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1. What is the number of time-outs allowed to a team in a soccer match?
 (A) One for each team
 (B) Two for each team
 (C) Two in all
 (D) None
2. The periods for which the wind velocity shall be measured from the flash/smoke of the starter's gun in 100 M sprint is.
 (A) 9 Seconds
 (B) 10 seconds
 (C) 11 Seconds
 (D) 12 Seconds
3. The degree to which a test measures what it intends to measure is known as
 (A) Objectivity
 (B) Reliability
 (C) Validity
 (D) Subjectivity
4. Which of the following doesn't denote test?
 (A) Experiment
 (B) Instrument
 (C) Tool
 (D) Technique
5. Assertion (A): The goal of summative assessment is to *evaluate student learning* at the end of an instructional unit by comparing it against some standard or benchmark.
 Reason (R): Summative assessment help students identify their strengths and weaknesses and target areas that need work.
Codes:
 (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.
6. Which of the following items is not part of Barrow General Motor Ability Test?
 (A) Standing Broad jump
 (B) Zig-zag Run
 (C) Medicine Ball Put
 (D) 50 Mts Dash
7. Which of the following training cycle lasted for a week?
 (A) Macro-cycle
 (B) Meso-cycle
 (C) Mini-cycle
 (D) Micro-cycle
8. Which of the following is not a principle of training?
 (A) Principle of overtraining
 (B) Principle of adaptation
 (C) Principle of overload
 (D) Principle of specificity
9. Which of the following is good method of teaching?
 (A) Lecture and dictation
 (B) Seminar and Project
 (C) Seminar and Dictation
 (D) Dictation and Assignment
10. The purpose of a warm-up is to prepare your body for
 (A) Increase body temperature
 (B) Increase heart rate and breathing rate
 (C) Mentally prepare for exercise
 (D) All the above
11. The action of Latismus dorsi muscle is to.
 (A) Adduct the arm
 (B) Extend the arm
 (C) Rotate the arm
 (D) All the above
- Handwritten note: *only 1 series - A*

SEAL

12. The Triceps Brachii (Lateral Head) muscle originates from the _____ and inserts in the _____.
- (A) Humerus / Ulna
 (B) Humerus / Radius
 (C) Scapula / Humerus
 (D) None of above
13. The location of the Muscle's insertion and origin can determine
- (A) Action
 (B) Force of contraction
 (C) Muscle name
 (D) The load a muscle can carry
14. Which of the following terms would be used in the name of a muscle that moves the leg away from the body?
- (A) Flexor
 (B) Adductor
 (C) Extensor
 (D) Abductor
15. In 2nd Class Lever
- (A) Fulcrum lies between the weight and force
 (B) Weight lies between the fulcrum and force
 (C) Force lies between the fulcrum and weight
 (D) Both (A) & (B)
16. Linear Motion is also known as
- (A) Trans-migratory motion
 (B) Transformational motion
 (C) Translator motion
 (D) Transcriptional motion
17. Acceleration is defined as change in an object's
- (A) Position
 (B) Direction
 (C) Velocity
 (D) Movement
18. Acceleration due to Gravity on earth surface is
- (A) 9.8 m/s^2
 (B) 8.9 m/s^2
 (C) 10.2 m/s^2
 (D) None of above
19. Heart muscle is also known as
- (A) Skeletal Muscle
 (B) Smooth Muscle
 (C) Cardiac Muscle
 (D) All the above
20. The basic unit of living organism is
- (A) Tissue
 (B) Cell
 (C) Nucleus
 (D) Ribosome
21. Elbow Joint is an example of
- (A) Hinge Joint
 (B) Gliding Joint
 (C) Ball and Socket Joint
 (D) None of above
22. The longest bone in the human body is
- (A) Humerus
 (B) Tibia
 (C) Fibula
 (D) Femur
23. While the birth-place of Red Blood Cells in the body is bone marrow, their graveyard is
- (A) Liver
 (B) Small intestine
 (C) Kidney
 (D) Spleen
24. By which of the following instruments is the vital capacity measured?
- (A) Sphygmo-manometer
 (B) Gonio-meter
 (C) Spiro-meter
 (D) Dynamo-meter
25. Which of the following is responsible for stimulation of the heart to contract and beat?
- (A) Spinal nod
 (B) Vagus nerve
 (C) Medulla oblongata
 (D) S.A. node

26. The part of the nervous system found inside the hard body cases (cranium and back bone) is called as
- Central Nervous system
 - Peripheral Nervous system
 - Somatic Nervous system
 - Autonomic Nervous system
27. The digestion of carbohydrate starts from
- Stomach
 - Small Intestine
 - Mouth
 - Liver
28. Which of the following one is the correct sequence of digestion?
- Absorption> ingestion>digestion>elimination
 - Absorption>digestion> ingestion>elimination
 - Ingestion>absorption>digestion>elimination
 - Ingestion>digestion>absorption>elimination
29. Which of the following is not a function of the urinary system?
- removal of waste products from the bloodstream
 - storage and excretion of urine
 - regulation of leukocyte and platelet production
 - regulation of blood volume and, indirectly, blood pressure
30. All of the following structures are components of the urinary system except
- kidneys
 - ureters
 - urethra
 - gallbladder
31. Which of the following philosophies of physical education is also known as experimentation?
- Existentialism
 - Pragmatism
 - Realism
 - Eclecticism
32. Which of the following is/are the objective of physical education?
- Emotional Development
 - Interpretative development
 - Physical Development
 - All the above
33. Match the braches of philosophies and their focuses
- Metaphysics
 - Epistemology
 - Logic
 - Axiology
- Nature of Reality
 - Systematic and orderly reasoning
 - Nature of knowledge and method of obtaining knowledge
 - Aim and values of society
- a1, b2, c4 and d3
 - a1, b3, c2 and d4
 - a3, b4, c1 and d2
 - a3, b2, c4 and d1
34. "Physical Education is an internal part of the total education process and has as its aim the development of physically, mentally, emotionally, and socially fit citizen through the medium of physical activities which have been selected with a view to realizing these outcomes". Who gave this definition?
- H. C. Buck
 - Mahatma Gandhi
 - Charles Bucher
 - None of above
35. Who first discovered by accident and described the process of classical conditioning?
- John Watson
 - B.F. Skinner
 - Ivan Pavlov
 - E. L. Thorndike

36. In the acquisition of sports skills, transfer-effects are the highest when
- Learners are highly motivated
 - Learners' attention-span is wider but controlled
 - Elements in two skills are very compatible
 - Learners are well matured.
37. Person's effort to master a task, achieve excellence, overcome obstacles, perform better than other and take pride in exercising talent is called
- Competitiveness
 - Assertive behavior
 - Drive
 - Achievement Motivation
38. Which of the following is not part of Hollander's Personality Structure?
- Moral consciences
 - Role related behavior
 - Typical responses
 - Psychological core
39. Given below are two statements: Assertion (A) and Reason (R). Indicate your answer using code below.
- Assertion (A): Greek ideal stressed the unity of mind, body and spirit.
- Reason (R): Greek education encompassed both intellectual and physical development.
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40. During the ancient Rome period the objective of physical education was
- Physical Development
 - Emotional Development
 - Interpretative development
 - All the above
41. Who has played an instrumental role in founding of the American Association for the Advancement of Physical Education in 1885?
- William Anderson
 - Charles Beck
 - Edward Hitchcock
 - Dudley Sargent
42. From which country the Martial Art was originated?
- China
 - India
 - Japan
 - Korea
43. The festival of Ancient Olympic Games were held in the honor of God
- Apollo
 - Ares
 - Hephaestus
 - Zeus
44. Which of the following events was/were not part of Rio Olympics 2016?
- Squash
 - Fencing
 - Golf
 - Slalom
45. Commonwealth Games (2018), is officially known as the
- XIX Commonwealth Games
 - XX Commonwealth Games
 - XXI Commonwealth Games
 - XXII Commonwealth Games
46. First Asian Games in Delhi was held in
- 1951
 - 1952
 - 1953
 - 1954
47. Which of the following is not a search engine?
- Yahoo
 - Bing
 - Chrome
 - All the above

48. Which of the following is not a browser?
 (A) Internet Explorer
 (B) Firefox
 (C) Opera mini
 (D) Google
49. Find the binary equivalent of 26
 (A) 11010
 (B) 10110
 (C) 01011
 (D) 10101
50. Given below are two statements: Assertion (A) and Reason (R). Indicate your answer using code below.
 Assertion (A): Analogue computer operates by measuring rather than counting.
 Reason (R): Analogue computer handles information as a string of binary number.
- Codes:**
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51. Which of the following statutory bodies regulate the teacher-training courses in India?
 (A) UGC
 (B) NAAC
 (C) NCERT
 (D) NCTE
52. "Khelo India" is the new name of the following scheme
 (A) Rajiv Gandhi KhelAbhiyan
 (B) Pahchantyuvakrida and KhelAbiyan
 (C) Both (A) & (B)
 (D) None of Above
53. Lakshmbai National Institute of Physical Education is located at :
 (A) Patiala
 (B) Trivandrum
 (C) Gwalior
 (D) Delhi
54. Which of the following organizations/committee did late Maharaja Yadavindra Singh of Patiala head?
 (A) Ad hoc Enquiry committee of 1958
 (B) All India Council of Sports
 (C) Central Advisory Board of Physical Education and Recreation
 (D) Raj Kumari Amrit Kaur Coaching Scheme
55. Target heart Rate of the Athlete is calculated by the formula
 (A) $220 - \text{Age of the Athlete} = \text{Target Heart Rate}$
 (B) $220 - \text{Age of the Athlete} \times 100 = \text{Target Heart Rate}$
 (C) $220 - \text{Age of the Athlete} \times 100 / \text{weight of the Athlete} = \text{Target Heart Rate}$
 (D) All the Above
56. Stress fracture is caused due to
 (A) Stress of Competition
 (B) Excessive use of the muscle
 (C) Both (A) & (B)
 (D) None of Above
57. The most common knee injury in soccer game is
 (A) ACL (anterior cruciate ligament)
 (B) MCL (medial collateral ligament)
 (C) PCL (posterior cruciate ligament)
 (D) LCL (lateral collateral ligament)
58. The average rate of respiration of normal adult human is
 (A) 70-72 times per minute
 (B) 14-16 times per minute
 (C) 120 times per minute
 (D) None of above
59. The optimum angle of release for javelin throw in Athletics is
 (A) 45° Angle
 (B) 41°-44° Angle
 (C) 35°-40° Angle
 (D) 25°-34° Angle
60. "Bunny" is the term, used in sports
 (A) Football
 (B) Golf
 (C) Ice-Hockey
 (D) Cricket