

**SET 2013**  
**PAPER – III**

**PHYSICAL EDUCATION**

Signature of the Invigilator

Question Booklet No. ....

1. OMR Sheet No.. ....

**Subject Code**

**ROLL No.**

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**Time Allowed : 150 Minutes**

**Max. Marks : 150**

**No. of pages in this Booklet : 15**

**No. of Questions : 75**

**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 seventy five (75) 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 OMR response sheet 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 – III**

**Note :** This paper contains **seventy five (75)** objective type questions of **two (2)** marks. **All** questions are compulsory.

1. During adolescence motor fitness of an individual improves rapidly. But the motor fitness component that shows decreasing trend is :
  - (A) Speed
  - (B) Strength
  - (C) Agility
  - (D) Flexibility
2. Motor learning is better explained by :
  - (A) Theory of conditioning
  - (B) Theory of connectionism
  - (C) Theory of insight learning
  - (D) Bio-feedback theory
3. The systemic circulation – called greater circulation – supplies blood to all parts of the body except :
  - (A) Stomach
  - (B) Heart
  - (C) Brain
  - (D) Lungs
4. During very strenuous exercise, the major reason for the onset of fatigue is :
  - (A) Carbon dioxide
  - (B) Oxygen debt
  - (C) Depletion of glycogen
  - (D) Lactic acid formation
5. The chemical substance which acts as neurotransmitter at the neuromuscular junction is :
  - (A) Cholin esterase
  - (B) Glycogen
  - (C) Acetyl cholin
  - (D) Adrenalin
6. Posture means different things to different people but is an index of :
  - (A) Mind
  - (B) Personality
  - (C) Character
  - (D) Intellect
7. Heart muscle is :
  - (A) Skeletal, non-voluntary and striated
  - (B) Voluntary, non-striated and non-skeletal
  - (C) Striated, involuntary and non-skeletal
  - (D) Striated, non-voluntary and non-skeletal
8. Moving a body part away from the body's midline and back to the midline represents two movements known as :
  - (A) Pronation and supination
  - (B) Elevation and depression
  - (C) Abduction and adduction
  - (D) Flexion and extension
9. In biomechanical studies mass and weight of a body are very important. Among them :
  - (A) Mass changes with change of altitude
  - (B) Weight changes with change of altitude
  - (C) Both mass and weight change with change of altitude
  - (D) Both mass and weight remain same everywhere
10. Speed and velocity are two kinematic factors. Among them :
  - (A) Speed is a scalar and velocity is a vector quantity
  - (B) Speed is a vector and velocity is a scalar quantity
  - (C) Both speed and velocity are scalar quantities
  - (D) Both speed and velocity are vector quantities

11. Different types of mechanical advantages can be obtained using levers. But mechanical advantage in terms of 'force' can be availed using lever of :
- Third class only
  - First class only
  - Second class only
  - Both by First class and Second class
12. Social, cooperative, overestimation of abilities, relaxed mood and nonirritant over small issues are the characteristics of :
- Ectomorph
  - Mesomorph
  - Endomorph
  - Dysplastic
13. Development of attitude, values and adjustment comes under :
- Organic domain
  - Cognitive domain
  - Psychomotor domain
  - Affective domain
14. Learning by doing has been propounded by :
- John Dewey
  - C. A. Bucher
  - J. F. Williams
  - AAHPERD
15. I. Q. = :
- $(\text{Mental age} / \text{Chronological age}) \times 100$
  - $(\text{Chronological age} / \text{Mental age}) \times 100$
  - $(\text{Chronological age} / \text{Anatomical age}) \times 100$
  - $(\text{Anatomical age} / \text{Chronological age}) \times 100$
16. Experimental sports psychology :
- Deals with research and studies, both field and experimental
  - Imparts knowledge to the sports persons and all other concerned
  - Helps prevent and solve problems of athletes and enhances performances
  - Focuses on youth and children as they involve in competitive experience
17. Chronological age relates to :
- Years, months, days
  - Structure of bones
  - Puberty
  - Mental maturity
18. The most important contributing factors that affect growth and development of an individual are :
- Environmental factors
  - Genetic factors
  - Nutritional factors
  - Specific physical exercise programme factors
19. Which of the following factors affect most in preparing the budget of physical education ?
- Equipments available
  - Number of students
  - Number of staff
  - Availability of fund
20. Normally human body requires carbohydrate, protein and fat in the proportion of :
- 4:2:1
  - 3:2:1
  - 3:1:1
  - 4:1:1

21. Which of the following vitamins is water soluble ?  
 (A) Vitamin A  
 (B) Vitamin B  
 (C) Vitamin E  
 (D) Vitamin K
22. Symptoms of continuous over load is :  
 (A) Increased excitability  
 (B) Increased errors in technique  
 (C) Increased susceptibility to injuries  
 (D) Increased tendency to surrender in a competition
23. Three basic methods of training are primarily applicable to :  
 (A) Improve flexibility  
 (B) Improve coordinative abilities  
 (C) Improve conditional abilities  
 (D) Improve technique
24. Standard deviations are different for different sigma scales. It is 14 for :  
 (A) T-Scale  
 (B) H-Scale  
 (C) Six-Sigma scale  
 (D) Z-Scale
25. Research questionnaire is to be considered as :  
 (A) A method  
 (B) A variability  
 (C) A technique  
 (D) A tool
26. Which of the following tests is not the part of Scott Motor Ability Test ?  
 (A) Basketball throw for distance  
 (B) Side stepping  
 (C) Broad jump  
 (D) Obstacle race
27. The weakest procedure for establishing validity is called :  
 (A) Content validity  
 (B) Construct validity  
 (C) Face validity  
 (D) Concurrent validity
28. A test is considered to be reliable if it has :  
 (A) Commonality  
 (B) Continuity  
 (C) Comparability  
 (D) Consistency
29. Which is not related to fundamentals of teaching ?  
 (A) Explanation  
 (B) Demonstration  
 (C) Command  
 (D) Excellence
30. Selection of a particular method of teaching depends on :  
 (A) Number of students  
 (B) Skill of the teacher  
 (C) Sex of the teacher  
 (D) Personality of the teacher
31. The first step in sports programme is :  
 (A) Budgeting  
 (B) Staffing  
 (C) Directing  
 (D) Planning
32. The prime objective of organizing intramural competition for the students is :  
 (A) Enjoyment  
 (B) Involvement  
 (C) Achievement  
 (D) Management

33. The award for outstanding achievement as a coach is known as :
- Rajiv Gandhi Khel Ratna Award
  - Dronacharya Award
  - Arjuna Award
  - Nehru Award
34. Contribution of both intramural and extramural competitions should be to :
- Develop athletic talent
  - Institutional prestige
  - Participant's physical fitness
  - Educational objectives
35. The person in total command of the learning situation is :
- The student
  - The teacher
  - Both the student and the teacher
  - No one in particular
36. Familiarizing students with the subject matter of teaching is known as :
- Introduction
  - Initiation
  - Presentation
  - Orientation
37. Authors have mentioned many objectives of physical education, such as :
- Improvement of sport performance
  - Physical development
  - Character development
  - Mental development
  - Motor development
  - Social development
- Among them, basic objectives of physical education include :
- Codes :**
- (I) (II) (III) (IV)
  - (II) (IV) (V) (VI)
  - (III) (IV) (V) (II)
  - (III) (IV) (V) (VI)
38. Of the following factors identify the most responsible factors for body weight of an individual :
- Eating habits
  - Socio-economic factor
  - BMR
  - Genetic heritage
  - Sex
- Among them, basic objectives of physical education include :
- Codes :**
- (I) (III)
  - (III) (IV)
  - (II) (IV)
  - (II) (III)
39. Energy for a 1500 m run is provided by :
- ATP system
  - Anaerobic system
  - Electron transport system
  - Kreb's cycle
  - Lactic acid system
- Find out the correct combinations :
- Codes :**
- (I) and (IV)
  - (III) and (IV)
  - (II) and (III)
  - (I) and (V)
40. Following persons are associated with 100 m sprint run :
- Jesse Owens
  - Emil Zatopek
  - Gale Devers
  - Zola Bud
- Find out the correct combinations :
- Codes :**
- (I) and (IV)
  - (II) and (III)
  - (II) and (IV)
  - (I) and (III)

41. Technical preparation is taken by a new sportsman at :
- (I) Pre competition period  
 (II) Transitional period  
 (III) Preparatory (I) period  
 (IV) Preparatory (II) period
- Find the correct combination :
- Codes :**
- (A) (I) and (II)  
 (B) (II) and (III)  
 (C) (I) and (III)  
 (D) (III) and (IV)
42. Additional training means are used for achieving the various aims of training are :
- (I) Psychological means  
 (II) Competition exercises  
 (III) Physiotherapeutic means  
 (IV) General exercises
- Find the correct combination :
- Codes :**
- (A) (I) and (II)  
 (B) (II) and (III)  
 (C) (I) and (III)  
 (D) (I) and (IV)
43. Advantages of 'Sampling' may be :
- (I) It saves time  
 (II) It saves money  
 (III) It saves human resources  
 (IV) It provides exact information about population's characteristics
- Find the correct combination :
- Codes :**
- (A) (I) (II) (III)  
 (B) (II) (III) (IV)  
 (C) (III) (IV) (I)  
 (D) (IV) (I) (II)
44. Guidelines for asking questions for an interview are :
- (I) Question should be relevant  
 (II) Question should be ambiguous  
 (III) Question should be unbiased  
 (IV) Question should be thought provoking
- Select the correct combination :
- Codes :**
- (A) (I) (II) (III)  
 (B) (III) (IV) (I)  
 (C) (II) (III) (IV)  
 (D) (IV) (I) (II)
45. Which of the following tests is the part of North Carolina Motor Fitness Battery ?
- (I) 50 m run  
 (II) Squat thrust  
 (III) Pull ups  
 (IV) Sit ups
- Find out the correct combinations :
- Codes :**
- (A) (I) and (II)  
 (B) (II) and (IV)  
 (C) (III) and (IV)  
 (D) (II) and (III)
46. Match List – I indicating Pan-hellenic game with List-II indicating place of organization and select the correct answer from the codes given below :
- | <b>List I</b>              | <b>List II</b> |
|----------------------------|----------------|
| <b>(Pan-hellenic game)</b> | <b>(Place)</b> |
| (a) Olympic Games          | (i) Delphi     |
| (b) Nemean Games           | (ii) Corinth   |
| (c) Pythian Games          | (iii) Olympia  |
| (d) Isthmian games         | (iv) Argolis   |
- Codes :**
- (a) (b) (c) (d)  
 (A) (iv) (i) (ii) (iii)  
 (B) (iii) (iv) (i) (ii)  
 (C) (ii) (iii) (iv) (i)  
 (D) (iii) (ii) (i) (iv)

47. 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) Surplus energy theory	(i) James Ross
(b) Recapitulation theory	(ii) Lazarus
(c) Recreative theory	(iii) Stanly Hall
(d) Cathartic theory	(iv) Schiller and Spencer

**Codes :**

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

48. 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) Hypoglycemia	(i) Insulin
(b) Hormonal substance used in the treatment of diabetes	(ii) Low blood sugar
(c) A pituitary hormone regulates production of cortico-steroid	(iii) Beta blockers
(d) Substances which reduce blood pressure	(iv) ACTH

**Codes :**

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

49. 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) Centripetal force	(i) $mr^2$
(b) Kinetic energy	(ii) $mv^2/r$
(c) Impulse of force	(iii) $1/2mv^2$
(d) Moment of inertia	(iv) F.t

**Codes :**

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

50. 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) Elated	(i) Unbalanced
(b) Depressed	(ii) Short tempered
(c) Irritable	(iii) Happy
(d) Unstable	(iv) Pessimistic

**Codes :**

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

51. 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) Instinct theory	(i) Clark Hull
(b) Drive theory	(ii) Freud
(c) Need theory	(iii) Henry Murray
(d) Achievement Motivation theory	(iv) Carl Rogers

**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)

52. 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) Trial and Error learning  | (i) Kohler      |                  |  |
| (b) Learning by Conditioning  | (ii) Hull       |                  |  |
| (c) Learning by Reinforcement | (iii) Thorndike |                  |  |
| (d) Learning by Insight       | (iv) Pavlov     |                  |  |

**Codes :**

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

53. 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) Football    | (i) Beighton cup       |                  |  |
| (b) Hockey      | (ii) Coochbehar Trophy |                  |  |
| (c) Cricket     | (iii) Durand cup       |                  |  |
| (d) Badminton   | (iv) Uber cup          |                  |  |

**Codes :**

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

54. 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) Repetition training | (i) Without any break in between                               |                  |  |
| (b) Circuit training    | (ii) Insufficient recovery between two bouts of work           |                  |  |
| (c) Continuous training | (iii) Organizational form of doing exercise in proper sequence |                  |  |
| (d) Interval training   | (iv) Exercise with high intensity and longer interval          |                  |  |

**Codes :**

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

55. 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) Explosive strength | (i) Ability of sportsman to overcome high resistance                           |                  |  |
| (b) Strength           | (ii) Ability of sportsman to overcome resistance against fatigue               |                  |  |
| (c) Maximum strength   | (iii) Ability of sportsman to overcome resistance                              |                  |  |
| (d) Strength endurance | (iv) Ability of sportsman to overcome resistance within shortest possible time |                  |  |

- (a) Explosive strength (i) Ability of sportsman to overcome high resistance  
 (b) Strength (ii) Ability of sportsman to overcome resistance against fatigue  
 (c) Maximum strength (iii) Ability of sportsman to overcome resistance  
 (d) Strength endurance (iv) Ability of sportsman to overcome resistance within shortest possible time

**Codes :**

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

56. 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) Functional Isometric | (i) Endurance  |                  |  |
| (b) Plyometric           | (ii) Speed     |                  |  |
| (c) Variable pace        | (iii) Strength |                  |  |
| (d) Intensive interval   | (iv) Power     |                  |  |

**Codes :**

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



57. 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) Simple random sampling	(i) Sub-groups
(b) Stratified random sampling	(ii) Every nth person
(c) Multi-stage sampling	(iii) Lottery
(d) Systematic sampling	(iv) Sampling in various stages

**Codes :**

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

58. 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) Explosive strength	(i) Pull ups
(b) Ankle flexibility	(ii) Sargent jump
(c) Strength endurance	(iii) Shuttle run
(d) Agility	(iv) Goniometer

**Codes :**

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

59. 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) Concentration	(i) Continuing work to agreed goals
(b) Confidence	(ii) Maintaining stability
(c) Control	(iii) Reliance on abilities
(d) Commitment	(iv) Maintaining focus

**Codes :**

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

60. Arrange the origination of the following games/sport in chronological sequence :

- (I) Modern Olympic Games  
 (II) Commonwealth Games  
 (III) Asian Games  
 (IV) Gladiatorial Combat

**Codes :**

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

61. Modern Pentathlon events consist of :

- (I) Riding  
 (II) Shooting  
 (III) Fencing  
 (IV) Swimming  
 (V) Cross country  
 (VI) 800 m run  
 (VII) Putting the shot  
 (VIII) Long jump  
 (IX) 100 m run  
 (X) Discus throw

**Codes :**

- (A) (VI) (VII) (VIII) (IX) (X)  
 (B) (I) (II) (III) (IV) (V)  
 (C) (II) (VI) (VII) (VIII) (IX)  
 (D) (IV) (V) (VI) (VII) (VIII)

62. Arrange the following methods according to the level of intensity in correct sequence :

- (I) Repetition method
- (II) Slow continuous
- (III) Interval method
- (IV) Fast continuous

**Codes :**

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

63. Arrange the following performance factors in a correct sequence :

- (I) Achievement of top forms
- (II) Skill development
- (III) Base creation
- (IV) Development of tactical ability

**Codes :**

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

64. Chapters of the main body of the research report are :

- (I) Introduction
- (II) Methodology
- (III) Review of literature
- (IV) Summary, Conclusion, Recommendation
- (V) Results and Discussion

Arrange these chapters in proper sequence from following:

**Codes :**

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

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

**Assertion (A) :** Forms of social culture are both materialistic and non-materialistic

**Reasoning (R) :** Folkways are non-materialistic social culture

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

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

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

**Assertion (A) :** Highly enriched carbohydrate diet enhances muscular endurance

**Reasoning (R) :** High carbohydrate diet enhance anaerobic capacity and thereby muscular endurance 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) Both (A) and (R) are false

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

**Assertion (A):** A sprinter is born and not made

**Reasoning (R):** Sprinting ability is depending on anaerobic capacity and quantity and quality of fast twitch fibers which is inherited

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

- (A) Both (A) and (R) are true 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 but (R) is false
- (D) (A) is false but (R) is true

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

**Assertion (A):** For stable equilibrium sum of all forces acting on the body becomes zero

**Reasoning (R):** Force is the cause of motion

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

- (A) Both (A) and (R) are true 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 but (R) is false
- (D) (A) is false but (R) is true

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

**Assertion (A):** The parents are extraordinarily genius while child is not

**Reasoning (R):** The genes passed on from parents to offspring are the real careers and determiners of the heredity traits

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

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

**Assertion (A):** Over load principles to be applied for better adaptation

**Reasoning (R):** Stagnation of load means no further improvement of performance

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

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

71. Given below are two statements one of which is Assertion (A) and the second is Reasoning (R).  
**Assertion (A):** Health is not by chance but by choice  
**Reasoning (R):** Generally health hazards are associated with habits. Over use of drugs or tobacco may be the reasons of poor health  
 In the context of above statements, which one of the following is correct ?  
 (A) Both (A) and (R) are true 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 false but (R) is true  
 (D) (R) is false but (A) is true
72. Given below are two statements one of which is Assertion (A) and the second is Reasoning (R)  
**Assertion (A):** For improvement of performance in short distance run interval training is effective  
**Reasoning (R):** Interval method of training improves speed  
 In the context of above statements, which one of the following is correct ?  
 (A) (A) is false but (R) is true  
 (B) Both (A) and (R) are false  
 (C) (A) is true but (R) is false  
 (D) Both (A) and (R) are true
73. Given below are two statements one of which is Assertion (A) and the second is Reasoning (R)  
**Assertion (A):** Research is a subjective method to study a problem for the purpose of deriving general principles.  
**Reasoning (R):** Research is a systematic investigation to find solution to a problem  
 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
74. Given below are two statements one of which is Assertion (A) and the second is Reasoning (R)  
**Assertion (A):** High level of sport needs high level of competition anxiety  
**Reasoning (R):** Competition anxiety influences sports performances.  
 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
75. Given below are two statements one of which is Assertion (A) and the second is Reasoning (R)  
**Assertion (A):** An athlete with better motor ability will have higher motor fitness  
**Reasoning (R):** Motor fitness is the capacity of doing motor activity  
 In the context of above statements, which one of the following is correct ?  
 (A) (A) is true but (R) is false  
 (B) (A) is false but (R) is true  
 (C) Both (A) and (R) are true and (R) is the correct explanation of (A)  
 (D) Both (A) and (R) are true but (R) is not the correct explanation of (A)

**ROUGH WORK**

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