

Roll No. 

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(Write Roll Number from left side exactly as in the Admit Card)

<i>Signature of Invigilator</i>
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Question Booklet Series 

<b>X</b>
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**Subject Code : 20**

**PAPER-II**

Question Booklet No.  
(Identical with OMR Answer Sheet Number)

## PHYSICAL EDUCATION

Time : 2 Hours

Maximum Marks: 200

### *Instructions for the Candidates*

1. Write your Roll Number in the space provided on the top of this page as well as on the OMR Sheet provided.
2. At the commencement of the examination, the question booklet will be given to you. In the first 5 minutes, you are requested to open the booklet and verify it:
  - (i) To have access to the Question Booklet, tear off the paper seal on the edge of this cover page.
  - (ii) Faulty booklet, if detected, 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.
  - (iii) Verify whether the Question Booklet No. is identical with OMR Answer Sheet No.; if not, the full set is to be replaced.
  - (iv) After this verification is over, the Question Booklet Series and Question Booklet Number should be entered on the OMR Sheet.
3. This paper consists of One hundred (100) multiple-choice type questions. All the questions are compulsory. Each question carries *two* marks.
4. Each Question has four alternative responses marked: (A) (B) (C) (D) . You have to darken the circle as indicated below on the correct response against each question.  
*Example:* (A) (B) (C) (D) , where (C) is the correct response.
5. Your responses to the questions are to be indicated correctly in the OMR Sheet. If you mark your response at any place other than in the circle in the OMR Sheet, it will not be evaluated.
6. Rough work is to be done at the end of this booklet.
7. If you write your Name, Roll Number, Phone Number or put any mark on any part of the OMR Sheet, except in the space allotted for the relevant entries, which may disclose your identity, or use abusive language or employ any other unfair means, such as change of response by scratching or using white fluid, you will render yourself liable to disqualification.
8. Do not tamper or fold the OMR Sheet in any way. If you do so, your OMR Sheet will not be evaluated.
9. You have to return the Original OMR Sheet to the invigilator at the end of the examination compulsorily and must not carry it with you outside the Examination Hall. You are, however, allowed to carry question booklet and duplicate copy of OMR Sheet after completion of examination.
10. **Use only Black Ball point pen.**
11. **Use of any calculator, mobile phone, electronic devices/gadgets etc. is strictly prohibited.**
12. **There is no negative marks for incorrect answer.**



**PHYSICAL EDUCATION****PAPER II**

1. Given below are two statements, one labelled as *Assertion (A)* and the other labelled as *Reason (R)*:
- Assertion (A)* : Physical Education is an Eclectic Discipline.
- Reason (R)* : Physical Education selects principles from other allied disciplines.
- In the context of the above two statements, which of the following statements is correct?
- (A) Both (A) and (R) are right, but (R) is not the correct explanation of (A).  
(B) Both (A) and (R) are true, and (R) is the correct explanation of (A).  
(C) (A) is true and (R) is false.  
(D) (A) is false and (R) is true.
2. Wellness is a term closely related to
- (A) Physical Education  
(B) Physical Fitness  
(C) Health  
(D) Physiological Fitness
3. The Hockey Wizard Dhyanchand was born on:
- (A) 5th September, 1905  
(B) 28th August, 1906  
(C) 29th August, 1899  
(D) 29th August, 1905
4. At which of the following Olympic Games was the Olympic Oath taken for the first time?
- (A) 1936, Berlin  
(B) 1920, Antwerp  
(C) 1968, Mexico  
(D) 1896, Athens
5. Who among the following is credited with the theory of "Cultural Epoch" or "Recapitulation"?
- (A) G. Stanley Hall  
(B) Charles Darwin  
(C) Herbert Spencer  
(D) Lamark
6. "THE WORLD BENEATH HIS FEET" is a biography of
- (A) Pulela Gopichand  
(B) Nawab Pataudi  
(C) Ajit Wadekar  
(D) Sachin Tendulkar
7. The word Gambit is related to which of the following sports?
- (A) Chess  
(B) Table Tennis  
(C) Polo  
(D) Carom
8. Velodrome is an arena meant for which sporting event?
- (A) Lawn tennis  
(B) Ice Hockey  
(C) Track Cycling  
(D) Formula 1 racing
9. The Range of Points awarded in 'Decathlon' is
- (A) 1 – 1200  
(B) 1 – 1000  
(C) 5 – 1000  
(D) 12000

- 10.** Select the correct option:  
National Fitness Corps was introduced in
- (A) 1965
  - (B) 1966
  - (C) 1967
  - (D) 1968
- 11.** Much of the history of Physical Education in ancient India can be known from the study of
- (A) The Vedas
  - (B) The Upanishads
  - (C) The Hindu Epics-(Ramayana and Mahabharata)
  - (D) The Bible
- 12.** The amount of blood pumped by heart in one beat is called
- (A) Tidal volume
  - (B) Stroke volume
  - (C) Blood volume
  - (D) Residual volume
- 13.** Which is the major inhibitory neurotransmitter in brain?
- (A) Serotonin
  - (B) GABA
  - (C) Dopamine
  - (D) Acetylcholine
- 14.** Given below are two statements, one labelled as *Assertion (A)* and the other as *Reason (R)*:
- Assertion (A)* : Muscle hypertrophy occurs in both type-I and type-II fibers after resistance training programme. However, the type-II fiber appears to undergo a great relative hypertrophy than type-I muscle fiber.
- Reason (R)* : Both type-I and type-II fibers are recruited during maximal contraction but type-II fibre may be related to the greater activation of high threshold limits.
- In the context of the above statements, which of the following is true?
- (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.
- 15.** The two principal contractile proteins found in skeletal muscle are
- (A) actin and troponin
  - (B) actin and myosin
  - (C) troponin and tropomyosin
  - (D) myosin and tropomyosin
- 16.** The energy for all forms of muscle contraction is provided by
- (A) ATP
  - (B) ADP
  - (C) Phosphocreatine
  - (D) Oxidative phosphorylation
- 17.** An expected side effect of creatine supplementation is
- (A) muscle weakness
  - (B) gain in body mass
  - (C) muscle cramps
  - (D) loss of electrolytes

18. Which artery carries the supply of blood towards heart?

- (A) Carotid artery
- (B) Coronary artery
- (C) Pulmonary artery
- (D) Radial artery

19. Select the correct option:

The threshold of neural excitation is

- (A) 11 mv
- (B) 9 mv
- (C) 12 mv
- (D) 10 mv

20. Given below are two statements one of which is Assertion (A) and the other is Reasoning (R):

Assertion (A) : In the lung  $O_2$  and  $CO_2$  exchange take place between capillary and lung alveoli.

Reason (R) : Due to pressure gradient of  $O_2$  and  $CO_2$  between alveoli and capillary  $O_2$  enters and  $CO_2$  leaves the blood vessels.

In the context of above statements, which one of the following is correct?

- (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.

21. Kwashiorkor, a disorder of children is due to

- (A) Protein/essential amino acid deficiency
- (B) Carbohydrate deficiency
- (C) Genetic problem
- (D) Vitamin deficiency

22. Hyponatremia is a condition when there is a

- (A) low concentration of Hb in the blood
- (B) high concentration of uric acid
- (C) loss of potassium
- (D) low concentration of sodium in the blood

23. "Ergograph" measures

- (A) Muscle length
- (B) Muscular strength
- (C) Muscular endurance
- (D) Muscle size

24. Find the correct sequence of mechanism of muscular contraction:

- (i) Myosin head cross-bridges with actin
- (ii) Cross-bridge detaches
- (iii)  $Ca^{++}$  binds to troponin
- (iv) Myosin head bends and ADP & phosphate released
- (v) ATP hydrolyzes to ADP and phosphate, myosin in cocked position

Codes:

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

25. Sequentially arrange the food items in descending order of their carbohydrate content:

- (A) Sugar, Jaggery, Rice, Potato
- (B) Sugar, Jaggery, Potato, Rice
- (C) Jaggery, Sugar, Rice, Potato
- (D) Jaggery, Sugar, Potato, Rice

26. Match *List-I* with *List-II* and select the correct answer from the *Codes* given below:

<i>List-I</i>	<i>List-II</i>
(a) Hamstrings	(i) Hips
(b) Gluteus	(ii) Laterally in the back
(c) Latissimus Dorsi	(iii) Back of thigh
(d) Gastrocnemius	(iv) Calf

*Codes:*

(a)	(b)	(c)	(d)
(A) (ii)	(i)	(iii)	(iv)
(B) (i)	(iv)	(ii)	(iii)
(C) (iii)	(i)	(ii)	(iv)
(D) (iv)	(ii)	(iii)	(i)

27. What is the resting stroke volume per beat of heart?

- (A) 20-40 ml
- (B) 40-60 ml
- (C) 60-80 ml
- (D) 80-100 ml

28. Pressure manipulations are subdivided into

- (A) Kneading and frictions
- (B) Effleurage and stroking
- (C) Hacking and clapping
- (D) Shaking and vibrations

29. In which organ of the human body free oxygen, hydrogen and nitrogen are found?

- (A) Liver and Pancreas
- (B) Lungs and Trachea
- (C) Stomach and Intestines
- (D) Blood and Intestines

30. The records of woman athletes' speed in running and swimming in comparison to that of male athletes, are consistently

- (A) 10 per cent slower
- (B) 15 per cent slower
- (C) 20 per cent slower
- (D) 30 per cent slower

31. Skill acquisition is mainly dependent upon

- (A) Flexibility
- (B) Co ordination ability
- (C) Muscular strength
- (D) Speed

32. Read each of the following two statements *Assertion (A)* and *Reason (R)* and indicate your answer using *codes* given below:

*Assertion (A)* : The personality of a teacher determines to a very large extent the discipline in a class.

*Reason (R)* : Discipline forms due to participation in physical education activities. Teacher must select such type of activities that will enhance interest in the class.

*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.

33. Motor learning is the process of equation of refinement and stabilization of

- (A) Learning
- (B) Motor Action
- (C) General Action
- (D) Super Compensation

34. Given below are two statements, one labelled as *Assertion (A)* and the other as *Reason (R)*:

*Assertion (A)* : Socialization is an interactive process between teacher and learner.

*Reason (R)* : The transmission of culture is a part of socialization.

In the context of the above two statements, which one of the following is correct?

- (A) Both (A) and (R) are right but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right but (R) is the correct explanation of (A).
- (C) (A) is wrong but (R) is right.
- (D) (A) is right but (R) is wrong.

35. Theory of insight learning was propounded by  
(A) Thorndike  
(B) Pavlov  
(C) Kohler  
(D) Cattell
36. Assessment of group cohesion is done through  
(A) Observation during training and competition  
(B) Performance tests  
(C) Sociogram  
(D) Knowledge based tests
37. A reasoning where we start with certain particular statements and conclude with a universal statement is called:  
(A) Deductive Reasoning  
(B) Inductive Reasoning  
(C) Abnormal Reasoning  
(D) Transcendental Reasoning
38. Tests like SCAT are used to measure  
(A) achievement  
(B) aptitude  
(C) performance  
(D) anxiety
39. Encouragement by spectators is a:  
(A) Monetary Incentive  
(B) Reward Incentive  
(C) Social Incentive  
(D) Competition Incentive
40. Nature and Nurture refer to  
(A) Internal and External Environment  
(B) Temperament and Character  
(C) Physical features and Temperament  
(D) Heredity and Environment
41. Learning that involves motor organs is termed  
(A) Sensory learning  
(B) Motor learning  
(C) Verbal learning  
(D) Sensory-motor learning
42. Normal thoracic spine 1st to 12th vertebra should have kyphotic range between  
(A) 10° to 20°  
(B) 15° to 30°  
(C) 20° to 45°  
(D) 5° to 15°
43. Resistance of an object to change in its state of motion is  
(A) Velocity  
(B) Acceleration  
(C) Inertia  
(D) Momentum
44. Flexion and Extension occur around  
(A) Medio-lateral axis  
(B) Anterior-posterior axis  
(C) Vertical axis  
(D) Sagittal axis
45. Which muscle is known as “Boxers Muscle”?  
(A) Deltoid  
(B) Pectoralis Major  
(C) Serratus Anterior  
(D) Latissimus Dorsi
46. During discus throwing, the force exerted by the hand of the thrower into discus is  
(A) Centrifugal force  
(B) Rotational force  
(C) Centripetal force  
(D) Eccentric force

47. Match *List-I* with *List-II* and select the correct answer from the *Codes* given below:

<i>List-I</i>	<i>List-II</i>
(a) Prevention of disease	(i) Alcohol
(b) Decrease pulse rate	(ii) Smoking
(c) Increase blood pressure	(iii) Amphetamine
(d) Stimulant	(iv) Balance diet

*Codes:*

	(a)	(b)	(c)	(d)
(A)	(i)	(iii)	(ii)	(iv)
(B)	(iv)	(iii)	(ii)	(i)
(C)	(ii)	(iii)	(iv)	(i)
(D)	(iv)	(i)	(ii)	(iii)

48. Omega-3 and Omega-6 are components of

- (A) Carbohydrate
- (B) Protein
- (C) Fat
- (D) Minerals

49. *Assertion (A)* : Degree of stability depends on area of base.

*Reason (R)* : Lowering center of Gravity increases degree of stability.

In the context of the above statements, which one of the following is correct?

- (A) Both (A) and (R) are right but (R) is not the correct explanation of (A).
- (B) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (C) (A) is right but (R) is wrong.
- (D) (A) is wrong but (R) is right.

50. Newton's Second Law of motion is also known as

- (A) Law of Inertia
- (B) Law of Action and Reaction
- (C) Law of Momentum
- (D) Law of Gravitation

51. In which type of lever, the weight is in between force and fulcrum?

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

52. Angular velocity depends on

1. Radius of rotation directly.
2. Radius of rotation inversely.
3. Linear velocity directly.
4. Linear velocity indirectly.

Find out correct combination:

- (A) 1 and 3
- (B) 3 and 2
- (C) 2 and 4
- (D) 4 and 1

53. Which one is not the non probability Sampling Technique?

- (A) Purposive sampling
- (B) Snowball sampling
- (C) Convenience sampling
- (D) Random sampling

54. Which of the following is not the example of extramural?

- (A) Inter-College Competition
- (B) Inter-University Competition
- (C) Nationals
- (D) Inter house Competition of College

55. Internship programme of teacher education provides:

- (A) Content courses
- (B) Practical courses
- (C) Complete school environment
- (D) Research courses



56. Physical Education teacher is in need of time table because

- (A) it helps them planning budget.
- (B) it ensures students attention.
- (C) it ensures time management.
- (D) it helps in planning their household works.

57. The main Public Relations activities are

- (A) lobbying and literature
- (B) sponsorship and publicity
- (C) publicity and event management
- (D) exhibitions and publicity

58. Which one of the following is the most important elements in teaching?

- (A) Relationship between teachers and students
- (B) Subject matter
- (C) Teaching techniques and aids used
- (D) Student's knowledge

59. For a teacher, which is the most important skill to process teaching?

- (A) Covering the prescribed course
- (B) Ensuring that the students are relaxed while teaching.
- (C) Making students understand what the teacher explains.
- (D) Being regular

60. The use of a particular method of teaching depends upon

- (A) skill of the teacher
- (B) sex of the teacher
- (C) age of the teacher
- (D) policy of the government

61. Intramural programme creates in students the sense of

- (A) Achievement
- (B) Involvement
- (C) Humour
- (D) Enjoyment

62. What type of data is produced by simple category scales?

- (A) Nominal
- (B) Ordinal
- (C) Interval
- (D) Ratio

63. The goal of a formal study is to

- (A) discover future research tasks
- (B) expand understanding of a topic
- (C) test hypotheses
- (D) provide insight

64. The type of interview relying on the spontaneous generation of questions in the natural flow of interaction is

- (A) Open-ended interview
- (B) Informal interview
- (C) Semi structured interview
- (D) Focus group interview

65. The application of  $t$ -distribution to test difference between means of two independent sample is represented by the formula

$$(A) \quad t = \frac{(\bar{x} - u)\sqrt{n}}{s}$$

$$(B) \quad t = \frac{\bar{d}\sqrt{n}}{s}$$

$$(C) \quad t = \frac{\bar{x}_1 - \bar{x}_2}{s} \times \sqrt{\frac{n_1 n_2}{n_1 + n_2}}$$

$$(D) \quad t = \frac{r}{\sqrt{1-r^2}} \times \sqrt{n-2}$$

66. Which of the following is not a common element of a research proposal and a research report?

- (A) Objectives and Hypothesis
- (B) Implementations for further research
- (C) Reference to previous research
- (D) Sources of information/data

67. In research, we often use APA style of citation; APA means

- (A) American Publishing Association
- (B) American Printing Authority
- (C) American Psychological Association
- (D) American Publication Aspirant

68. Which variable is deliberately manipulated by an experimenter to investigate its effect?

- (A) Confounding variables
- (B) Dependent variables
- (C) Extraneous variables
- (D) Independent variable

69. \_\_\_\_\_ is the extent to which a measurement tool actually measures what we wish to measure.

- (A) Reliability
- (B) Validity
- (C) Practicality
- (D) Significance

70. In the process of conducting research “Formulation of Hypothesis” is followed by

- (A) Statement of objectives
- (B) Analysis of data
- (C) Selection of research tools
- (D) Collection of data

71. A hardware device that is capable of executing a sequence of instruction is

- (A) CU
- (B) Processor
- (C) CPU
- (D) ALU

72. Which of the following software applications would be the most appropriate for performing numerical and statistical calculations?

- (A) Database
- (B) Document processor
- (C) Graphic package
- (D) Spread sheet

73. A computer works on a \_\_\_\_\_ number system.

- (A) binary
- (B) octal
- (C) decimal
- (D) hexadecimal

74. Which of the following is the largest unit of storage?

- (A) GB
- (B) KB
- (C) MB
- (D) TB

75. What is the advantage of using SPSS over calculating statistics by hand?

- (A) It equips you with a useful transferable skill.
- (B) It reduces the chance of making errors in your calculations.
- (C) Many researchers use SPSS as it is a recognised software package.
- (D) All of the above

76. SPSS stands for which of the following?
- (A) Statistical Package for the Social Sciences
  - (B) Statistics Problems Solved Smart
  - (C) Statistical Program for the Social Sciences
  - (D) Simple Program for Statistics and Science
77. Select the window where the results of your analysis appear?
- (A) Data View
  - (B) Data Editor
  - (C) Output Viewer
  - (D) Variable View
78. Arrange the following phases of research in correct sequence.
- (i) Analysis of Data.
  - (ii) Drawing Conclusions.
  - (iii) Testing Hypothesis.
  - (iv) Collecting Data.
- Codes:*
- (A) (ii), (iii), (i), (iv)
  - (B) (i), (iv), (iii), (ii)
  - (C) (iv), (i), (iii), (ii)
  - (D) (iii), (ii), (iv), (i)
79. The discipline that deals with sampling of data and then drawing inferences about the population is called
- (A) Hypothesis Testing
  - (B) Experimental Design
  - (C) Sampling
  - (D) Statistics
80. A scholarly summary of body of research on some topic is called
- (A) Case history
  - (B) Meta analysis
  - (C) Literature Review
  - (D) Theory building
81. The chemical element found in all amino acids but not found in either carbohydrates or fats is
- (A) Carbon
  - (B) Hydrogen
  - (C) Nitrogen
  - (D) Oxygen
82. Constipation can best be prevented by
- (A) Restricting fluids
  - (B) Using laxatives
  - (C) Engaging in little physical exercise
  - (D) Eating dietary fiber
83. A compound sulforaphane has been discovered to offer protection against cancer can be found in
- (A) Milk
  - (B) Fish
  - (C) Tea
  - (D) Broccoli
84. A substance needed by the body for growth, energy, repair and maintenance is called
- (A) Nutrient
  - (B) Carbohydrate
  - (C) Calorie
  - (D) Fatty acid

85. For confirmation of AIDS/HIV virus, which of the following tests is used?

- (A) ELISA
- (B) Western Blot
- (C) Eastern Blot
- (D) Aldehyde test

86. Frost bite is caused by

- (A) chemical agent
- (B) biological agent
- (C) nutrient agent
- (D) physical agent

87. 'Turf burns', 'mat burns', 'floor burns' or 'cinder burns', in simple language, are known as

- (A) Abrasions
- (B) Incisions
- (C) Lacerations
- (D) Contusions

88. Which of the following ergogenic aids is not a stimulant?

- (A) Caeffine
- (B) Amphetamines
- (C) Morphine
- (D) Cocaine

89. Given below are two statements, one is labelled as *Assertion (A)* and the other as *Reason (R)*:

*Assertion (A)* : A training load producing super-compensation effect can be used again to improve training state.

*Reason (R)* : After the occurrence of super-compensation, load should be increased for the next adaptation phase.

Find the correct answer from the following:

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

90. Match correct pairs:

*List-I*

*List-II*

- |                   |                    |
|-------------------|--------------------|
| (a) Need          | (i) Follow-up      |
| (b) Pre-Training  | (ii) Planning      |
| (c) Training      | (iii) Implementing |
| (d) Post training | (iv) Assessment    |

*Codes:*

- |           |      |       |       |
|-----------|------|-------|-------|
| (a)       | (b)  | (c)   | (d)   |
| (A) (iii) | (i)  | (iv)  | (ii)  |
| (B) (iv)  | (ii) | (iii) | (i)   |
| (C) (ii)  | (i)  | (iv)  | (iii) |
| (D) (i)   | (ii) | (iii) | (iv)  |

91. Match *List-I* with *List-II* and select the correct option from the *Codes* given below:

*List-I*

*List-II*

- |                      |                   |
|----------------------|-------------------|
| (a) P.N.F. training  | (i) Power         |
| (b) Plyometric       | (ii) Strength     |
| (c) Fartlek training | (iii) Flexibility |
| (d) Weight training  | (iv) Speed play   |

*Codes:*

- |           |       |       |       |
|-----------|-------|-------|-------|
| (a)       | (b)   | (c)   | (d)   |
| (A) (iii) | (i)   | (iv)  | (ii)  |
| (B) (iv)  | (iii) | (ii)  | (i)   |
| (C) (ii)  | (i)   | (iv)  | (iii) |
| (D) (i)   | (ii)  | (iii) | (iv)  |

92. Given below are two statements, one is labelled as *Assertion (A)* and the other is labelled as *Reason (R)*:

*Assertion (A)* : Strength can be developed by performing exercises with maximal weight.

*Reason (R)* : Exercise with maximal weight develops muscle hypertrophy.

Find the correct answer from the following:

- (A) (A) is true, but (R) false.
- (B) (A) is false, but (R) true.
- (C) Both (A) and (R) is false.
- (D) Both (A) and (R) is true.

93. Which of the following field test is not used to measure muscular strength?

- (A) 1 RM Bench Press.
- (B) 1 RM Leg Press.
- (C) 1 RM Squat.
- (D) Flexed Arm hang.

94. Which of the following is not categorized under free weight?

- (A) Barbell
- (B) Dumb-bell
- (C) Treadmill
- (D) Indian club

95. Circuit training is an effective method for developing

- (A) Speed
- (B) Flexibility
- (C) Strength endurance
- (D) Agility

96. Main consideration for effective periodization should be

- (A) Base creation
- (B) Achievement of top form
- (C) Skill development
- (D) Development of tactical ability

97. 'Getting the right facts to the right people at the right time in a right way' is called

- (A) Game management
- (B) Public Relations in sports
- (C) Motivation for sports
- (D) Leadership in sports

98. Given below are two statements, one of which *Assertion (A)* and the other is *Reason (R)*:

*Assertion (A)* : Test and measurement are means which are helpful in the achievement of specified objectives.

*Reason (R)* : Test and measurement are not an end in themselves.

In the context of above statements, which one of the following is correct?

- (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.

99. Given below are two statements, one of which *Assertion (A)* and the other is *Reason (R)*:

*Assertion (A)* : Many athletes are now making a habit of taking ergogenic aids.

*Reason (R)* : Ergogenic aids improves muscle mass and aerobic capacity.

In the context of above statements, which one is correct?

- (A) (A) is correct, (R) is wrong.
- (B) Both (A) and (R) are wrong.
- (C) (A) is wrong, (R) is correct.
- (D) Both (A) and (R) are correct.

100. Which of the following is considered as 'life style management technique'?

- (A) Mindful eating
- (B) Physical activity
- (C) Adequate sleep
- (D) All of the above

*20-II*

**X-14**

**ROUGH WORK**

**ROUGH WORK**

*20-II*

**X-16**

**ROUGH WORK**