CUET UG 2026 Physical Education Question Paper 24 May Shift 2

NATIONAL TESTING AGENCY
Excellence in Assessment

General Instructions

(i) This question paper contains 50 questions. All questions are compulsory.

(ii) It comprises 50 single-correct multiple-choice questions.

(iii) These questions follow the CUET (UG) examination pattern.

(iv) Each correct answer is awarded +5 marks, with -1 for an incorrect answer.

(v) The time allotted for this paper is 60 minutes.

(vi) Attempt every question; detailed solutions are provided in the companion solutions booklet.

1. What are the symptoms of Iodine deficiency in the body?

A. Goitre

B. Mental retardation

C. Anemia

D. Night blindness

Choose the correct answer from the options given below:

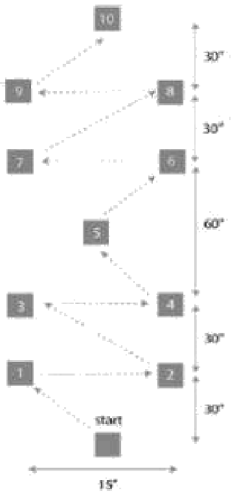
(A) A, and B only

(B) A, B and D only

(C) A, B, C and D

(D) B, C and D only

2. Which of the following tests is related to the given layout?



(A) SEMO Agility Test

(B) Shuttle Run

(C) Modified Bass Test

(D) Flamingo Balance Test

3. Graded activities as a strategy for an effective inclusive physical education program include-

(A) Complex activities only

(B) Complex activities to simple activities

(C) Simple activities to complex activities

(D) Challenging activities only

4. 1 gram Fats provides energy -

(A) 4 Kcal/g

(B) 12 Kcal/g

(C) 5 Kcal/g

(D) 9 Kcal/g

5. Arrange the following nutrients according to the requirements for a healthy individual in a sequential order from maximum to minimum-

A. Carbohydrates

B. Protein

C. Calcium

D. Iodine

Choose the correct answer from the options given below:

(A) (A), (B), (C), (D)

(B) (A), (B), (D), (C)

(C) (B), (A), (D), (C)

(D) (C), (B), (D), (A)

6. While performing Uddiyana Bandha one should **not**-

(A) Contract the throat and bring the chin to the chest

(B) Sit comfortably in siddhasana or padmasana

(C) Exhale completely through mouth and hold the breath out

(D) Pull abdominal muscles up and inside towards the spine

7. In which of the following pranayama during inhalation a peculiar sound is produced owing to the partial closing of glottis?

(A) Bhramari

(B) Sheetali

(C) Nadi- shodhan

(D) Ujjayi

8. This involves forceful and fast diaphragmatic breathing-

(A) Tratak

(B) Neti

(C) Kapalbhati

(D) Dhauti

9. While performing Suryanamaskar, at what steps we do pad-hastottanasana?

(A) 8th and 10th steps

(B) 3rd and 10th steps

(C) 5th and 9th steps

(D) 7th and 12th steps

10. While performing Simhasana body resembles like which of the following animal ?

(A) Lion

(B) Cobra

(C) Rabbit

(D) Frog

11. Arrange these asanas in sequence of Standing, Sitting, Prone-line and Supine-line postures respectively.

A. Padhatasana

B. Ustrasana

C. Sarvangasana

D. Shalbhasana

Choose the **correct** answer from the options given below:

(A) A, B, C, D

(B) A, B, D, C

(C) B, A, D, C

(D) C, B, D, A

12. Which of the following is the Non-communicable Disease?

(A) Arthritis

(B) Malaria

(C) Dengue

(D) Influenza

13. Which of the following does not occur in adolescence phase as per World Health Organisation (WHO)?

(A) Secondary sex characteristics (puberty) develop

(B) Reproductive maturity occurs

(C) Establishment of a differential identity

(D) Adult identity develops

14. Which of the following is the psychological advantage of physical activities for children with special needs ?

(A) Improved gross motor skills

(B) Prevention of the problems such as obesity

(C) Reduced anxiety, stress and depression

(D) Develop social skills

15. What is the medical condition for Hypertension in the body?

(A) Normal blood pressure

(B) Abnormally elevated blood pressure

(C) Decreased blood pressure

(D) Increased respiratory rate

16. On which of the following date, the National Mid-Day Meal Programme in Schools was launched ?

(A) 15 August 1996

(B) 2 October 1995

(C) 15 August 1995

(D) 2 October 1996

17. Arrange the following functions in a sequential order of-Potassium, Calcium, Iron and Copper respectively-

A. Needed for Iron metabolism

B. Needed for Nerve transmission

C. Carries oxygen to every cell of the body

D. Important for Healthy Teeth

Choose the **correct** answer from the options given below:

(A) B, D, C, A

(B) A, B, D, C

(C) B, A, D, C

(D) C, B, D, A

18. Match the motivational approach mentioned in **List-I** with the Motivational Techniques in **List-II**

LIST-I **Approaches**		**LIST-II** **Motivational Techniques**	
A.	Cognitive Approach	I.	Make task Specific
B.	Pedagogical Approach	II.	Performance appraisals
C.	Social Support Strategy	III.	Social networking and perception of people around them
D.	Facilitation Approach	IV.	Fun-based Training

Choose the **correct** answer from the options given below:

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

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

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

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

19. In a Standard 400 Meter Track, the width of lane should be -

(A) 1.40 m to 1.50 m

(B) 2.15 m to 2.50 m

(C) 1.00 m to 1.10 m

(D) 1.22 m to 1.25 m

20. The length of a Baton in Relay Races can be -

(A) 25-30 cm

(B) 30-35 cm

(C) 28-30 cm

(D) 35-40 cm

21. The Diameter of Discus Throw circle in Track & field event is -

(A) 2.30 m

(B) 2.50 m

(C) 2.40 m

(D) 2.60 m

22. Arrange the following lines of the Handball Court from the end line towards the center line in a sequential order-

A. Goal keeper line

B. Goal line

C. Penalty line

D. Free throw line

Choose the **correct** answer from the options given below:

(A) A, C, B, D

(B) B, A, C, D

(C) B, A, D, C

(D) C, B, D, A

23. Out of the following, select the correct types of techniques to finish the race.

A. Lunging forward

B. Shoulder shrug

C. Hitch kick

D. Run through

Choose the **correct** answer from the options given below:

(A) A, B and C only

(B) A, B and D only

(C) A, B, C and D

(D) B, C and D only

24. Match the Gymnastics apparatus given in **List-I** with their related Techniques in **List-II**

LIST-I	**LIST-II**
Gymnastics Apparatus	**Related Techniques**
A. Uneven Bars	I. Backhand Spring
B. Pommel Horse	II. KIP technique
C. Balancing Beam	III. Forward Scissor
D. Roman Rings	IV. T-Balance

Choose the **correct** answer from the options given below:

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

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

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

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

25. Which of the following are the health-related careers in the field of physical education?

A. Sports Medicine Physician

B. Physical Fitness Instructor

C. Dietician

D. Sports Director

Choose the **correct** answer from the options given below:

(A) A, B and D only

(B) A, B and C only

(C) A, C and D only

(D) B, C and D only

26. While performing Running, Jumping and Calisthenics movements can be seen directly those result into toned muscles and increased muscle length, These are known as

(A) Isometric Exercises

(B) Isotonic Exercises

(C) Isokinetic Exercises

(D) Anaerobic Exercises

27. A method of running a set distance at a uniform speed is known as -

(A) Pace Runs

(B) Acceleration Runs

(C) Speed Endurance

(D) Movement Speed

28. In which of the following methods, the muscle is contracted for few seconds and it gains maximum relaxation after the contraction?

(A) Ballistic Method

(B) Static stretching

(C) Slow Stretch and Hold

(D) Proprioceptive neuro-muscular facilitation

29. Which of the following are the methods to develop flexibility?

A. Ballistic Method

B. Slow Stretch and Hold

C. Speed Play

D. Proprioceptive Neuro- Muscular Facilitation

Choose the **correct** answer from the options given below:

(A) A, B and C only

(B) A, B and D only

(C) A, B, C and D

(D) B, C and D only

30. Match the types/ methods of speed training in **List- I** with the duration associated with that method presented in **List-II**

LIST-I **Types / Methods**	**LIST-II** **Duration**
A. Speed Endurance	I. At least 20 minutes
B. Slow Continuous Method	II. From 15 minutes to 1 hour
C. Fast Continuous Method	III. Lasts up to 45 seconds
D. Variable Pace Method	IV. Not less than 30 minutes

Choose the **correct** answer from the options given below:

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

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

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

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

31. What is the recommended dumbbell weight for women in Rikli and Jones Senior Citizens arm curl test ?

(A) 5 pounds

(B) 8 pounds

(C) 6 pounds

(D) 4 pounds

32. The purpose of (4x10 Meters) Shuttle Run Test is to determine-

(A) Explosive leg strength

(B) Agility and speed

(C) Upper-body flexibility

(D) Speed and endurance

33. Which of the following statement is Not correct with respect to the procedure of performing Standing Broad Jump?

(A) Take atleast 10 to 20 meters approach run

(B) Stand behind the take off line

(C) Extend knees and swing arms forward to provide forward drive

(D) Jump as far as possible

34. Match the Long/Short term effect on body systems presented in **List-I** with their resultants presented in List-II

LIST-I **Long/Short term effect on body systems**	**LIST-II** **Resultants**
A. Long term effect on the Muscular system	I. Hypertrophy of muscles
B. Short term effect on the Muscular system	II. Increased muscle temperature
C. Long term effect on the Respiratory system	III. Respiratory rate increases
D. Short term effect on the Respiratory system	IV. Lung volume increases

Choose the *correct* answer from the options given below:

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

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

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

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

35. Arrange the following test equipment used in **Backward Medicine Ball Throw Test** and **Arm Curl Test** in a sequential order according to their weight from minimum to maximum.

A. Dumbbell for men

B. Medicine ball for boys

C. Medicine ball for girls

D. Dumbbell for women

Choose the **correct** answer from the options given below:

(A) A, C, B, D

(B) D, C, A, B

(C) B, A, D, C

(D) C, D, B, A

36. Straight Push-Ups is an example of-

(A) Law of Inertia

(B) First Class Lever

(C) Second Class Lever

(D) Third Class Lever

37. In shot-put, a player applies more force and tosses the shot-put at the correct angle has a greater displacement of shot-put, whereas a player who exerts less force has a lesser displacement. Which law applies in this example?

(A) Law of Inertia

(B) Law of Reaction

(C) Law of Momentum

(D) Law of Gravity

38. is the ability to execute movement with greater range around a joint.

(A) Speed

(B) Flexibility

(C) Endurance

(D) Strength

39. From the following, select the examples of the 3rd class lever-

A. Triceps causing extension at elbow

B. V Sit-Up position

C. Biceps causing flexion at the elbow

D. Sit-Ups

Choose the **correct** answer from the options given below:

(A) A, B and D only

(B) A, and C only

(C) A, B and C only

(D) C and D only

40. Match the types of fracture given in List-I with their symptoms in List-II

LIST-I Types of Fracture	**LIST-II Symptoms**
A. Transverse	I. Soft bone bends
B. Green-stick	II. Straight break right across a bone
C. Oblique	III. Bone breaks diagonally
D. Impacted	IV. Broken ends of the bones are jammed together

Choose the *correct* answer from the options given below:

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

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

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

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

41. Read the following passage and answer the following questions.

Personality is derived from a Latin word 'persona' Personality Functions of a person is an introvert or extrovert, she/he has a preferred pattern to deal with the situations. Introverts are people interested in their own mental self, opt to live in their own world of feelings and thoughts whereas Extroverts are broad minded, highly socialized, bold and outgoing. According to the theory of personality by Carl Gustov Jung , the two attitudes of extraversion and introversion cannot be demonstrated in isolation. These need to be associated with one of the four functions (Sensing, Intuitive, Thinking, and Feeling). This theory was not designed to label a type of people; instead the purpose was to demonstrate the complexity of human typology. The four functions are divided into what Jung called rational (or judging) and irrational (or perceiving) functions. According to Jung ,Thinking and Sensing are rational while Intuition and Feelings are irrational. While explaining personality through the term introvert and extrovert, there is reference of third term also called ambivert which is relatively a new term. Jung did not use the word to explain that there is no such thing as a pure introvert or extrovert. Ambiverts reflect a blend of traits from the introvert as well as the extrovert along with having some specific strengths. Another important trait approach which can provide essential insights into the key elements of personality is offered by Paul Costa and Robert Mccrae. They have given emphasis of the five domains or traits, which are openness, conscientiousness, extraversion, agreeableness, and neuroticism. These traits are also represented by acronym ocean.

Carl Jung divided personality mainly into-

(A) Id, Ego, Super Ego

(B) Agreeableness and Neuroticism

(C) Introvert, Extrovert

(D) Openness and Conscientiousness

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Out of the following, who is/are associated with the development of the Big Five Model of personality?

(A) Sigmend Freud

(B) Carl Rogers

(C) Gardon Allport

(D) Paul Costa and Robert Macrae

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According to Carl Jung, introverts primarily focus on-

(A) Their own world of feelings and thoughts

(B) Social interaction

(C) Parties and community activities

(D) Leadership roles

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Broad minded, highly socialized and bold are the traits of _____ type of personality.

(A) Neuroticism

(B) Introverts

(C) Conscientious

(D) Extroverts

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According to The Big Five Factor Model of personality, which of the following is Not a personality trait ?

(A) Agreeableness

(B) Self-esteem

(C) Openness

(D) Exraversion

46. Read the passage and answer the following questions

The List of Sports Awards in India highlights the country's most prestigious honors, recognizing the exceptional achievements of athletes, coaches, and sports organizations across various disciplines. The National Sports Awards are the crowning glory of sports honors.

The Major Dhyan Chand Khel Ratna Award, originally named the Rajiv Gandhi Khel Ratna Award, is India's highest sporting honor and tops the list of sports awards in India. Since its inception in 1991-1992, it has been awarded annually by the Ministry of Youth Affairs and Sports. The award recognizes athletes for their exceptional achievements in sports at the international level over four years. Winners receive a medallion, a certificate, and a cash prize of Rs.25 lakhs. In 2021, the award was renamed to honor Dhyan Chand, a legendary Indian field hockey player.

The Arjun award started in 1961,is the second highest sports honor recognizing outstanding performance in sports over four years. The award includes a bronze statuette of Arjuna ,a certificate, ceremonial attire and a cash prize of Rs.15 lakhs. The award is named after a character from the Mahabharata epic and covers a variety of sports, including the Olympics, and Paralympics. The first awards went to P.K.Banerjee (Athletics) and Slim Durani (Cricket).

The Dronacharya award honors outstanding coaches who have enabled athletes to excel at the International level over four years. Established in 1985, the award includes a bronze statuette of Dronacharya, a certificate, ceremonial attire and a cash prize of Rs.15 lakhs. Only coaches from sports recognized by major international events are eligible.

The President of India presents the awards on National Sports Day, August 29, as a tribute to hockey legend Major Dhyan Chand. Other

awards under this include the Tenzing Norgay National Adventure Award from 2004 for outstanding feats in adventure sports. National Sports Awards are given every year to recognize and reward excellence in sports.

When was the Rajiv Gandhi Khel Ratna Award renamed to Major Dhyan Chand Khel Ratna Award ?

(A) Year 1992

(B) Year 1999

(C) Year 2002

(D) Year 2021

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Which of the following sports persons received the first Arjun award in athletics?

(A) Ankita Raina

(B) P.K. Banerjee

(C) Varun Kumar

(D) Salim Durani

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from 2004 for outstanding feats in adventure sports. National Sports Awards are given every year to recognize and reward excellence in sports.

Who presents the highest Sports Awards in India?

(A) President of India

(B) Prime minister of India

(C) Governor of state

(D) Sports minister of India

49.

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When do we celebrate our National Sports Day ?

(A) On 26th January

(B) On 15th August

(C) On 29th August

(D) On 13th July

50.

Passage: The List of Sports Awards in India highlights the country's most prestigious honors, recognizing the exceptional achievements of athletes, coaches, and sports organizations across various disciplines. The National Sports Awards are the crowning glory of sports honors.

The Major Dhyan Chand Khel Ratna Award, originally named the Rajiv Gandhi Khel Ratna Award, is India's highest sporting honor and tops the list of sports awards in India. Since its inception in 1991-1992, it has been awarded annually by the Ministry of Youth Affairs and Sports. The award recognizes athletes for their exceptional achievements in sports at the international level over four years. Winners receive a medallion, a certificate, and a cash prize of Rs.25 lakhs. In 2021, the award was renamed to honor Dhyan Chand, a legendary Indian field hockey player.

The Arjun award started in 1961,is the second highest sports honor recognizing outstanding performance in sports over four years. The award includes a bronze statuette of Arjuna ,a certificate, ceremonial attire and a cash prize of Rs.15 lakhs. The award is named after a character from the Mahabharata epic and covers a variety of sports, including the Olympics, and Paralympics. The first awards went to P.K.Banerjee (Athletics) and Slim Durani (Cricket).

The Dronacharya award honors outstanding coaches who have enabled athletes to excel at the International level over four years. Established in 1985, the award includes a bronze statuette of Dronacharya, a certificate, ceremonial attire and a cash prize of Rs.15 lakhs. Only coaches from sports recognized by major international events are eligible.

The President of India presents the awards on National Sports Day, August 29, as a tribute to hockey legend Major Dhyan Chand. Other awards under this include the Tenzing Norgay National Adventure Award

from 2004 for outstanding feats in adventure sports. National Sports Awards are given every year to recognize and reward excellence in sports.

Winners of Major Dhyan Chand Khel Ratna Award receive-

(A) A medallion, a certificate, and a cash prize of Rs.25 lakhs

(B) A medallion, a certificate, and a cash prize of Rs.15 lakhs

(C) A medallion, a certificate, a bronze statuette and a cash prize of Rs.5 lakhs

(D) A medallion, a certificate, a bronze statuette and a cash prize of Rs.20 lakhs