

Test Booklet No. \_\_\_\_\_

**This booklet consists of 150 questions and 26 printed pages.**

**RGUPET/2024/\_\_\_/\_\_\_**

**RGUPET 2024**  
**Common Entrance Test, 2024**  
**DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION**

**Full Marks: 150**  
**Hours**

**Time: 3**

Roll No. 

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Day and Date of Examination: \_\_\_\_\_

Signature of Invigilator(s) \_\_\_\_\_

Signature of Candidate \_\_\_\_\_

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*General Instructions:*

***PLEASE READ ALL THE INSTRUCTIONS CAREFULLY BEFORE MAKING ANY ENTRY.***

1. DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE TOLD TO DO SO.
2. Candidate must write his/her Roll Number on the space provided.
3. This Test Booklet contains 150 Multiple Choice Questions (MCQs) from the concerned subject. Each question carries 1 mark.
4. Please check the Test Booklet to verify that the total pages and total number of questions contained in the test booklet are the same as those printed on the top of the first page. Also check whether the questions are in sequential order or not.
5. Candidates are not permitted to enter into the examination hall after the commencement of the entrance test or leave the examination hall within two hour.
6. Making any identification mark in the OMR Answer Sheet or writing Roll Number anywhere other than the specified places will lead to disqualification of the candidate.
7. Candidates shall maintain silence inside and outside the examination hall. If candidates are found violating the instructions mentioned herein or announced in the examination hall, they will be summarily disqualified from the entrance test.
8. In case of any dispute, the decision of the Entrance Test Committee shall be final and binding.
9. The OMR Answer Sheet consists of two copies, the Original copy and the Student's copy.

1	The following jumbled words describe a scene: <b>rain / started / the / heavily / to / as / we / walked / home</b> Which order creates a grammatically correct sentence?				a
	a)The rain started heavily as we walked home.	b)We walked home as the rain heavily started.	c)Heavily the rain started as we walked home.	d)Home walked we as the rain started heavily.	The rain started heavily as we walked home
2	Which sentence demonstrates correct subject-verb agreement?				d
	a)The flowers in the vase smells nice.	b)The team have won the championship.	c) My favorite book are science fiction novels	d)One of the problems is traffic congestion.	One of the problems is traffic congestion.
3	The teacher said, "The Earth revolves around the Sun." How would you indirectly report this statement				d
	a) The teacher said, "The Earth revolves around the Sun." How would you	b)The teacher explained that Earth is the center of the solar system.	c) The teacher asked if the Earth revolves around the Sun.	d)The teacher informed the class the Earth revolves around the Sun.	The teacher informed the class the Earth revolves around the Sun
4	What type of clause is "To go hiking" in the sentence "He loves to go hiking in the mountains"?				b
	a)Finite clause	b)Non-finite clause	c) Independent clause	d)Subordinate clause	Non-finite clause
5	Identify the correct pair of synonyms and antonyms from the given table:				a
	A complex		I intricate		
	B vanish		Ii disappear		
	C joyful		Iii sorrowful		
	D brief		Iv lengthy		
	a) A & i	b) B & ii	c) C & iii	d) D & iv	A & i
6	Which explorer is credited with discovering the Americas?				a
	a)Christopher Columbus	b)Christopher Columbus	c) Vasco da Gama	d)Marco Polo	Christopher Columbus
7	Identify the odd one out.				
	a)Pop Art	b)Opera	c)Hip-Hop Music	d)Broadway Musical	Broadway Musical
8	The Indus Valley Civilization flourished around				a
	a)2000 BCE to 1000 BCE	b)1000 BCE to 500 BCE	c)500 BCE to 1 CE	d)1 CE to 500 CE	2000 BCE to 1000 BCE
9	In which sport would you use terms like "strike," "spare," and "gutter ball"?				b
	a) Tennis	b) Bowling	c) Golf	d) Basketball	Bowling
10	Which of the following is a major festival celebrated in Arunachal Pradesh?				c
	a) Bihu	b)Hornbill	c) Losar	d)Onam	Losar

		Festival			
11	Which country hosted the FIFA World Cup in the year 2022?				b
	a) Brazil	b) Qatar	c) Russia	d) Germany	Qatar
12	What does the acronym "AI" stand for in the context of technology?				b
	a)Automated Innovation	b)Artificial Intelligence	c)Advanced Integration	d)Autonomous Interface	Artificial Intelligence
13	Which vaccine was developed to combat the COVID-19 virus?				d
	a)MMR	b)SARS-CoV-2	c)BCG	d)Pfizer BioNTech	Pfizer-BioNTech
14	Gekko mizoramensis was discovered recently in which state/UT ?				b
	a) Assam	b) Mizoram	c)West Bengal	d) Kerala	Mizoram
15	What is Varunastra, which was recently tested?				c
	a)Surface to surface missile	b)Air to water missile	c)Anti-submarine torpedo	d)Patrol Vessel	Anti-submarine torpedo
16	What term refers to a mathematical expression that contains one or more variables?  A Constant B Variable C Equation D Algebraic expression				c
	a) A and B only	b) B and C only	c) C and D only	d) A and D only	C and D only
17	If $x=3$ and $y=5$ , what is the value of $2x-3y$ ?				a
	a) -9	b) -1	c) 1	d) 9	-9
18	What is the $\log_{10} 1000$ ?				b
	a) 2	b) 3	c) 4	d) 5	3
19	Match the measure of central tendency with its definition:				c
	A. Mean		i The middle value of a sorted data set		c
	B. Median		ii The most frequently occurring value in a data set		
	C. Mode		iii The arithmetic average of a data set		
	a)A-iii, B-ii, C-i	b)A-ii, B-iii, C-i	c)A-iii, B-i, C-ii	d)A-i, B-iii, C-ii	A-iii, B-i, C-ii
20	Given below are two statements: one is labelled as <b>A: Assertion</b> and the other is labelled as <b>B: Justification</b>  A: The mean is an appropriate measure of central tendency for symmetrical distributions.  B: In symmetrical distributions, the mean is equal to the median and mode, making it a suitable representation of the central value.  In the light of the above statements. choose the correct answer from the options given below				a
	a)Both the	b)Both the	c)The assertion	d)Both the	Both the

	assertion and justification are true, and the justification explains the assertion	assertion and justification are true, but the justification does not explain the assertion	is true, but the justification is false	assertion and justification are false	assertion and justification are true, and the justification explains the assertion
21	The predatory journals				(c)
	a) Publish applied research in peer review process	b) Publish fundamental research in peer review process	c) Charge APC for publishing the manuscript but do not undertake proper peer review activities	d) Established and reputed ones in a subject areas	Charge APC for publishing the manuscript but do not undertake proper peer review activities
22	Match the pairs:				(b)
	A MLA	i Repository of Ph. D thesis			
	B APA	ii Modern Language Association			
	C Shodhganga	iii Repository of approved synopsis			
	D Shodhgangotri	iv American Psychological Association			
	a) A-II, B-I, C-IV, D-III	b) A-II, B-IV, C-I, D-III	c) A-IV, B-III, C-II, D-I	d) A-III, B-IV, C-II, D-I	A-II, B-IV, C-I, D-III
23	Using other people's material without giving proper credit is termed as A Fabrication B Falsification C Plagiarism D Copying				(c)
	a) A only	b) C only	c) A & C	d) B only	C only
24	Question for assertion and justification A: Assertion Presenting work from another source as your own, without consent of the original author, by incorporating it into your work without full acknowledgement is consider as plagiarism R: Justification UGC has strict guideline to curb the plagiarism				(b)
	a) Both (A) and (R) are true R is the true explanation of A	b) Both (A) and (R) are true R is not the true explanation of A	c) (A) is true but (R) is false	d) (A) is false but (R) is true	Both (A) and (R) are true R is not the true explanation of A
25	Why are ethical issues important in research?				(b)
	a) They will help me pass the assignment	b) They indicate what the researcher	c) They help the researcher write up their	d) They indicate that all people are very	They indicate what the

		ought to do and how they should treat people	research	sensitive	researcher ought to do and how they should treat people
26	What is the name of the conceptual framework in which the research is carried out?				Answer option (d)
	a) Research Hypothesis	b) Synopsis Research	c) Research Paradigm	d) Research Design	Answer Research Design
27	Match the pairs:				Answer option (a)
	A Fundamental		i Invention of Fiber Javelin		
	B Applied Research		ii Training Effect		
	C Historical Research		iii Law of Gravity		
	D Experimental Research		iv Primary and secondary sources		
	a) A-III, B-I, C-IV, D-II	b) A-III, B-IV, C-I, D-II	c) A-II, B-I, C-IV, D-III	d) A-I, B-III, C-IV, D-II	Answer A-III, B-I, C-IV, D-II
28	Which one among the following statements is false in the context of participatory research? A It recognize knowledge as power B It is a collective process of inquiry C It emphasizes people as experts D Its sole purpose is the production of knowledge				Answer option (a)
	a) D only	b) C& D	c) A & B	d) All the above	Answer D only
29	Question for assertion and justification A: Assertion Covariates are one of the threats for internal validity of research R: Justification Covariates cannot be eliminate from the research				Answer option (c)
	a) Both (A) and (R) are true R is the true explanation of A	b) Both (A) and (R) are true R is not the true explanation of A	c) (A) is true but (R) is false	d) (A) is false but (R) is true	Answer (A) is true but (R) is false
30	Data obtained from measurement of subjects is considered as				Answer option (b)
	a) Nominal	b) Ratio	c) Ordinal	d) Non of the above	Answer Ratio
31	Which one among the following statement is true in the context of the testing of hypotheses? A Only alternate hypotheses can be tested B Only null hypotheses can be tested C Both alternate and null hypotheses can be tested D Both alternate and null hypotheses cannot be tested				Answer option (a)

	a) B only	b) C only	c) A only	d) Non of the above	Answer B only
32	<p>Question for assertion and justification:</p> <p>A: Assertion Large sample size may help to increase the internal validity of research result</p> <p>R: Justification Maturation of subjects may also affect the internal validity of research result</p>				Answer option (b)
	a) Both (A) and (R) are true R is the true explanation of A	b) Both (A) and (R) are true R is not the true explanation of A	c) (A) is true but (R) is false	d) (A) is false but (R) is true	Answer Both (A) and (R) are true R is not the true explanation of A
33	What is the purpose of research design?				c
	a)To develop a hypothesis	b)To select a sample	c)To determine the methods for data collection and analysis	d) To select a title of the study	To determine the methods for data collection and analysis
34	What is the purpose of a pilot study?				a
	a)To test the feasibility of the research design	b)To test the reliability and validity of the measures	c)To determine the appropriate sample size	d)To collect preliminary data	To test the feasibility of the research design
35	A cross-sectional research design is.....?				a
	a) A design in which data is collected at one point in time	b) A design in which data is collected over a period of time	c) A design in which data is collected from a representative sample of the population	d) A design in which data is collected from a non-representative sample of the population	A design in which data is collected at one point in time
36	<p>Which of the following is/are true?</p> <p>Statement: the purpose of a control group in an experimental design is.....</p> <p>A. To provide a baseline against which to compare the experimental group</p> <p>B. To ensure that the results are consistent across different populations</p> <p>C. To eliminate the effects of extraneous variables</p> <p>D. To manipulate the independent variable</p>				c
	a) A & B are true	b) C & D are true	c) Only A is true	d) Only B is true	Only A is true
37	<p>Which of the following is/are true?</p> <p>Statement: Research Hypothesis is.....</p> <p>A. A tentative explanation for a phenomenon</p> <p>B. A statement that is proven to be true</p> <p>C. A prediction of what the researcher expects to find</p> <p>D. A statement of fact</p>				c
	a) A & B are true	b) C & D are true	c) Only C is true	d) Only B is true	Only C is true

	true	true	true	true									
38	<p>A: Assertion - Objectives of research are stated in first chapter of the thesis  B: Justification - Researcher must possess analytical ability  In light of the above statements, choose the most appropriate answer from the options given below;</p>				b								
	a) Both A and B are correct and B is the correct explanation of A.	b) Both A and B are correct and B is not the correct explanation of A.	c) Option A is correct but B is not correct	d) Option A is not correct but B is correct	Both A and B are correct and B is not the correct explanation of A.								
39	<p>Match the following types of research:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">A. Quantitative Research</td> <td style="width: 50%;">i. facts or information already available</td> </tr> <tr> <td>B. Analytical Research</td> <td>ii. quantity or amount</td> </tr> <tr> <td>C. Conceptual Research</td> <td>iii. qualitative phenomena</td> </tr> <tr> <td>D. Qualitative Research</td> <td>iv. ideas or theory</td> </tr> </table>				A. Quantitative Research	i. facts or information already available	B. Analytical Research	ii. quantity or amount	C. Conceptual Research	iii. qualitative phenomena	D. Qualitative Research	iv. ideas or theory	b
A. Quantitative Research	i. facts or information already available												
B. Analytical Research	ii. quantity or amount												
C. Conceptual Research	iii. qualitative phenomena												
D. Qualitative Research	iv. ideas or theory												
	a) ii, iv, i, iii	b) ii, i, iv, iii	c) i, ii, iii, iv	d) iii, ii, i, iv	ii, i, iv, iii								
40	<p>A university teacher intends to study the relationship between level of aspiration and achievement of rural children. Which design of research will be most appropriate in the context?</p>				b								
	a) Experimental Research Design	b) Ex Post Facto Research Design	c) Historical Research Design	d) Survey Research Design	Ex Post Facto Research Design								
41	<p>Given below are two statements  A: <b>Statement I</b> : The research question should be linked to each other.  B: <b>Statement II</b> : The research question should be either broad or narrow  A. Both Statement I and Statement II are true  B. Both Statement I and II are False  C. Statement I is true but Statement II is false  D. Statement I is False but Statement II is true</p>				d								
	a) A and B both are right	b) Only D is right	c) B and D both are right	d) Only C is right	Only C is right								
42	<p>Probability Sampling is not characterized by:  A. Use of sampling frames  B. Clearly defined sample selection procedure  C. Impossibility of estimating sampling error  D. Biased selection of subject  Choose the correct answer from the options given below:</p>				c								
	a) A and B only	b) B and C only	c) C and D only	d) D and A only	C and D only								
43	<p>Below are given two sets — research methods (Set-I) and data collection tools (Set-II). Match the two sets and indicate your answer by selecting the correct code:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">A. Experimental method</td> <td style="width: 50%;">i. Using primary and secondary sources</td> </tr> <tr> <td>B. Ex post-facto method</td> <td>ii. Questionnaire</td> </tr> </table>				A. Experimental method	i. Using primary and secondary sources	B. Ex post-facto method	ii. Questionnaire	b				
A. Experimental method	i. Using primary and secondary sources												
B. Ex post-facto method	ii. Questionnaire												

	C. Descriptive survey method	iii. Standardized tests			
	D. Historical method	iv. Typical characteristic tests			
	a) ii, i, iii, iv	b) iii, iv, ii, i	c) ii, iii, i, iv	d) ii, iv, iii, i	
44	Structured observation is a part of:				a
	a) Descriptive study	b) Experimental study	c) Fundamental study	d) All of the above	Descriptive study
45	What is the right match?				
	A. Indirect oral investigation	i. Investigator sends a prepared questionnaire to a respondent with a cover letter.			
	B. Mailed questionnaire	ii. Appointed local agents to provide information.			a
	C. Personal investigation or interview	iii. Investigators collect information from third party authorities or sources.			
	D. Information gathered from local sources	iv. The investigator gathers information through first-hand observation, interviews etc.			
	a) ii, i, iv, iii	b) i, ii, iii, iv	c) iv, ii, iii, i	d) iii, ii, iv, i	ii, i, iv, iii
46	Informal self-education is possible in what kind of library?				b
	a) National Library	b) Public Library	c) Specific Library	d) College Library	Public Library
47	What is the collection of terms or records in MARC called?				d
	a) System	b) Network	c) Website	d) Database	Database
48	With regard to computer memory, which of the following statement (s) is/are TRUE? P: Read Only Memory (ROM) is 'volatile' memory. Q: Random Access Memory (RAM) is 'volatile' memory. R: Secondary Memory is 'volatile' memory.				b
	a) P only	b) Q only	c) P and Q only	d) P and R only	Q only
49	A: <b>Assertion (A)</b> : No technique of gathering primary data is free from the prejudiced perspective of the investigators or the informants. B: <b>Justification (J)</b> : The investigator's lack of training can cause errors.				b
	a) Both assertion (A) and justification (J) are false.	b) Both assertion (A) and justification (J) are true, and justification (J) is the correct explanation of assertion (A)	c) Assertion (A) is true, but the justification (J) is false.	d) Both assertion (A) and justification (J) are true, but the justification (J) is not the correct explanation of the assertion (A).	Both assertion (A) and justification (J) are true, and justification (J) is the correct explanation of assertion (A)
50	Type Questions here for True False statements: At which stages of the research process should you think about				Answer option (c)



	ethics? A When collecting data B When analysing data C When disseminating the research D All of the above				
	a) B only	b) A & B	c) D	d) C only	Answer D
51	Important factor of curriculum is to help to achieve the:				(b)
	a) Education	b) Objectives	c) Values	d) Job	Objectives
52	Match the pairs:				(d)
	A Context Evaluation	i To identify defects in the procedural design or its implementation plan			
	B Input Evaluation	ii To communicate information regarding objectives achieved and contents covered			
	C Process Evaluation	iii To determine the need and opportunities present and diagnose the problems			
	D Product Evaluation	iv To identify and assess the school system capacities			
	a) A-IV, B-I, C-II, D-III	b) A-II, B-I, C-IV, D-III	c) A-IV, B-III, C-II, D-I	d) A-III, B-IV, C-I, D-II	A-III, B-IV, C-I, D-II
53	Which domain of objectives is not being evaluated through our present system of examination? A Cognitive B Affective C Psychomotor D Physical				(d)
	a) B only	b) B & C	c) D only	d) A only	A only
54	Question for assertion and justification: A: Assertion Curriculum reflect the demand of society and profession R: Justification Curriculum should be evaluated after certain period of time to update it				(a)
	a) Both (A) and (R) are true R is the true explanation of A	b) Both (A) and (R) are true R is not the true explanation of A	c) (A) is true but (R) is false	d) (A) is false but (R) is true	Both (A) and (R) are true R is the true explanation of A
55	A physical education curriculum for UG students should be				(c)
	a) Elective	b) Society Centered	c) Both	d) Non of the above	Both
56	Arrange the curriculum design process from following points as per the logical sequence				(b)
	a)Content Planning,	b)Objectives, Assessment,	c) Objectives, Content	d)Content Planning,	Objectives,

	Objectives, Methodology, Assessment, Evaluation, Feedback	Content Planning, Methodology, Evaluation, Feedback	Planning, Methodology, Assessment Evaluation, Feedback	Assessment, Objectives, Methodology, Evaluation, Feedback	Content Planning, Methodology, Assessment Evaluation, Feedback
57	Match the pairs:				(a)
	A Curriculum is form of recommendations		i Prescriptive Curriculum Theory		
	B Curriculum based on rationality		ii Naturalistic Curriculum Theory		
	C Teaching is a personality system		iii Macdonald's Curriculum Theory		
	D Curriculum based on availability of resources, teachers abilities, characteristics of learners		iv Scientific Curriculum Theory		
	a) A-I, B-IV, C-III, D-II	b) A-II, B-IV, C-I, D-III	c) A-IV, B-III, C-II D-II	d) A-III, B-IV, C-I, D-II	A-I, B-IV, C-III, D-II
58	Which is part of curriculum development? A Selection of Teacher B Determining Objective C Both D Non of the above				(d)
	a) B only	b) D	c) A only	d) C	C
59	Question here for assertion and justification: A: Assertion Evaluation of curriculum help to update the curriculum as per need of society R: Justification It should be formative or summative, depending on need				(a)
	a) Both (A) and (R) are true R is the true explanation of A	b) Both (A) and (R) are true R is not the true explanation of A	c) (A) is true but (R) is false	d) (A) is false but (R) is true	Both (A) and (R) are true R is the true explanation of A
60	Match the pairs :				(a)
	A Content Analysis		i Tools of Evaluation		
	B Teaching Strategies		ii Curriculum Evaluation		
	C Observations		iii Action Research		
	D Assist to Evaluate Cause		iv Selection of Teaching Method		
	a) A-II, B-IV, C-I, D-III	b) A-II, B-I, C-IV, D-III	c) A-IV, B-II, C-I D-III	d) A-III, B-IV, C-I, D-II	A-II, B-IV, C-I, D-III
61	Condition during which muscles lack adequate blood flow is called				(b)
	a) Saline	b) Ischemia	c) Motor Engrams	d) Oxygen Deficit	Ischemia
62	Match the pairs :				(a)

	<table border="1"> <tr> <td>A HbA1c Test</td> <td>i Cardiovascular Fitness</td> </tr> <tr> <td>B TMT Test</td> <td>ii Kidney Function</td> </tr> <tr> <td>C KFT</td> <td>iii Motor Fitness</td> </tr> <tr> <td>D JCR</td> <td>iv Blood Glucose</td> </tr> </table>				A HbA1c Test	i Cardiovascular Fitness	B TMT Test	ii Kidney Function	C KFT	iii Motor Fitness	D JCR	iv Blood Glucose	
A HbA1c Test	i Cardiovascular Fitness												
B TMT Test	ii Kidney Function												
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D JCR	iv Blood Glucose												
	a) A-IV, B-I, C-II, D-III	b) A-II, B-I, C-IV, D-III	c) A-IV, B-III, C-II, D-I	d) A-III, B-IV, C-II, D-I	A-IV, B-I, C-II, D-III								
63	<p>Which is the best training to overcome Sarcopenia?</p> <p>A Fartlek Training B Resistance Training C Weight Training D Cycling</p>				(b)								
	a) B only	b) B & C	c) D only	d) A & B	B & C								
64	<p>Question for assertion and justification:</p> <p>A: Assertion Relative strength is ration of Maximum strength and weight R: Justification It can be increased by increasing explosive strength</p>				(c)								
	a) Both (A) and (R) are true R is the true explanation of A	b) Both (A) and (R) are true R is not the true explanation of A	c) (A) is true but (R) is false	d) (A) is false but (R) is true	(A) is true but (R) is false								
65	<p>What is used by the sprinters to increase the muscle mass?</p>				(a)								
	a) Testosterone	b) Dopamine	c) Metadoxine	d) Caffeine	Testosterone								
66	<p>Incomplete recovery is vital part in</p>				Answer option (b)								
	a)Fartlek Method	b)Interval Method	c) Repetition Method	d) Ballistic Method	Answer Interval Method								
67	<p>Match the pairs:</p> <table border="1"> <tr> <td>A Low Recovery and High Intensity</td> <td>i Decreased Performance</td> </tr> <tr> <td>B Optimum Recovery and Optimum Load</td> <td>ii Intensity</td> </tr> <tr> <td>C High Recovery and Low Load</td> <td>iii Over Load</td> </tr> <tr> <td>D Effort imparted to do the work</td> <td>iv Supercompensation</td> </tr> </table>				A Low Recovery and High Intensity	i Decreased Performance	B Optimum Recovery and Optimum Load	ii Intensity	C High Recovery and Low Load	iii Over Load	D Effort imparted to do the work	iv Supercompensation	Answer option (d)
A Low Recovery and High Intensity	i Decreased Performance												
B Optimum Recovery and Optimum Load	ii Intensity												
C High Recovery and Low Load	iii Over Load												
D Effort imparted to do the work	iv Supercompensation												
	a) A-I, B-IV, C-II, D-III	b) A-II, B-IV, C-I, D-III	c) A-IV, B-III, C-II D-II	d) A-III, B-IV, C-I, D-II	Answer A-III, B-IV, C-I, D-II								
68	<p>If an athlete has "Back Squat 5x10 (at 100kg)" in their program. What would be the volume-load?</p> <p>A 500Kg B 450Kg C 50Kg D 5000Kg</p>				Answer option (c)								
	a) B only	b) B & C	c) D only	d) A	Answer								

					5000Kg
69	Question here for assertion and justification A: Assertion Training load enhance the sports performance R: Justification Progression of load should be according to adaptation athlete				Answer option (a)
	a) Both (A) and (R) are true R is the true explanation of A	b) Both (A) and (R) are true R is not the true explanation of A	c) (A) is true but (R) is false	d) (A) is false but (R) is true	Answer Both (A) and (R) are true R is the true explanation of A
70	Lifting light weights for a lot of repetitions will target the development of				Answer option (a)
	a) Muscular Endurance	b) Muscular Strength	c) Flexibility	d) Body Composition	Answer Muscular Endurance
71	Through which of the following methods, desirable channels are provided for the release of emotional energy?				c
	a) Inhibition	b) Sublimation	c) Catharsis	d) Repression	Catharsis
72	Psychological process of adaptation which eventually leads to increase in performance capacity is known as –				a
	a) principle of progression of load	b) principle of continuity	c) principle of differentiation	d) none of the above	principle of progression of load
73	The first test intelligence was developed by a) Binet b) Pavlov c) Maslow d) Simon Choose the correct answer from the option given below:				a
	a) A & D only	b) A, B & C only	c) B, C & D only	d) A, B, C and D	A & D only
74	Given below are two statements, one is labelled as assertion (A) and the other labelled as Reason (R):  <b>Assertion (A):</b> Personal traits and situational factors interact or mix with each other in unique ways to influence behaviour.  <b>Reason (R):</b> The behaviour of an individual is determined by environmental influences and social enforcement. In the context of the above statements, which one of the following is true?				b
	a) Both (A) and (R) are true and (R) is the correct explanation of	b) Both (A) and (R) are true but (R) is not the correct explanation of	c) (A) is true, but (R) is false.	d) (A) is false, but (R) is true.	Both (A) and (R) are true but (R) is not the correct explanation of

	(A)	(A)			(A)
75	Type Questions here for matching pairs:				a
	(a) Profile of Mood State	(i) Spielberg Gorsuch and Lushene			
	(b) Sports Cohesion Questionnaire	(ii) Smith, Schutze, Small and Placek			
	(c) State – Trait Anxiety Inventory	(iii) Lander and Lueschen			
	(d) Athletic Coping Skills Inventory - 28	(iv) Mcxclair, Lorr and Droppleman			
	Code:				
		(a)	(b)	(c)	(d)
	A.	(iv)	(iii)	(i)	(ii)
	B.	(iii)	(i)	(ii)	(iv)
	C.	(i)	(iv)	(iii)	(ii)
	D.	(ii)	(i)	(iv)	(iii)
	a) A	b) B	c) C	d) D	
76	Pragmatists view reality as something which is -				c
	a) absolute	b) fixed	c) experienced	d) none of the above	experienced
77	According to the Cultural Pattern Theory, a behavior of a person is influenced by the respective culture in which he/she lives was given by: A Kurt Levin B Mead & Benedict C Fredrick Herzberg D Clark Hall Choose the correct answer from the option given below:				b
	a) A & B only	b) B only	c) C & D only	d) A, C & D only	B only
78	Find out which one is not the law of Learning?				c
	a) Law of readiness	b) Law of effect	c) Law of reaction	d) Law of exercise	Law of reaction
79	Type Questions here for matching pairs:				a
	(a) Tension	(i) An imbalance between physical and psychological demand and response capacity			
	(b) Anger	(ii) Feeling of mental and nervous strain			
	(c) Frustration	(iii) Occurs in response to a			

		demeaning offence against an individual			
	(d) Stress	(iv) Negativity arising from perceived resistance to the fulfilment of demand			
	Code:				
	(a)	(b)	(c)	(d)	
	A. (ii)	(iii)	(iv)	(i)	
	B. (iii)	(iv)	(i)	(ii)	
	C. (iv)	(i)	(ii)	(iii)	
	D. (i)	(ii)	(iii)	(iv)	
	a) A	b) B	c) C	d) D	
80	<p>Given below are two statements, one is labelled as assertion (A) and the other labelled as Reason (R):</p> <p><b>Assertion (A):</b> Existentialism is more a reaction against traditional philosophies that seek to discover an ultimate order and universal meaning in metaphysical principles.</p> <p><b>Reason (R):</b> In existentialism, humans define their own meaning in life, and try to make rational decisions despite existing in an irrational universe.</p> <p>In the context of the above statements, which one of the following is <b>true</b>?</p>				b
	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.	Both (A) and (R) are true but (R) is not the correct explanation of (A)
81	The last link of sports management chain is --				a
	a) control and evaluation	b) finance and budget	a) control and evaluation	b) finance and budget	control and evaluation
82	<p>Given below are two statements, one is labelled as assertion (A) and the other labelled as Reason (R):</p> <p><b>Assertion (A):</b> Management is a process of “performing or accomplishing things”.</p> <p><b>Reason (R):</b> An ingenious way of dealing with human beings is an art of human engineering.</p> <p>In the context of the above statements, which one of the following is <b>true</b>?</p>				b
	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.	Both (A) and (R) are true, but (R) is not the correct explanation of (A)
83	Match the following:				d

		List-I		List-II			
		(a) Conceptual Skills	(i) A practical exhibition and explanation of an art, action or skill				
		(b) Human Skills	(ii) Boundaries of an organization in terms of objectives goals and area of operation				
		(c) Demonstration	(iii) A technique of producing innovative ideas				
		(d) Jurisdiction	(iv) An excellent way of dealing with human beings				
		Code:					
			(a)	(b)	(c)	(d)	
		A.	(i)	(ii)	(iii)	(iv)	
		B.	(ii)	(iii)	(iv)	(i)	
		C.	(iv)	(ii)	(i)	(iii)	
		D.	(iii)	(iv)	(i)	(ii)	
		a) A	b) B	c) C	d) D		
84	The fund constituted to assist sports persons of yester years living in indignant circumstances is –					b	
	a) Rural Sports Programme	b) National Welfare Fund	c) National Sports Development fund	d) National Service Volunteer Scheme	National Welfare Fund		
85	Find out the <b>correct</b> combination of management ways of Communication: (a) Audio visual communication (b) Electric/wire communication (c) Indirect communication (d) Oral communication (e) Written communication  <b>Code:</b> A. (d), (e), (a), (b)      B. (a), (b), (c),(d), (e) C. (e), (d), (c), (b)      D. (b), (c), (d), (e), (a)					a	
	a) A	b) B	c) C	d) D	A. (d), (e), (a), (b)		
86	The Intramural Programmes are an excellent ground for:					c	
	a) student recreation	b) Basic Instructional Work	c) Talent Identification	d) Skill Development	Talent Identification		
87	Obesity occur when you -					b	
	a)Frequent eating	b)Take in more calories than you burn	c)Follow no scruples in eating	d)Engage in moderate exercise	Take in more calories than you burn		
88	Given below are two statements, one is labelled as assertion (A) and the other labelled as Reason (R): <b>Assertion (A):</b> Controlling is one of the managerial functions like planning, organizing, staffing, and directing.  <b>Reason (R):</b> It is an important function because it helps to check errors and deviations to achieve required goals.					a	

	In the context of the above statements, which one of the following is <b>true</b> ?				
	a) Both (A) and (R) is the correct explanation of (A)	b) Both (A) and (R) is the not the correct explanation of (A)	c) (A) is true, but (R) is false.	d) (A) is false, but (R) is true.	Both (A) and (R) is the correct explanation of (A)
89	Which of the following is against the principles of Organization?				c
	(a) Proper decentralization	(b) proper Communication	(c) Overlapping of authority	(d) Delegation of power	Overlapping of authority
90	Which of the following is a method for the classification of pupil?				d
	(a) Cozen method	(b) YMCA method	(c) Atlanta city method	(d) All of the above	All of the above
91	What term refers to the study of human movement and the forces acting upon the body during physical activity?				b
	a)Physiology	b)Biomechanics	c)Kinematics	d)Psychology	Biomechanics
92	What term describes the turning effect produced by a force around an axis?				d
	a)Friction	b) Impact	c)Elasticity	d)Torque	Torque
93	What is the primary importance of research in physical education?: A To generate revenue B To develop new sports equipment C To advance scientific knowledge D To improve performance				c
	a)A and Bonly	b) B and C only	c) C and D only	d)All of the above	C and D only
94	Given below are two statements: one is labelled as A: Assertion and the other is labelled as B: Justification  A: Understanding biomechanical principles is crucial for optimizing athletic performance.  B: Biomechanical analysis helps athletes refine their techniques and minimize the risk of injury by optimizing movement patterns.  In the light of the above statements. choose the correct answer from the options given below				a
	a)Both the assertion and justification are true, and the justification	b)Both the assertion and justification are true, but the justification	c)The assertion is true, but the justification is false	d)Both the assertion and justification are false	Both the assertion and justification are true, and the



	explains the assertion	does not explain the assertion			justification explains the assertion
95	Match the biomechanical concept with its description:				d
	A Friction	i Simple machines consisting of a rigid bar pivoted on a fixed point, called the fulcrum			
	B Projectile	ii Object or body in motion through space under the influence of gravity			
	C Mechanical Advantage	iii Force that resists the relative motion of surfaces in contact			
	D Levers	iv Ratio of the output force produced by a machine to the input force applied to it			
	a) A-i, B-ii, C-iv, D-iii	b) A-ii, B-i, C-iii, D-iv	c) A-iii, B-iv, C-i, D-ii	d) A-iii, B-ii, C-iv, D-i	A-iii, B-ii, C-iv, D-i
96	What term refers to the resistance encountered when one surface rubs against another?				b
	a) Spin	b) Friction	c) Impact	d) Elasticity	Friction
97	Which term describes the deformation of a body under stress and its ability to return to its original shape?				d
	a) Spin	b) Friction	c) Impact	d) Elasticity	Elasticity
98	What computer application is commonly used for statistical analyses in research?:  A Microsoft Word B IBM SPSS C Microsoft Excel D Microsoft Team				b
	a) A and B only	b) B and C only	c) C and D only	d) All of the above	B and C only
99	What term refers to the force exerted by a moving object when it impacts another object?				c
	a) Spin	b) Friction	c) Impact	d) Elasticity	Impact
100	Match the research method with its description:				a
	A Descriptive Research	i Examines relationships between variables to determine cause and effect			
	B Historical Research	ii Seeks to describe and analyze characteristics or behaviors of a population or phenomenon			
	C Experimental Research	iii Investigates past events or phenomena to understand their significance and impact			
	D Questionnaires	iv Collects data through structured sets of questions administered to respondents			

	a) A-ii, B-iii, C-i, D-iv	b) A-iii, B-ii, C-iv, D-i	c) A-i, B-iv, C-ii, D-iii	d) A-iv, B-i, C-iii, D-ii	A-ii, B-iii, C-i, D-iv
10 1	Which type of motion describes the movement of an object along a straight path?				a
	a) Linear motion	b) Angular motion	c) Curvilinear motion	d) Projectile motion	Linear motion
10 2	What principle states that an object remains at rest or in uniform motion unless acted upon by an external force?				a
	a) Newton's First Law of Motion	b) Newton's Second Law of Motion	c) Newton's Third Law of Motion	d) All of the above	Newton's First Law of Motion
10 3	<p>What is the primary purpose of preparing a research proposal in physical education?:</p> <p>A To outline the researcher's personal achievements  B To provide a detailed plan for conducting the study  C To promote commercial products related to sports  D To generate revenue for the institution</p>				b
	a) A only	b) B only	c) A and B only	d) C and D only	B only
10 4	<p>Given below are two statements: one is labelled as A: Assertion and the other is labelled as B: Justification</p> <p>A: Research in physical education is essential for advancing scientific knowledge and improving athletic performance.</p> <p>B: Through systematic research, practitioners can identify effective training methods, injury prevention strategies, and performance enhancement techniques.</p> <p>In the light of the above statements. choose the correct answer from the options given below</p>				a
	a) Both the assertion and justification are true, and the justification explains the assertion	b) Both the assertion and justification are true, but the justification does not explain the assertion	c) The assertion is true, but the justification is false	d) Both the assertion and justification are false	Both the assertion and justification are true, and the justification explains the assertion
10 5	Match the statistical technique with its application in research:				d
	A Parametric Techniques	i Probability-based methods for selecting a subset of individuals or items from a larger population			
	B Non-Parametric Techniques	ii Procedures for gathering information or observations from subjects or sources			
	C Sampling Techniques	iii Applicable when the data do not meet the assumptions			

		required for parametric tests			
	D Data Collection Measures		iv Used when the data meet certain assumptions regarding distribution and variance		
	a) A-i, B-ii, C-iii, D-iv	b) A-ii, B-i, C-iv, D-iii	c) A-iii, B-iv, C-i, D-ii	d) A-iv, B-iii, C-i, D-ii	A-iv, B-iii, C-i, D-ii
10 6	Which of the following principles governs the lift generated by a spinning ball in sports such as soccer or tennis?				b
	a) Archimedes' Principle	b) Bernoulli's Principle	c) Newton's First Law of Motion	d) Newton's Third Law of Motion	Bernoulli's Principle
10 7	Which principle states that for every action, there is an equal and opposite reaction?				d
	a) Archimedes' Principle	b) Bernoulli's Principle	c) Newton's First Law of Motion	d) Newton's Third Law of Motion	Newton's Third Law of Motion
10 8	Why do we apply non-parametric statistical techniques in research?: A To increase the complexity of the study B To simplify the interpretation of data C When data normal distribution assumption is not met D When there are skewed data, and it comprises techniques that do not depend on data pertaining to any particular distribution				d
	a) A only	b) B only	c) A and B only	d) C and D only	C and D only
10 9	Given below are two statements: one is labelled as A: Assertion and the other is labelled as B: Justification  A: Ethical considerations are paramount in conducting research in physical education. B: Adhering to ethical guidelines ensures the protection of participants' rights, confidentiality of data, and integrity of research outcomes.  In the light of the above statements. choose the correct answer from the options given below				a
	a) Both the assertion and justification are true, and the justification explains the assertion	b) Both the assertion and justification are true, but the justification does not explain the assertion	c) The assertion is true, but the justification is false	d) Both the assertion and justification are false	Both the assertion and justification are true, and the justification explains the assertion
11 0	Which of the following best describes the microscopic structure of muscle fibers?				a
	a) Muscle fibers are composed of myofibrils, which are made	b) Muscle fibers consist of motor neurons and connective	c) Muscle fibers are primarily composed of adipose tissue	d) Muscle fibers contain only mitochondria, responsible for	Muscle fibers are composed of myofibrils, which are made up of

	up of repeating units called sarcomeres.	tissue that provide structural support.	and blood vessels for energy storage and nutrient delivery.	energy production through aerobic respiration.	repeating units called sarcomeres
11 1	Which of the following statements accurately describes muscle types?				d
	a) Smooth muscles are found in organs like the stomach and are under voluntary control.	b) Cardiac muscles are striated and primarily found in the walls of blood vessels.	c) Skeletal muscles are involuntary and are responsible for movements like walking and running.	d) Cardiac muscles are found only in the heart and are responsible for involuntary contractions.	Cardiac muscles are found only in the heart and are responsible for involuntary contractions
11 2	Which type of muscle fiber is characterized by its slow contraction speed and high resistance to fatigue?				a
	a) Type I	b) Type II a	c) Type II b	d) Type III	Type I
11 3	Match the items in Column 1 with the correct options in Column 2:				b
	I) Carbohydrates	A) Thermoregulation			
	II) Fats	B) Source of energy			
	III) Proteins	C) Maintaining bone health			
	IV) Calcium	D) Muscle repairs and growth			
	a) I-A, II-B, III-C, IV-D	b) I-B, II-D, III-C, IV-A	c) I-D, II-B, III-A, IV-C	d) I-B, II-D, III-A, IV-C	I-B, II-D, III-C, IV-A
11 4	Match the items in Column 1 with the correct options in Column 2:				c
	I) Hormonal influences on performance	A) Low energy availability			
	II) Iron deficiency anemia	B) Decreased bone density			
	III) Female athlete triad	C) Hormonal fluctuations			
	IV) Menstrual irregularities	D) Fatigue and decreased performance			
	a) I-C, II-D, III-A, IV-B	b) I-B, II-A, III-C, IV-D	c) I-D, II-B, III-A, IV-C	d) I-A, II-C, III-D, IV-B	I-D, II-B, III-A, IV-C
11 5	Match the items in Column 1 with the correct options in Column 2:				b
	I) Decreased muscle mass and strength	A) Sarcopenia			
	II) Reduced cardiovascular function	B) Osteoporosis			
	III) Decreased bone density	C) Cardiovascular diseases			
	IV) Impaired cognitive function	D) Cognitive decline			
	a) I-B, II-C, III-D, IV-A	b) I-D, II-B, III-A, IV-C	c) I-A, II-D, III-B, IV-C	d) I-C, II-A, III-B, IV-D	I-D, II-B, III-A, IV-C
11 6	Which of the following statements regarding the neuromuscular junction (NMJ) is true: A. Acetylcholine (ACh) is the neurotransmitter released by the motor neuron. B. Calcium ions influx into the synaptic knob triggers the release of ACh. C. ACh binds to receptors on the motor end plate of the muscle fiber, initiating an action potential. D. The enzyme acetylcholinesterase (AChE) is responsible for				d

	breaking down ACh in the synaptic cleft.				
	a) Only statements A and B are true.	b) Only statements B and C are true.	c) Only statements C and D are true.	d) All statements are true.	All statements are true
11 7	Which of the following statements regarding massage therapy is true: A. Massage therapy can help reduce muscle tension by increasing blood flow to the treated area. B. Deep tissue massage primarily targets the superficial layers of muscles and fascia. C. Massage can promote relaxation by decreasing the release of endorphins in the body. D. Sports massage techniques are commonly used to increase joint flexibility and range of motion.				a
	a) The only statement A is true.	b) Only statements B and C are true.	c) Only statements C and D are true.	d) Only statement B is true.	The only statement A is true.
11 8	Which of the following statements regarding the recovery process and physiological aspects of fatigue is true: A. During the recovery process, the body replenishes depleted energy stores such as ATP and glycogen. B. Elevated levels of lactic acid in the muscles contribute to fatigue during exercise. C. Adequate hydration and nutrition play a crucial role in facilitating the recovery process after strenuous exercise. D. Stretching exercises are recommended during the recovery phase to alleviate muscle soreness and stiffness.				c
	a) Only statements A and B are true.	b) Only statements B and C are true.	c) Only statements C and D are true.	d) All statements are true.	Only statements C and D are true.
11 9	Assertion (A): The metabolism of food products is influenced by various factors in humans. Justification (B): Genetic predisposition plays a significant role in determining an individual's metabolic rate and how efficiently they process food.				a
	a) Both (A) and (B) are true, but (B) is the correct explanation of (A).	b) Both (A) and (B) are true, but (B) is not the correct explanation of (A).	c) Only (A) is correct.	d) Only (B) is correct.	Both (A) and (B) are true, but (B) is the correct explanation of (A).
12 0	Assertion (A): Long-term physical activities lead to significant improvements in cardio-respiratory fitness. Justification (B): Long-term physical activities stimulate adaptations in the cardiovascular and respiratory systems, primarily affecting muscle strength and flexibility.				b
	a) Both (A) and (B) are true, but (B) is the correct explanation of	b) Both (A) and (B) are true, but (B) is not the correct explanation of	c) Only (A) is correct.	d) Only (B) is correct.	Both (A) and (B) are true, but (B) is not the correct explanation of

	(A).	(A).			(A).
12 1	What does indirect calorimetry measure?				c
	a) Heart rate.	b) Heat production.	c) Oxygen consumption and carbon dioxide production.	d) Blood pressure.	Oxygen consumption and carbon dioxide production.
12 2	Which of the following sequences accurately depicts the physiological response of various therapeutic modalities and rehabilitation techniques?				c
	a) Application of cold therapy → Decreased blood flow → Reduced inflammation → pain relief	b) Application of heat therapy → Increased blood flow → Increased inflammation → pain relief	c) Massage therapy → Increased blood flow → Reduced inflammation → Pain relief	d) Application of electrical stimulation → Decreased blood flow → Increased	Massage therapy → Increased blood flow → Reduced inflammation → Pain relief
12 3	Which of the following best defines the concept of reliability in test measurement and evaluation?				b
	a) The extent to which a test measures what it is intended to measure.	b) The consistency or stability of test scores over repeated administrations.	c) The degree to which test scores accurately represent an individual's true ability.	d) The ability of a test to predict future performance or outcomes.	The consistency or stability of test scores over repeated administrations.
12 4	Which of the following best defines speed in the context of sports performance?				b
	a) The ability to maintain a high level of muscular endurance over a prolonged period.	b) The rate at which an individual can perform a movement or cover a distance in a given amount of time.	c) The maximum force that a muscle or group of muscles can exert during a single contraction.	d) The ability to generate high levels of power during explosive movements such as jumping or sprinting.	The rate at which an individual can perform a movement or cover a distance in a given amount of time.
12 5	What term describes a sudden, temporary increase in heart rate in response to a stimulus, such as exercise or stress?				b
	a) Bradycardia.	b) Tachycardia.	c) Arrhythmia.	d) Fibrillation.	Tachycardia
12 6	Match the somatotype components with their descriptions:				c
	I) Endomorphy	A) Characterized by a round physique, high body fat percentage, and a tendency to store fat easily.			
	II) Mesomorphy	B) exhibits muscularity, strength, and a rectangular body shape with a high proportion of muscle mass.			
	III) Ectomorphy	C) Features a lean and slender body build, with low body fat and a linear appearance.			
	a) I-B, II-C, III-	b) I-C, II-B,	c) I-A, II-B,	d) I-B, II-A,	I-A, II-B, III-C

	A	III-A	III-C	III-C	
12 7	Match the coordinative abilities with their corresponding descriptions:				c
	I) Balance	A) Ability to perform a sequence of movements smoothly and accurately			
	II) Agility	B) Ability to maintain equilibrium while stationary or moving			
	III) Coordination	C) Ability to respond quickly to a stimulus			
	IV) Reaction time	D) Ability to change direction rapidly and accurately			
	a) I-D, II-A, III-C, III-B	b) I-A, II-B, III-D, IV-C	c) I-B, 2-D, 3-A, 4-C	d) I-C, 2-D, 3-B, 4-A	I-B, 2-D, 3-A, 4-C
12 8	Match the anthropometric measurement with its corresponding definition:				a
	I) Height	A) Circumference of the body at the level of the waist.			
	II) Weight	B) Distance from the top of the head to the floor when standing erect.			
	III) Body Mass Index (BMI)	C) Ratio of weight to height squared (kg/m <sup>2</sup> ).			
	IV) Waist circumference	D) Measure of the amount of mass in an individual's body.			
	a) I-B, II-D, III-C, IV-A	b) I-D, II-A, III-B, IV-C	c) I-A, II-C, III-D, IV-B	d) I-B, II-D, III-A, IV-C	I-B, II-D, III-C, IV-A
12 9	Match the statements regarding breathing capacity (vital capacity) with their correctness: A. Vital capacity is the maximum amount of air a person can expel from the lungs after a maximum inhalation. B. Vital capacity decreases with age due to a decrease in lung elasticity and strength of respiratory muscles. C. Vital capacity is typically lower in individuals with respiratory conditions such as asthma or chronic obstructive pulmonary disease (COPD). D. Regular aerobic exercise can increase vital capacity by improving lung function and respiratory muscle strength.				d
	a) Both statements A and B are true.	b) Both statements B and C are true.	c) All the statements are false.	d) All the statements are true.	
13 0	Consider the following statements regarding tests for psychological variables: A. The Beck Depression Inventory (BDI) is primarily used to assess levels of anxiety. B. The State-Trait Anxiety Inventory (STAI) measures both temporary (state) and long-standing (trait) anxiety. C. The Myers-Briggs Type Indicator (MBTI) categorizes individuals into one of 16 personality types. D. The Wechsler Adult Intelligence Scale (WAIS) assesses cognitive abilities such as memory and problem-solving skills.				c
	a) A and C are true.	b) B and D are true.	c) A, B, and C are true.	d) All statements are true.	
13	Which of the following statements regarding physical fitness tests is				b

1	<p>true:</p> <p>A. The beep test, also known as the shuttle run test, assesses aerobic capacity by measuring how far an individual can run in a set time period.</p> <p>B. The sit and reach test is commonly used to measure flexibility, particularly in the lower back and hamstring muscles.</p> <p>C. The one-repetition maximum (1RM) test is used to assess muscular endurance by determining the maximum weight a person can lift for one repetition.</p> <p>D. The plank test is a measure of core strength and stability, where individuals hold a plank position for as long as possible.</p>				
	a) Only one statement A is true.	b) Statements A and B are true.	c) Only one statement C is true.	d) Statements C and D are true.	Statements A and B are true.
13 2	<p>(A)Assertion: Body mass index (BMI) is a reliable indicator of body fat percentage.</p> <p>(B)Justification: BMI is calculated using an individual's height and weight, but it does not directly measure body fat percentage. It provides a general indication of whether a person's weight is healthy for their height.</p>				c
	a)Both the statements: A and B are true, and the B provided the right explanation for the A statement.	b)Both the statements: A and B are true, but the B is not the correct explanation of A.	c)The A statement is true, but the B is not true.	d)The B statement is true, but the A is not true.	The A statement is true, but the B is not true
13 3	Which of the following formulas correctly represents the calculation of ponderal index?				B
	a) Ponderal Index = Height (cm) / Weight (kg)	b) Ponderal Index = Weight (kg) / Height (m) <sup>3</sup>	c) Ponderal Index = Weight (kg) / Height (cm) <sup>3</sup>	d) Ponderal Index = Height (m) / Weight (kg)	Ponderal Index = Weight (kg) / Height (m) <sup>3</sup>
13 4	In football, which of the following components is not typically assessed during a player's fitness test?				b
	a) Flexibility	b) Reaction time	c) Power	d) Endurance	Reaction time
13 5	Which of the following is the normal range for human body temperature in degrees Celsius?				b
	a) 32-36°C	b) 36-38°C	c) 38-40°C	d) 40-42°C	36-38°C
13 6	Who is known as the proponent of Naturalism?				c
	a)Pavlov	b)Aristotle	c)Emile Zala	d)Plato	Emile Zala
13 7	What is one of the primary objectives of physical education?				c
	a)Teaching dance routines	b)Enhancing cognitive skills	c)Promoting physical fitness	d)Training in culinary arts	Promoting physical



					fitness
13 8	What are the objectives of Physical Education and Adapted Physical Education? A To promote intellectual development B To enhance social skills C To improve physical fitness and health D All of the above				d
	a) A & B only	b) B & C only	c) A & C only	d) D only	D only
13 9	Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R). Read the statements and choose the correct answer using the code given below.  A: The philosophy of education significantly influences the objectives and methodologies of physical education.  B: Philosophies such as idealism, pragmatism, and existentialism have distinct views on the role of physical education in holistic development				a
	a) Both the assertion and reasoning are true, and the reasoning is the correct explanation of the assertion.	b) Both the assertion and reasoning are true, but the reasoning is not the correct explanation of the assertion.	c) The assertion is true, but the reasoning is false	d) Both the assertion and reasoning are false	Both the assertion and reasoning are true, and the reasoning is the correct explanation of the assertion.
14 0	Match the country with its contribution to the development of physical education:				a
	A) Greece	i) Origin of modern Olympic Games			
	B) USA	ii) Growth of yoga and Ayurveda			
	C) India	iii) Establishment of the first formal physical education program			
	D) China	iv) Introduction of traditional martial arts like Tai Chi			
	a) A-i, B-ii, C-iii, D-iv	b) A-ii, B-i, C-iv, D-iii	c) A-iii, B-ii, C-i, D-iv	d) A-ii, B-i, C-iii, D-iv	A-i, B-ii, C-iii, D-iv
14 1	What is a common characteristic of recreational programs?				c
	a) Sole focus on physical activities	b) Exclusion of social elements	c) Tailored for specific age groups	d) Limited to indoor activities	Tailored for specific age groups
14 2	What is an essential aspect of teaching aptitude?				b
	a) Technical	b) Empathy and	c) Empathy and	d) Rigid	Empathy and

	expertise only	understanding	understanding	adherence to syllabus	understanding
14 3	What is an essential aspect of teaching methods?				b
	a)Rote learning	b)Adaptability	c)Authoritarianism	d)Uniformity	Adaptability
14 4	What is an important aspect of recreational programs for various categories of people?				c
	a)Uniformity in activities	b)Exclusivity based on age	c)Inclusivity and accessibility	d)Focus solely on physical fitness	Inclusivity and accessibility
14 5	What is the primary objective of health education?				b
	a)Promoting unhealthy habits	b)Preventing diseases	c)Ignoring personal hygiene	d)Encouraging sedentary lifestyles	Preventing diseases
14 6	How do genetics and environment contribute to health?				c
	a)Genetics play no role in health	b)Environment has no impact on health	c)Both genetics and environment influence health outcomes	d)Only genetics determine health status	Both genetics and environment influence health outcomes
14 7	What is an essential component of a school health program?				c
	a) Neglecting personal hygiene	b)Focusing only on academics	c)Promoting physical and mental well-being	d)Ignoring the role of diet in health	Promoting physical and mental well-being
14 8	Match the wellness benefit with its description:				a
	A) Stress reduction		i) Boosts overall well-being and quality of life		
	B) Improved mood		ii) Lowers risk of chronic diseases		
	C) Enhanced immunity		iii) Negatively impacts cardiovascular health		
	D) Increased cholesterol levels		iv) Enhances body's ability to fight infections		
	a)A-i, B-ii, C-iv, D-iii	b)A-ii, B-i, C-iv, D-iii	c)A-i, B-ii, C-iv, D-iii	d)A-iii, B-iv, C-i, D-ii	A-i, B-ii, C-iv, D-iii
14 9	What is a common symptom of communicable diseases?				c
	a)Lack of appetite	b)Increased energy levels	c)Fever and fatigue	d)Enhanced immune response	Fever and fatigue
15 0	Which of the following is not considered a component of school health education programme-				c
	a)Health service	b)Health instruction	c)Health training	d)Health supervision	Health training