

Test Paper : II  
Test Subject : PHYSICAL EDUCATION  
Test Subject Code : A-17-02

Test Booklet Serial No. : \_\_\_\_\_  
OMR Sheet No. : \_\_\_\_\_  
Hall Ticket No. 

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(Figures as per admission card)

**Name & Signature of Invigilator**

Name : \_\_\_\_\_ Signature : \_\_\_\_\_

Paper : II  
Subject : PHYSICAL EDUCATION

Time : 1 Hour 15 Minutes Maximum Marks : 100

Number of Pages in this Booklet : 12

Number of Questions in this Booklet : 50

**Instructions for the Candidates**

- Write your Hall Ticket Number in the space provided on the top of this page.
- This paper consists of fifty multiple-choice type of questions.
- At the commencement of examination, the question booklet will be given to you. In the first 5 minutes, you are requested to open the booklet and compulsorily examine it as below :
  - To have access to the Question Booklet, tear off the paper seal on the edge of this cover page. Do not accept a booklet without sticker-seal and do not accept an open booklet.
  - Tally the number of pages and number of questions in the booklet with the information printed on the cover page. Faulty booklets due to pages/questions missing or duplicate or not in serial order or any other discrepancy should be got replaced immediately by a correct booklet from the invigilator within the period of 5 minutes. Afterwards, neither the Question Booklet will be replaced nor any extra time will be given.**
  - After this verification is over, the Test Booklet Number should be entered in the OMR Sheet and the OMR Sheet Number should be entered on this Test Booklet.
- Each item has four alternative responses marked (A), (B), (C) and (D). You have to darken the circle as indicated below on the correct response against each item.  
**Example :** (A) (B) (C) (D)  
where (C) is the correct response.
- Your responses to the items are to be indicated in the **OMR Sheet given to you**. If you mark at any place other than in the circle in the Answer Sheet, it will not be evaluated.
- Read instructions given inside carefully.
- Rough Work is to be done in the end of this booklet.
- If you write your name or put any mark on any part of the OMR Answer Sheet, except for the space allotted for the relevant entries, which may disclose your identity, you will render yourself liable to disqualification.
- You have to return the test question booklet and OMR Answer Sheet to the invigilators at the end of the examination compulsorily and must not carry it with you outside the Examination Hall.
- Use only Blue/Black Ball point pen.**
- Use of any calculator or log table etc., is prohibited.**
- There is no negative marks for incorrect answers.**

**అభ్యర్థులకు సూచనలు**

- ఈ పుట పై భాగంలో ఇవ్వబడిన స్థలంలో మీ హాల్ టికెట్ నంబరు రాయండి.
- ఈ ప్రశ్న పత్రము యాభై బహుళైచ్ఛిక ప్రశ్నలను కలిగి ఉంది.
- సరీక్ష ప్రారంభమున ఈ ప్రశ్నపత్రము మీకు ఇవ్వబడుతుంది. మొదటి ఐదు నిమిషములలో ఈ ప్రశ్నపత్రమును తెరిచి కింద తెలిపిన అంశాలను తప్పనిసరిగా పరిచూసుకోండి.
  - ఈ ప్రశ్న పత్రమును చూడడానికి కుర్చీపీజి అంచున ఉన్న కాగితపు సీలును చించండి. స్టిక్కర్ సీలులేని మరియు ఇదివరకే తెరిచి ఉన్న ప్రశ్నపత్రమును మీరు అంగీకరించవద్దు.
  - కనరు పీజి పై ముద్రించిన సమాచారం ప్రకారం ఈ ప్రశ్నపత్రములోని పేజీల సంఖ్యను మరియు ప్రశ్నల సంఖ్యను పరిచూసుకోండి. పేజీల సంఖ్యకు సంబంధించి గానీ లేదా సూచించిన సంఖ్యలో ప్రశ్నలు లేకపోవుట లేదా నిజప్రతి కాకపోవుట లేదా ప్రశ్నలు క్రమపద్ధతిలో లేకపోవుట లేదా ఏదైనా తేడాలుండటం వంటి దోషపూరితమైన ప్రశ్న పత్రాన్ని వెంటనే మొదటి ఐదు నిమిషాల్లో పరీక్షా పర్యవేక్షకునికి తిరిగి ఇచ్చివేసి దానికి బదులుగా సరిగ్గా ఉన్న ప్రశ్నపత్రాన్ని తీసుకోండి. తదనంతరం ప్రశ్నపత్రము మార్చబడదు అదనపు సమయం ఇవ్వబడదు.
  - పై విధంగా పరిచూసుకొన్న తర్వాత ప్రశ్నపత్రం సంఖ్యను **OMR** పత్రము పై అదేవిధంగా **OMR** పత్రము సంఖ్యను ఈ ప్రశ్నపత్రము పై నిర్దిష్టస్థలంలో రాయవలెను.
- ప్రతి ప్రశ్నకు నాలుగు ప్రత్యామ్నాయ ప్రతిస్పందనలు (A), (B), (C) మరియు (D) లుగా ఇవ్వబడ్డాయి. ప్రతి ప్రశ్నకు సరైన ప్రతిస్పందనను ఎన్నుకొని కింద తెలిపిన విధంగా **OMR** పత్రములో ప్రతి ప్రశ్నా సంఖ్యకు ఇవ్వబడిన నాలుగు వృత్తాల్లో సరైన ప్రతిస్పందనను సూచించే వృత్తాన్ని బాల్ పాయింట్ పెన్ తో కింద తెలిపిన విధంగా పూరించాలి.  
**ఉదాహరణ :** (A) (B) (C) (D)  
(C) సరైన ప్రతిస్పందన అయితే
- ప్రశ్నలకు ప్రతిస్పందనలను ఈ ప్రశ్నపత్రముతో ఇవ్వబడిన **OMR** పత్రము పైన ఇవ్వబడిన వృత్తాల్లోనే పూరించి గుర్తించాలి. అలాకా సమాధాన పత్రంపై వేరొక చోట గుర్తిస్తే మీ ప్రతిస్పందన మూల్యాంకనం చేయబడదు.
- ప్రశ్న పత్రము లోపల ఇచ్చిన సూచనలను జాగ్రత్తగా చదవండి.
- చిత్తుపనిని ప్రశ్నపత్రము చివర ఇచ్చిన ఖాళీస్థలములో చేయాలి.
- OMR** పత్రము పై నిర్ణీత స్థలంలో సూచించవలసిన వివరాలు తప్పించి ఇతర స్థలంలో మీ గుర్తింపును తెలిపే విధంగా మీ పేరు రాయడం గానీ లేదా ఇతర చిహ్నాలను పెట్టడం గానీ చేసినట్లయితే మీ అనర్హతకు మీరే బాధ్యులవుతారు.
- సరీక్ష ప్రారంభమున తర్వాత మీ ప్రశ్నపత్రాన్ని మరియు **OMR** పత్రాన్ని తప్పనిసరిగా పరిష్కర్యవేక్షకుడికి ఇవ్వాలి. వాటిని సరీక్ష గది బయటకు తీసుకువెళ్లకూడదు.
- నీలి/నల్ల రంగు బాల్ పాయింట్ పెన్ మాత్రమే ఉపయోగించాలి.
- లాగరిథమ్ టేబుల్స్, క్యాలిక్యులేటర్లు, ఎలక్ట్రానిక్ పరికరాలు మొదలగునవి పరీక్షగదిలో ఉపయోగించడం నిషేధం.
- తప్పు సమాధానాలకు మార్కుల తగ్గింపు లేదు.





## PHYSICAL EDUCATION

### Paper – II

1. The Olympic motto Altius means
  - (A) Higher
  - (B) Stronger
  - (C) Faster and Higher
  - (D) Stronger and Higher
2. Endomorph, Mesomorph and Ectomorph body classification was done by
  - (A) Eyesenck      (B) Cattle
  - (C) Sheldon      (D) Kretchmer
3. Challenge thrill and enjoyment are the merits of
  - (A) Competition      (B) Co-operation
  - (C) Recreation      (D) Tradition
4. The biggest white blood cell is
  - (A) Thrombocytes      (B) Melanocytes
  - (C) Monocytes      (D) Erythrocytes
5. The lungs are covered by
  - (A) Pericardium
  - (B) Epimeseum
  - (C) Pleura
  - (D) Dura mater
6. Vector quantity has got
  - (A) only magnitude
  - (B) Direction
  - (C) Both magnitude and direction
  - (D) Neither magnitude nor direction
7. The massage manipulation in which the focus of pressure is moved by the hands over the skin is
  - (A) Petrissage      (B) Tapotement
  - (C) Effleurage      (D) Traction
8. The law of readiness was proposed by
  - (A) Pavlov      (B) Thronldike
  - (C) Spencer      (D) Sigmund Freud
9. The period of stagnation is shown in a learning curve
  - (A) Physical limit      (B) Fluctuation
  - (C) Initial spurt      (D) Plateau
10. The first Asian games were inaugurated by
  - (A) Jawaharlal Nehru
  - (B) Conbertin
  - (C) Rajendra Prasad
  - (D) J.R.D. Tata



11. Which among the following is responsible for obesity ?

- (A) Adipose tissue
- (B) Epithelial tissue
- (C) Non epithelial tissue
- (D) Connective tissue

12. Acquired Immuno Deficiency Syndrome is a

- (A) Disease
- (B) Amino Acid
- (C) Protein
- (D) Pepsin

13. Jumping exercise program develops

- (A) Explosive power
- (B) Maximum strength
- (C) Speed endurance
- (D) Cardio-respiratory endurance

14. Normally the school lesson plan duration is

- (A) 40 minutes
- (B) 30 minutes
- (C) 45 minutes
- (D) 60 minutes

15. Matching Item :

Match Rajiv Khel Ratna Awardees with their events.

**List – I**

**List – II**

- |                      |               |
|----------------------|---------------|
| I. Dhana Raj Pillai  | 1. Cricket    |
| II. Leandar Paes     | 2. Chess      |
| III. Viswanath Anand | 3. Volleyball |
| IV. Sachin Tendulker | 4. Tennis     |
|                      | 5. Hockey     |

**Code :**

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

16. Match the venue with year conducted Olympic games

**List – I**

**List – II**

- |                |         |
|----------------|---------|
| I. Berlin      | 1. 1968 |
| II. Mexico     | 2. 1976 |
| III. Montreal  | 3. 1984 |
| IV. Los Angels | 4. 1960 |
|                | 5. 1936 |

**Code :**

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

17. Match the following :

**List – I**

**List – II**

- |             |                 |
|-------------|-----------------|
| I. Lungs    | 1. Pleura       |
| II. Alveoli | 2. Gas exchange |
| III. Nose   | 3. Larynx       |
| IV. Trachea | 4. Wind pipe    |
|             | 5. Vomer bone   |

**Code :**

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



18. Match the following

| List-I                             | List-II   |
|------------------------------------|---|
| I. Couple                          | 1. Inertia  |
| II. Spin                           | 2. Torque   |
| III. I <sup>st</sup> Law of motion | 3. Two forces in opposite direction at different points |
| IV. Moments of force               | 4. Magnus force   |
|                                    | 5. Angle of pull  |

Code :

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

19. Match the following :

| List-I        | List-II                        |
|---------------|--------------------------------|
| I. Anxiety    | 1. Rational emotional reaction |
| II. Agression | 2. Feeling pleasure            |
| III. Stress   | 3. Imposed and event related   |
| IV. Fear      | 4. Infliction of harm          |
|               | 5. Anticipation of danger      |

Code :

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

20. Match the following List I with List II :

| List-I                  | List-II                                    |
|-------------------------|--|
| I. Esteem needs         | 1. Primary needs of organism               |
| II. Social needs        | 2. Protection and security                 |
| III. Safety needs       | 3. Needs to think about fellow human being |
| IV. Physiological needs | 4. Selfish and egoistic                    |
|                         | 5. Agressive and criminal                  |

Code :

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

21. Match the sports sciences and their study given under List I and List II

| List-I                   | List-II   |
|--------------------------|---|
| I. Psychology            | 1. Functions of the body in relation to exercise        |
| II. Biomechanics         | 2. Application of mechanical principles                 |
| III. Exercise Physiology | 3. Behaviour  |
| IV. Sports Management    | 4. Organisation and administration of sports activities |
|                          | 5. Study of Bones and Muscles                           |

Code :

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



22. Match the name of the person with the test invented

| List – I             | List – II                     |
|----------------------|-------------------------------|
| I. Charles Mecloy    | 1. Athletic ability test      |
| II. Frederic W.Cozen | 2. General motor ability test |
| III. E. Kretchmer    | 3. Anthropometric test        |
| IV. Edward Hitchok   | 4. Body types                 |
|                      | 5. Motor educability test     |

Code :

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

23. Match the following tests with their aim of measuring variable

| List – I                | List – II                       |
|-------------------------|---------------------------------|
| I. 50 mtr run           | 1. Cardio-respiratory endurance |
| II. Sit-ups             | 2. Explosive power              |
| III. Vertical Jump      | 3. Speed                        |
| IV. 12 minutes run/walk | 4. Strength Endurance           |

Code :

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

24. Match the following :

| List – I                | List – II           |
|-------------------------|---------------------|
| I. Reliability          | 1. Historical study |
| II. Level of confidence | 2. Test and Re-test |
| III. Past, vents        | 3. Case study       |
| IV. Survey study        | 4. 0.05             |
|                         | 5. Questionnaire    |

Code :

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

25. Which of the following are the objectives of physical education ?

- Organic Development
- Neuromuscular Development
- Economic Development
- Emotional Development

- (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



**26.** Anatomical age of the human being is assessed by

- I. Age in years
- II. Ossification of bones
- III. Stages of dentition
- IV. Days and Months

- (A) I and II are correct
- (B) I and III are correct
- (C) II and III are correct
- (D) I and IV are correct

**27.** The pharmacological agents used as ergogenic aids are

- I. Amphetamine
- II. Beta Blockers
- III. Blood Doping
- IV. Diuretics

- (A) I, II and III are correct
- (B) I, II and IV are correct
- (C) II, III and IV are correct
- (D) I, III and IV are correct

**28.** The possible movements of the elbow joints are

- I. Flexion
- II. Extension
- III. Circumduction
- IV. Abduction

- (A) I and II are correct
- (B) I and III are correct
- (C) II and III are correct
- (D) I, II and III are correct

**29.** The psychological factors that effect sports performance

- I. Fatigue
- II. Stress
- III. Anxiety
- IV. Aggression

- (A) I, II and III are correct
- (B) II, III and IV are correct
- (C) I, II and IV are correct
- (D) II, III and I are correct

**30.** Which of the following variables have least influence on motivation in sports ?

- I. Sex
- II. Age
- III. Complexion
- IV. Religion

- (A) I and III are correct
- (B) II and III are correct
- (C) IV and I are correct
- (D) III and IV are correct

**31.** Name the two institutions of physical education and sports which came under SNIPES

- I. YMCA College of Physical Education
- II. LCPE
- III. HVP Mandal
- IV. NSNIS Patiala

- (A) I and III are correct
- (B) II and I are correct
- (C) II and IV are correct
- (D) III and IV are correct



**32.** The power of resistance to the body is obtained through

- I. Typhus
  - II. Tetanus
  - III. Natural immunity
  - IV. Acquired immunity
- (A) I and II are correct  
(B) I and III are correct  
(C) I and IV are correct  
(D) III and IV are correct

**33.** The tournament in which one team will play against all teams

- I. Seeding
  - II. Round Robin
  - III. Knock-out
  - IV. League
- (A) I and IV are correct  
(B) I, II and III are correct  
(C) II and IV are correct  
(D) I, II and IV are correct

**34.** Items come under delimitations

- I. Diet habits
  - II. Number of subjects
  - III. Number of groups
  - IV. Age groups
- (A) II, III and IV are correct  
(B) I, III and V are correct  
(C) I, II and III are correct  
(D) I, II and IV are correct

**35.** Identify the stages of development of human being in order

- (A) Infancy, Childhood, Adolescence, Adulthood  
(B) Infancy, Childhood, Adulthood, Adolescence  
(C) Childhood, Adulthood, Infancy, Adolescence  
(D) Infancy, Adulthood, Childhood, Adolescence

**36.** Arrange the following events in order that occur during muscular contraction as per sliding filament theory. Use the code given below.

- I. Excitation
- II. Relaxation
- III. Contraction
- IV. Coupling

**Code :**

- (A) I, IV, III, II      (B) I, III, IV, II  
(C) IV, III, II, I      (D) I, II, IV, III



**37.** Arrange sequentially the following according to grade of mobility

- (A) Synarthrosis, Amphiarthrosis, Diarthroses
- (B) Synarthrosis, Diarthroses, Amphiarthrosis
- (C) Amphiarthrosis, Synarthrosis, Diarthroses,
- (D) Diarthroses, Synarthrosis, Amphiarthrosis

**38.** Arrange the following as per the sequence

- (A) Law of acceleration, Law of reaction, Law of inertia
- (B) Law of reaction, Law of inertia, Law of acceleration
- (C) Law of inertia, Law of acceleration, Law of reaction
- (D) Law of acceleration, Law of inertia, Law of reaction

**39.** Arrange the learning curve stages in sequence

- (A) Plateau, Initial spurt, Physical limit, Fluctuation
- (B) Initial spurt, Plateau, Fluctuation, Physical limit
- (C) Physical limit, Fluctuation, Plateau, Initial spurt
- (D) Fluctuation, Physical limit, Initial spurt, Plateau

**40.** Arrange the training seasons in order

- I. Mid season
- II. Early season
- III. Competitive season
- IV. Off season

- (A) II, I, III, IV      (B) II, I, IV, III
- (C) I, II, III, IV      (D) I, II, IV, III

**41.** Arrange the events of heptathlon in the first day competition

- I. High Jump
- II. 100 mts Hurdles
- III. 200 mts race
- IV. Shot put

- (A) I, IV, III, II      (B) II, I, IV, III
- (C) II, I, III, IV      (D) I, II, IV, III

**42.** Arrange the steps to be followed in the computation of rank order correlation

I.  $1 - \frac{6\sum D^2}{N(N^2 - 1)}$

- II. Difference between ranks
- III. Conversion of data into rank
- IV. Squared differences

- (A) II, III, IV, I      (B) I, II, III, IV
- (C) II, III, I, IV      (D) III, II, IV, I



**Assertion and Reasoning :**

**43. Assertion :** The relationships between personality traits and physique were consistent with common cultural stereo type.

**Reasoning :** Fat individuals are said to be slow in reacting to love, eating and to be socially relaxed and greedy.

- (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

**44. Assertion (A) :** Using drugs in sports enhance the performance.

**Reasoning (R) :** Using drugs in sports is unethical and harmful to health.

- (A) (A) is false and (R) is true
- (B) Both (A) and (R) are true
- (C) Both (A) and (R) are false
- (D) (A) is true and (R) is false

**45. Assertion (A) :** Rest between heats running events is mandatory in a standard athletic meet.

**Reason (R) :** Rest between heats helps the athletes to regenerate energy.

- (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

**46. Assertion (A) :** Standard test is valid, reliable and objective.

**Reason (R) :** University examinations are standard tests.

- (A) Both (A) and (R) are wrong
- (B) (A) is wrong but (R) is right
- (C) (A) is correct but (R) is wrong
- (D) Both (A) and (R) are right



**Question No. 47 to 50 :**

Inspiration is an active process involving the diaphragm and the external intercostal muscles. The ribs and sternum are moved by the external intercostal muscles. The ribs swing up and out. The sternum swings up and forward. At the same time, the diaphragm contracts, flattening down toward the abdomen. These action expand all three dimensions of the thoracic cage. When the lungs are expanded, the air within them has more space to fill, so the pressure within the lungs, decreases. As a result, the pressure in the lungs, intrapulmonary pressure is less than the pressure of the air outside the body. Because the respiratory tract is open to the outside, air rushes into the lungs to reduce this pressure difference. Thus air is brought into the lungs during inspiration.

Expiration is a passive process involving relaxation. As the diaphragm relaxes, it returns to normal upward arched position. As the external intercostal muscle relax, the ribs and sternum lower back into their resting position. This increases the pressure in the thorax, so air is forced out of the lungs. Thus expiration takes place.

47. When the lung space is increased, the pressure within the lungs
- (A) Decreases
  - (B) Increases
  - (C) Do not change
  - (D) None of the above
48. The process of expiration is
- (A) Active process
  - (B) Passive process
  - (C) Neutral process
  - (D) None of the above
49. In the process of exhalation an increase of pressure in the thorax takes place due to
- (A) Relaxation of diaphragm
  - (B) Relaxation of intercostal muscles
  - (C) Ribs, sternum and lower back
  - (D) All of the above
50. The movement of ribs and sternum will be done by the
- (A) External intercostal muscle
  - (B) Pectoralis major
  - (C) Deltoid
  - (D) None of the above



Space for Rough Work