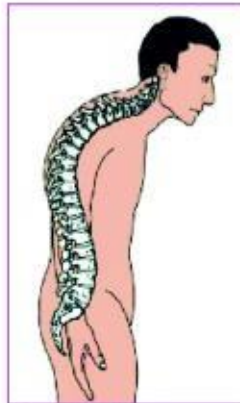
- From which postural deformity is the least number of patients suffering from ?  
 (a)  (b)  (c)  (d) 
- The sideways curvature of spine is called :  
 (a) Kyphosis (b) Scoliosis (c) Lordosis (d) Round shoulder
- From which deformity is the maximum number of patients suffering from ?  
 (a)  (b)  (c)  (d) 

**Q.1. Posture plays a very significant role in our daily activities. Correct posture means the balancing of body in accurate and proper manner. Various types of postural deformities can be identified in individuals.**



- From the above given picture, the deformities seen on the left most is caused due to deficiency of :  
 (a) Iron (b) Calcium (c) Vitamin D (d) Both (b) & (c)
- Walking on the inner edge of the feet can be a remedy for :  
 (a) Bow legs (b) Flat foot (c) Overweight (d) leg deformity
- The person in the middle is suffering with :  
 (a) Rickets (b) Flatfoot (c) Knock knees (d) Elephant foot
- Horse-riding is the best exercise for curing ..... deformity :  
 (a) Knock knees (b) Bow legs (c) Flat foot (d) All of the above
- Performing this asana regularly can be a remedy for Knock-knees :  
 (a) Padmasana (b) Tadasana (c) Vajrasana (d) Halasana

**Q.2. Anu was assigned a project work by her physical education teacher. She had to make a report by checking the health status of all the security guards of her huge gated community. She found out that more than half of them showed a significant deformity in the upper part of their vertebral column.**



1. The term used to define this deformity is :  
(a) Lordosis                      (b) Scoliosis                      (c) Kyphosis                      (d) Both (a) & (b)
2. This deformity is mainly caused due to :  
(a) Carrying heavy loads                      (b) Lack of exercise  
(c) Weak muscles                      (d) All of the above
3. Which of the following helps in rectifying such condition ?  
(a) Chakrasana                      (b) Dhanurasana                      (c) Halasana                      (d) Both (a) & (b)
4. Bending head backward in standing position helps in getting rid of :  
(a) Lordosis                      (b) Kyphosis                      (c) Scoliosis                      (d) Both (a) & (b)
5. Due to Covid Pandemic, most of the children attending online classes with bad sitting posture may experience this condition later :  
(a) Kyphosis                      (b) Lordosis                      (c) Scoliosis                      (d) Flat foot

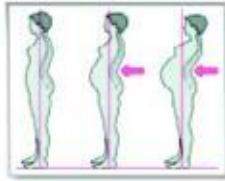
Identify the type of deformity and choose its correct name :

1.



- (a) Kyphosis
- (b) Lordosis
- (c) Scoliosis
- (d) All of the above

2.



- (a) Scoliosis
- (b) Kyphosis
- (c) Lordosis
- (d) None of these

3.



- (a) Knock Knees
- (b) Scoliosis
- (c) Bow legs
- (d) Both (a) and (c)

4.



- (a) Flat foot
- (b) Kyphosis
- (c) Knock Knees
- (d) Bow Legs

5.



- (a) Curved foot
- (b) Club foot
- (c) Outward pointing foot
- (d) Flat foot

6.



- (a) Round Shoulders
- (b) Cervical
- (c) Lordosis
- (d) Scoliosis

7.



- (a) Knock Knees
- (b) Bow Legs
- (c) Kyphosis
- (d) All of the above

Q.4. Which postural deformity is shown in the illustration ?



- (a) Bow Leg
- (b) Knock Knee
- (c) Flat Foot
- (d) Round Foot



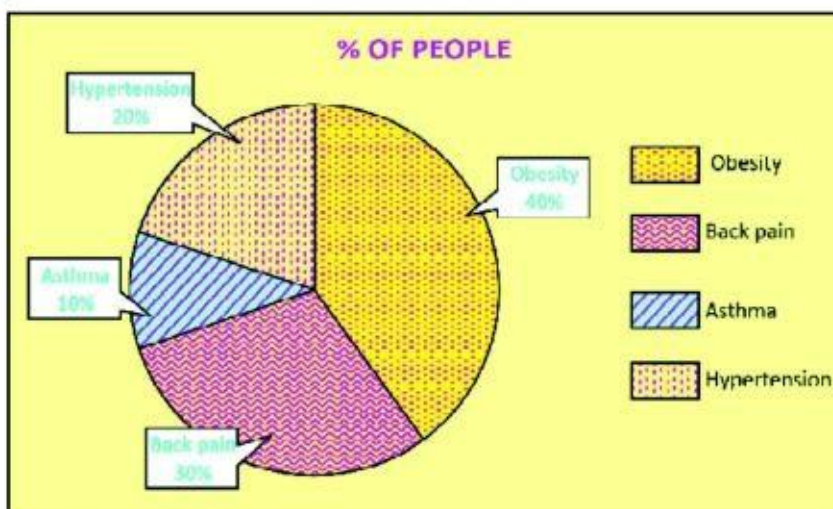
Q.5. Asanas show in the picture are performed to correct :



- (a) Kyphosis and Lordosis  
(c) Scoliosis and Lordosis


- (b) Round shoulder and Kyphosis  
(d) Lordosis and Round Shoulders

Below given is the pie chart of percentage of people who suffer from different types of lifestyle diseases :



Based on above data answer the following questions :

1. From which type of lifestyle disease do people suffer most ?

- (a)  (b)  (c)  (d) 

2. The percentage of people suffering from asthma are :

- (a) 55% (b) 10% (c) 20% (d) 40%

3. Which category is related to back pain ?

- (a)  (b)  (c)  (d) 

Identify the common lifestyle problems and write their names :



.....



.....









.....



.....

Identify the below given Asanas and write the names :

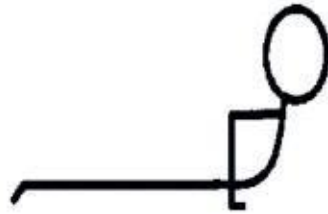
- (a)  .....
- (b)  .....
- (c)  .....
- (d)  .....
- (e)  .....
- (f)  .....

Identify the below given asanas and write their names :

- (a)  .....
- (b)  .....
- (c)  .....

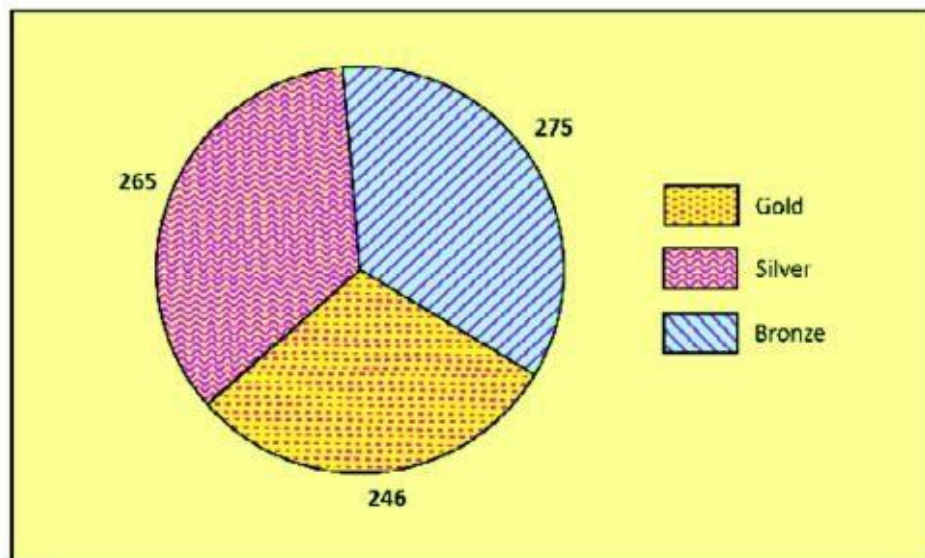


Mr. Shyam aged 50 years is recommended to practice the below asana as a therapeutic measure. He is a software engineer by occupation and spends lot of time sitting at one place. He developed certain symptoms like frequent urge for urination, tiredness, excessive weight gain along with being anxious and getting easily irritated.



1. From the shape of the body in the given pose, it can be identified as \_\_\_\_\_  
(a) Gomukhasana      (b) Bhujangasana      (c) Tadasana      (d) Vajrasana
2. Mr. Shyam's symptoms point out that he might be suffering from :  
(a) Diabetes      (b) heart problem      (c) Obesity      (d) Asthma
3. Blood sugar levels are controlled by \_\_\_\_\_ hormone.  
(a) Thyroxin      (b) Insulin      (c) Pituitary      (d) Progesterone
4. This asana should be avoided by people suffering with \_\_\_\_\_  
(a) Obesity      (b) Hernia      (c) Diabetes      (d) Hypertension
5. The disease of lung where airways are blocked or narrowed is \_\_\_\_\_  
(a) Diabetes      (b) Asthma      (c) Obesity      (d) Hypertension

Below given is the pie-chart of the medals won by the athletes of Special Olympics Bharat who participated in seven World Summer Games and five World Winter Games between 1987 and 2013.



Based on the above data, answer the following questions :

- Which agency has accredited the Special Olympics Bharat Programme ?  
 (a) Special Olympics International      (b) Special Olympics India  
 (c) National Sports Federation      (d) Sports Authority of India
- The special Olympics Bharat was formed and registered in :  
 (a) 1998      (b) 2001  
 (c) 2003      (d) 2004
- The Special Olympics Athlete oath is :  
 (a) Let me win at all costs  
 (b) I can win  
 (c) Let me win. But if I cannot win, let me be brave in the attempt  
 (d) I must win

Identify the picture shown below :



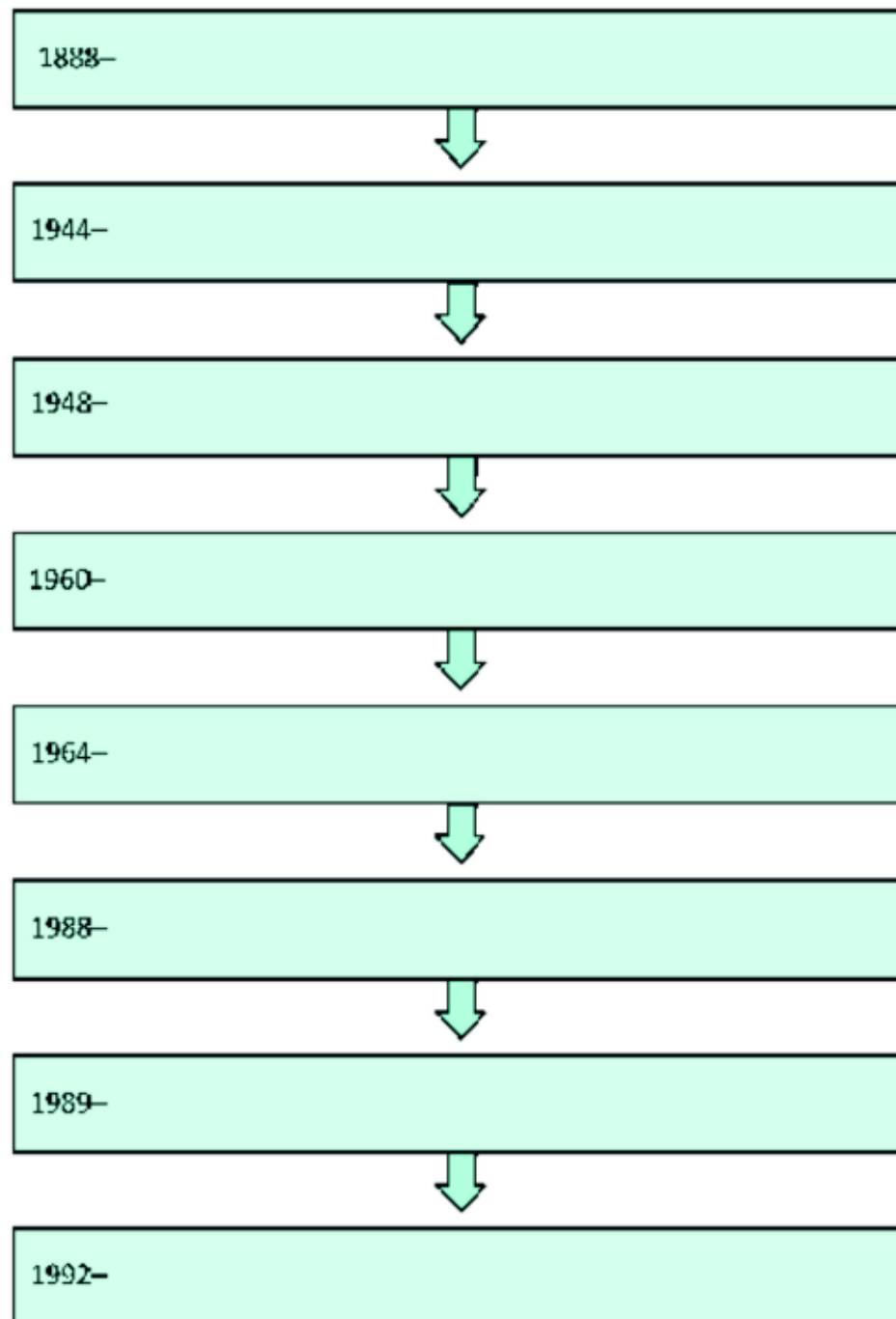
- Special Olympics
- Olympic game
- Paralympic flag
- None of the above

2. Identify the picture shown below :



- Special Olympic Bharat
- Deaflympic
- Paralympic flag
- None of the above

Complete the Flowchart outlining the history of Sports for People with Special Needs and Paralympics.

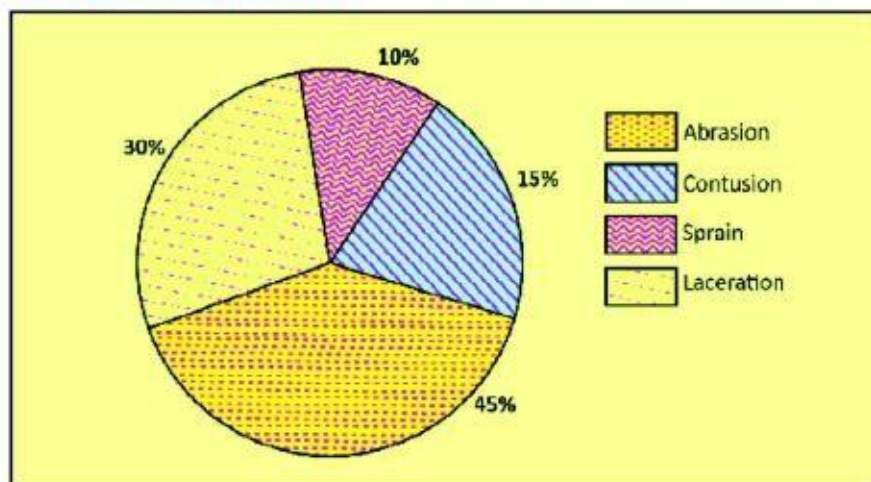


Mr. Gurpreet, aged 65 years worked as a civil engineer in a construction company. As a part of his job, he had to walk and climb a lot. After his retirement, he settled with his son spending time with his grandchildren. These days, he is experiencing difficulty in doing certain chores which involve physical movement.



- Which of the following tests would you recommend to check Mr. Gurpreet's fitness ?  
 (a) Harvard step test (b) Rock port test  
 (c) AAHPER test (d) Rikli and jones test
- The number of tests in the fitness test prescribed for Mr. Gurpreet is :  
 (a) 8 (b) 6 (c) 5 (d) 4
- Chair sit & reach test is done to check .....  
 (a) Agility (b) Speed (c) Flexibility (d) Strength
- Pick the odd one out :  
 (a) Arm curl test (b) Chair stand test (c) Partial curl up (d) 6 min walk test
- The 8 foot up and go test, as shown in the picture is performed to assess .....  
 (a) Strength (b) Endurance (c) Speed (d) Agility

Given below is the pie-chart of percentage of players who suffered different kinds of injuries in an international football tournament :



Based on the above data, answer the following questions :

- The type of injuries shown in the chart are :  
 (a) Hard-tissue injuries (b) Bone injuries (c) Internal injuries (d) Soft-tissue injuries
- The least common injury is :  
 (a) Abrasion (b) Contusion (c) Sprain (d) Laceration
- By what percentage, abrasion was more than sprain ?  
 (a) 45% (b) 30% (c) 35% (d) 25%
- The most common injury in the tournament was :  
 (a) Abrasion (b) Contusion (c) Sprain (d) Laceration



Identify the type of injury shown in the picture given below :



- (a) Overuse injury
- (b) Direct injury
- (c) Indirect injury
- (d) None of the above

The type of bone fracture shown in the figure given below is :



- (a) Linear
- (b) Transverse
- (c) Oblique displaced
- (d) None of these

Identify the type of injury shown in the picture given below :



- (a) Sprain
- (b) Strain in the muscle
- (c) Abrasion
- (d) None of these

Identify the type of injury shown in the picture given below :



- (a) Abrasion
- (b) Ankle sprain
- (c) Fracture
- (d) None of these

Identify the type of bone fracture and write the names :

(a)



.....

(b)



.....

(c)



.....

(d)



.....

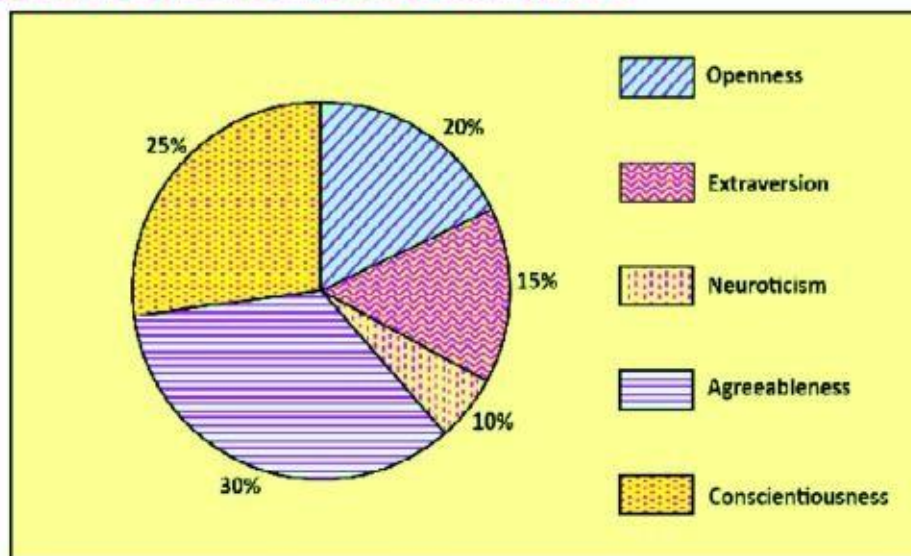
Identify the picture :



Newton's law depicted in the figure is :

- (a) First                      (b) Second                      (c) Third                      (d) None of these

Below given is the pie-chart of Big Five personality traits :



Based on the above data, answer the following questions :

1. What is the percentage of persons having imagination, feeling, curiosity and creativity ?  
(a) 10%                      (b) 20%                      (c) 30%                      (d) 25%
2. Who gave the Big Five Theory ?  
(a) Paul Costa and Robert McCrae                      (b) Carl Jung  
(c) W.H. Sheldon                      (d) None of the above
3. What is the percentage of persons having discipline, order, competence and carefulness in work ?  
(a) 10%                      (b) 20%                      (c) 25%                      (d) 15%
4. What is the percentage of persons having trust, honesty and compliance ?  
(a) 10%                      (b) 25%                      (c) 20%                      (d) 30%
5. What is the percentage of persons who have neuroticism as a trait ?  
(a) 10%                      (b) 15%                      (c) 20%                      (d) 25%

Identify the type of exercise shown in the picture given below :



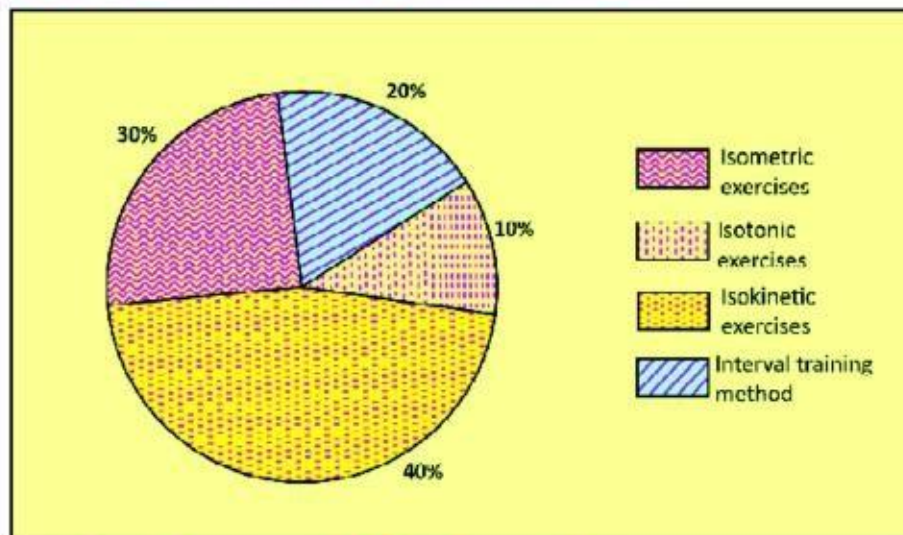
- (a) Yoga
- (b) Jogging
- (c) Cycling
- (d) None of the above

Identify the type of aggression shown in the picture given below :



- (a) Instrumental aggression
- (b) Hostile aggression
- (c) Assertive behaviour
- (d) None of the above

Given below is the pie chart of the students of a school who are undergoing training for improving their strength and aerobic endurance by different exercises :



Based on the above data, answer the following questions :

1. The least number of students are undergoing training in :

- (a)
- (b)
- (c)
- (d)

2. The maximum number of students are undergoing training in :

- (a)
- (b)
- (c)
- (d)

3. The method used for developing aerobic endurance is :

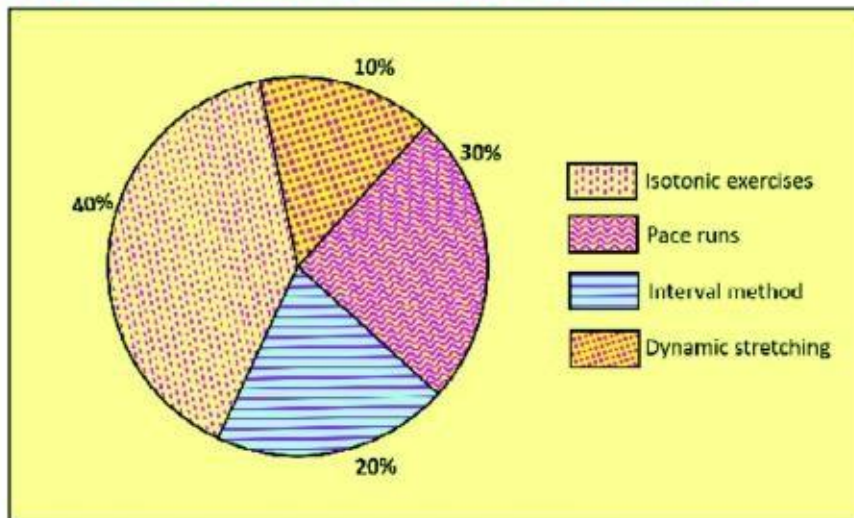
- (a)
- (b)
- (c)
- (d)

4. The exercises used for developing static strength are :

















- (a)
- (b)
- (c)
- (d)



Given below is the pie chart of the students of a school who are undergoing training for improving their strength, endurance, speed and flexibility by different methods :



Based on the above data, answer the following questions :

- The method used to improve strength is :  
 (a)  (b)  (c)  (d) 
- The method used to improve endurance is :  
 (a)  (b)  (c)  (d) 
- The method used to improve speed is :  
 (a)  (b)  (c)  (d) 
- The method used to improve flexibility is :  
 (a)  (b)  (c)  (d) 
- The maximum number of students are improving their :  
 (a) Strength (b) Endurance (c) Speed (d) Flexibility
- The minimum number of students are improving their :  
 (a) Strength (b) Endurance (c) Speed (d) Flexibility

Identify the type of exercises shown in the picture given below :



- Isometric exercises
- Isotonic exercises
- Isokinetic exercises
- None of the above



Identify the type of exercises shown in the picture given below :



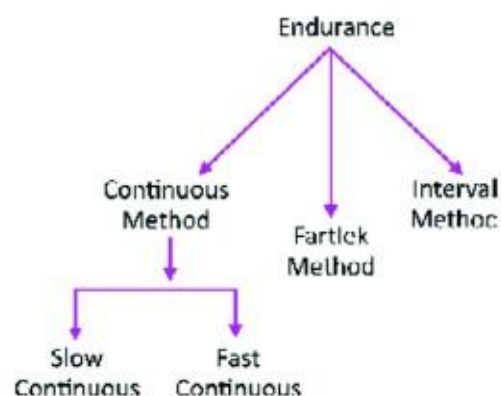
- (a) Isometric exercises
- (b) Isotonic exercises
- (c) Isokinetic exercises
- (d) None of the above

Identify the type of exercises shown in the picture given below :



- (a) Fartlek training method
- (b) Acceleration run
- (c) Intensive interval method
- (d) None of the above

### Training in sports



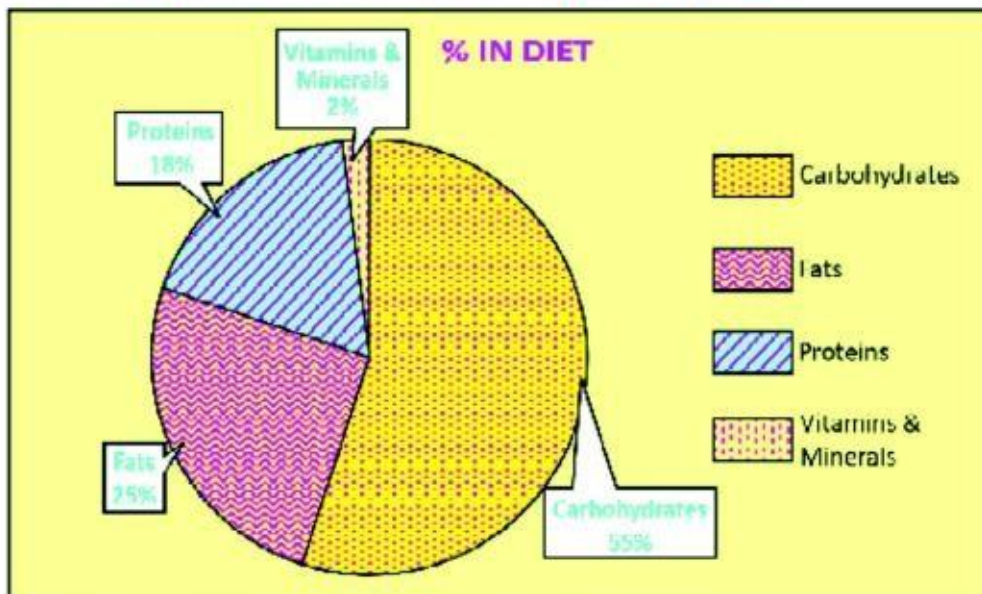
- (a) The heart rate in continuous method of training should be about \_\_\_\_\_ beats per minute and duration for the activity should be \_\_\_\_\_
- (b) Interval Training Method is based on the principle of \_\_\_\_\_
- (c) Fartlek is a \_\_\_\_\_ term meaning speed play.
- (d) Fartlek was developed by \_\_\_\_\_ in 1930.

Identify the type of exercises shown in the picture given below :











- Sit-ups are examples of which kind of strength ?
- \_\_\_\_\_ Method was developed by J. J. Perrine in 1960.
- \_\_\_\_\_ has no movement or change in size of muscles.

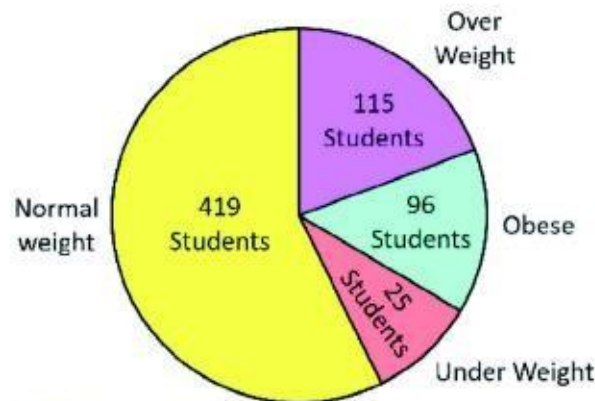
Below given is the pie chart of Nutrients and their percentage in diet :



Based on above data answer the following questions :

- Which nutrient has the highest requirement in our diet ?
  - 
  - 
  - 
  - 
- Which nutrient is called building block of body ?
  - Carbohydrates
  - Proteins
  - Fats
  - Vitamins & Minerals
- Which of the following is a micronutrient ?
  - 
  - 
  - 
  - 

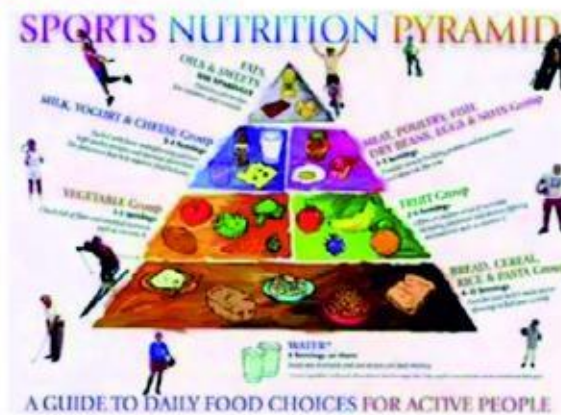
The XYZ school conducted a research in their school and checked the BMI of all students and they have shared their findings as depicted in the figure.



BMI between 25.0 to 29.9 is considered \_\_\_\_\_.

- (a) Normal weight      (b) Obese-I      (c) Obese      (d) Overweight

Food is the basic requirement of every individual to fulfil the energy needs and to meet the development of the body. The nutritious diet directly affects the health of an individual. It contains various types of nutrients in it.

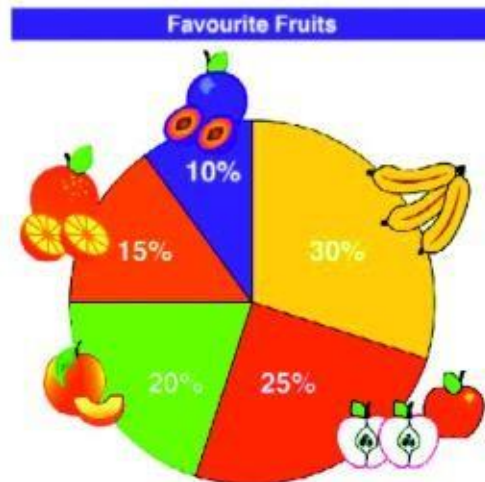


Based on this, choose the correct options :

- The bottom most part of the food pyramid is occupied by \_\_\_\_\_ indicating large quantities of intake.  
 (a) carbohydrates      (b) vitamins      (c) minerals      (d) fats
- Major portion of individual's diet is constituted by \_\_\_\_\_ nutrients.  
 (a) macro      (b) micro      (c) water      (d) roughage
- Fat soluble vitamins are \_\_\_\_\_.  
 (a) Vit A & D      (b) Vit A & K      (c) Vit E & D      (d) Vit A, D, E & K
- The body building nutrient is \_\_\_\_\_.  
 (a) Fat      (b) vitamin      (c) protein      (d) mineral
- Ghee, Butter, oils are rich sources of \_\_\_\_\_.  
 (a) Vitamins      (b) fats      (c) minerals      (d) proteins



During a survey done in class XII on the topic favourite fruit of students, following data was collected.

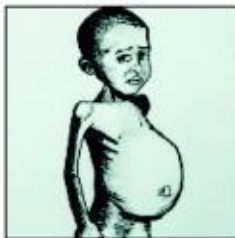


On the basis of given data answer the following questions.

Based on this, choose the correct options :

- Which fruit is liked most by the children ?  
 (a) Banana                      (b) Apple                      (c) Oranges                      (d) Peach
- Which acid is present in oranges ?  
 (a) ascorbic                      (b) lactic                      (c) pantothenic                      (d) all of these
- Which fruit is a good source of potassium ?  
 (a) oranges                      (b) peach                      (c) kiwi                      (d) banana

Identify the type of deficiency/disease and write the name :



- (a) Anemia  
 (b) Kwashiorkor  
 (c) Beri-Beri  
 (d) Obesity

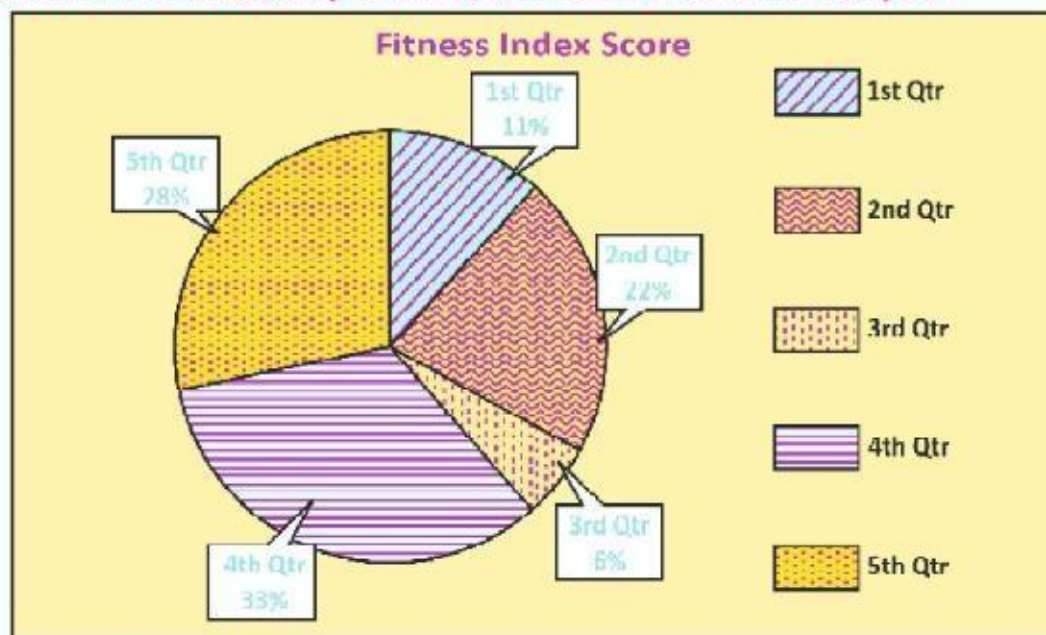


- (a) Cavities  
 (b) Cracked Teeth  
 (c) Tooth decay  
 (d) Scurvy



- (a) Goiter  
 (b) Sore throat  
 (c) Tonsillitis  
 (d) Strep throat

Given Below is the Harvard Step Test data of males in a residential complex :



**Fitness Index Score :**

1<sup>st</sup> Qtr- <55





2<sup>nd</sup> Qtr- 55-64.9

3<sup>rd</sup> Qtr- 65-79.9

4<sup>th</sup> Qtr- 80-90

5<sup>th</sup> Qtr- >90

**On the basis of the above data; answer the following questions :**

- In which category of fitness index score does the least male population falls into ?  
 (a) Excellent (b) Good/ Above Average  
 (c) Average (d) Below Average
- The category related to Excellent fitness index score is :  
 (a)  (b)  (c)  (d) 
- The percentage of the people having poor fitness index score is :  
 (a) 11% (b) 33% (c) 6% (d) 22%

Look at the pictures given below and answer the following questions :



- Both the tests shown in the picture are conducted to check ..... fitness.  
(a) Cardiovascular (b) Respiratory (c) Muscular (d) Skeletal
- The height of the bench used in the first picture is ..... cm for women.  
(a) 45 (b) 40 (c) 50 (d) 55
- The test shown in the first picture was developed by :  
(a) Coubertin (b) James (c) Sheldon (d) Brouha
- The test shown in the second picture is :  
(a) Rikli & Jones test (b) Harvard step test (c) Rockport test (d) Barrow test
- How many times pulse rates are taken to estimate the fitness level ?  
(a) 5 (b) 2 (c) 3 (d) 4

3. Match the following columns 25

**Match the following :**

- (a) Technical Committee
- (b) Finance Committee
- (c) Transport Committee
- (d) First Aid Committee

- (i) To provide arrival and departure facility for teams
- (ii) To resolve disputes
- (iii) To deal with income and expenditure
- (iv) To provide medical facility

**Choose the correct option :**

- (A) a-ii, b-iii, c-i, d-iv
- (C) a-ii, b-iii, c-iv, d-i

- (B) a-iii, b-ii, c-i, d-iv
- (D) a-iv, b-iii, c-i, d-ii

**Match the following :**

- (a) 1st bye is always given to
- (b) 2nd bye is always given to
- (c) 3rd bye is always given to
- (d) 4th bye is always given to

- (i) 1st team of the upper half
- (ii) 1st team of the lower half
- (iii) Last team of the lower half
- (iv) Last team of the upper half

**Choose the correct option :**

- (A) a-ii, b-iii, c-i, d-iv
- (C) a-ii, b-iii, c-iv, d-i

- (B) a-iii, b-i, c-ii, d-iv
- (D) a-iv, b-iii, c-i, d-ii



**Match the following :**

- |                         |  |
|-------------------------|--|
| (a) Marketing Committee | (i) Head of organizing committee   |
| (b) Chairperson         | (ii) Responsible for liaison with Print Media                              |
| (c) Tournament          | (iii) Series of contest between a number of competitors                    |
| (d) Fixture             | (iv) A sports match that has been arranged for a particular time and date. |

**Choose the correct option :**

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

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

LIST – I		LIST – II	
(i)	Kyphosis	1.	Inward curve of the spine.
(ii)	Lordosis	2.	Sideways curve of the spine
(iii)	Scoliosis	3.	Rounding of Upper Back
(iv)	Round Shoulders	4.	Forward bending & rounding of shoulders

Codes				
	(i)	(ii)	(iii)	(iv)
(a)	1	2	3	4
(b)	2	3	4	1
(c)	4	2	3	1
(d)	3	1	2	4

**Match List I with List II and select the correct answer.**

List-I		List-II	
(I)	Tadasana	(1)	Bow pose
(II)	Parvatasana	(2)	Cobra pose
(III)	Bhujangasana	(3)	Mountain pose
(IV)	Dhanurasana	(4)	Palm tree pose

Codes				
	(I)	(II)	(III)	(IV)
(a)	4	3	2	1
(b)	2	4	1	3
(c)	3	4	1	2
(d)	4	2	1	3

**1. Match the following :**

- |  |  |
|--|--|
| (A) World's largest sports organisation for children and adults with intellectual and physical disabilities. | (i) Eunice Kennedy Shriver                 |
| (B) Camp Shriver for children with disabilities  | (ii) Special Olympics                      |
| (C) First Special Olympics competition   | (iii) 1988                                 |
| (D) Special Olympics came to India   | (iv) Chicago                               |
| (a) (A)-(iii), (B)-(iv), (C)-(i), (D)-(ii)   | (b) (A)-(iv), (B)-(ii), (C)-(iii), (D)-(i) |
| (c) (A)-(i), (B)-(iii), (C)-(ii), (D)-(iv)   | (d) (A)-(ii), (B)-(i), (C)-(iv), (D)-(iii) |

**2. Match the following :**

- |  |  |
|--|--|
| (A) Special Olympics Bharat                    | (i) International Paralympic Committee     |
| (B) Organises the summer and winter Paralympic | (ii) 1960                                  |
| (C) First Paralympic games                     | (iii) 1976                                 |
| (D) First winter games in paralympics history  | (iv) 2001                                  |
| (a) (A)-(iii), (B)-(ii), (C)-(i), (D)-(iv)     | (b) (A)-(iv), (B)-(i), (C)-(ii), (D)-(iii) |
| (c) (A)-(i), (B)-(iii), (C)-(iv), (D)-(ii)     | (d) (A)-(ii), (B)-(iv), (C)-(iii), (D)-(i) |

**1. Match List – I with List – II and select the correct answer from the code given below :**

LIST - I		LIST - II	
	Vitamin		Disease
(i)	Vitamin A	1.	Pyorrhea
(ii)	Vitamin B	2.	Rickets
(iii)	Vitamin C	3.	Beriberi
(iv)	Vitamin D	4.	Night Blindness

Code				
	(i)	(ii)	(iii)	(iv)
a	2	4	3	1
b	1	2	4	3
c	4	3	1	2
d	3	1	2	4



2. Match List – I with List – II and select the correct option from the codes given below :

LIST – I		LIST – II	
(i)	Iron	1.	Proper thyroid function
(ii)	Sodium	2.	Development of strong bones
(iii)	Phosphorus	3.	Functioning of nervous system
(iv)	Iodine	4.	Formation of haemoglobin

Codes				
	(i)	(ii)	(iii)	(iv)
(a)	1	2	3	4
(b)	2	1	4	3
(c)	3	4	1	2
(d)	4	3	2	1

3. Match List – I with List – II and select the correct option from the codes given below :

LIST – I		LIST – II	
(i)	Vitamin K	1.	Need for blood clotting
(ii)	Vitamin D	2.	For protection of cell wall
(iii)	Vitamin E	3.	For vision in dim light
(iv)	Vitamin A	4.	For Absorption of calcium and phosphorus

Codes				
	(i)	(ii)	(iii)	(iv)
(a)	1	4	3	2
(b)	1	2	3	4
(c)	2	4	3	1
(d)	1	4	2	3

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

LIST – I		LIST – II	
(i)	Iron	1.	Found in red blood cell
(ii)	Calcium	2.	Found in thyroid hormone
(iii)	Sodium	3.	Needed for muscle contraction
(iv)	Iodine	4.	For healthy bone and teeth

Codes				
	(i)	(ii)	(iii)	(iv)
(a)	1	4	3	2
(b)	1	4	2	3
(c)	1	2	3	4
(d)	1	2	4	3

Match List – I with List – II and select the correct answer from the code given below :

LIST – I		LIST – II	
(i)	Arm Curl Test	1.	Lower body flexibility
(ii)	Chair Sit and Reach Test	2.	Upper body flexibility
(iii)	Back Scratch Test	3.	Aerobic endurance
(iv)	Six Minute Walk Test	4.	Upper body strength

Code				
	(i)	(ii)	(iii)	(iv)
(a)	4	1	2	3
(b)	2	2	1	4
(c)	1	4	3	2
(d)	3	2	4	1

Match List – I with List – II and select the correct answer from the code given below :

LIST – I		LIST – II	
(i)	Senior Citizen Fitness Test	1.	Speed, agility and balance
(ii)	To Stretch the Lower Body as far as possible	2.	Fullerton Functional Test
(iii)	Eight Foot up and Go Test	3.	1963
(iv)	6-Minute Walk Test	4.	Chair Sit and Reach Test

Code				
	(i)	(ii)	(iii)	(iv)
(a)	1	3	2	4
(b)	3	2	4	1
(c)	2	4	1	3
(d)	4	1	3	2

Match List – I with List – II and select the correct answer from the code given below :

	LIST – I		LIST – II
(i)		1.	Lower body flexibility
(ii)		2.	Upper body strength
(iii)		3.	Abdominal strength and Endurance
(iv)		4.	Speed

Code				
	(i)	(ii)	(iii)	(iv)
(a)	3	2	1	4
(b)	3	1	4	2
(c)	3	1	2	4
(d)	3	4	1	2

Match the following :

- |  |   |
|--|---|
| (a) Physiology                             | (i) Study of the long and short-term effects of training and conditions on athletes |
| (b) Sports physiology                      | (ii) Ability to carry out tasks without undue fatigue                               |
| (c) Exercise physiology                    | (iii) Science of how living things function normally                                |
| (d) Physical fitness                       | (iv) Study of how the body reacts to physical exercise                              |
| (A) (a)-(i), (b)-(iii), (c)-(iv), (d)-(ii) | (B) (a)-(iv), (b)-(ii), (c)-(i), (d)-(iii)  |
| (C) (a)-(iii), (b)-(i), (c)-(iv), (d)-(ii) | (D) (a)-(ii), (b)-(iv), (c)-(i), (d)-(iii)  |



**Match the following :**

- |  |  |
|--|--|
| (a) More comfortable living alone and being by themselves          | (i) Motivation                             |
| (b) Socially active and more aware of what is going on around them | (ii) Introverts                            |
| (c) The drive to strive  | (iii) Ambiverts                            |
| (d) Majority of the population                                     | (iv) Extroverts                            |
| (A) (a)-(iv), (b)-(ii), (c)-(iii), (d)-(i)                         | (B) (a)-(ii), (b)-(iv), (c)-(i), (d)-(iii) |
| (C) (a)-(iii), (b)-(i), (c)-(ii), (d)-(iv)                         | (D) (a)-(i), (b)-(iii), (c)-(iv), (d)-(ii) |

**Match the following :**

- |  |   |
|--|---|
| (a) Higher lactate threshold               | (i) Improvement of muscle size and strength |
| (b) Types of skeletal muscle fibres        | (ii) Delays fatigue                         |
| (c) Resistance training                    | (iii) Related to strength                   |
| (d) Body weight                            | (iv) Slow-twitch and fast-twitch            |
| (A) (a)-(ii), (b)-(iv), (c)-(i), (d)-(iii) | (B) (a)-(i), (b)-(iii), (c)-(ii), (d)-(iv)  |
| (C) (a)-(iii), (b)-(ii), (c)-(iv), (d)-(i) | (D) (a)-(iv), (b)-(i), (c)-(iii), (d)-(ii)  |

**Match List – I with List – II and select the correct answer from the code given below :**

LIST - I		LIST - II	
(i)	Law of inertia	1.	Gives a measure of force
(ii)	Newton's second law	2.	Newton's third law
(iii)	SI unit of force	3.	Newton's first law
(iv)	The law of reciprocal action force	4.	Newton

Code				
	(i)	(ii)	(iii)	(iv)
(a)	1	3	2	4
(b)	2	4	1	3
(c)	3	1	4	2
(d)	4	2	3	1

**Match the following :**

- |  |  |
|--|--|
| (a) Skin injury                            | (i) Stress fracture                        |
| (b) Bone injury                            | (ii) Sprain                                |
| (c) Joint injury                           | (iii) Laceration                           |
| (d) Ligament injury                        | (iv) Shoulder dislocation                  |
| (A) (a)-(iii), (b)-(i), (c)-(iv), (d)-(ii) | (B) (a)-(i), (b)-(iii), (c)-(ii), (d)-(iv) |
| (C) (a)-(ii), (b)-(iv), (c)-(i), (d)-(iii) | (D) (a)-(iv), (b)-(ii), (c)-(iii), (d)-(i) |

**Match List I with List II and select the correct answer from the code given below:**

**List I**

- (a) Creative, imaginative
- (b) Social and assertive
- (c) Emotionally unstable
- (d) Goal oriented, hardworking, self-disciplined
- (A) (a)-(i), (b)-(ii), (c)-(iii), (d)-(iv)
- (C) (a)-(ii), (b)-(i), (c)-(iii), (d)-(iv)

**List II**

- (i) Conscientiousness
- (ii) Neuroticism
- (iii) Extroversion
- (iv) Openness
- (B) (a)-(iv), (b)-(iii), (c)-(ii), (d)-(i)
- (D) (a)-(i), (b)-(iii), (c)-(ii), (d)-(iv)

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

LIST-I	LIST-II
Exercise	Definition of exercise
A. Strength	i. Ability to sustain the necessary activity level for a specific period
B. Endurance	ii. Ability of muscles to overcome the resistance
C. Flexibility	iii. Ability which enables an individual to do various related activities accurately and efficiently
D. Coordination	iv. Maximum range of motion at a joint that is the extent of movement possible about a joint without undue strain

Option	Code			
	A	B	C	D
(a)	iv	ii	i	iii
(b)	i	ii	iii	iv
(c)	iii	iv	ii	i
(d)	ii	i	iv	iii

**Match the following :**

- |  |  |
|--|--|
| (a) Isotonic Exercises                     | (i) James Perrine                          |
| (b) Fartlek Training                       | (ii) Dr. Reindell and Greschler            |
| (c) Interval Training                      | (iii) Gosta Holmer                         |
| (d) Isokinetic Exercises                   | (iv) De Lorme                              |
| (A) (a)-(iii), (b)-(iv), (c)-(i), (d)-(ii) | (B) (a)-(iv), (b)-(iii), (c)-(ii), (d)-(i) |
| (C) (a)-(ii), (b)-(i), (c)-(iv), (d)-(iii) | (D) (a)-(i), (b)-(ii), (c)-(iii), (d)-(iv) |

Match List – I with List – II and select the correct option using the codes given below :

LIST – I		LIST – II	
(i)	Circuit Training	1.	James Perrine
(ii)	Fartlek Training	2.	Dr. Reindell and Greschler
(iii)	Interval Training	3.	Gosta Holmer
(iv)	Isokinetic exercises	4.	Morgan and Adamson

Codes				
	(i)	(ii)	(iii)	(iv)
(a)	3	4	1	2
(b)	4	3	2	1
(c)	2	1	4	3
(d)	1	2	3	4

Match List – I with List – II and select the correct option using the codes given below :

LIST – I		LIST – II	
(i)	Weight training method	1.	Speed endurance
(ii)	Interval Training Method	2.	Strength
(iii)	Continuous Training Method	3.	Flexibility
(iv)	Contract-Relax method/technique	4.	Basic endurance

Codes				
	(i)	(ii)	(iii)	(iv)
(a)	2	1	4	3
(b)	3	2	1	4
(c)	1	3	4	2
(d)	4	1	2	3

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

LIST – I		LIST – II	
(i)	Strength	1.	The ability to express force many times over
(ii)	Maximum Strength	2.	The greatest force that is possible in a single maximum contraction
(iii)	Explosive Strength	3.	The ability to overcome a resistance with a fast contraction
(iv)	Strength Endurance	4.	Ability to exert a force against a resistance

Codes				
	(i)	(ii)	(iii)	(iv)
(a)	1	2	3	4
(b)	2	3	4	1
(c)	4	2	3	1
(d)	4	3	2	1

#### 4. Passage/Case study based questions 36

1. The Harvard Step test is a test of aerobic fitness, developed by Brouha and his associates (1943) for the purpose of measuring physical fitness for work and the ability to recover from work in the Harvard Fatigue Laboratories during WW II for college students. It was a very simple and promising field test for measuring cardiovascular endurance of human beings by using easily available and inexpensive equipment. There are many other variations of step tests too.

1. Harvard step test was developed by :

- (a) Harvard and his associates
- (b) Brouha and his associates
- (c) Roberta Rikli
- (d) None of the above

2. Harvard step test was developed in :

- (a) 1943
- (b) 1945
- (c) 1948
- (d) 1949

3. Harvard step test is used to measure :

- (a) Speed and balance
- (b) Speed and agility
- (c) Cardiovascular endurance
- (d) None of these



4. Harvard step test was developed for measuring :

- (a) Physical fitness for work
- (b) Physical fitness to recover from work
- (c) Both (a) as well as (b)
- (d) None of the above

5. Harvard step test was developed to measure the physical fitness of :

- (a) Senior citizens
- (b) College students
- (c) School students
- (d) None of these

2. During her gymnastics practice, Zoya was finding it difficult to maintain her balance on the balancing beam. Her coach tried to explain to her about basic principles of equilibrium.

According to the principles of equilibrium Centre of gravity plays a very important role.

- (a) \_\_\_\_\_ C.G helps in increasing stability.
- (b) \_\_\_\_\_ base more stability.
- (c) There are two types of equilibrium namely \_\_\_\_\_ and \_\_\_\_\_.

3. Mr Nikhil is a renowned hockey coach. Recently he joined our school. He selected our hockey team and designed a training programme. During the training, he noted that some players were good attackers but due to lack of endurance, they were unable to play up to the last moment. He used various methods to enhance their endurance.

1. According to the nature of activity, which one of the following is not the type of endurance ?

- (a) Basic endurance
- (b) Specific endurance
- (c) Speed endurance
- (d) General endurance

2. Fartlek Training is best used to develop :

- (a) Endurance
- (b) Strength
- (c) Flexibility
- (d) Speed

3. Which one of the following methods is used to develop endurance ?

- (a) Continuous Training Method



(b) Interval Training Method

(c) Fartlek Training Method

(d) All the above

4. Raman is a student of class VIII and is suffering from Obesity. During a recent medical check-up at school, he was advised to practice yoga and participate in sports activities for curing it. He consulted the yoga instructor at the school for further guidance.

Based on this case answer the following questions :

1. One of the possible causes for obesity could be ?

(a) Heredity

(b) Excessive eating

(c) Fast metabolism

(d) Both (a) and (b)

2. The BMI index for an Obese person is

(a) <18.5

(b) 18.5-24.9

(c) >30

(d) >25

3. Due to the Obesity; Raman is also suffering from knock knees for which he is advised to

(a) Walk on inner edge of foot

(b) Walk on outer edge of foot

(c) Walk on heels

(d) Walk on toes

5. Krishnan was a power lifting player. He wanted to practice heavy weight lifting so he talked about it to his trainer. And the coach guided him about the same.

Based on this case, answer the following questions :

1. To lift heavy weight, Krishnan should focus on improving his :

(a) Endurance

(b) Strength

(c) Power

(d) Flexibility

2. Which type of exercise, he should perform ?

(a) Isometric exercises

(b) Isokinetic exercises

(c) Isotonic exercises

(d) Aerobic exercises

3. The word isotonic means :

(a) Increase tone

(b) Decreased tone

(c) Same tone

(d) Same length

6. The Godavari school attended a CBSE Cluster Basketball Tournament. During the semi-final match Varun, one of the players fell down and was injured on the shoulder. He was immediately given first aid by the coach Mr. Rahul, who had the knowledge of first aid. Warm-up session is essential for players to avoid any serious injuries during the match. Example: Dislocation and fracture, Sprain and Strain.

1. Breakage of bones is called :

(a) Fracture

(b) Sprain

(c) Contusion

(d) Laceration

2. Contusion is also known as :

(a) Bruise

(b) Abrasion

(c) Bone

(d) Tendons

3. The first aid given to sprain injury are :

(a) RICER

(b) Following doctor advice

(c) Giving massage to affected part

(d) Applying muscle ointment

7. Anjali, a student of class IX was diagnosed with 'knock knees' which is becoming quite common in children due to lifestyle choices. She has sought help from her physical education teacher. The teacher has advised her to practice certain exercises on a daily basis.

1. What are common causes for this postural deformity ?

2. Suggest any two exercises for curing knock knees.

3. What other leg related postural deformities are there ?

8. Rohan was a good athlete of our school. He used to undergo training regularly for the best results. In spite of his constant effort, he could not succeed. He got frustrated with his poor performance and stopped expressing his feelings and meeting friends. His parents took him to a psychologist for help. After a few consultations, he was able to focus well and succeeded.

1. Pick the odd one out :

- (a) Openness
- (b) Extroversion
- (c) Neuroticism
- (d) Ambivert

2. Person with emotional instability and negative emotions are termed as :

- (a) Neuroticism
- (b) Introvert
- (c) Openness
- (d) Extrovert

3. A person having both traits of introvert and extrovert is known as :

- (a) Mesomorph
- (b) Extroversion
- (c) Ambivert
- (d) Endomorph

9. Sunita, a student of class VIII, was a physically and mentally strong girl. She was encouraged by her teacher to take up wrestling as a professional sport and start training. Sunita was also interested in the sport as she had been watching the sport on the T.V and she was highly impressed by the Indian women wrestlers. She expressed her interest to her family that she wants to learn wrestling but her brothers made fun of her and ridiculed her. Her father on seeing her interest sent her to a professional coach to learn that sport properly.

1. Which component of physical fitness is most important for a sport like wrestling ?

- (a) Speed
- (b) Strength
- (c) Endurance
- (d) Flexibility

2. Which type of body type is most suited for wrestling ?

- (a) Ectomorph
- (b) Mesomorph

(c) Micromorph

(d) Endomorph

3. Which type of training method is used to develop strength?

(a) Interval Training

(b) Isometric Training

(c) Ballistic Method

(d) Acceleration runs

10. Kushali wanted to have a career in gymnastic. She used to do regular practice and wanted to win the state level tournament. While training, she met Ashutosh sir, who was the District Gymnastic Coach. He carefully watched her and notices that she was lacking flexibility and some coordinative abilities like balance, rhythm, etc. He used various methods to improve her flexibility and coordinative abilities. After one year of training, Kushali became the state gymnastic champion.

1. Ability to coordinate body part movements with one another and in relation to a definite goal oriented body movement is known as :

(a) Balance Ability

(b) Adaptation Ability

(c) Rhythm Ability

(d) Coupling Ability

2. Ability to attain high level of fine tuning of movement phases is known as :

(a) Differentiation Ability

(b) Orientation Ability

(c) Adaptation Ability

(d) Coupling Ability

3. Which amongst these is not a method to improve flexibility ?

(a) Ballistic

(b) Static stretching

(c) PNF

(d) Fartlek

11. Vijay is a football player of Kennedy school. He is famous for his aggressive play in the field. Because of his aggression he scored many goals. At the same time, he was punished for his aggressive behaviour with opponent.

1. What level of aggression is needed in sports ?

(a) Partial

- (b) Full
- (c) No need
- (d) None of these

2. Hostile aggression is also known as \_\_\_\_\_ aggression.

- (a) Reactive
- (b) Channelled
- (c) Assertive
- (d) Instrumental

3. This is also known as predatory aggression :

- (a) Assertive behaviour
- (b) Instrumental aggression
- (c) Impulsive aggression
- (d) Hostile aggression

12. Sir Isaac Newton (1642 - 1727) was an English scientist who made great contributions to physics, optics, maths and astronomy. He is known for his Three Laws of Motion and the Universal Law of Gravitation.

1. According to Newton's first law of motion, a moving object that is not acted on by an unbalanced force will :

- (a) Remain in uniform motion
- (b) Eventually come to a stop
- (c) Change its momentum
- (d) None of the above

2. When a swimmer moves her hands in the backward direction, her body goes forward. It is in accordance with :

- (a) Newton's 1st Law
- (b) Newton's 2nd Law
- (c) Newton's 3rd Law
- (d) The law of acceleration

3. A force applied in a direction opposite to the direction of motion of an object will cause the object to :

- (a) speed up
- (b) slow down
- (c) turn

(d) None of these

13. The International Paralympic Committee is the global governing body of the Paralympic Movement. Its purpose is to organise the summer and winter Paralympic Games and act as the International Federation for ten sports, supervising and coordinating World Championships and other competitions.

Based on this, answer the following questions :

1. IPC in sports stands for :

(a) International Paralympic Committee

(b) Indian Paralympic committee

(c) Indian Peoples Committee

(d) None of the above

2. The reason Paralympic Games got their name was because :

(a) they were meant for athletes suffering from paraplegia

(b) they run alongside or parallel to the Olympic Games

(c) the athletes are paragons of their sports

(d) they are attended by a large number of paramedics

3. Which body governs the Paralympic Movement ?

(a) Special Olympics International

(b) Sports Authority of India

(c) Indian Paralympic Committee

(d) International Paralympic Committee

14. Ram and Lakshman were playing the game of carrom. The striker was sliding slowly, so Ram sprinkled some powder over the carrom board and then they played the game smoothly.

1. What was the reason of slow motion of striker ?

(a) Increased friction

(b) Decreased friction

(c) No friction

2. Which method reduces the friction ?

(a) Pressing the two surfaces together

(b) Removing lubrication between two surfaces

(c) Lubrication of two surface

3. Which type of friction occurred between the striker and carrom board ?

- (a) Static friction
- (b) Sliding friction
- (c) Rolling friction

15. Women and girls participating in activities which emphasize leanness are at especially high risk of developing Female Athlete Triad which involves three distinct and interrelated conditions.

Based on this case, answer the following questions :

1. Which of the following is not a condition of Female Athlete Triad ?

- (a) Eating Disorders
- (b) Amenorrhea
- (c) Round shoulders
- (d) Osteoporosis

2. People with this disorder may see themselves as overweight, even when they are dangerously underweight :

- (a) Anorexia Nervosa
- (b) Bulimia
- (c) Binge Eating disorder
- (d) All the above

3. In which eating disorder a person binges and purges ?

- (a) Anorexia Nervosa
- (b) Bulimia
- (c) Binge Eating disorder
- (d) All the above

16. Roohi was a good middle-distance runner. She participated in the state level championship, but she could not win any medal. For the next State level championship, she aimed to win in 800 m race. Her Physical Education teachers advised her to improve flexibility and co-ordinative ability. He suggested several exercises to improve strength, flexibility and endurance. After six months of robust training, she won gold medal.

1. Fartlek Training is best used to develop :

- (a) Endurance
- (b) Strength
- (c) Flexibility
- (d) Speed

2. Which one of the following methods is used to develop endurance ?

(a) Continuous Training Method

(b) Interval Training Method

(c) Fartlek Training Method

(d) All the above

3. Continuous training is one of the best methods for improving .....

(a) Strength

(b) Endurance

(c) Speed

(d) Flexibility

17. Suraj has been asked by his class teacher to prepare a report on the importance of nutrients in our diet. He prepared a detailed chart about the nutrients, their functions, sources of food and the diseases caused by their deficiencies.

Based on this, answer the following questions :

1. Which of the following is not a fat-soluble vitamin ?

(a) Vitamin A

(b) Vitamin B

(c) Vitamin D

(d) Vitamin K

2. Which of the following is a non-nutritive component of diet ?

(a) Artificial sweeteners

(b) Carbohydrates

(c) Fats

(d) Proteins

3. Which macro nutrient is required for growth and maintenance of tissues ?

(a) Water

(b) Fat

(c) Protein

(d) Vitamin

18. Ravi has the aim of joining any of the uniform services like police, army, air force etc. But he has not qualified the 1500 m run in their selection criteria. Without qualifying this run, he can't go for the next level.

1. 1500 m run is conducted to find the :



(a) Endurance ability

(b) Speed

(c) Strength

(d) Explosive

2. Which one of the following methods is used to develop endurance?

(a) Continuous Training Method

(b) Interval Training Method

(c) Fartlek Training Method

(d) All the above

3. In Interval training method is based on principle of \_\_\_\_\_

(a) Overload

(b) Effort

(c) Effort & Recovery

(d) Recovery

19. Rajesh saw his grand mother bending forward to find her pen that had slipped out of her hand. She was unable to bend enough to look for the pen but Rajesh easily bent under the bed, located the pen.

1. What problem does Rajesh grandmother is likely to have ?

(a) Less lower body strength

(b) Less upper body strength

(c) Less lower body flexibility

(d) Less balancing ability

2. What test can be done to determine her problem ?

(a) Chair Sit and Reach Test

(b) Sit and Reach Test

(c) Arm Curl Test

(d) Chair Stand Test

3. Which test-item is not a part of Senior Citizen Test ?

(a) 8 Foot Up and Go test

(b) Chair Stand Test

(c) Medicine Ball Throw

(d) Chair Sit and Reach Test

20. Sohum was the sports captain of ABC Public School. The school committee decided to organize an annual sports meet in the school and the responsibilities were given to Sohum for planning the events.

Based on this, answer the following questions :

1. Effective planning can help in :

- (a) Improving efficiency
- (b) Proper coordination
- (c) Reducing chances of mistakes
- (d) All of the above

2. Which of the following is the first step in a sports programme ?

- (a) Staffing
- (b) Planning
- (c) Budgeting
- (d) Directing

3. Pre-tournament tasks are done :

- (a) During the tournament
- (b) After the tournament
- (c) Before the tournament
- (d) After the award ceremony

21. Tim Gould was eight years old when his mother, Jennifer Gould, enrolled him into Special Olympics because she could not find a mainstream sport club that would allow her son with an intellectual disability to play. During this time, there were no Special Olympics tennis programs close to where they lived so Tim found enjoyment playing soccer, basketball and swimming at which he excelled. His most recent swimming achievement was at the 2019 Abu Dhabi World Games where he won a gold medal in the 100-meter freestyle relay. Tim has now decided to retire from swimming competitively to focus on tennis.

Based on this, answer the following questions :

1. The special Olympics :

- (a) are the world's smallest sporting movement for the people with disabilities
- (b) are the world's largest sporting movement for the people with disabilities
- (c) is recognized by the international Olympic committee
- (d) Both (b) as well as (c)

2. Who started Special Olympics International ?

- (a) Eunice Kennedy Shriver

(b) John F Kennedy

(c) Sir Ludwig Guttmann

(d) M. Mahadeva

3. The first Special Olympics Games were held in :

(a) Chicago

(b) Paris

(c) New York

(d) Washington D.C.

22. After getting their fitness levels assessed and with understanding of mechanical analysis of their movement, the three boys, Ram, Shyam and Vinay decide to improve the different components of fitness. Since they are in class XII and involved in competitive sports, their focus is also admission to the top colleges and universities on the basis of their sports performance. Their physical education teacher has informed them that most of the colleges give importance to physical fitness and sports skill tests. Their teacher felt their current fitness level was not up to the mark and stressed on the need for implementation of scientific sports training methods. The students were eager to know how this was different from the way they were training earlier. Their teacher explained the concept of 'Sports training' as a planned and controlled process in which, for achieving a goal, changes in complex motor performance, ability to act and behaviour are made through measures of content, methods and organisation. He emphasised that, sports training is the basic form of preparation of sportsmen and that the preparation of a sportsperson represents a multidimensional process of purposeful utilisation of the factors – means, methods and conditions – which help in enhancing the physical fitness levels of the sportsperson and ensure the required level of his sports performance ability. The boys started their training for speed, flexibility, coordination, strength with a scientific approach under the guidance of their teacher who created specialized and specific training plans for them along with periodization of their schedule for each of the three individuals. Maximal Strength, Explosive Strength and Strength Endurance were planned through Isometric, Isotonic and Isokinetic exercises. Another essential component of training was specific endurance, for which continuous method and Fartlek training methods were used. PNF stretching along with ballistic stretching method, static and dynamic stretching methods were also adopted in the training session. A training method with variety of exercises at multiple stations with controlled recovery period was also implemented with planned dosage, which was thoroughly enjoyed by the athletes and proved effective in developing aerobic capacity through increased Vo2 max and cardiovascular endurance.

1. Which method is best suited for developing strength ?

(a) Interval method

(b) Isometric method

(c) Ballistic method

(d) Continuous method

2. To develop muscular endurance; which method will be most suitable ?

(a) Circuit training

- (b) Isokinetic training
- (c) Repetition method
- (d) Static method

3. Aerobic capacity can be increased by \_\_\_\_\_ method.

- (a) Circuit training
- (b) Isokinetic training
- (c) Isotonic training
- (d) Static method

4. Ballistic method can used to develop \_\_\_\_\_.

- (a) Strength
- (b) Endurance
- (c) Flexibility
- (d) Speed

23. Priya, a student of class XI has very low BMI due to which her class teacher has asked the school counselor to help priya because it seems priya is not taking proper meals.

1. List down the different types of eating disorders.
2. What is the range for underweight students in BMI ?
3. What could be the possible causes of eating disorders ?

24. Raghu was good thrower. When he joined a new training camp, where he observed some athletes were running on uneven surfaces like bushes, rocks, pits etc. He was in dilemma. Then the coach explained about that training in detail.

1. What type of training are they doing?

- (a) Fartlek Training
- (b) Ballistic method
- (c) Interval Training
- (d) Acceleration run

2. Stretching exercise improves .....

- (a) Flexibility
- (b) Strength
- (c) Coordination
- (d) Explosive

3. Fartlek training is also known as :

- (a) Pace runs
- (b) Speed play
- (c) Acceleration run
- (d) 400 m run

25. Anita was facing the problem of Kyphosis. Due to this, she was under stress and tension. One day, her Physical Education teacher came to know about the problem. She also advised Anita some corrective exercises to minimize the deformity of Kyphosis. After few months of regular exercise, she was confident enough to get rid of Kyphosis.

1. Kyphosis is a problem related to

- (a) heart
- (b) spine
- (c) brain
- (d) legs

2. Kyphosis is .....

- (a) abnormal curvature of spine at front
- (b) sideways curve in the spine
- (c) rounding of upper back
- (d) rounding of lower back

3. Which of the following is a corrective measure for kyphosis ?

- (a) Horse riding
- (b) Walking on toes
- (c) Tadasana (Mountain pose)
- (d) Sukhasana

26. The Physical Education, teacher told the students that Newton's laws of motion are also applicable in sports also. A particular law of motion is very useful in games like hammer throw and shot put while another law is useful in understanding swimming.

1. Which of the Newton's is useful for athletes competing in hammer throw ?

- (a) Law of Inertia
- (b) Law of Acceleration
- (c) Law of Reaction
- (d) Law of Gravitation

2. Which of these laws is useful for swimmers ?

- (a) Law of Inertia

- (b) Law of Acceleration
- (c) Law of action and Reaction
- (d) Law of Gravitation

3. What is the other name of Law of Inertia ?

- (a) First law of motion
- (b) Second law of motion
- (c) Third law of motion
- (d) None of these

27. The 24-year-old marathon swimmer and special Olympics participant Sagar Badve from Aurangabad, India, offers an impressive example of what athletes can achieve in spite of their disabilities. Sagar Badve's room is already filled with more than 100 gold medals from national and international competitions. In India, he has already completed the world's longest marathon of more than 80 kilometres. In spite of his severe bilateral hearing loss and partial blindness as a result of glaucoma, the 24-year-old has just completed a Bachelor's degree in computer science and is also a state-certified swimming instructor. At the fourth Hearing Camp in Mumbai in November 2013 Sagar was finally given customized hearing aids.

Based on this, answer the following questions :

1. Special Olympics Bharat was registered in :

- (a) 2001
- (b) 2002
- (c) 2003
- (d) 2004

2. Special Olympics Bharat is recognised by the government of India as :

- (a) Sports Authority of India
- (b) National Sports Federation
- (c) National Sports Council
- (d) None of the above

3. Under which act was Special Olympics Bharat formed ?

- (a) Indian Trust Act 1882
- (b) Indian Trust Act 1881
- (c) Indian Trust Act 1880
- (d) None of the above

28. The sports Minister has launched many sports schemes in India. One of the best schemes is Khelo India. The father of one of the students approached the physical education teacher and asked

him about their fitness level. The physical education teacher replied that Khelo India consisted of physical fitness tests for school children and they were analysing students' fitness through these tests.

1. Which of the following tests is the best to measure Lower body flexibility ?

- (a) Harvard Step Test
- (b) Sit and Reach Test
- (c) Barrow Fitness Test
- (d) General Fitness Test

2. Rikli and Jones test is conducted on :

- (a) Children
- (b) Adults
- (c) Adolescent
- (d) Senior Citizens

3. Which method should he follow to improve the jump ?

- (a) Flexibility
- (b) Explosive power
- (c) Push-ups
- (d) Shuttle run

29. Apoorva is a student of class 12th. She is very good in sports. She wants to participate in district level competitions. Her Physical Education teacher has advised her to take balanced diet and practice regularly.

Based on this, answer the following questions :

1. Physical Education teacher has advised Apoorva to take a diet consisting of .....

- (a) micro nutrients
- (b) macro nutrients
- (c) Both (a) and (b)
- (d) None of the above

2. Which of the following is required in large quantities in our diet ?

- (a) Micro nutrients
- (b) Macro nutrients
- (c) Additives
- (d) Vitamins

3. Which of the following is not a macro nutrient ?

- (a) Vitamins
- (b) Carbohydrates
- (c) Fats
- (d) Proteins

30. Rohan was a good athlete of our school. He used to undergo training regularly for the best results. In spite of his constant effort, he could not succeed. He got frustrated with his poor performance and stopped expressing his feelings and meeting friends. His parents took him to a psychologist for help. After a few consultations, he was able to focus well and succeeded.

1. Rohan can be motivated using :

- (a) Blame
- (b) Praise
- (c) Recognition
- (d) Both(b)&(c)

2. Taking help of psychologist becomes..... kind of motivation :

- (a) Intrinsic
- (b) Extrinsic
- (c) Ambivert
- (d) Both(a)&(b)

3. Pick the odd one out :

- (a) Openness
- (b) Extroversion
- (c) Neuroticism
- (d) Ambivert

4. Person with emotional instability and negative emotions are termed as :

- (a) Neuroticism
- (b) Introvert
- (c) Openness
- (d) Extrovert

31. Rujaan, a student of class XII, has recently joined a gym near his house to get a toned and muscular body. He consults his gym trainer regarding his diet and is advised to increase the intake of protein in his diet.

Based on this, choose the correct options :



1. Proteins are also known as \_\_\_\_\_

- (a) Nitrogenous food
- (b) Body building food
- (c) Fatty food
- (d) Both (a) and (b)

2. Deficiency of protein can cause \_\_\_\_\_

- (a) Rickets
- (b) Kwashiorkor
- (c) Scurvy
- (d) Night blindness

3. Basic structure of protein is made up of :

- (a) Carbon, oxygen, hydrogen and nitrogen
- (b) Hydrogen and oxygen
- (c) Carbon, hydrogen and oxygen
- (d) Carbon and nitrogen

32. Mr. Suresh is a Physical Education teacher at XYZ School. He observed that Rajesh, a student of class V has outward curve of vertebral column at thoracic region. He suggested some exercises to rectify this problem.

1. What is this deformity known as ?

- (a) Scoliosis
- (b) Kyphosis
- (c) Lordosis
- (d) Flat foot

2. Kyphosis is commonly known as :

- (a) Hollow back
- (b) Hunch back
- (c) Sideways bending
- (d) Lordosis

3. Kyphosis is a deformity related to :

- (a) Foot
- (b) Vertebral column
- (c) Shoulder

(d) Legs

33. Sports department of ABC school is conducting fitness tests for all the students of the school. As studies in chapter test and measurement in sports answer the following questions.

1. Name the test items for class 1-3.
2. Name the test items for classes 4-12.
3. Which tests are common in both the categories 1-3 & 4-12 ?

34. Students of class X were gathered on the playground during their games period and were informed that a fitness test will be conducted for them. Students had some questions related to the test items.

1. What is the purpose of conducting Push-ups ?
2. Which test will be conducted for speed ?
3. What is the time duration for performing Partial curl ups ?

35. Mr. Gopichand is a renowned badminton coach. When he started his academy, he selected our school badminton players and designed a training program. During the training, he noted that few players were good in defense but due to lack of endurance and strength, they were unable to play up to the last moment. He used various methods to enhance their endurance and strength.

1. This type of training and exercises help in increasing the static strength and maximal strength.

- (a) Isometric
- (b) Isotonic
- (c) Isokinetic
- (d) Aerobic

2. Isotonic exercise helps in enhancing :

- (a) Speed
- (b) Strength
- (c) Agility
- (d) Endurance

3. High pressure over muscles can be seen in these set of exercises :

- (a) Isometric
- (b) Isotonic
- (c) Both a & b
- (d) Ballistic

4. The Swedish word meaning "Speed Play" is \_\_\_\_\_

- (a) Citius

(b) Fartlek

(c) Pace

(d) Altius

5. This endurance training method involves periods of hard work followed by a time period of rest repeatedly.

(a) Interval

(b) Continuous

(c) Fartlek

(d) Pace runs

36. In a Lawn Tennis Competition, there were 8 players. In the first round, 4 players were eliminated after they lost their matches. Based on this information, answer the following questions :

1. What type of tournament is mentioned above ?

(a) Round Robin tournament

(b) Knockout tournament

(c) Challenge tournament

(d) None of the above

2. For these 8 players, how many matches will be played if it is a Single knockout tournament ?

(a) 8

(b) 7

(c) 9

(d) 10

3. An advantage of this type of tournament is :

(a) takes less time

(b) weak teams may enter the final

(c) strong teams may get eliminated

(d) is more expensive

5. Reasoning Questions 26

1. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A) : While doing strength training, appropriate supervision is a must.

Reason (R) : Strength training can be dangerous if the exercise technique is not right.

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

(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.

2. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A) : Hostile aggression provokes one to harm others physically.

Reason (R) : Aggression is intent to harm another person mentally and / or physically.

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

(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.

3. Given below are the two statements labeled Assertion (A) and Reason (R).

Assertion (A): A balanced diet may be defined as that diet which contains all the nutrients in the correct amount as required by the body.

Reason (R): A diet which consists of all the essential food elements e.g. proteins, carbohydrates, vitamins, fats, minerals and water in correct proportion is essential for growth and maintenance of the body.

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

(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.

4. Given below are two statements labelled Assertion (A) and Reason (R).

Assertion (A) : The purpose of Chair Stand Test is to measure the lower body strength.

Reason (R) : This strength is required for maintaining balance so that the senior citizen does not fall.

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

(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.

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

Assertion (A) : The nervous system is an important link between the brain and the muscles.

Reason (R) : The greater the percentage of fast twitch muscle fibres, faster is the individual.

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

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (c) (A) is true but (R) is false.
- (d) (A) is false but (R) is true.

6. Given below are two statements labelled Assertion (A) and Reason (R).

Assertion (A) : Harvard step test was developed by Dr. Roberta.

Reason (R) : This test assesses the functional fitness of senior citizens.

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

- (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.

7. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A) : Introverts are more comfortable living alone and being by themselves.

Reason (R) : They are actively involved in the world of people and things.

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

- (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.

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

Assertion (A): Knockout tournament is also called elimination tournament.

Reason (R): In Knockout tournament a team gets chance to play with every other team.

In the context of above two statements which one of the followings is correct:

- (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.

9. Given below are two statements labelled Assertion (A) and Reason (R).

Assertion (A) : Mass is a measure of inertia of the body in linear motion.

Reason (R) : Greater the mass, greater is the force required to change its state of rest or of uniform motion in a straight line.

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

- (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.

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

Assertion (A) : Contusion is a soft-tissue injury.

Reason (R) : Bone injury is hard-tissue injury.

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

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true and (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. Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R) :

Assertion (A) : There are different types of joints in the human body.

Reason (R) : All persons have the same range of motion of joints.

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

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (c) (A) is true but (R) is false.
- (d) (A) is false but (R) is true.

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

Assertion (A) : Pregnant women should practise ardh chakrasana.

Reason (R) : Every asana can be done by anyone.

In the context of above two statements which one of the followings is correct :

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

(b) Both (A) and (R) are false.

(c) (A) is true but (R) is false.

(d) (A) is false but (R) is true.

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

Assertion (A): Planning is the foremost function in sports.

Reason (R): Planning gives a view of future course of action.

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

(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

14. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A) : Aggression is a behaviour to cause harm to other person.

Reason (R) : Aggression is unintentional.

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

(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.

15. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A) : Special olympics provides year-round training and competitions to 5 million athletes and unified sports partners in 172 countries.

Reason (R) : Special olympics is not recognised by the international olympic committee.

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

(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.

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

Assertion (A): Lordosis is abnormal curvature in lumbar region of the spine.

Reason (R): Medical name for Lordosis is genu valgum.

In the context of above two statements which one of the followings is correct :

- (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.

17. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A) : Different sports require same level and type of strength.

Reason (R) : Strength is largely developed through weight training.

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

- (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.

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

Assertion (A) : In Matsyasana, body takes shape of a fish.

Reason (R) : Matsyasana is done in standing posture.

In the context of above two statements which one of the followings is correct :

- (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.

19. Given below are two statements, one is labelled as Assertion (A) and other is labelled as Reason (R).

Assertion (A): An obese person has BMI more than 30.

Reason (R): BMI indicates the flexibility of a person.

Find the correct answer from the following :

- (a) Both (A) and (R) are true, but (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) (A) is false, but (R) is true.

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



Assertion (A): Vitamins are compounds of carbon which are essential for the normal growth and working of the body.

Reason (R): Vitamins are required by our body in large quantities.

In the context of above two statements which one of the followings is correct :

- (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.

21. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A) : Fartlek training method was first introduced by Gosta Holmer in 1937.

Reason (R) : Equipment is required in Fartlek training method.

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

- (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.

22. Given below are two statements labelled Assertion (A) and Reason (R).

Assertion (A) : The major goal of biomechanics in sports & physical exercise is to improve performance.

Reason (R) : By using biomechanics, we can use proper technique & equipment more effectively.

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

- (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.

23. Given below are two statements labelled Assertion (A) and Reason (R).

Assertion (A) : Newton's third law of motion concludes that forces occur in pairs of action and reaction.

Reason (R) : The action force is more than the reaction force.

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

- (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.

24. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A) : People with intellectual disabilities can learn, enjoy and benefit from participation in sports with proper help and encouragement.

Reason (R) : Consistent training helps these people develop their sports skills and provides incentives for personal growth.

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

(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.

25. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A) : Aerobic endurance is required in sports where the action or the movement is required for a short duration.

Reason (R) : Cross-country race requires aerobic endurance.

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

(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.

26. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A) : For improvement of performance in long distance running, continuous training is effective.

Reason (R) : Continuous method of training improves basic endurance.

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

(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.

