

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE TOLD TO DO SO

Booklet Serial No.

100957

Test Booklet Series

TEST BOOKLET
PHYSICAL EDUCATION LECTURER

A

Written Test - 2022

(19)

Time Allowed: Two Hours

Maximum Marks: 100

INSTRUCTIONS

1. IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS TEST BOOKLET **DOES NOT** HAVE ANY UNPRINTED OR TORN OR MISSING PAGES OR ITEMS, ETC. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.
2. Please note that it is the candidate's responsibility to encode and fill in the Roll Number and Test Booklet Series Code A, B, C or D carefully and without any omission or discrepancy at the appropriate places in the OMR Answer /Response Sheet. Any omission/discrepancy will render the Response Sheet liable for rejection.
3. You have to enter your Roll Number on the Test Booklet in the Box provided alongside.
DO NOT write anything else on the Test Booklet.
4. This Test booklet contains 100 items (questions). Each item comprises of four responses (answers). You will select the response which you want to mark on the Answer Sheet/Response Sheet. In case you feel that there is more than one correct response, mark the response which you consider the best. In any case, choose **ONLY ONE** response for each item.
5. You have to mark all your responses **ONLY** on the separate Answer /Response Sheet provided. See directions in the Response Sheet.
6. All items carry equal marks.
7. Before you proceed to mark in the Answer /Response Sheet, the response to various items in the Test Booklet, you have to fill in some particulars in the Answer /Response Sheet as per instructions sent to you with your Admission Certificate.
8. After you have completed filling in all your responses on the Response Sheet and the examination has concluded, you should hand over to the Invigilator **only the Answer /Response Sheet**. You are permitted to take away with you the Test Booklet and **Candidate's Copy of the Response Sheet**.
9. Sheets for rough work are appended in the Test Booklet at the end.
10. **Penalty for wrong answers:**

THERE WILL BE PENALTY FOR WRONG ANSWERS MARKED BY THE CANDIDATE IN THE WRITTEN TEST (OBJECTIVE TYPE QUESTIONS PAPERS).

- (i) There are four alternatives for the answer to every question. For each question for which a wrong answer has been given by the candidate, (0.25) of the marks assigned to that question will be deducted as penalty.
- (ii) If a candidate gives more than one answer, it will be treated as a **wrong answer** even if one of the given answers happens to be correct and there will be same penalty as above for that question.
- (iii) If a question is left blank, i.e., no answer is given by the candidate, there will be **no penalty** for that question.

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(19) (A)/2023

[P.T.O.]

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(19) (A)

(2)

1. Measure of the strength of association between a continuous-level variable (ratio or interval data) and a dichotomous variable:
 - A) Kendall's rank Correlation
 - B) Spearman's Correlation
 - C) Point-biserial Correlation
 - D) Chi-square Test

2. Which one of the following is NOT an assumptions of multiple regression models?
 - A) Homoscedasticity
 - B) Independence of Errors
 - C) Linearity
 - D) Dependent variable should be binary

3. If a true null hypothesis is rejected (a "false positive"), it is denoted as a:
 - A) Type I Error
 - B) Type II Error
 - C) Type III Error
 - D) Type IV Error

4. In the below given reference, which of the following citation style is used?
"Khuwaja, A) K., & Kadir, M. M. (2010). Gender differences and clustering pattern of behavioural risk factors for chronic non-communicable diseases: community-based study from a developing country. Chronic illness, 6(3), 163-170."
 - A) AMA
 - B) APA
 - C) MLA
 - D) Chicago

5. Which of the following are the parts of Medulla Oblongata?
 - i. Pneumotaxic center
 - ii. Ventral Respiratory Group
 - iii. Dorsal respiratory group
 - iv. Inspiratory center

Codes:

 - A) (i), (ii), (iii)
 - B) (iii), (iv), (i)
 - C) (ii), (iv), (iii)
 - D) (i), (ii), (iv)

6. Sagittal Plane divides body into two parts as:
 - A) Dorsal and Ventral
 - B) Sinister and Dexter
 - C) Superior and Inferior
 - D) Back and Front

7. Match the terms of List -I and List -II and select the correct options using the codes given below:

List -I

1. Periodontal Ligament
2. Posterior Cruciate Ligament
3. Sacrotuberous Ligament
4. Radial Collateral Ligament

List -II

- (i) Knee
- (ii) Pelvis
- (iii) Head and Neck
- (iv) Wrist

Codes:

- | | | | | |
|----|-------|------|------|-------|
| | 1 | 2 | 3 | 4 |
| A) | (iii) | (i) | (ii) | (iv) |
| B) | (iii) | (ii) | (i) | (iv) |
| C) | (iv) | (i) | (ii) | (iii) |
| D) | (i) | (ii) | (iv) | (iii) |

8. Match the terms of List - I and List -II and select the correct options using the codes given below

List -I

1. Anabolic Steroid
2. Beta-blockers
3. Diuretics
4. Narcotic Analgesics

List -II

- (i) Atenolol
- (ii) Buprenorphine
- (iii) Anadrol
- (iv) Metolazone

Codes:

- | | | | | |
|----|-------|-------|------|-------|
| | 1 | 2 | 3 | 4 |
| A) | (iii) | (i) | (iv) | (ii) |
| B) | (ii) | (iii) | (i) | (iv) |
| C) | (iii) | (iv) | (i) | (ii) |
| D) | (i) | (ii) | (iv) | (iii) |

9. Krebs cycle is also known as:
- i. Tricarboxylic Acid Cycle
 - ii. Citric Acid Cycle
 - iii. Calvin Cycle
 - iv. Cori Cycle

Choose the correct combination:

- A) Only i
- B) Only ii
- C) Both i and ii
- D) All of these

10. Arrange the following teaching process in logical order:
- i. Reteaching
 - ii. Formulating objectives
 - iii. Relating the present knowledge with previous knowledge
 - iv. Evaluation
 - v. Presentation of materials

OPTIONS:

- A) iii, ii, v, iv, i
 - B) v, iv, iii, ii, i
 - C) ii, iii, v, iv, i
 - D) ii, iv, iii, v, i
11. What are the minimum weekly recommendations of physical activity for adults as per WHO guidelines?
- A) 100-180 minutes of vigorous or 180-260 minutes of moderate physical activity
 - B) 75-150 minutes of vigorous or 150-300 minutes of moderate physical activity
 - C) 120-200 minutes of vigorous or 200-280 minutes of moderate physical activity
 - D) 60-120 minutes of vigorous or 120-240 minutes of moderate physical activity

12. Two of the following are the tests of cardiovascular endurance:
- i. Cooper's Test
 - ii. Rockport Test
 - iii. Kraus-weber Test
 - iv. Rikli and Jones Test

Choose the correct combination:

- A) iii and iv
 - B) i and iv
 - C) i and iii
 - D) i and ii
13. Which of the following are scalar quantities?

- i. 5 Km/hr
- ii. 40 m/sec, East
- iii. 37 degree Celsius
- iv. 20 Km/sec², North

Choose the correct combination:

- A) i, ii
- B) ii, iii
- C) ii, iv
- D) i, iii

14. Penny-cup test is a part of:
- Knox Basketball test
 - French short service test
 - Hewitt tennis service placement test
 - Johnson's Basketball test
15. Warner's test of Soccer skills involves:
- Throwing, chipping and lobbing
 - Kicking for distance with right foot, kicking with left foot, and dribbling for time
 - Kicking for distance, trapping and chipping
 - Kicking for distance, heading and throwing
- Choose the correct option:
- Both i and ii
 - Both ii and iii
 - Only ii
 - Only iv
16. Butterfly shaped fractures are included in the category of:
- Segmental fracture
 - Comminuted fracture
 - Torus fracture
 - Greenstick fracture
17. Match the terms of List - I and List -II and select the correct options using the codes given below
- | List -I | List -II |
|--|----------------------------|
| 1. Malunited Colles | (i) S-shaped deformity |
| 2. Supracondylar fracture humerus | (ii) Dinner fork deformity |
| 3. Tibial condylar fracture | (iii) Gunstock deformity |
| 4. Malunited supracondylar fracture of humerus | (iv) Genu Varum/Valgus |
- Codes:**
- | | 1 | 2 | 3 | 4 |
|----|-------|------|------|-------|
| A) | (iii) | (i) | (iv) | (ii) |
| B) | (ii) | (i) | (iv) | (iii) |
| C) | (iii) | (iv) | (i) | (ii) |
| D) | (ii) | (iv) | (i) | (iii) |
18. Gait cycle of an adult human comprises:
- 50% stance phase and 50% swing phase
 - 40% stance phase and 60% swing phase
 - 70% stance phase and 30% swing phase
 - 60% stance phase and 40% swing phase

19. A disorder of movement and posture caused by a non-progressive lesion in the immature brain refers to:
- A) Cerebral palsy
 - B) Poliomyelitis
 - C) Multiple Congenital contractures
 - D) Leprosy
20. The process removal of the limb through a surgery is called:
- A) Amputation
 - B) Prosthetics
 - C) Disarticulation
 - D) Orthotics
21. The second day of Decathlon (Men) includes the events:
- i. 110-meter hurdles
 - ii. Long jump
 - iii. Pole vault
 - iv. 400 meters
- Find the correct option:
- A) Only ii & iv
 - B) Only i & iii
 - C) i, iii & iv
 - D) i, ii, iii & iv
22. The measurements required for calculating 'Mesomorphy' according to Heath-carter formula are:
- A) Humerus breadth and corrected arm girth
 - B) Femur breadth, humerus breadth, corrected arm girth and corrected calf girth
 - C) Femur breadth, humerus breadth, corrected arm girth, corrected calf girth and height
 - D) Femur breadth and corrected calf girth
23. Backward slippage of the vertebra is known as:
- A) Paraplegia
 - B) Retrolisthesis
 - C) Anterolisthesis
 - D) Sciatica

24. Given below are two statements, one of which is labelled as Assertion (A) and the other as Reason (R).

Assertion (A): Muscles of heart are called cardiac muscles.

Reason (R): Muscles are machines that have the capacity to transform chemical energy into mechanical energy.

In the light of the two statements, choose the correct answer from the options below.

- A) Both A and R are true and R is a 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
25. Knee extension is the result of involvement of multiple muscles. From out of the following groups of muscles, select the correct group.
- A) Rectus Abdominus, Sartorius, Biceps Femoris
B) Rectus Femoris, Rectus Abdominus, Biceps Femoris
C) Vastus Internus, Rectus Femoris, And Biceps Femoris
D) Rectus Femoris, Vastus Internus, Vastus Externus
26. Which of the following movement arrangements manifests correct sequence of the phases of a ballistic movement?
- A) Action, recovery, preparation
B) Preparation, recovery, action
C) Preparation, action, recovery
D) Recovery, action, preparation
27. A first-class lever can provide mechanical advantage in the form of:
- i. Speed
 - ii. Strength
 - iii. Coordination
 - iv. Balance
- Codes:**
- A) i, ii and iv
B) ii, iii and iv
C) i, ii and iii
D) i, iii and iv

28. Arrange the following stages of execution of a skill-based lesson in Physical Education from the codes given below:

- i. Explanation
- ii. Warming up
- iii. Practice
- iv. Demonstration
- v. Lead up game

Codes:

- A) ii, iv, i, iii and v
- B) i, iii, iv, v and ii
- C) iv, iii, ii, i and v
- D) iii, v, iv, i and ii

29. Match the terms of List - I and List -II and select the correct options using the codes given below

List -I

1. Indian Olympic Association
2. Sports authority of India
3. Society for the National Institution of Physical education and Sports
4. Sports Psychology Association of India

List -II

- (i) Professional service organization
- (ii) Sports association
- (iii) Public sector organization
- (iv) Society

Codes:

- | | | | | |
|----|-------|------|------|-------|
| | 1 | 2 | 3 | 4 |
| A) | (ii) | (i) | (iv) | (iii) |
| B) | (iii) | (i) | (iv) | (ii) |
| C) | (iii) | (iv) | (i) | (ii) |
| D) | (ii) | (iv) | (i) | (iii) |

30. Who proposed the famous 14 principles of management that are also utilized in sports management?

- A) Henry Fayol
- B) Roethlisberger
- C) Peter Drucker
- D) Elton Mayo

31. The ability to understand human behaviour, to communicate effectively with others, and to motivate individuals to accomplish their objectives:

- A) Human resource skill
- B) Conceptual skill
- C) Interpersonal skill
- D) Technical skill

32. Consolation tournaments are organized for the players/teams that:
- A) Have faced defeat in various rounds of regular fixture
 - B) Are ranked very low in a particular tournament
 - C) Make lateral entry into the tournament
 - D) Are distinctly inexperienced as compared to others
33. Arrange the following in correct sequence for skill learning:
- i. Associative Phase
 - ii. Presentation stage
 - iii. Automatization stage
 - iv. Cognitive stage
- Codes:**
- A) i, iii, iv, ii
 - B) ii, iv, i, iii
 - C) iii, i, ii, iv
 - D) iv, ii, iii, i
34. Adaptation to training load at high altitude is known as:-
- A) Super compensation
 - B) Acclimatization
 - C) Thermoregulation
 - D) Transformation
35. From the given options, two are NOT the functions performed by the Kidneys:
- i. Filtration of excess sugar from blood
 - ii. The process of glycolysis
 - iii. Regulating the production of leukocytes
 - iv. Releasing the hormone that control blood pressure
 - v. Removing the waste products and drugs from the body
- Choose the correct option:
- A) ii and iv only
 - B) iii and iv only
 - C) i and iii only
 - D) i and iv only
36. Two of the following are the theories of Motivation. Choose the correct option:
- i. ERG theory
 - ii. Herzberg's theory
 - iii. Attribution theory
 - iv. Thurstone's Multiple Factor Theory
- OPTIONS:**
- A) i and iv
 - B) ii and iii
 - C) iii and iv
 - D) i and ii

37. Which of the following is NOT a stage of Achievement motivation?
- A) Integrated stage
 - B) Autonomous competence stage
 - C) Distinguish stage
 - D) Social comparison stage
38. The force that produces acceleration and the change of direction from linear to circular:
- A) Sheer force
 - B) Tension force
 - C) Centripetal force
 - D) Centrifugal force
39. When a small piece of bone attached to a tendon or ligament gets pulled away from the main part of the bone, that fracture is:
- A) Avulsion fracture
 - B) Comminuted fracture
 - C) Compound fracture
 - D) Pathological fracture
40. Relationship between load phase and recovery phase is called:
- A) Load intensity
 - B) Movement intensity
 - C) Load density
 - D) Movement frequency
41. Who among the following argued that cognitive abilities are socially guided and constructed?
- A) Vygotsky
 - B) Piaget
 - C) Erikson
 - D) Bruner
42. Which one of the following rib group has no insertion of parts of Serratus anterior muscle:
- A) 1st to 2nd rib
 - B) 2nd to 3rd rib
 - C) 4th to 9th rib
 - D) 9th to 12th rib

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

Assertion (A): All through the history of mankind, physical education and sports have been destined to aim at achieving a few important educational goals and perform socially desirable functions.

Reason (R): No wonder physical activity and sports directly contribute to producing champions in other aspects of life.

In the light of the two statements, choose the correct answer from the options below.

- A) Both A and R are true and R is a 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

44. Khelo India National Programme for Development of Sports has various vertical to implement. Of those verticals, the Community Coaching Development vertical is implemented by:

- A) Sports Authority of India
- B) Ministry of Youth Affairs & Sports
- C) Lakshmi Bai National Institute of Physical Education (LNPIE)
- D) NIS, Patiala

45. The term "Rabbit" is associated with:

- A) Cricket
- B) Rugby
- C) Athletics
- D) Baseball

46. Match the terms of List - I and List -II and select the correct options using the codes given below:

List -I	List -II
1. Wushu	(i) Korea
2. Karate	(ii) China
3. Taekwondo	(iii) Indonesia
4. Pencak Silat	(iv) Japan

CODES:

- | | 1 | 2 | 3 | 4 |
|----|-------|------|-------|-------|
| A) | (ii) | (i) | (iv) | (iii) |
| B) | (ii) | (iv) | (i) | (iii) |
| C) | (iii) | (iv) | (i) | (ii) |
| D) | (ii) | (iv) | (iii) | (i) |

47. In the sports training, the training load is both internal and external; the internal load is often determined by:

- i. Load intensity
- ii. Load volume
- iii. Pulse rate
- iv. Lactic acid concentration

Codes:

- A) i and iv
- B) ii and iii
- C) ii and iv
- D) i and iii

48. An emergency condition in which severe blood or other fluid loss makes the heart unable to pump enough blood to the body:

- A) Septic shock
- B) Hypovolemic shock
- C) Neurogenic shock
- D) Cardiogenic shock

49. Given below are two statements, one of which is labelled as Assertion (A) and the other as Reason (R).

Assertion (A): Physical activity can be defined as any kind bodily movement that results in energy expenditure.

Reason (R): Physical activity and Exercise are two terms that means the same and can be used interchangeably.

In the light of the two statements, choose the correct answer from the options below.

- A) Both A and R are true and R is a 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

50. A teaching method that helps students learn more by working with a teacher or a more advanced student to achieve their learning goals:

- A) Instructional Scaffolding
- B) Shoring
- C) Differentiation
- D) Underpinning

51. Proprioceptive neuromuscular facilitation (PNF) method is used to increase:

- A) Reaction time
- B) Flexibility
- C) Power
- D) Strength

52. According to Daniel Goleman's Emotional Intelligence Quadrant, component(s) of Emotional Intelligence is/are:
- i. Self-awareness
 - ii. Relationship Management
 - iii. Reboundability
 - iv. Self-Management

OPTIONS:

- A) i & ii
 - B) i, ii & iv
 - C) ii, iii & iv
 - D) iii only
53. The instruments used for measuring the Physical activity are:
- i. Pedometer
 - ii. Treadmill
 - iii. Accelerometer
 - iv. Heart rate monitors
- OPTIONS:**
- A) i & iii
 - B) i, iii & iv
 - C) ii, iii & iv
 - D) i, ii & iii
54. A way to generate ideas within a group setting refers to:
- A) Group Assignment and Discussion
 - B) Value Addition Course
 - C) Case Study and Tutorials
 - D) Brain Storming
55. A theory that view learning as involving the acquisition or reorganization of the cognitive structures through which humans process and store information is:
- A) Cognitivism
 - B) Behaviourism
 - C) Constructivism
 - D) Humanism
56. A widely used 16-PF (personality factor) questionnaire was developed by:
- A) Marten
 - B) Binnet
 - C) Cattell
 - D) Freud

57. Cronbach's Alpha is applied to determine:
- A) Normality
 - B) Validity
 - C) Reliability
 - D) Generalizability
58. Non-parametric alternative of ANOVA is:
- A) Shapiro-Wilk Test
 - B) Mann-Whitney U Test
 - C) Wilcoxon Signed-Rank Test
 - D) Kruskal-Wallis Test
59. Select the odd one from the below given options:
- A) ORCID
 - B) Zotero
 - C) Endnote
 - D) Mendeley
60. A molecule that participates in many biochemical reactions in protein, carbohydrate and lipid metabolism in Citric acid cycle is:
- A) Acetyl-CoA
 - B) Pepsin
 - C) Lactic acid
 - D) Methyl Acetate
61. Patellofemoral Syndrome is commonly called:
- A) Jumper's Knee
 - B) Runner's Knee
 - C) PES Anserinus Syndrome
 - D) Patellar Tendonitis
62. In which form of regression analysis, the dependent variable should be dichotomous:
- A) Ordinal Regression
 - B) Linear Regression
 - C) Binary Logistic Regression
 - D) Multinomial Logistic Regression

63. Kinematic parameters include:

- i. Inertia
- ii. Velocity
- iii. Distance
- iv. Acceleration

Find the correct combination:

- A) i, ii, iii
- B) i, iii, iv
- C) i, ii, iv
- D) ii, iii, iv

64. A process of self-observation and self-evaluation leading to self-improvement is known as:

- A) Reflective Teaching
- B) Democratic Teaching
- C) Indoctrination
- D) Authoritarian Teaching

65. Which of the following is NOT a stage of Achievement motivation?

- A) Autonomous competence stage
- B) Social comparison stage
- C) Integrated stage
- D) Distinguish stage

66. Arrange the following tests according to chronological order of their inception:

- i. Harvard step test
- ii. Barrow motor ability test
- iii. Tuttle Pulse-Ratio test
- iv. Cooper test

OPTIONS:

- A) iii, i, ii, iv
- B) iii, ii, i, iv
- C) iv, iii, ii, i
- D) i, ii, iii, iv

67. One out of the following is a NOT a test of Volleyball, that is:

- A) Brady's Test
- B) Russell-Lange Test
- C) Miller Wall Volley Test
- D) Brumbach Test

68. A sport organization does not seem to possess one the following attribute:

- A) Generalizability
- B) Instrumentality
- C) Identity
- D) Jurisdiction

69. Match the terms of List - I and List -II and select the correct options using the codes given below:

List -I		List -II
1. Gender	(i)	Ratio Variable
2. Height	(ii)	Interval Variable
3. Rating scale responses	(iii)	Ordinal Variable
4. Temperature measured in Degree Celsius	(iv)	Nominal Variable

CODES:

- | | 1 | 2 | 3 | 4 |
|----|------|-------|-------|-------|
| A) | (i) | (ii) | (iv) | (iii) |
| B) | (ii) | (iii) | (i) | (iv) |
| C) | (iv) | (ii) | (iii) | (i) |
| D) | (iv) | (i) | (iii) | (ii) |

70. Match the terms of List -I and List -II and select the correct options using the codes given below:

List -I		List -II
1. Trimmer	(i)	Badminton
2. Let	(ii)	Kabaddi
3. Cant	(iii)	Soccer
4. Flank	(iv)	Cricket

CODES:

- | | 1 | 2 | 3 | 4 |
|----|-------|------|-------|-------|
| A) | (iii) | (ii) | (iv) | (i) |
| B) | (ii) | (iv) | (iii) | (i) |
| C) | (iv) | (i) | (ii) | (iii) |
| D) | (iii) | (i) | (ii) | (iv) |

71. "Endomorphism" classification of Sheldon is closely associated with the following body classification by Kretchmer:

- A) Pyknic
- B) Dyplastic
- C) Athletic
- D) Aesthenic

72. Given below are two statements, one of which is labelled as Assertion (A) and the other as Reason (R).

Assertion (A): The pressure gradient for oxygen across the respiratory membrane is typically in between 100 to 105 mm Hg.

Reason (R): The greater the pressure gradient across the respiratory membrane, the more rapidly oxygen will diffuse through it.

In the light of the two statements, choose the correct answer from the options below.

- A) Both A and R are true and R is a 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

73. Arrange the following in chronological order of their introduction:

- 1. Olympic Motto
- 2. Olympic Flag
- 3. Olympic Flame
- 4. Olympic Oath

CODES:

- A) 3, 1, 2, 4
- B) 2, 4, 1, 3
- C) 4, 2, 1, 3
- D) 2, 3, 1, 4

74. Match the terms of List -I and List -II and select the correct options using the codes given below:

List -I

- 1. Narcissism
- 2. Bipolar disorder
- 3. Electra Complex
- 4. Oedipus Complex

List -II

- (i) Intense shifts in mood
- (ii) Excessive self-love
- (iii) Attachment of male child to mother
- (iv) Attachment of female child to father

CODES:

- | | | | | |
|----|-------|------|-------|-------|
| | 1 | 2 | 3 | 4 |
| A) | (ii) | (iv) | (iii) | (i) |
| B) | (iii) | (ii) | (i) | (iv) |
| C) | (ii) | (i) | (iv) | (iii) |
| D) | (i) | (ii) | (iv) | (iii) |

75. Who among the following psychologists sought to explain learning and motivation by scientific laws of behavior?

- A) Edward L. Thorndike
- B) William James
- C) B)F. Skinner
- D) Clark Leonard Hull

76. Match the terms of List -I and List -II and select the correct options using the codes given below:

List - I		List - II	
1.	Tokyo Olympics	(i)	1952
2.	Rome Olympics	(ii)	1960
3.	Melbourne Olympics	(iii)	1956
4.	Helsinki Olympic	(iv)	1964

CODES:

- | | 1 | 2 | 3 | 4 |
|----|-------|------|-------|-------|
| A) | (ii) | (iv) | (iii) | (i) |
| B) | (iii) | (ii) | (i) | (iv) |
| C) | (iv) | (ii) | (iii) | (i) |
| D) | (i) | (ii) | (iv) | (iii) |

77. Given below are two statements, one of which is labelled as Assertion (A) and the other as Reason (R).

Assertion (A): Depletion of oxygen and ATP-PC during strenuous physical workouts causes fatigue.

Reason (R): Playing vigorous sport or/ and engaging in hard gym regimes for a longer period of time may lead to mental fatigue.

In the light of the two statements, choose the correct answer from the options below.

- A) Both A and R are true and R is a 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

78. From out of the combinations, identify those that are correct:

- i. Volume = m^2
ii. Specific Volume = $m^3 \text{ kg}^{-1}$
iii. Luminance = cd/m^2
iv. Acceleration = ms^{-2}
v. Mass density = kg m^{-3}

CODES:

- A) i, ii, iii, iv and v
B) ii, iii, iv and v
C) i, ii, iii and iv
D) i, iv and v

79. Which one of the following organizations does NOT enjoy the statutory status, having been created by the Act of Parliament?

- A) Indian Olympic Association
B) University Grants Commission
C) National Council of Teacher Education
D) National Cadet Corps

80. Which of the following is an inferential statistic?
- A) Standard Deviation
 - B) Variance
 - C) F-test
 - D) Median
81. When a bone moves around its longitudinal axis, resultantly, in terms kinesiological process, it performs?
- A) Rotation
 - B) Revolution
 - C) Circumduction
 - D) Abduction
82. In a normal distribution, the percentage of scores that falls between one standard deviation to the right or left of the mean is:
- A) 34.1
 - B) 13.6
 - C) 2.1
 - D) 68.2
83. In India, the Rural Sports Development Programme was launched in the year:
- A) 1980-81
 - B) 1990-91
 - C) 1970-71
 - D) 1960-61
84. Besides the serfs and slaves, who among the following were debarred from taking part in the ancient Olympic Games?
- A) Married persons
 - B) Intellectuals
 - C) Elderly people
 - D) Women
85. A medical condition wherein a person feel dizziness when standing up quickly:
- A) Orthostatic Hypertension
 - B) Orthostatic Hypotension
 - C) Vasovagal Syncope
 - D) Neurocardiogenic Syncope
86. A condition when menstrual bleeding lasts more than 7 days is called:
- A) Menorrhagia
 - B) Amenorrhea
 - C) Oligomenorrhea
 - D) Dysmenorrhea

87. Lactic acid system provides energy for moderate-intensity activities generally lasting from:
- A) 2-3 minutes
 - B) 30 to 90 seconds
 - C) More than 3 minutes
 - D) More than 10 minutes
88. Which of the following is a sesamoid bone?
- A) Incus
 - B) Malleus
 - C) Stapes
 - D) Pisiform
89. Using the codes given below, from out of the movements, mark those which the human knee is unable to perform:
- i. Circumduction
 - ii. Flexion
 - iii. Extension
 - iv. Abduction
 - v. Adduction
 - vi. Planter flexion
- Choose the correct combination:
- A) i and ii
 - B) i, iv, v and vi
 - C) i, iv, and v
 - D) iv, v, and vi
90. Which one of the following statistical tests can be utilized to test the normality of data?
- i. Kruskal-Wallis H test
 - ii. Friedman's test
 - iii. Chronbach's Alpha
 - iv. Jonckheere's trend test
 - v. Kolmogorov-Smirnov test
 - vi. Shapiro-Wilk test
- Choose the correct combination:
- A) Only iv
 - B) ii, iii and iv
 - C) iv and v
 - D) v and vi

91. Where in the cell does glycolysis occur?
- A) Cytosol
 - B) Mitochondria
 - C) Nucleus
 - D) Golgi Apparatus
92. The most acceptable scientific cause of Motion Sickness (Kinetosis) is:
- A) Mismatch between sensory input sent to brain by ears and eyes
 - B) Less intake of water
 - C) Obesity
 - D) Lack of sleep
93. Which one of the following is Jackson Pollock's equation for calculating % body fat in men?
- A) $(1.61 \times \text{BMI}) + (0.13 \times \text{Age}) - 13.91$
 - B) $(1.46 \times \text{BMI}) + (0.14 \times \text{Age}) - 10.02$
 - C) $(1.61 \times \text{BMI}) + (0.14 \times \text{Age}) - 26.02$
 - D) $(1.61 \times \text{BMI}) + (0.13 \times \text{Age}) - 26.02$
94. Rejecting a null hypothesis when it is actually true, is called:
- A) Type I error
 - B) Type II error
 - C) Type III error
 - D) Type IV error
95. Transition period in training cycle aims at:
- A) Peaking
 - B) Rehabilitation
 - C) Recovery
 - D) Super compensation
96. "Iliad & Odyssey" that provide description about ancient Olympics, was the work of:
- A) Aristotle
 - B) Homer
 - C) Plato
 - D) Herodotus

97. Which of the following may be negatively affected by high altitude above 3000 meters?
- A) Jumping abilities
 - B) Sprinting ability
 - C) Long distance running
 - D) Throwing ability
98. The muscles which work eccentrically in an effort to check the movement while descending the hill or climbing down stairs are:
- A) Pelvic muscles
 - B) Waist muscles
 - C) Abdominals
 - D) Lumbar muscles
99. The theory of sports sociology which asserts that society is shaped by economic forces and that sports must be studied in terms of capitalist expansion and economic exploitation, refers to:
- A) Interactionist Theory
 - B) Conflict Theory
 - C) Functionalist Theory
 - D) Feminist Theory
100. An injury to the tendon connecting your kneecap (patella) to your shinbone is called:
- i. Runner's Knee
 - ii. Jumper's Knee
 - iii. Patellofemoral syndrome
 - iv. Patellar Tendinitis
- Choose the correct one:
- A) i and iv
 - B) Only ii
 - C) Only iv
 - D) ii and iv

ROUGH WORK

(19) (A)

(24)