

# SAMPLE Question Paper

# 1

Maximum Marks: 200

Time : 45 Minutes

## General Instructions :

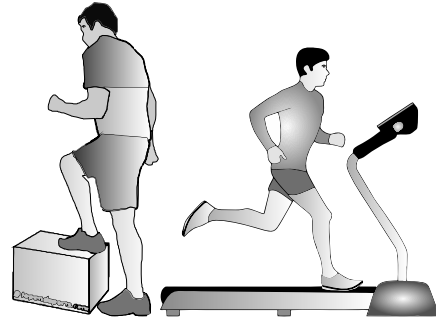
- (i) This paper consists of 50 MCQs, attempt any 40 out of 50
- (ii) Correct answer or the most appropriate answer: Five marks (+5)
- (iii) Any incorrect option marked will be given minus one mark (-1)
- (iv) Unanswered/Marked for Review will be given no mark (0)
- (v) If more than one option is found to be correct then Five marks (+5) will be awarded to only those who have marked any of the correct options
- (vi) If all options are found to be correct then Five marks (+5) will be awarded to all those who have attempted the question.
- (vii) Calculator / any electronic gadgets are not permitted.

1. Which of the following is the objective of Health education?
  - (1) Awareness interest adoption
  - (2) Improve the health of the individual and community level
  - (3) Interest participation and reinforcement
  - (4) Evaluation, motivation and implementation
2. Soft tissue injury is related to:
  - (1) Bones
  - (2) Muscles
  - (3) Dislocation
  - (4) None of these
3. Which of these abilities is not gained through sports and games?
  - (1) Endurance
  - (2) Reasoning
  - (3) Flexibility
  - (4) Strength
4. Fartlek Training was developed in
  - (1) Sweden
  - (2) USA
  - (3) India
  - (4) UK
5. Which of these sports institutions was renamed as Netaji Subhash National Institute of Sports?
  - (1) YMCA
  - (2) NIS
  - (3) IOA
  - (4) SAI
6. Which of these is also known as round robin tournament?
  - (1) League
  - (2) Consolation
  - (3) Combination
  - (4) Challenge
7. Rock port one mile test is conducted to measure
  - (1) Cardio vascular fitness
  - (2) Senior citizen's fitness
  - (3) Vital capacity
  - (4) Muscular strength
8. \_\_\_\_\_ is the field in sports science that applies laws of mechanics and physics to human performance.
  - (1) Biomechanics
  - (2) Force
  - (3) Dynamics
  - (4) Speed
9. A person having both traits of introvert and extrovert is known as?
  - (1) Mesomorph
  - (2) Extrovert
  - (3) Ambivert
  - (4) Endomorph
10. Cleanliness, physical exercise, rest and sleep are a part of \_\_\_\_\_.
  - (1) Hygiene
  - (2) Social hygiene
  - (3) Personal hygiene
  - (4) None of the above
11. Dislocation is related to:
  - (1) Bone injury
  - (2) Skin injury
  - (3) Muscular injury
  - (4) Joint injuries
12. Which of these is not an innate trait?
  - (1) Helpfulness
  - (2) Team Spirit
  - (3) Speed
  - (4) Unity
13. .... exercises have no direct movement.
  - (1) Isotonic
  - (2) Isometric
  - (3) Isokinetic
  - (4) Sports Specific
14. When was NSNIS constituted?
  - (1) 1947
  - (2) 1961
  - (3) 1972
  - (4) 1996
15. In which method, no bye is given?
  - (1) Staircase
  - (2) League
  - (3) None of these
  - (4) Combination
16. AAHPERD General Fitness test consists of:
  - (1) Pull-Ups (Boys)
  - (2) Sit-Ups (Flexed Leg), Boys and Girls

- (3) Shuttle Run (Boys and Girls)  
(4) All of these
- 17.** Hinge joints, such as at the knee and elbow, allow the movement such as \_\_\_\_\_.  
(1) Abduction (2) Adduction  
(3) Flexion & Extension (4) All of the above
- 18.** Which of these is not a dimension of personality?  
(1) Physical (2) Chemical  
(3) Intellectual (4) Emotional
- 19.** Motivation to the people in changing health behavior is:  
(1) Incentives (2) Counseling  
(3) Education (4) All of these
- 20.** Fracture where a part of broken bone enters another bone:  
(1) Simple fracture (2) Compound fracture  
(3) Impacted fracture (4) Green stick fracture
- 21.** Through the programmes of physical education and sports, we can attain ..... upto some extent if not completely.  
(1) strength (2) endurance  
(3) national integrity (4) all of these
- 22.** Who is credited for developing and popularising Continuous training method?  
(1) Woldemar Gerschler (2) Dr. Hans Reindell  
(3) Dr. Ernst Van Aaken (4) Dr. Grey Anan
- 23.** Occupational therapists are also called  
(1) Assistant professors  
(2) Inspectors  
(3) Paramilitary officers  
(4) Counsellors
- 24.** The primary goal of intramural competition is  
(1) To provide opportunity for mass participation of students.  
(2) To participate in inter-school competition  
(3) To provide intra-school competition  
(4) All of the above
- 25.** Which of the following is not a spinal curvature deformity?  
(1) Kyphosis (2) Scoliosis  
(3) Lordosis (4) Flatfoot
- 26.** When a bone is bent with mild cracking, the bone does not break completely is known as which kind of fracture?  
(1) Greenstick fracture  
(2) Comminuted fracture  
(3) Impacted fracture  
(4) Transverse fracture
- 27.** Which of these social traits is not developed through sports?  
(1) Friendship (2) Helpfulness  
(3) Tolerance (4) Endurance
- 28.** Which of these is not used for warming-up?  
(1) Water (2) Jelly  
(3) Massage (4) Hot drinks
- 29.** SAI conducts ..... on a pan India basis.  
(1) National Day for Physical Education  
(2) National Physical Education Mela  
(3) National Health Fair  
(4) National Physical Health Function
- 30.** League-cum-Knock Out Tournament is a part of which Tournament?  
(1) Knock Out (2) Round Robin  
(3) Combination (4) Consolation
- 31.** Back scratch test is used to measure  
(1) Overall Speed  
(2) Upper body Flexibility  
(3) Lower body Power  
(4) Whole body Movement
- 32.** Flexion refers to a movement that \_\_\_\_\_ the angle between two body parts.  
(1) increases (2) decreases  
(3) does not change (4) changes invariably
- 33.** Emotional Aggression is also called \_\_\_\_\_ aggression.  
(1) repulsive (2) expulsive  
(3) monopulsive (4) impulsive
- 34. Assertion (A):** Regular exercise and training prevent the accumulation of fat in the body.  
**Reason (R):** With a decrease in the rate of metabolism due to exercise, the calories are burnt at a slower rate.  
(1) Both A and R are true and R is the correct explanation of A.  
(2) Both A and R are true but R is not the correct explanation of A.  
(3) A is true but R is false.  
(4) A is false but R is true.
- 35. Assertion (A):** Sports and games provide a number of ways for social development of an individual.  
**Reason (R):** Through games and sports, the players who belong to a particular community or region, come closer to one another.  
(1) Both A and R are true and R is the correct explanation of A.  
(2) Both A and R are true but R is not the correct explanation of A.  
(3) A is true but R is false.  
(4) A is false but R is true.
- 36.** Which of these is a limitation of circuit training?  
(1) Too easy to learn for the trainees  
(2) Appropriate to most sports  
(3) Involves specialised equipment  
(4) Practiced indoors as well as outdoors
- 37.** Which is not a cause of cognitive disability?  
(1) Head injury (2) Dementia  
(3) Alzheimer's disease (4) Asthma
- 38.** Over stretching of ligament cause:  
(1) Strain (2) Sprain  
(3) Contusion (4) Bruises

39. Which of these is NOT a perceptual ability of an individual?  
 (1) Vision (2) Tactile sensation  
 (3) Balance (4) Reflex
40. In ..... training method, different exercises are so planned as to relax athletes while doing continuous exercise.  
 (1) Circuit (2) Continuous  
 (3) Fartlek (4) Interval
41. .... teacher teaches health education.  
 (1) Occupational (2) Physical Education  
 (3) Assistant (4) All of these
42. Sack race and kho-kho are included in which type of programme if organise in school with same school students?  
 (1) Intramurals (2) Extramurals  
 (3) Run for health (4) Run for fun
43. Which of these is a registered society constituted by Government of India?  
 (1) SAI (2) NIS  
 (3) IOA (4) None of these
44. What is the formula to determine number of matches in league fixture for even number of teams?  
 (1)  $N + \frac{1}{2}$  (2)  $N - \frac{1}{2}$   
 (3)  $N(N-1)/2$  (4)  $N(N+1)/2$
45. The Olympic games were started in 1896 by endeavours of .....  
 (1) Jesse Owens (2) Socrates  
 (3) Adolf Hitler (4) Pierre de Coubertin

Read the passage and answer the questions that follow by choosing the correct option:



46. Both the tests shown in the picture are conducted to check \_\_\_\_\_ fitness.  
 (1) Muscular (2) Skeletal  
 (3) Cardiovascular (4) Respiratory
47. The height of the bench used in the first picture is \_\_\_\_\_ cm for women.  
 (1) 45 (2) 50  
 (3) 40 (4) 55
48. The test shown in the first picture was developed by  
 (1) Coubertin (2) Brouha  
 (3) Sheldon (4) James
49. The name of the test shown in the second picture is  
 (1) Rikli & Jones test (2) Harvard Step test  
 (3) Rockport test (4) Barrow test
50. How many times pulse rates are taken to estimate the fitness level  
 (1) 3 (2) 2  
 (3) 5 (4) 4

□□□

# SOLUTIONS OF Question Paper

# 1

1. Option (2) is correct.

*Explanation:* The ultimate goal of health education is to improve the health of the individual and community level. Reduce the incidence of disease, disabilities and deaths.

2. Option (2) is correct.

*Explanation:* Muscles are related to soft tissue. The most common soft tissue injuries are of muscles, tendons and ligament. Contusion strain, sprain are some examples of soft tissue injuries.

3. Option (2) is correct.

*Explanation:* Reasoning is a theoretical and analytical skill. It cannot be completely gained through sports and games. Reasoning ability refers to the power and effectiveness of the processes and strategies used in drawing inferences, reaching conclusions, arriving at solutions, and making decisions based on available evidences.

4. Option (1) is correct.

*Explanation:* Fartlek is a Swedish term which means 'Speed Play' and has been used by distance runners for years.

5. Option (2) is correct.

*Explanation:* : NIS (National Institute of Sports) was constituted in 1961 and was renamed as NSNIS in 1973.

6. Option (1) is correct.

*Explanation:* League tournament is also known as Round-robin tournament in which each team plays once or twice with every other participating teams.

7. Option (1) is correct.

*Explanation:* The objective of this test is to monitor the development of the athletes VO<sub>2</sub> max i.e., maximum amount of oxygen a person utilize during intense exercise.

8. Option (1) is correct.

*Explanation:* To have a better understanding of performance in physical activity, application of biomechanics is done.

9. Option (3) is correct.

*Explanation:* : Ambiverts are the persons having traits of both introverts and extroverts.

10. Option (3) is correct.

*Explanation:* Personal hygiene is how you care for your body. This practice includes bathing, washing your hands, brushing your teeth, and more.

11. Option (4) is correct.

*Explanation:* Dislocation is a condition that happens when the bones of a joint are knocked out of place.

12. Option (3) is correct.

*Explanation:* Speed is not an innate trait and can be acquired through proper training.

13. Option (2) is correct.

*Explanation:* During isometric exercises, the muscle doesn't noticeably change length and the affected joint doesn't move. Isometric exercises help to maintain strength.

14. Option (2) is correct.

*Explanation:* NSNIS stands for Netaji Subhash National Institute of Sports established by the government of India on 7<sup>th</sup> May, 1961.

15. Option (1) is correct.

*Explanation:* In Staircase method, each team competes with every other team playing the tournament once. So, no team is given a chance to move to the next round without playing the initial round.

16. Option (4) is correct.

*Explanation:* AAHPERD General Fitness Test consists of Pull-ups (for boys ) or flexed arm hangs (for girls), Sit ups to a maximum of 50 (for girls) and 100 (for boys), Shuttle Run, Standing Broad Jump, 50-yard dash, Six-hundred-yard run/walk and Softball throw for distance.

17. Option (4) is correct.

*Explanation:* Flexion refers to a movement that decreases the angle between two body parts. Extension refers to a movement that increases the angle between two body parts. Abduction is a

movement away from midline – just as abducting someone is to take them away. Adduction is a movement towards the midline.

**18. Option (2) is correct.**

*Explanation:* Dimensions of personality include physical (related to physique, outer appearance, height face, etc), Emotional and intellectual abilities, strength are related to mental dimension.

**19. Option (4) is correct.**

*Explanation:* All the factors plays important role to motivate people towards health behavior.

**20. Option (3) is correct.**

*Explanation:* In impacted fracture, a piece of bone may impact another bone when it fractures.

**21. Option (4) is correct.**

*Explanation:* Through sports and games, we come closer, meet together, share ideas and integrate as a team. Physical Education and sports helps in to attain Strength, Endurance and National integrity.

**22. Option (3) is correct.**

*Explanation:* Dr. Ernst Van Aaken, a German physician and coach, is credited with introducing and popularizing this system of training.

**23. Option (4) is correct.**

*Explanation:* Occupational therapists are also called counsellors.

**24. Option (1) is correct.**

*Explanation:* Intramurals are organised to ensure maximum participation of students within the institution and help them in nurturing their hidden talents.

**25. Option (4) is correct.**

*Explanation:* Flatfoot, is a condition where one or both feet have little to no arch. It's a foot deformity.

**26. Option (1) is correct.**

*Explanation:* Greenstick is a fracture in which the bone is bent, but not broken all the way through. A buckle fracture results from compression of two bones driven into each other.

**27. Option (4) is correct.**

*Explanation:* Endurance is developed through physical education and sports but it is not a social trait.

**28. Option (2) is correct.**

*Explanation:* Warming up with water includes taking shower, swimming, etc. Warming up with massage is usually done in wrestling. Warming up with hot drinks includes beverages like tea, coffee, etc.

**29. Option (4) is correct.**

*Explanation:* Under National Physical Health scheme, the focus is on the healthcare of all the people.

**30. Option (3) is correct.**

*Explanation:* League-cum-Knock Out Tournament combines the best features of both league tournaments and knock out tournaments. So, it is a part of Combination Tournament.

**31. Option (2) is correct.**

*Explanation:* Back Scratch test measures upper arm and shoulder girdle flexibility.

**32. Option (2) is correct.**

*Explanation:* Extension refers to a movement that increases the angle between two body parts whereas flexion is the movement where the angle decreases.

**33. Option (4) is correct.**

*Explanation:* Emotional aggression is also known as impulsive aggression.

**34. Option (3) is correct.**

*Explanation:* With an increase in the rate of metabolism due to exercise, the calories are burnt at a faster rate.

**35. Option (3) is correct.**

*Explanation:* Through games and sports, the players who belong to different places, communities and regions, come closer to one another.

**36. Option (3) is correct.**

*Explanation:* Rest all are advantages or benefits of circuit training.

**37. Option (4) is correct.**

*Explanation:* Asthma is a respiratory disease and it is not related to cognitive disability.

**38. Option (2) is correct.**

*Explanation:* A sprain is a stretching or tearing of ligaments—the tough bands of fibrous tissue that connect two bones together in your joints.

**39. Option (4) is correct.**

*Explanation:* Reflex is a responsive ability and not a perceptual ability of an individual.

**40. Option (3) is correct.**

*Explanation:* Fartlek Training Method is a combination of interval training and continuous training.

**41. Option (2) is correct.**

*Explanation:* Physical education teacher teaches health education and physical education in the schools. Coaching of different games and sports is also one of the duties of physical education teacher in schools. Apart from this, the physical education teacher has the responsibility for monitoring of students, lunch, hall, attending faculty and parent-teacher conferences, organising annual sports, etc.

**42. Option (1) is correct.**

*Explanation:* Intramural sports are recreational sports organized within a particular institution, usually an educational institution.

**43. Option (1) is correct.**

*Explanation:* The Sports Authority of India is a registered society constituted by the Government of India in 1984.

**44. Option (3) is correct.**

*Explanation:* : Here n is the number of teams competing in the tournament.

**45. Option (4) is correct.**

*Explanation:* He was a Frenchman who revived the Ancient Olympics and named them as Modern Olympics.

**46. Option (3) is correct.**

*Explanation:* The tests shown in the picture are Harvard Step Test and Rockport One Mile Test which are used to check cardiovascular fitness.

**47. Option (3) is correct.**

*Explanation:* The height of the bench used for men is 20 inches or 50 cm and for women is 16 inches or 40 cm.

**48. Option (2) is correct.**

*Explanation:* The Harvard Step Test was developed by Brouha in 1943.

**49. Option (3) is correct.**

*Explanation:* The second picture shows rockport one mile test.

**50. Option (1) is correct.**

*Explanation:* In the long form of the Harvard Step test, the pulse is taken on three occasions: 1 minute after exercise (1 to 1.5 minutes), 2 minutes after exercise (2 to 2.5 minutes) and 3 minutes after exercise (3 to 3.5 minutes).