

## PHYSICAL EDUCATION

## Paper - III

1. Naturalism is prostulated by
(A) Aristotle
(B) Plato
(C) Pavlov
(D) Rousseau
2. Which theory of play maintains that past is the key to play?
(A) Recreation theory
(B) Inheritance theory
(C) Instinct theory
(D) Self expression theory
3. The nervous system that increase the heart rate
(A) Sympathetic
(B) Parasympathetic
(C) Peripheral
(D) Sensory
4. The highest percentage of gas available in the exhaled air
(A) Carbon Dioxide
(B) Oxygen
(C) Nitrogen
(D) Hydrogen
5. An example of a Hinge Joint
(A) Shoulder Joint
(B) Wrist Joint
(C) Knee Joint
(D) Hip Joint
6. Which is the longest muscle of human body ?
(A) Hamstring
(B) Bicep Brachii
(C) Sartorius
(D) Grocilis
7. The types of learning in which the problem gets solved suddenly
(A) Learning by imitation
(B) Conditional learning
(C) Learning by insight
(D) Programmed learning
8. 16 PF test was developed by
(A) R-B Cattel
(B) Eyesenck
(C) Throndike
(D) Aristotle
9. The year in which the Olympic competitions were first telecast
(A) 1964
(B) 1956
(C) 1952
(D) 1960
10. The first Padmasree Awardee in the field of Physical Education
(A) J.P. Thomas
(B) P.M. Joseph
(C) P.A. Vaidya
(D) S.D. Chopde
11. The harmone responsible for diabetic mellitus is
(A) Thyroxin
(B) Insulin
(C) Adrenaline
(D) Noradrenaline
12. More importance is to be given for basic physical fitness in
(A) Off season
(B) Mid season
(C) Early season
(D) Competitive season
13. Height of the Volley Ball net for men
(A) 2.40 mts
(B) 2.43 mts
(C) 2.24 mts
(D) 2.42 mts
14. Fixing the boundaries for the study comes under
(A) Delimitation
(B) Statement
(C) Limitation
(D) Purpose of the study
15. Studying about an individual comes under
(A) Survey method
(B) Historical method
(C) Case study
(D) Philosophical study
16. Compute standard error

Standard Deviation $=10, \mathrm{~N}=25$
(A) 5.0
(B) 2.0
(C) 0.2
(D) 2.5
17. Raw scores are converted in to standard scores by using
(A) Hull scale
(B) t-ratio
(C) F-ratio
(D) Chi-square
18. Field goal speed test, throw for accuracy and dribble test are the test items of
(A) Knox Basketball Test
(B) French Frideal Hockey Test
(C) Mac Donald Soccer Test
(D) Johnson Basketball Test
19. If a test measured what it claimed to measure, then the test is said to be
(A) Reliable
(B) Valid
(C) Subjective
(D) Objective
20. Flexed arm hang test is used to measure
(A) Muscular endurance
(B) Balance
(C) Power
(D) Co-ordination
21. Organisation refers to
(A) Planning the work
(B) Planning income
(C) Planning expenditure
(D) Supervising the work
22. Formula for calculating the number of matches in a league Tournament
(A) $(\mathrm{N}-1)$
(B) $N(N-1)$
(C) $\frac{(\mathrm{N}-1)}{2}$
(D) $\frac{\mathrm{N}(\mathrm{N}-1)}{2}$
23. Match Body types with their characteristics presented in List-I and List-II.

## List-I

I) Pyknic
II) Asthemic
III) Athletic
IV) Dyplastic

## List-II

1) Strong, muscular
2) Mixed type
3) Week, tall, thin
4) Stockey, full chested
5) Strong, short

## Code :

|  | I | II | III | IV |
| :---: | :---: | :---: | :---: | :---: |
| (A) | 5 | 3 | 1 | 2 |
| (B) | 4 | 3 | 5 | 2 |
| (C) | 4 | 3 | 1 | 2 |
| (D) | 1 | 2 | 3 | 5 |

24. Match the following :

## Item-I

I) Soft tissue injury
II) Ligament injury
III) Bone fracture
IV) Tendon injury
4) Green stick
5) Laceration

## Code :

|  | I | II | III | IV |
| :--- | :--- | :--- | :--- | :--- |
| (A) | 1 | 2 | 4 | 5 |
| (B) | 4 | 1 | 2 | 3 |
| (C) | 5 | 3 | 4 | 2 |
| (D) | 5 | 3 | 4 | 1 |

25. Match the following :

## Item-I

I) Infrared race
II) Short wave Diathermy
III) Ultra sound

## Item-II

1) Multiple fracture
2) Preliminary heat treatment
3) Deep structure treatment
IV) Ultra violetrace
4) White spots on the

## Code :

|  | I | II | III | IV |
| :---: | :---: | :---: | :---: | :---: |
| (A) | 5 | 2 | 1 | 4 |
| (B) | 4 | 1 | 2 | 5 |
| (C) | 2 | 3 | 1 | 5 |
| (D) | 2 | 3 | 5 | 4 |

26. Match the joint with suitable example given under List-I and List-II.

## List-I

I) Hinge Joint
II) Pivot Joint
III) Saddle Joint
IV) Ball and Socket Joint
4) Atlas
5) Phalanges

## Code :

|  | I | II | III | IV |
| :--- | :--- | :--- | :--- | :--- |
| (A) | 2 | 4 | 3 | 5 |
| (B) | 2 | 4 | 1 | 5 |
| (C) | 1 | 2 | 3 | 4 |
| (D) | 2 | 4 | 3 | 1 |

## List-II

1) Shoulder Joint
2) Elbow Joint
3) Thumb Joint
(A) $24 \begin{array}{llll} & 2 & 3 & 5\end{array}$
(B) 24
(D) $24 \begin{array}{llll}1 & 3 & 1\end{array}$
27. Match the following :
epidermis
5) Activation of healing process

## List-I

I) Ideographic approach
II) Nomothetic approach
III) Projective test

## List-II

1) Innermost feelings are brought up and measured by instrument
2) Measures of emotion towards specific situation and specific sport
3) Formation of individual profile from the responses of a single individual
IV) Situation specific measures

|  | List-I |  | List-II |
| :---: | :---: | :---: | :---: |
|  | Ideographic approach | 1) | Innermost feelings are brought up and measured by instrument |
|  | Nomothetic approach | 2) | Measures of emotion towards specific situation and specific sport |
| III) | Projective test | 3) | Formation of individual profile from the responses of a single individual |
| IV) | Situation specific measures |  | Personality data by combining the group scores of a team |
|  |  | 5) | Scores based on the characteristics and body types |

## Code :

|  | I | II | III | IV |
| :--- | :--- | :--- | :--- | :--- |
| (A) | 4 | 1 | 2 | 3 |
| (B) | 3 | 4 | 1 | 2 |
| (C) | 2 | 3 | 4 | 5 |
| (D) | 5 | 2 | 3 | 1 |

28. Match the physical education and sports institutions with the area situated.

## List-I

I) YMCA
II) LNUPE
III) NSNIS Western

## Centre

IV) HVP Mandal
3) Gandhi Nagar

## List-II

1) Gwalior
2) Amaravathi
3) Chennai
4) Trivendrum

Code :

|  | I | II | III | IV |
| :--- | :--- | :--- | :--- | :--- |
| (A) | 4 | 5 | 3 | 2 |
| (B) | 4 | 1 | 3 | 2 |
| (C) | 4 | 1 | 3 | 5 |
| (D) | 1 | 2 | 4 | 3 |

29. Match the following :

## List-I

I) Atherosclerosis
II) Obesity
III) Hypertension
IV) Heat stroke

## List-II

1) Dehydration
2) High blood pressure
3) Coronary heart disease
4) Accumulation of fat
5) Reduced heart rate

Code :

|  | I | II | III | IV |
| :---: | :---: | :---: | :---: | :---: |
| (A) | 1 | 2 | 4 | 3 |
| (B) | 5 | 3 | 2 | 1 |
| (C) | 3 | 4 | 2 | 1 |
| (D) | 2 | 1 | 3 | 5 |

30. Match the variables with the suitable training to develop.

## List-I

I) Cardiorespiratory endurance
II) Muscular
Endurance
III) Speed
IV) Strength

## List-II

1) Circuit training
2) High intensity repetition training
3) Weight training
4) Continuous training
5) Elastic strength

## Code :

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

31. Match the following :

## List-I

I) Limitation
II) Hypothesis
III) Type I error
IV) Type II error

## List-II

1) Rejecting the Null hypothesis
2) Accepting the Null hypothesis
3) Intelligent Guess
4) Fixing boundaries
5) Uncontrollable factors

## Code :

|  | I | II | III | IV |
| :---: | :---: | :---: | :---: | :---: |
| (A) | 5 | 3 | 2 | 1 |
| (B) | 4 | 3 | 1 | 2 |
| (C) | 5 | 3 | 1 | 2 |
| (D) | 5 | 3 | 4 | 2 |

32. Match the List-I with List-II.

## List-I

I) Two groups for comparison
II) Degree of relationship between groups
III) Partial correlation
3) t-ratio (uncorrelated)
IV) More than two groups for comparison

## List-II

1) Zero order correlation
2) F-ratio Code :

|  | I | II | III | IV |
| :--- | :--- | :--- | :--- | :--- |
| (A) | 3 | 1 | 4 | 5 |
| (B) | 3 | 1 | 2 | 4 |
| (C) | 3 | 1 | 4 | 2 |
| (D) | 5 | 1 | 4 | 2 |

33. Match the following :

## Step-I

I) Perception
II) Kinesthesis
III) Cognition
IV) Anxiety

## Step-II

1) Mental process involved in gaining knowledge and comprehension
2) Ability to aware something through senses
3) Aware of body position and movement
4) Goal oriented behaviour
5) Feeling of fear and apprehension associated with stress

Code :

|  | I | II | III | IV |
| :--- | :--- | :--- | :--- | :--- |
| (A) | 1 | 4 | 3 | 2 |
| (B) | 3 | 1 | 4 | 2 |
| (C) | 4 | 2 | 5 | 1 |
| (D) | 2 | 3 | 1 | 5 |

34. Match the name associated with skill test.

## List-I

I) Johnson
II) Brady
III) Henry-Friedal
IV) Mac Donald

## List-II

1) Field hockey test
2) Soccer test
3) Basketball test
4) Volleyball test
5) Badminton

## Code :

|  | I | II | III | IV |
| :---: | :---: | :---: | :---: | :---: |
| (A) | 4 | 3 | 2 | 1 |
| (B) | 5 | 4 | 1 | 2 |
| (C) | 3 | 4 | 1 | 2 |
| (D) | 5 | 4 | 2 | 1 |

35. Match the following:

## List-I

l) 24 teams in knock-out
fixture
II) Total number of
2) $(N-1)$ matches in league fixture
III) 6 teams in single
3) 8 Byes league fixture
IV) Special seeding for 4) $\frac{N(N-1)}{2}$
4 teams when total teams are 30
5) 6 Byes

## Code :

|  | I | II | III | IV |
| :---: | :---: | :---: | :---: | :---: |
| (A) | 3 | 4 | 1 | 2 |
| (B) | 3 | 4 | 1 | 5 |
| (C) | 3 | 5 | 1 | 2 |
| (D) | 3 | 4 | 5 | 1 |

36. Match the following :

| List-I | List-II |
| :--- | :--- |
| I) Lazium 1) Tight apparatus <br> I) Wand 2) Dual competition <br> III) Mass drill 3) Phythmic activity <br> IV) Boxing 4) Formal exercises <br>  5) Minor games |  |

Code :

|  | I | II | III | IV |
| :--- | :--- | :--- | :--- | :--- |
| (A) | 3 | 1 | 4 | 5 |
| (B) | 3 | 1 | 4 | 2 |
| (C) | 3 | 1 | 5 | 2 |
| (D) | 4 | 1 | 5 | 2 |

37. Olympic Games were held at Athens twice in the years
I) 1940
II) 1896
III) 2004
IV) 1984
(A) III and IV are correct
(B) I and IV are correct
(C) II and III are correct
(D) I and II are correct
38. Human respiration involves
I) Ventilation
II) Pulmonary gas exchange
III) Gas transport to tissue level
IV) Transportation of nutrients
(A) I and III are correct
(B) I and II are correct
(C) I, II and III are correct
(D) II and III are correct
39. General motion of human movement is the combination of
I) Inward rotation
II) Outward rotation
III) Linear motion
IV) Angular motion
(A) I and II are correct
(B) I and III are correct
(C) I and IV are correct
(D) III and IV are correct
40. Mechanical effects of massage includes
I) Enhance blood circulation
II) Increase body temperature
III) Improve bone density
IV) Improve tissue elasticity
(A) I and II are correct
(B) III and IV are correct
(C) II and III are correct
(D) I, II and IV are correct
41. The qualities of a leader are
I) Loyality
II) Discipline
III) Arrogance
IV) Educational qualifications
(A) I and III are correct
(B) II and III are correct
(C) I and II are correct
(D) III and IV are correct
42. Which of the following courses can be studied after passing intermediate?
I) B.P.E.
II) U.G.D.P.Ed.
III) B.P.Ed.
IV) B.P.Es.
(A) I, II and IV are correct
(B) I, II and III are correct
(C) II, III and IV are correct
(D) I, III and IV are correct
43. Diseases spread through insects are
I) Malaria
I) Filariasis
III) Ascariasis
IV) Leprosy
(A) I, II and IV are correct
(B) I and II are correct
(C) II and III are correct
(D) I and III are correct
44. Overload principles are
I) Intensity
II) Specificity
III) Density
IV) Reversibility
(A) I and IV are correct
(B) I and III are correct
(C) I, II and III are correct
(D) I, IV and II are correct
45. Decathlon event includes
I) 10 events
II) 2 consecutive days
III) 7 events
IV) 3 days
(A) I and IV are correct
(B) II and III are correct
(C) I and II are correct
(D) III are IV are correct
46. Test of significance are
I) t-ratio
II) T-scale
III) F-ratio
IV) Post hoc test
(A) I, II and IV are correct
(B) I, II and III are correct
(C) III, II and IV are correct
(D) I, III and IV are correct

## |||||||||||||||||||||

47. Test results are used for
I) Grading
II) Classification
III) Guidance
IV) Analysis
(A) I, II and III are correct
(B) I and II are correct
(C) II are III are correct
(D) I and III are correct
48. Validity of a test is established by relating with
I) Previously established standard test
II) Composite score
III) Tournament standing
IV) Test-Retest
(A) I and II are correct
(B) I, II are III are correct
(C) I and III are correct
(D) II and III are correct
49. Leilich Basketball test consist of the following test items
I) Bounce and shoot
II) Half minute shooting
III) Push pass
IV) Dribbling
(A) I and III are correct
(B) I, II and III are correct
(C) II and III are correct
(D) I and II are correct
50. The following parts come under special lesson to teach major games.
I) Specific warming-up
II) Teaching fundamental skills
III) Formal exercise
IV) Lead up activity
(A) I and II are correct
(B) II are III are correct
(C) III and IV are correct
(D) I, II and IV are correct
51. The following parts come under general lesson plan
I) Formal part
II) Specific warming up
III) Recreational part
IV) Teaching technique
(A) I and II are correct
(B) II and III are correct
(C) III and IV are correct
(D) I and III are correct
52. Arrange the Olympics Venues in ascending order
(A) Sydney, London, Athens, Beijing
(B) Sydney, Athens, Beijing, London
(C) Athens, Sydney, Beijing, London
(D) Beijing, Sydney, Athens, London
53. Arrange the parts present in the muscle in sequence. Use the code given below
I) Myofilaments
II) Muscles
III) Muscle fibre
IV) Myofibril
(A) III, I, II, IV
(B) II, III, IV, I
(C) I, III, IV, II
(D) I, II, III, IV
54. Arrange the following regions in order from top to bottom
(A) Thoracic, Cervical, Sacrum, Lumbar
(B) Cervical, Thoracic, Lumbar, Sacrum
(C) Sacrum, Cervical, Thoracic, Lumbar
(D) Thoracic, Lumbar, Cervical, Sacrum
55. Sequentially arrange the events in the process of motivation
(A) Occurrence of needs, Drive towards behaviour, Development motives, Achievement of goal
(B) Achievement of goal, Drive towards behaviour, Development of motives, Occurrence of needs
(C) Occurrence of needs, Development of motives, Drive towards behaviour, Achievement of goal
(D) Occurrence of needs, Achievement of goal, Drive towards behaviour, Development of motives
56. Set the principles of curriculum of planning in order
I) Establishing learning experiences
II) Organising learning experiences
III) Evaluation
IV) Define objectives
(A) I, II, IV, III
(B) IV, I, II, III
(C) IV, I, III, II
(D) II, IV, I, III
57. Arrange the phases of Long Jump in sequence
I) Approach
II) Flight
III) Take-off
IV) Landing
(A) I, II, III, IV
(B) I, III, IV, II
(C) I, III, II, IV
(D) III, IV, II, I
58. Arrange the following statistical terms in order
I) Collection of data
II) Analysis
III) Classification
IV) Interpretation
(A) II, IV, III, I
(B) I, II, III, IV
(C) I, III, II, IV
(D) II, III, IV, I
59. Arrange the scores of Tennis in sequence I) 40
II) 15
III) 30
IV) Game
(A) I, III, II, IV
(B) III, II, I, IV
(C) II, III, I, IV
(D) II, III, IV, I
60. Arrange the number of matches played in sequence from $1^{\text {st }}$ to $4^{\text {th }}$ round when 16 teams participate in knockout tournament
I) 4
II) 8
III) 2
IV) 1
(A) I, II, III, IV
(B) II, III, IV, I
(C) II, I, IV, III
(D) II, I, III, IV
61. Arrange the stages involved in the training in sequence
(A) Warm-down, practicing fundamentals, teaching fundamentals, Warm-up
(B) Teaching fundamentals, Warmdown, Warm-up, Practicing fundamentals
(C) Warm-down, Warm-up, Practicing fundamentals, Teaching fundamentals
(D) Warm-up, Teaching fundamentals, Practicing fundamentals, Warmdown
62. Arrange the bones present in the leg from top to bottom
(A) Femur, Tarsals, Metatarsals, Tibia and fibula
(B) Femur, Tibia and fibula, Tarsals, Metatarsals
(C) Metatarsals, femur, Tibia and fibula, Tarsals
(D) Tibia and fibula, femur, Tarsals, Metatarsals
63. Arrange the bones present in the arm in sequence
(A) Phalanges, Carpals, Radius and Ulna, Metacarpals
(B) Radius and Ulna, Carpals, Metacarpals, Phalanges
(C) Radius and Ulna, Metacarpals, Carpals, Phalanges
(D) Metacarpals, Carpals, Radius and Ulna, Phalanges
64. Assertion (A) : Physical Education and Sports are essential part of most schools and colleges curricula.

Reason (R): Physical Education and Sports arenas are the best social institutions for the development of allround personality of a child. Hence they are essential is school and college curricula.
(A) $A$ is true but $R$ is false
(B) $A$ is false but $R$ is true
(C) Both $A$ and $R$ are false
(D) Both $A$ and $R$ are true and $R$ is the correct explanation of $A$
65. Assertion (A) : Athletic injuries are a result of stress put or both muscles and bones

Reason (R): Stress and injuries are not the related factors with sports.
(A) $A$ is wrong and $R$ is correct
(B) $A$ is correct and $R$ is wrong
(C) $A$ and $R$ are wrong
(D) $A$ and $R$ are correct
66. Assertion (A) : Patients take drugs under medical advice.

Reason (R) : Self medication is good for treating minor ailments
(A) Both $A$ and $R$ are wrong
(B) $A$ is correct but $R$ is wrong
(C) A is wrong but R is correct
(D) Both $A$ and $R$ are correct
67. Assertion (A) : Basic Research do not solve immediate problem

Reason (R) : Newton laws of motion are of basic research.
(A) Both A and R are correct
(B) Both A and R are wrong
(C) $A$ is correct $R$ is wrong
(D) $A$ is wrong but $R$ is correct
68. Assertion (A) : Tournaments are conducted to decide the winners.

Reason (R): Tournaments are the competitions to measure the abilities of a team.
(A) $A$ is correct but $R$ is wrong
(B) Both A and R are correct
(C) Both A and R are wrong
(D) $A$ is wrong but $R$ is correct
69. Assertion (A) : According to Clarke the basic physical fitness components are strength, muscular endurance and cardio respiratory endurance.

Reason (R): 12 mts run/walk test is used to asses cardiorespiratory endurance.
(A) $A$ is correct but $R$ is wrong
(B) Both $A$ and $R$ are correct
(C) $A$ is wrong but $R$ is correct
(D) Both $A$ and $R$ are wrong
70. Assertion (A): Preparing lesson plan gives clear picture about the subject to be taught.

Reason (R): Recreational part is not needed in the general lesson plan.
(A) $A$ is wrong but $R$ is correct
(B) $A$ is correct but $R$ is wrong
(C) Both $A$ and $R$ are wrong
(D) Both $A$ and $R$ are correct
71. Assertion (A): Every body cannot change its state of rest (or) uniform motion on its own.

Reason (R): Inertia is the prime cause by which the bodies cannot change their state of rest or uniform motion.
(A) Both $A$ and $R$ are true
(B) $A$ is true but $R$ is false
(C) $A$ is false but $R$ is true
(D) A and $R$ are false

## Q. No. 72-75

Research is a careful, systematic and scientific method of solving a problem. It helps to find out cause and effect relationship. In experimental research 'cause' is called as independent variable and 'effect' as dependent variable. Independent variable is the characteristics or conditions manipulated or compared by the investigator. Dependent variable is a measured characteristics. It appears or disappears or changes due to the intervention of independent variable. The measured characteristics are expressed in nominal, ordinal interval and ratio scales. Nominal data are otherwise called as attributes. Attributes are nongradient classification. There are no numerical basis of grouping. They are mere classifications. Ordinal data assign the measured characteristics on the basis of ranking. But there is no uniformity in the order of ranking. Normally for nominal and ordinal data nonparametric statistics are used since most of the data do not assume normal curve. Interval data do not have true zero point whereas ratio data have true zero points. Normally parametric statistics are applied to interval and ratio data since most of these characteristics assume normal curve.
72. Cause and effect relationship is established by
(A) Test
(B) Measurement
(C) Research
(D) Data
73. In experimental research measured characteristics are called as
(A) Extraneous variable
(B) Dependent variable
(C) Independent variable
(D) Control variable
74. Non gradient classification of the data is called as
(A) Ordial data
(B) Interval data
(C) Nominal data
(D) Ratio data
75. A careful systematic and scientific method of finding solution to a problem is called as
(A) Parametric
(B) Non parametric
(C) Attribute
(D) Research

## Space for Rough Work

