

Roll No.

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

Signature of Invigilators

1. _____
2. _____

Question Booklet Series

X

Question Booklet No.

(Identical with OMR Answer Sheet Number)

2018

PAPER-II

Subject Code : 20

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)** **●** **(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 or mobile phone etc. is strictly prohibited.**
12. **There are no negative marks for incorrect answers.**

[Please Turn Over]

PHYSICAL EDUCATION

PAPER II

1. "The relationship between the soundness of the body and the activities of the mind is subtle and complex. Much is not yet understood. But we do know what the Greeks knew that intelligence and skill can only function at the peak of their capacity when the body is healthy and strong"— who said this?

- (A) John Dewey
- (B) E. F. Zeigler
- (C) Rousseau
- (D) J. F. Kennedy

2. Who is considered as the Grandfather of German Gymnastics?

- (A) Friedrich Jahn
- (B) Adolph Spiess
- (C) Guts Muths
- (D) Per Henrick Ling

3. Name the first European Country to make physical education as an integral part of education.

- (A) Germany
- (B) Sweden
- (C) Denmark
- (D) Greece

4. Match *List I* with *List II* and select the correct answer from the codes given below:

List-I

List-II

- | | |
|------------------------|--|
| I. The mean | 1. A test of significance or the difference between two means. |
| II. Standard deviation | 2. A point along the continuum of a given set of scores, the sum of scores above which and below which is equal in magnitude. |
| III. t-test | 3. The square root of the variance. |
| IV. Variability | 4. The concept of reducing a set of data to a single number or descriptor that expresses the degree to which the numbers differ. |

Codes:

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

5. Match *List I* with *List II* and select the correct answer from the codes given below:

List-I (Measurement)

List-II (Game)

- | | |
|---------------------|----------------|
| (a) 44 ft. × 20 ft. | (i) Basketball |
| (b) 78 ft. × 36 ft. | (ii) Badminton |
| (c) 27 m × 16 m | (iii) Tennis |
| (d) 28 m × 15 m | (iv) Kho-kho |

Codes:

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

6. Match *List I* with *List II* and select the correct answer from the codes given below:

<i>List-I</i> (Term)	<i>List-II</i> (Research)
(a) Internal-external criticism	(i) Philosophical research
(b) Cause and effect	(ii) Historical research
(c) Critical thinking	(iii) Survey research
(d) Questionnaire	(iv) Experimental research

Codes:

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

7. Match *List I* with *List II* and select the correct answer from the codes given below:

<i>List-I</i> (Term)	<i>List-II</i> (Relation)
(a) Independent variable	(i) Environment
(b) Dependent variable	(ii) Room temperature
(c) Extraneous variable	(iii) Blood pressure
(d) Control variable	(iv) Training

Codes:

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

8. Match *List I* with *List II* and select the correct answer from the codes given below:

<i>List-I</i> (Term)	<i>List-II</i> (Meaning)
(a) Opinionaire	(i) A graphic diagram of social structure
(b) Sociogram	(ii) A standardised tool involving qualitative description
(c) Check-list	(iii) A sort of questionnaire
(d) Rating scale	(iv) A printed list of itmes

Codes:

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

9. Match *List I* with *List II* and select the correct option using the codes given below:

<i>List-I</i>	<i>List-II</i>
I. Drugs that depress the central nervous system	(1) Creatine
II. The substance that enhances intense, brief exercise performance like weight lifting	(2) Beta blockers
III. Substances which reduce blood pressure	(3) Anabolic steroid
IV. Despite their ability to enhance performance they can lead to high blood pressure, liver damage and infertility	(4) Barbiturates

Codes:

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

10. Match *List I* with *List II* and select the correct option using the codes given below:

<i>List-I</i>	<i>List-II</i>
I. Epistemology	1. Studies related to values
II. Axiology	2. Deals with knowledge and truth
III. Ethics	3. Attempts to validate the accuracy of idea
IV. Logic	4. Deals with moral and nature of good conduct

Codes:

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

11. 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) A maximum amount of force a muscle or muscle groups can exert	(i) Queens College Step Test
(b) Measures response time	(ii) Roger's Strength Test
(c) The ability of blood vessels, heart and lungs to take in transport and utilize oxygen	(iii) Stork Stand Test
(d) Ability of the body to equilibrium under static and dynamic conditions	(iv) Nelson Speed of Movement Test

Codes:

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

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

Assertion (A): Vivekananda said "All knowledge that the world have ever received comes from the mind; the infinite library of the universe is in your mind".

Reason (R): Education is the realisation of the knowledge inherent in man.

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.

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

Assertion (A): The process of socialization is the design of life through which the child develops.

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.

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

Assertion (A): For rotation around horizontal axis, a diver assumes tuck position.

Reason (R): Radius of rotation has direct relation with angular velocity.

In the context of the above two 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 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.

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

Assertion (A): Managers make judgement about employee's dispositions in various situations.

Reason (R): Inferences are drawn on the basis of observations.

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 a correct explanation of (A).
- (C) (A) is true but (R) is false.
- (D) (A) is false but (R) is true.

16. Evaluation gives a meaningful status to measurements only when it is judged against

- (A) Some standard.
- (B) Day to day experience.
- (C) Some reliable theory.
- (D) Human understanding.

17. Who of the following is considered as the end-product of education?

- (A) Students
- (B) Teachers
- (C) Political Leaders
- (D) Administrators

18. Which of the following test/instrument reflects the most scientific way of testing leg strength?

- (A) Standing broad jump
- (B) Burpy
- (C) Dynamometer
- (D) Squats and dips

19. A test that requires a school boy or girl to run in and around closely spaced obstacles can be considered to have face validity as a/an

- (A) Hurdle test
- (B) Obstacle test
- (C) Explosive power test
- (D) Agility test

20. Which of the following movements occur in the horizontal plane?

- (A) Eversion-inversion of the foot
- (B) Pronation-supination of the forearm
- (C) Hyper adduction of the arm
- (D) All the above movements

21. Which of the following is not a vector?

- (A) Work
- (B) Angular velocity
- (C) Displacement
- (D) Momentum

22. Carpo-metacarpal joint is an example of
(A) Condyloid joint
(B) Ball and socket joint
(C) Saddle joint
(D) Gliding joint
23. 'Hunch' Back is also known as
(A) Back pain
(B) Scoliosis
(C) Lordosis
(D) Kyphosis
24. Movements possible in condyloid joints are
(A) Flexion and extension
(B) Circumduction
(C) Flexion, extension, abduction, adduction
(D) Flexion, extension, abduction, adduction and circumduction
25. Movements that occur primarily in the sagittal plane are
(A) Adduction, lateral flexion, flexion
(B) Flexion, extension, dorsiflexion
(C) Flexion, extension, internal rotation
(D) Supination and pronation
26. Approximately what percentage of scores fall within one standard deviation of the mean in a normal distribution?
(A) 68%
(B) 95%
(C) 34%
(D) 99%
27. Select correct option for the blank space (?) in the given question.
2nd quartile = 5th decile = 50th percentile = ?
(A) Mode
(B) Harmonic mean
(C) Mean
(D) Median
28. Statistics is a numerical quantity obtained from
(A) Population
(B) Sample
(C) Data
(D) Observations
29. Which of the following mode of exercises reduce the potential for musculo-skeletal injury?
(A) Cycling
(B) Walking
(C) Skiing
(D) Swimming
30. What is the cardiac output at maximal exercise with a heart rate of 200 beats/minute and stroke volume of 100 ml/beat?
(A) 5 l/min
(B) 10 l/min
(C) 20 l/min
(D) 20 ml/min
31. When did India won its first Olympic Hockey gold?
(A) 1928
(B) 1932
(C) 1936
(D) 1948

- 32.** A curve is bilaterally symmetrical but when the height of the curve is more peaked than the normal curve refers as
- (A) Skewed
 - (B) Leptokurtic
 - (C) Mesokurtic
 - (D) Polygon
- 33.** Choose the right statement:
In the exercise training programmes of children
- (A) Strength training should be avoided for safety reasons.
 - (B) A short term general conditioning and a long-term strength-training programme should be developed.
 - (C) An increase in rate of training intensity more than 10% (approx.) per week causes overuse injuries of bone.
 - (D) An exercise-induced asthma causes inability to lead active life.
- 34.** Research on AIDS in the future needs to see that
- (A) It continues to be a disease of young gaymen.
 - (B) It is no longer the problem it once was because of protease inhibitors.
 - (C) It is mainly a problem for drug abusers.
 - (D) It is a family issue.
- 35.** Bibliography given in a research report:
- (A) Shows knowledge of the researcher.
 - (B) Helps those interested in further research.
 - (C) Has no relevance to research.
 - (D) All the above
- 36.** Who first described that a body immersed in fluid with a force equal to the weight of the displaced fluid?
- (A) Einstein
 - (B) Freud
 - (C) Whitehead
 - (D) Archimedes
- 37.** The rear-foot motion called pronation results from a combination of
- (A) Abduction, eversion and dorsiflexion
 - (B) Adduction, inversion and plantar flexion
 - (C) Abduction, eversion and plantar flexion
 - (D) Adduction, inversion and dorsiflexion
- 38.** When an imaginary horizontal plane passes through the midsection of the body dividing it into upper and lower portions, it is called
- (A) Sagittal
 - (B) Frontal
 - (C) Transverse
 - (D) Superior
- 39.** Proceedings are considered as
- (A) Conventional documents
 - (B) Primary documents
 - (C) Secondary documents
 - (D) Tertiary documents
- 40.** Which of the following terms describes the ability of a force to cause rotation of a lever?
- (A) Centre of gravity
 - (B) Base of support
 - (C) Stability
 - (D) Torque

41. Which among the stadiums NOT situated in Russia?

- (A) Spartak Stadium
- (B) Luzhniki Stadium
- (C) Saint Petersburg Stadium
- (D) RCDE Stadium

42. The branch which deals with the study of defense mechanism against disease is called

- (A) Parasitology
- (B) Epidemiology
- (C) Immunology
- (D) Physiology

43. A disease transferred from mother to child through placenta is

- (A) German measles
- (B) Syphilis
- (C) AIDS
- (D) All the above

44. ELISA-a test is helpful for the detection of which of the followings?

- (A) Leprosy
- (B) Cancer
- (C) AIDS
- (D) Malaria

45. Excessive bleeding from an injury is due to deficiency of

- (A) Vitamin A
- (B) Vitamin B
- (C) Vitamin K
- (D) Vitamin E

46. Which of the following modalities is used for treating acute and chronic pain?

- (A) Microwave diathermy
- (B) Ultrasound
- (C) Contrast bath
- (D) TENS

47. An ECG would be useful for determining a patient's

- (A) Heart murmur
- (B) Stroke volume
- (C) Cardiac output
- (D) Blockage of conduction of electrical signals between the atria and ventricles

48. Uncoordinated gait, headache, dizziness, vomiting and elevated temperature followed by the outdoor activities are signs and symptoms of

- (A) Acute exposure to cold
- (B) Hypothermia
- (C) Heat exhaustion and heat stroke
- (D) Acute altitude sickness

49. The key principles of weight reduction dieting are

- (A) select low calorie, high-nutrients foods.
- (B) use only tasteless food.
- (C) avoid strenuous activity.
- (D) Both (A) and (C)

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

- (A) 1st Class
- (B) 2nd Class
- (C) 3rd Class
- (D) All the above

51. Which is the number one predictor of early disease, disability and premature death?
- (A) Dropping out of High School
 - (B) Working around environmental pollutants
 - (C) Failing to go for regular annual medical checks
 - (D) Low Socioeconomic status
52. Which of the following is NOT a key element of the definition of ethics?
- (A) Reflective choice
 - (B) Moral principles
 - (C) Definitive conclusions
 - (D) Consequences of decisions
53. At authoritarian level teaching is which of the following?
- (A) Teacher Centered
 - (B) Child Centered
 - (C) Headmaster Centered
 - (D) Experience based
54. Perceptual abilities and fitness are included in
- (A) Organic domain
 - (B) Affective domain
 - (C) Psychomotor domain
 - (D) Cognitive domain
55. Which of the following expectations students have from group learning?
- (A) To get appreciation from the group
 - (B) To distribute the work equally
 - (C) To ignore individual view point
 - (D) To attract isolated student towards the group
56. To determine effectiveness of a programme, psychological theories provide a conceptual framework for assessment and
- (A) Measurement.
 - (B) Management of programme.
 - (C) Application of cognitive-behavioural or motivational principles.
 - (D) All of the above
57. Which of the following is NOT a level of teaching learning?
- (A) Differential level
 - (B) Memory level
 - (C) Reflective level
 - (D) Understanding level
58. Muscle fibres that can produce a large amount of tension in a very short period of time but fatigue quickly are referred to as
- (A) Slow-twitch glycolytic
 - (B) Fast-twitch glycolytic
 - (C) Fast-twitch oxidative
 - (D) Slow-twitch oxidative
59. Golgi tendon organs
- (A) Are located in the tendons joining muscle and bone.
 - (B) Monitor the strength of muscle contraction.
 - (C) Are associated with monosynaptic reflexes.
 - (D) Both (A) and (B)
60. The ratio of blood cells to total blood volume is known as
- (A) Henry's Law
 - (B) Hyperthermia
 - (C) Total count
 - (D) Hematocrit

61. How many pairs of 'false ribs' are there in human skeleton?

- (A) 3 pairs
- (B) 4 pairs
- (C) 5 pairs
- (D) 2 pairs

62. Which of the following blood pressure readings would characterize hypertension in the adult?

- (A) 100/60 mmHg
- (B) 110/70 mmHg
- (C) 120/80 mmHg
- (D) 140/90 mmHg

63. Thick filaments in skeletal muscle are composed of

- (A) Actin
- (B) Myosin
- (C) Troponin
- (D) Tropomyosin

64. The site where most of the ATP is generated in a cell is the

- (A) Plasma membrane
- (B) Endoplasmic reticulum
- (C) Golgi apparatus
- (D) Mitochondria

65. When lactate accumulates in the muscle cell, which of the following effects is observed?

- (A) Slowing of enzymatic reactions
- (B) Increased muscle contractility
- (C) Accumulation of lactate dehydrogenase
- (D) Increased pH of the muscle

66. How many calories are contained in a food material that contains 5gms of fat, 30gms of carbohydrates including 4gms of fiber, and 3gms of protein?

- (A) 158 kCal
- (B) 161 kCal
- (C) 177 kCal
- (D) 193 kCal

67. Concerning metabolism during exercise

- (A) fats are the main source of energy.
- (B) the contribution made by anaerobic exercise increases.
- (C) carbohydrates provide the main source of energy.
- (D) plasma glucose falls significantly during a period of exercise at half the maximal rate lasting for 2 hours.

68. Calcium, phosphorus, sodium, potassium and sulphur which are essential for functioning of our body are examples of

- (A) Macrominerals
- (B) Microminerals
- (C) Proteins
- (D) Vitamins

69. Which of the following is the most rapidly available source of energy within a muscle cell?

- (A) Creatine Kinase
- (B) Adenylate Kinase
- (C) Glycogen
- (D) Phosphocreatine

70. In acquisition of motor skill 'Trial and Error' is an important

- (A) Philosophy
- (B) Principle
- (C) Paradigm
- (D) Theory

71. Match *List I* with *List II* and select the correct answer from the codes given below:

<i>List-I</i> (Terminology)	<i>List-II</i> (Game)
(a) Chopping	(i) Tennis
(b) Deuce	(ii) Volleyball
(c) Block	(iii) Judo
(d) Matte	(iv) Table-Tennis

Codes:

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

72. Match *List I* with *List II* and select the correct answer from the codes given below:

<i>List-I</i> (Term)	<i>List-II</i> (Meaning)
(a) Load Intensity	(i) The way body 'programmes' muscles to remember particular activities, movements or skills.
(b) Training Load	(ii) Rate or pace at which physical activity(work) is performed.
(c) Adaptation	(iii) The temporal relationship between phases of load and recovery in a training session.
(d) Load Density	(iv) Physiological and psychological demands put on the organism through movement.

Codes:

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

73. The increase in chest cavity volume leads to an internal lung pressure decrease follows

- (A) Charle's Law
- (B) Boyle's Law
- (C) Frank-Starling Law
- (D) None of the above

74. In contrast both-alternating application of cold and warm water for getting rid of swelling on an injured part, should be done for one of the following durations

- (A) Five minutes in cold water and seven minutes in the warm water.
- (B) Two minutes in cold water and thirty seconds in the warm water and is repeated a number of times.
- (C) Four minutes in warm water and one minute in the cold water and is repeated a number of times.
- (D) Three minutes in warm water alternated with Four minutes in the cold.

75. After ACh attaches to its receptors at the neuromuscular junction, the next step is:

- (A) Sodium channels open
- (B) Calcium binds to regulatory proteins on the thin filaments
- (C) Cross bridges attach
- (D) ATP is hydrolyzed

76. The ability to see the enterprise/sports organisation as a whole is called

- (A) Human skill
- (B) Conceptual skill
- (C) Mechanical skill
- (D) None of the above

77. Which of the following muscle groups is a prime mover for extension of the knee?
- (A) Biceps femoris
 - (B) Biceps brachii
 - (C) Quadriceps femoris
 - (D) Gastrocnemius
78. The Sagittal plane divides the body
- (A) Length-wise
 - (B) Limb-wise
 - (C) Into upper and lower halves
 - (D) Into left and right sides
79. The Review of Literature in Research report is emphasized to
- (A) Show depth of knowledge and wisdom.
 - (B) Substantiate research hypothesis.
 - (C) Make a critical and balanced analysis of 'why' in research.
 - (D) Apprise the reader of what others have done already.
80. Which of the following is NOT a principle of lesson planning?
- (A) Age and sex
 - (B) Progression
 - (C) Warming up
 - (D) Teacher Experience
81. Which of the following strategies can help a person to maintain his or her physical activity or exercise programme?
- (A) Understanding the benefits of physical activity
 - (B) Checking appointment schedules
 - (C) Reduce barriers to exercise
 - (D) All of the above
82. Which of the following is the first step in sports programme?
- (A) Directing
 - (B) Staffing
 - (C) Planning
 - (D) Budgeting
83. Which one of the following is NOT a major domain of Physical Education?
- (A) Teaching skill
 - (B) Instruction
 - (C) Inspection
 - (D) Research
84. What is the approximate number of skeletal muscles in human body?
- (A) 400
 - (B) 500
 - (C) 560
 - (D) 660
85. Mental Development includes
- (A) External and internal organs.
 - (B) Reasoning and thinking.
 - (C) Ethical and moral aspects.
 - (D) All of the above
86. Which of the following types of graphs is used to find out the percentiles of scores?
- (A) Frequency polygon
 - (B) Histogram
 - (C) Cumulative frequency polygon
 - (D) Bar diagram

- 87.** Achievement motivation relates to
- (A) Need of the person.
 - (B) Knowledge of the person.
 - (C) Experience of the person.
 - (D) Aptitude of the person.
- 88.** Which of the following training variables work inversely with each other?
- (A) Volume and duration
 - (B) Mode and intensity
 - (C) Mode and frequency
 - (D) Intensity and duration
- 89.** Principles of management, whether in life or in Physical Education and Sport must be utilized in the light of the changing
- (A) Economics trends
 - (B) Social conditions
 - (C) Values of life
 - (D) Behavioural patterns
- 90.** Through which of the following methods, desirable channels are provided for the release of emotional energy?
- (A) Inhibition
 - (B) Sublimation
 - (C) Catharsis
 - (D) Repression
- 91.** Limited flexibility of which of the muscle groups increases the risk of low back pain?
- (A) Hip flexors
 - (B) Quadriceps
 - (C) Hamstrings
 - (D) Rectus abdominis
- 92.** Which of the following is considered as hydrogen carrier in cellular respiration?
- (A) Acetyl CoA
 - (B) Phosphofructokinase
 - (C) Nicotinamide adenine dinucleotide
 - (D) Adenosine Triphosphate
- 93.** From the following answers identify the one which is NOT innovating in sports management?
- (A) Directing
 - (B) Influencing
 - (C) Searching
 - (D) Evolving
- 94.** Select the characteristic which is NOT included in Top spin
- (A) High pressure is built on top of the ball.
 - (B) The Magnus force acts in the upward direction.
 - (C) The ball drops to the ground rapidly.
 - (D) The ball rotates around on horizontal axis.
- 95.** Which of the following is Projective Technique for measuring personality?
- (A) 5 point rating scale
 - (B) Interview
 - (C) Thematic Apperception Test
 - (D) 16 PF
- 96.** The five A's of counseling are
- (A) Address, Assess, Advise, Assist and Arrange follow-up
 - (B) Address, Assess, Advise, Assist and Act
 - (C) Address, Assess, Act, Assist and Arrange follow-up
 - (D) Act, Assess, Advise, Assist and Arrange follow-up

97. The history of Physical Education is virtually a story of man's

- (A) Physical performance and achievement.
- (B) Physical prowess exemplified by him.
- (C) Battles and wars fought by him.
- (D) Culture and civilization as a whole.

98. Of the four major goals ascribed to all research, which one is odd man out?

- (A) Description
- (B) Prediction
- (C) Replication
- (D) Explanation

99. The correlation between Tests X and Y is 0.42. The correlation between Tests X and Z is 0.84. Which of the following statements is correct?

- (A) The relationship between X and Z is twice as strong as the relationship between X and Y.
- (B) The relationship between X and Z is stronger than the relationship between X and Y.
- (C) A student receiving a higher score on Test X will receive a higher score on Test Z than on Test Y.
- (D) Tests X and Z measure the same ability.

100. Purposive sampling is a type of

- (A) Multistage sampling
 - (B) Cluster Random sampling
 - (C) Probability sampling
 - (D) Non-probability sampling
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ROUGH WORK