

**SET 2013**  
**PAPER – II**

**PHYSICAL EDUCATION**

Signature of the Invigilator

Question Booklet No. ....

1.

OMR Sheet No.. ....

**Subject Code**

<b>29</b>
-----------

**ROLL No.**

--	--	--	--	--	--	--	--	--	--

**Time Allowed : 75 Minutes**

**Max. Marks : 100**

**No. of pages in this Booklet : 11**

**No. of Questions : 50**

**INSTRUCTIONS FOR CANDIDATES**

1. Write your Roll No and the OMR Sheet No in the spaces provided on top of this page.
2. Fill in the necessary information in the spaces provided on the OMR response sheet.
3. This booklet consists of fifty (50) compulsory questions each carrying 2 marks.
4. Examine the question booklet carefully and tally the number of pages/questions in the booklet with the information printed above. **Do not accept a damaged or open booklet.** Damaged or faulty booklet may be got replaced within the first 5 minutes. Afterwards, neither the Question Booklet will be replaced nor any extra time given.
5. Each Question has four alternative responses marked (A), (B), (C) and (D) in the OMR sheet. You have to completely darken the circle indicating the most appropriate response against each item as in the illustration.



6. All entries in the common OMR response sheet for Papers I and II are to be recorded in the original copy only.
7. Use only Blue/Black Ball point pen.
8. Rough Work is to be done on the blank pages provided at the end of this booklet.
9. If you write your Name, Roll Number, Phone Number or put any mark on any part of the OMR Sheet, except in the spaces allotted for the relevant entries, which may disclose your identity, or use abusive language or employ any other unfair means, you will render yourself liable to disqualification.
10. You have to return the Original OMR Sheet to the invigilators at the end of the examination compulsorily and must not carry it with you outside the Examination Hall. **You are, however, allowed to carry the test booklet and the duplicate copy of OMR Sheet** on conclusion of examination.
11. Use of any calculator, mobile phone or log table etc. is strictly prohibited.
12. **There is no negative marking.**

**29-13**

## PHYSICAL EDUCATION

### PAPER – II

**Note :** This paper contains **fifty (50)** objective type questions, each question carrying **two (2)** marks.

Attempt **all** the questions.

1. According to G. S. Kanyon one of the required criteria of an academic discipline is 'Focus of attention'. For the discipline of Physical Education this focus is considered as :
  - (A) Human being
  - (B) Movement
  - (C) Man in motion
  - (D) Health and Fitness
2. A lesson plan is viewed as a :
  - (A) Subject guide
  - (B) Teacher guide
  - (C) Activity guide
  - (D) Student guide
3. Modern concept of Physical Education is 'Education through Physical'. This phase was introduced by :
  - (A) C. A. Bucher
  - (B) J. F. Williams
  - (C) Thomas Wood
  - (D) Rosiland Cassidy
4. Effective communication is essential in sports management to maintain its :
  - (A) Principles
  - (B) Foundation
  - (C) Characteristics
  - (D) Dynamics
5. A part of the respiratory system responsible for speech is :
  - (A) Pharynx
  - (B) Nasal cavity
  - (C) Larynx
  - (D) Trachea
6. Which is not the function of management ?
  - (A) Planning
  - (B) Decision making
  - (C) Directing
  - (D) Leadership to trade union
7. While the birth place of red blood cells in the body is the bone marrow, their grave yard is :
  - (A) Spinal column
  - (B) Spleen \*
  - (C) Small intestine
  - (D) Large intestine
8. At top level competitions, difference in performance is caused by :
  - (A) Physical preparation
  - (B) Social relationship
  - (C) Mental preparation
  - (D) Motivation
9. Which of the following is no-cause for bow legs condition in children ?
  - (A) Deficient nutrition
  - (B) Prolonged illness
  - (C) Obesity
  - (D) Injury from bad fall
10. The greatest horizontal distance of a discus throw can be obtained with an angle of projection :
  - (A) Equal to  $45^\circ$
  - (B) More than  $45^\circ$
  - (C) Less than  $45^\circ$
  - (D) Equal to zero degree

11. Supervision as an aspect of management is confined to :
- (A) Overseeing students activity
  - (B) Students counseling
  - (C) Providing feedback
  - (D) Progress monitoring
12. Body weight is caused due to :
- (A) Frictional Force
  - (B) Muscular Contraction
  - (C) Elastic Force
  - (D) Force of Gravity
13. The time taken for a movement to occur from its initiation to its termination is called :
- (A) Reflex time
  - (B) Movement time
  - (C) Reaction time
  - (D) Response time
14. "Play is the natural unfolding of the germinal leaves of childhood" is the statement given by :
- (A) Froebel
  - (B) Dewey
  - (C) Swami Vivekananda
  - (D) C. A. Bucher
15. One of the social criteria for an acceptable research problem is :
- (A) Interest of the researcher
  - (B) Feasibility
  - (C) Uniqueness
  - (D) Capacity of research
16. Main form of sport training is :
- (A) Attending lecture by coach
  - (B) Observing competition
  - (C) Reading sports journals
  - (D) Participating in physical workouts
17. The credit of introducing the term "Play way" in education goes to :
- (A) John Dewey
  - (B) Friedrich Froebel
  - (C) Caldwell Cook
  - (D) Plato
18. For effective administration, the physical education teacher must possess :
- (A) High qualification
  - (B) Good personality
  - (C) Technical knowledge and skill
  - (D) Ability to plan and execute
19. A physical education teacher now a days is essentially :
- (A) Movement educator
  - (B) A drill master
  - (C) An instructor
  - (D) A coach
20. Blueprint of the competition plan is called :
- (A) Skill
  - (B) Tactics
  - (C) Technique
  - (D) Strategy

21. Purpose of sports training is :
- (A) Principles of individualization
  - (B) Preparation for high performance
  - (C) Systematic training
  - (D) General and special preparation
22. Speed is :
- (A) Coordinative ability
  - (B) Reaction ability
  - (C) Conditional ability
  - (D) Acceleration ability
23. Limitation involves issue like :
- (A) Age of the subject
  - (B) Level of performance
  - (C) Number of subjects to be selected
  - (D) Interest of the subject
24. AAHPER Physical Fitness Test Battery was introduced in :
- (A) 1956
  - (B) 1951
  - (C) 1976
  - (D) 1978
25. The person who has developed, implemented and promoted the area of measurement is :
- (A) Sargent
  - (B) Nelson
  - (C) Clarke
  - (D) Hitchcock
26. When complete freedom is given to staff members to set their goals and make decisions, it is called :
- (A) Democratic management
  - (B) Anarchic management
  - (C) Autocratic management
  - (D) Dictatorial management
27. Resting Bradicardia of Athletic Heart is due to :
- (I) Decreased resting heart rate
  - (II) Increased resting stroke volume
  - (III) Increased resting cardiac output
  - (IV) Increased resting oxygen uptake
- Find the correct combination :
- Codes :**
- (A) (I) and (IV)
  - (B) (II) and (III)
  - (C) (III) and (IV)
  - (D) (I) and (II)
28. Some renowned Track and Field athletes are :
- (I) Sergei Bubka
  - (II) Bob Bimon
  - (III) Jotirmoyee Sikdar
  - (IV) Anju Bobby George
- Among them the long jumpers were :
- Codes :**
- (A) (I) and (IV)
  - (B) (II) and (III)
  - (C) (II) and (IV)
  - (D) (I) and (II)
29. Which of the followings are considered as components of school health education programme ?
- (I) Health training
  - (II) Health instruction
  - (III) Health services
  - (IV) Health clinic
- Find the correct combination :
- Codes :**
- (A) (I) and (III)
  - (B) (II) and (IV)
  - (C) (II) and (III)
  - (D) (I) and (IV)

30. Principles of talent identification are :
- (I) It is a future oriented process
  - (II) It is a product of heredity and environment
  - (III) A wide range of factors must be considered
  - (IV) A sum total of pre-requisites processed by a person

Find the correct combination :

**Codes :**

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

31. Statistical data familiar to the areas of Health and Physical Education include :

- (I) Anthropometric measurements
- (II) Age groups
- (III) Motor fitness scores
- (IV) Level of achievement

Among them the examples of attributes are :

**Codes :**

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

32. After World War II Kraus-Weber Test Battery was used in a project to compare the minimum muscular strength of children between two continents viz :

- (A) Asia and USA
- (B) Europe and Asia
- (C) USA and Europe
- (D) Asia and Europe

33. Which of the following are the tests of flexibility ?
- (I) Bridge up test
  - (II) 'T' drill test
  - (III) Sit and reach test
  - (IV) Sit ups

Find the correct combination :

**Codes :**

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

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

**List-I**

**List-II**

- |                     |              |
|---------------------|--------------|
| (a) Palestra        | (i) Germany  |
| (b) Amphitheater    | (ii) Greece  |
| (c) Philanthropinum | (iii) Sweden |
| (d) Lingiad         | (iv) Rome    |

**Codes :**

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

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

**List – I**

**List – II**

- |  |                              |
|--|------------------------------|
| (a) Universal source of energy   | (i) Electromyography         |
| (b) Ratio of carbon dioxide produced to oxygen consumed                    | (ii) Muscle tone             |
| (c) A state in a muscle which gives it a quality of firmness               | (iii) Adenosine Triphosphate |
| (d) Recording of electrical changes occurring on muscle during contraction | (iv) Respiratory quotient    |

**Codes :**

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

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

<b>List – I</b>	<b>List – II</b>
(a) Lift	(i) Floating
(b) Buoyant	(ii) Rebound
(c) Reaction force	(iii) Projectile motion
(d) Elastic force	(iv) Walking

**Codes :**

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

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

<b>List – I</b>	<b>List – II</b>
(a) Psychoneurotic disorder	(i) Morose
(b) Psychotic disorder	(ii) Hysteric
(c) Organic disorder	(iii) Delinquency
(d) Behaviour disorder	(iv) Epilepsy

**Codes :**

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

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

<b>List – I</b>	<b>List – II</b>
(a) Pivot	(i) Tennis
(b) Duce	(ii) Cricket
(c) Lobby	(iii) Basketball
(d) Chinaman	(iv) Kabaddi

**Codes :**

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

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

<b>List – I</b>	<b>List – II</b>
(a) Loss of form	(i) Decrement of performance
(b) Over load	(ii) Particular type and amount
(c) Progressive	(iii) Increment
(d) Specific	(iv) Gradual increment of load

**Codes :**

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

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

**List – I**

- (a) Descriptive research  
(b) Conceptual research  
(c) Empirical research  
(d) Applied research

**List – II**

- (i) Observation  
(ii) Solution of immediate problem  
(iii) Survey  
(iv) Abstract ideas

**Codes :**

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

41. Arrange the following National schemes according to the chronological sequence of their origination :

- (I) NCC  
(II) NSS  
(III) NPFP  
(IV) NDS

**Codes :**

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

42. Urine is formed in the kidney following sequential order. State the correct sequence :

- (I) Reabsorption in the proximal convoluted tubule  
(II) Filtration in Bowman's capsule  
(III) ADH control at the distal tubule  
(IV) Transferring the filtrate to the collecting duct

**Codes :**

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

43. Total action of a Long Jump has four phases viz :

- (I) Approach run  
(II) Take off  
(III) Flight  
(IV) Landing

Correct sequence of these phases in reverse order is

**Codes :**

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

44. Arrange the following in correct sequence :

- (I) Psychology is the study of mind  
(II) Psychology is the study of consciousness  
(III) Psychology is the science of human behaviour  
(IV) Psychology is the science of soul

**Codes :**

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

45. Arrange the following methods of training in proper sequence for new athletes :

- (I) Extensive interval method  
(II) Variable pace method  
(III) Repetition method  
(IV) Intensive interval method

**Codes :**

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

46. Research report includes following documents :

- (I) Preliminary materials
- (II) Supplementary materials
- (III) Body of the report

Proper sequence of these documents in research report should be :

**Codes :**

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

47. Arrange the following Attitude Scales in correct sequence of their origination :

- (I) Attitude toward Physical Activity
- (II) Wear Attitude Scale
- (III) Children's Attitude toward Physical Activity
- (IV) Adam Physical Education Attitude Scale

**Codes :**

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

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

**Assertion (A) :** All games are not sports

**Reasoning (R) :** Sport involves physical exercise.

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

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

**Assertion (A) :** During exercise heart rate increases.

**Reasoning (R) :** Exercise demand more energy and energy production is related to availability of Oxygen. To provide more oxygen to the active muscle heart pumps out more Blood and therefore heart rate increases.

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

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

**Assertion (A) :** Most of the human body levers provide mechanical advantage in terms of speed.

**Reasoning (R) :** Human body levers are generally class-III levers.

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



## **ROUGH WORK**

## ROUGH WORK

## ROUGH WORK