

CUET-UG Physical Education Sample Paper - 19

Duration: 1 Hour

Maximum Marks: 250

Instructions

- This paper contains a total of 50 Multiple Choice Questions.
- Each correct answer carries **+5 marks**.
- Each incorrect answer carries **-1 mark**.
- No negative marking for unattempted questions.

- Q1.** Which of the following Non-Communicable Diseases (NCDs) is characterized by the body's inability to produce or properly use insulin, often managed through physical activity?
- (A) Tuberculosis
(B) Hypertension
(C) Diabetes Mellitus
(D) Cardiovascular Disease
- Q2.** The 'National Rural Health Mission' (NRHM) was launched by the Government of India primarily to address the health needs of which population?
- (A) Urban slum dwellers
(B) Rural underprivileged sections
(C) Professional athletes in rural academies
(D) Industrial workers in metro cities
- Q3.** In the context of 'Children with Special Needs' (CWSN), what does the 'Adaptive Physical Education' strategy primarily aim to achieve?
- (A) Exclusion from mainstream sports to prevent injury
(B) Modifying rules and equipment to suit individual capabilities
(C) Strict adherence to Olympic-level standards



(D) Focusing solely on indoor board games

Q4. The Midday Meal Scheme guidelines for 'Primary' students (Classes I–V) mandate a nutritional provision of:

(A) 700 Calories and 20g Protein

(B) 450 Calories and 12g Protein

(C) 300 Calories and 8g Protein

(D) 1000 Calories and 30g Protein

Q5. Which of the following is an example of a 'Communicable Disease' transmitted via biological vectors like mosquitoes?

(A) Obesity

(B) Malaria

(C) Asthma

(D) Scurvy

Q6. For a student with 'Visual Impairment' in a Physical Education setting, which modification is most effective for a game of ball?

(A) Reducing the size of the field

(B) Using a ball with an internal sound device (bell)

(C) Increasing the height of the goalpost

(D) Using a heavier ball to reduce speed

Q7. In Carl Jung's classification of personality, an individual who is highly social, outgoing, and draws energy from external environments is termed an:

(A) Introvert

(B) Extrovert

(C) Ambivert

(D) Mesomorph



- Q8.** According to the 'Big Five' theory, an athlete who remains calm and composed under extreme pressure during a gold-medal match scores low on which trait?
- (A) Conscientiousness
 - (B) Agreeableness
 - (C) Neuroticism
 - (D) Extraversion
- Q9.** Which motivation technique involves providing an athlete with external rewards such as trophies, certificates, or prize money?
- (A) Intrinsic Motivation
 - (B) Extrinsic Motivation
 - (C) Self-Actualization
 - (D) Achievement Motivation
- Q10.** William Sheldon's 'Endomorphic' body type is physically characterized by:
- (A) A lean, fragile, and delicate structure
 - (B) A muscular, athletic, and sturdy frame
 - (C) A round, soft body with a tendency to store fat
 - (D) High height with minimal muscle mass
- Q11.** In sports, 'Assertive Behavior' is often confused with aggression. Unlike aggression, assertive behavior is characterized by:
- (A) The intent to harm an opponent
 - (B) Using legitimate physical force within the rules to achieve a goal
 - (C) Verbal abuse directed at the referee
 - (D) Intentional foul play to stop a fast break
- Q12.** Sociologically, 'Group Cohesion' in a sports team is most effectively built through:



- (A) Individualized training programs
- (B) Shared goals and clear communication
- (C) Increasing internal competition among teammates
- (D) High autocratic leadership from the coach

Q13. What are the official dimensions of a standard 'Handball' court for international competitions?

- (A) 40m x 20m
- (B) 28m x 15m
- (C) 18m x 9m
- (D) 100m x 64m

Q14. In 'Cricket', the distance between the two sets of wickets is exactly:

- (A) 20 Yards
- (B) 22 Yards
- (C) 24 Yards
- (D) 25 Yards

Q15. The skill known as 'Ankle Hold' is a fundamental defensive technique used in which sport?

- (A) Hockey
- (B) Football
- (C) Kabaddi
- (D) Basketball

Q16. In 'Hockey', what is the duration of a standard international match as per the latest FIH regulations?

- (A) 90 minutes (two halves of 45)
- (B) 60 minutes (four quarters of 15)



- (C) 70 minutes (two halves of 35)
- (D) 80 minutes (four quarters of 20)

Q17. The 'Penalty Arc' (the D-shaped area outside the box) in a Football field is used to ensure:

- (A) No player enters the box during a corner kick
- (B) Players remain at least 10 yards from the penalty spot during a kick
- (C) The goalkeeper stays within a specific limit
- (D) The referee has a clear view of the goal line

Q18. Which of the following is a fundamental offensive skill in Kabaddi?

- (A) Thigh Hold
- (B) Cant (Repeating the word 'Kabaddi')
- (C) Block
- (D) Chain Tackle

Q19. In a standard Football pitch, what is the radius of the 'Center Circle'?

- (A) 7.32 Meters
- (B) 11 Meters
- (C) 9.15 Meters
- (D) 5.5 Meters

Q20. Which stage of 'Suryanamaskar' (Sun Salutation) involves the posture 'Bhujangasana' (Cobra Pose)?

- (A) Stage 5
- (B) Stage 7
- (C) Stage 9
- (D) Stage 2



- Q21.** The Kriya known as 'Dhauti' is specifically performed to cleanse which part of the body?
- (A) The eyes and tear ducts
 - (B) The nasal passages
 - (C) The upper digestive tract/stomach
 - (D) The lower colon
- Q22.** Which type of 'Pranayama' involves making a sound similar to a humming bee during exhalation?
- (A) Sheetalī
 - (B) Bhramarī
 - (C) Kapalbhātī
 - (D) Ujjayī
- Q23.** In the 'Yogic' system, the term 'Shatkarma' refers to:
- (A) Six stages of meditation
 - (B) Six purification techniques
 - (C) Six types of breathing
 - (D) Six levels of flexibility
- Q24.** Which of the following is considered a 'Macro-nutrient' that serves as the secondary source of energy and is vital for the absorption of Vitamins A, D, E, and K?
- (A) Proteins
 - (B) Fats
 - (C) Minerals
 - (D) Carbohydrates
- Q25.** Observe the image below. In the context of Yoga, which Asana is being performed, and what is its primary physiological benefit for an athlete?





- (A) Tadasana; improves respiratory efficiency
- (B) Vrikshasana; enhances neuromuscular coordination and balance
- (C) Garudasana; increases explosive leg power
- (D) Ardhashakrasana; improves spinal flexibility

Q26. Which postural deformity is also known as 'Round Upper Back' or 'Hunchback', caused by the excessive outward curvature of the thoracic spine?

- (A) Lordosis
- (B) Scoliosis
- (C) Kyphosis
- (D) Genu Varum

Q27. Water-soluble vitamins are not stored in the body and must be replenished daily. Which of the following belongs to this group?

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



- Q28.** Which type of fracture occurs when a ligament or tendon pulls off a small piece of the bone attachment during a sudden, forceful contraction?
- (A) Stress Fracture
 - (B) Avulsion Fracture
 - (C) Greenstick Fracture
 - (D) Transverse Fracture
- Q29.** The 'Dronacharya Award' is presented by the Government of India to recognize excellence in which field of sports?
- (A) Outstanding performance by an athlete in the Olympics
 - (B) Lifetime achievement for sports journalism
 - (C) Outstanding contribution in Sports Coaching
 - (D) Leadership in Sports Management
- Q30.** What is the minimum duration of the Master of Physical Education (M.P.Ed) degree course in India after completing a B.P.Ed?
- (A) 1 Year
 - (B) 2 Years
 - (C) 3 Years
 - (D) 4 Years
- Q31.** The 'Arjuna Award' was instituted in which year to honor outstanding achievement in national sports?
- (A) 1951
 - (B) 1961
 - (C) 1985
 - (D) 1991
- Q32.** Which of the following awards is specifically given to Universities for their overall top performance in inter-university tournaments?



- (A) Maulana Abul Kalam Azad (MAKA) Trophy
- (B) Dhyan Chand Award
- (C) Rashtriya Khel Protsahan Puruskar
- (D) Tenzing Norgay National Adventure Award

Q33. In 'Isotonic' exercises, the muscle changes length while the tension remains relatively constant. These are further divided into 'Concentric' and 'Eccentric'. What happens during an Eccentric contraction?

- (A) The muscle shortens under tension
- (B) The muscle length remains the same
- (C) The muscle lengthens under tension
- (D) No force is generated by the muscle

Q34. The 'Fartlek' training method is most effective for developing which fitness component?

- (A) Static Strength
- (B) Cardiovascular and Muscular Endurance
- (C) Maximum Speed
- (D) Reaction Time

Q35. Which of the following 'Asanas' is specifically categorized as a 'Relaxative' posture, often performed at the end of a Yoga session to lower heart rate and calm the nervous system?

- (A) Chakrasana
- (B) Shavasana
- (C) Mayurasana
- (D) Halasana

Q36. Which type of fracture occurs when a ligament or tendon pulls off a small piece of the bone attachment during a sudden, forceful contraction?



- (A) Stress Fracture
- (B) Avulsion Fracture
- (C) Greenstick Fracture
- (D) Transverse Fracture

Q37. The 'Dronacharya Award' is presented by the Government of India to recognize excellence in which field of sports?

- (A) Outstanding performance by an athlete in the Olympics
- (B) Lifetime achievement for sports journalism
- (C) Outstanding contribution in Sports Coaching
- (D) Leadership in Sports Management

Q38. What is the minimum duration of the Master of Physical Education (M.P.Ed) degree course in India after completing a B.P.Ed?

- (A) 1 Year
- (B) 2 Years
- (C) 3 Years
- (D) 4 Years

Q39. The 'Arjuna Award' was instituted in which year to honor outstanding achievement in national sports?

- (A) 1951
- (B) 1961
- (C) 1985
- (D) 1991

Q40. PNF (Proprioceptive Neuromuscular Facilitation) stretching is unique because it utilizes the body's:

- (A) Stretch Reflex and Reciprocal Inhibition



- (B) Anaerobic glycolysis system
- (C) Fast-twitch muscle fibers only
- (D) Ability to hold breath during exertion

Passage I

Read the passage below carefully. The questions that follow (Questions 41 to 45) are based on the information provided in this text. Choose the one best answer for each question.

"At the High-Performance Center, Coach Sharma is preparing a national-level 400m sprinter for the upcoming season. During the general preparatory phase, the focus is on developing a solid aerobic base and correcting structural imbalances. The coach notices that the athlete displays Genu Varum, which affects their running mechanics. To address power, the athlete performs exercises where the speed of contraction is kept constant regardless of the force applied, using specialized dynamometers.

Furthermore, the nutritionist has designed a diet plan emphasizing Polysaccharides for sustained energy, while ensuring the athlete avoids 'Empty Calories'. As the competition phase nears, the coach introduces a training system that translates to "speed play," allowing the athlete to vary their pace across natural terrain. To maximize recovery and range of motion, the session ends with a stretching technique that involves a partner-assisted contraction-relaxation cycle of the agonist and antagonist muscles."

- Q41.** Based on the passage, the athlete is diagnosed with 'Genu Varum'. What is the common name for this postural deformity?
- (A) Knock Knees
 - (B) Flat Foot
 - (C) Bow Legs
 - (D) Kyphosis
- Q42.** The training method mentioned as "speed play" refers to which of the following conditioning techniques?



- (A) Interval Training
- (B) Fartlek Training
- (C) Continuous Method
- (D) Circuit Training

Q43. The athlete performs exercises where "the speed of contraction is kept constant." Which type of muscular exercise is being described?

- (A) Isometric
- (B) Isotonic
- (C) Isokinetic
- (D) Eccentric

Q44. The stretching technique used at the end of the session, involving a partner and a contraction-relaxation cycle, is known as:

- (A) Ballistic Stretching
- (B) Dynamic Stretching
- (C) PNF (Proprioceptive Neuromuscular Facilitation)
- (D) Static Stretching

Q45. The nutritionist's emphasis on 'Polysaccharides' suggests that the athlete's primary energy source should come from:

- (A) Simple Sugars like Glucose and Fructose
- (B) Complex Carbohydrates like Starch and Glycogen
- (C) Essential Fatty Acids
- (D) Complete Proteins

Passage II

Read the passage below carefully. The questions that follow (Questions 46 to 50) are based on the information provided in this text. Choose the one best answer for each question.



"During a sports psychology seminar, a researcher discusses the 'Big Five' personality traits of elite athletes, noting that those with high Openness often adapt better to unconventional training methods. The seminar also addresses the physiological impact of Yoga, specifically how Pranayama influences the autonomic nervous system.

Later, a case study is presented on a volleyball player suffering from an Oblique Fracture of the humerus. The sports medicine team emphasizes that during rehabilitation, the player must avoid 'Hostile Aggression' during competitive drills to prevent re-injury. To aid recovery, the athlete is placed on a diet rich in Micro-nutrients like Calcium and Vitamin D. Finally, the player's training transition from the preparatory to the competition phase involves a shift from Isometric stabilization to power-based movements to regain peak performance."

- Q46.** The passage mentions the athlete suffered an 'Oblique Fracture'. How is this fracture distinguished from a 'Transverse Fracture'?
- (A) The bone breaks at an angle/slanted direction across the bone
 - (B) The bone is crushed into many small pieces
 - (C) The break is perpendicular (90 degrees) to the bone shaft
 - (D) The bone is bent but not fully broken
- Q47.** According to the Big Five (OCEAN) model mentioned, an athlete who is willing to try "unconventional training methods" is demonstrating high levels of:
- (A) Extraversion
 - (B) Conscientiousness
 - (C) Openness to Experience
 - (D) Neuroticism
- Q48.** The athlete is advised against 'Hostile Aggression'. Which of the following best describes this behavior in a sports context?
- (A) Aggression used as a tool to achieve a functional goal
 - (B) Proactive behavior within the rules of the game



- (C) Reactive behavior with the primary intent to cause physical or psychological harm
- (D) High-intensity effort directed toward the ball or equipment

Q49. The passage notes a transition from 'Isometric' stabilization. Which of the following is an example of an Isometric exercise the athlete might have performed?

- (A) Bicep curls with a 5kg dumbbell
- (B) A static 'Plank' hold or pushing against an immovable wall
- (C) Jumping jacks to increase heart rate
- (D) Using a Cybex machine at a constant speed

Q50. The mention of 'Pranayama' in the seminar relates to which aspect of Yoga practice?

- (A) Physical postures for flexibility
- (B) Cleansing techniques for internal organs
- (C) Regulation and control of the breath
- (D) Concentration and meditation techniques



Detailed Solutions

Q1.

Solution

Concept: Non-Communicable Diseases (NCDs) are long-term medical conditions that do not spread from person to person. Diabetes Mellitus is one of the most common NCDs and occurs when the body either fails to produce sufficient insulin or cannot effectively use the insulin produced. Insulin is a hormone responsible for regulating blood glucose levels. Physical activity, proper diet, and lifestyle management play an important role in controlling diabetes and preventing complications.

Solution: Diabetes Mellitus is characterized by high blood sugar levels due to defects in insulin production, insulin action, or both. Regular physical activity improves insulin sensitivity, helps maintain healthy body weight, and assists in controlling blood glucose levels. This makes exercise an important part of diabetes management along with balanced nutrition and medical treatment. Tuberculosis is a communicable disease caused by bacteria, while Hypertension refers to high blood pressure and Cardiovascular Disease relates to disorders of the heart and blood vessels. Although physical activity benefits all these conditions, the disease directly associated with insulin dysfunction is Diabetes Mellitus. Therefore, among the given options, Diabetes Mellitus is the correct example of the Non-Communicable Disease described in the question.

Final Answer: Diabetes Mellitus

Answer: (C)

Q2.

Solution

Concept: The National Rural Health Mission (NRHM) was launched by the Government of India in 2005 to improve healthcare delivery and accessibility in rural areas. The mission focused particularly on underserved and economically weaker populations who lacked adequate medical facilities. NRHM aimed to strengthen healthcare infrastructure, maternal and child health services, disease control programs, sanitation awareness, and community participation in rural regions.

Solution: The primary objective of NRHM was to address the healthcare needs of rural underprivileged sections of society. Many rural areas in India faced shortages of hospitals, trained healthcare workers, medicines, and basic health awareness. To overcome these challenges, the mission introduced programs such as ASHA workers, improved primary health centers, immunization drives, and maternal care services. Urban slum health issues were later addressed under separate urban health initiatives. The mission was not designed specifically for athletes or industrial workers. Since NRHM concentrated on improving health conditions and healthcare access for economically and socially disadvantaged rural populations, the correct answer is rural underprivileged sections.

Final Answer: Rural underprivileged sections

Answer: (B)



Q3.

Solution

Concept: Adaptive Physical Education (APE) is a modified physical education program designed to meet the unique needs and abilities of Children with Special Needs (CWSN). The primary goal of APE is inclusion and participation by adapting activities, rules, teaching methods, and equipment according to the individual capabilities of students. This approach ensures equal opportunities for physical development, confidence building, and social interaction.

Solution: Adaptive Physical Education does not aim to exclude children from sports or force them to follow strict competitive standards. Instead, it focuses on creating an inclusive environment where every student can participate safely and effectively. Modifications may include changing game rules, reducing field size, using lighter equipment, providing assistive devices, or altering activity intensity based on individual needs. Such adjustments help students with disabilities enjoy physical activity while improving motor skills, coordination, confidence, and social participation. Limiting students only to indoor board games would restrict their physical and emotional growth. Therefore, the main objective of Adaptive Physical Education is modifying rules and equipment to suit the individual capabilities of Children with Special Needs.

Final Answer: Modifying rules and equipment to suit individual capabilities

Answer: (B)

Q4.

Solution

Concept: The Midday Meal Scheme is a Government of India initiative aimed at improving nutritional status, school attendance, and learning ability among children. Nutritional standards are prescribed separately for primary and upper-primary students to ensure balanced dietary intake during school hours. For primary students from Classes I to V, the scheme specifies a minimum calorie and protein requirement to support healthy growth and development.

Solution: According to the official Midday Meal Scheme guidelines, children studying in primary classes (I–V) should receive meals providing approximately 450 calories and 12 grams of protein per day. This nutritional support helps reduce classroom hunger, improve concentration, and encourage school attendance among children from economically weaker backgrounds. Higher nutritional values such as 700 calories and 20 grams of protein are prescribed for upper-primary students because older children require greater energy intake. The options mentioning 300 calories or 1000 calories do not match the standard nutritional recommendations for primary-level beneficiaries. Therefore, the correct nutritional provision for primary students under the Midday Meal Scheme is 450 calories and 12 grams of protein.

Final Answer: 450 Calories and 12g Protein

Answer: (B)



Q5.

Solution

Concept: Communicable diseases are illnesses caused by infectious organisms that can spread directly or indirectly from one person to another. Some communicable diseases are transmitted through biological vectors such as mosquitoes, flies, or ticks. Mosquitoes act as carriers for various harmful parasites and viruses, spreading diseases from infected individuals to healthy persons through bites.

Solution: Malaria is a communicable disease transmitted through the bite of infected female *Anopheles* mosquitoes. The disease is caused by *Plasmodium* parasites, which enter the bloodstream and infect red blood cells. Symptoms include fever, chills, sweating, weakness, and body pain. Obesity and Asthma are non-communicable health conditions, while Scurvy is a nutritional deficiency disease caused by lack of Vitamin C. Unlike these conditions, Malaria spreads through a biological vector and can become widespread in areas with poor sanitation and mosquito breeding conditions. Preventive measures include mosquito control, use of nets, proper sanitation, and timely medical treatment. Therefore, the communicable disease transmitted through mosquitoes is Malaria.

Final Answer: Malaria

Answer: (B)

Q6.

Solution

Concept: Inclusive Physical Education aims to ensure that students with disabilities can actively participate in sports and games through suitable modifications and supportive strategies. For students with visual impairment, auditory cues are extremely important because they compensate for limited or absent visual information. Adapted sports equipment can greatly improve orientation, coordination, confidence, and participation during physical activities.

Solution: In ball games for visually impaired students, using a ball fitted with an internal sound device such as a bell is considered one of the most effective modifications. The sound produced by the moving ball helps students track its direction, speed, and position through hearing. This adaptation improves safety, participation, and enjoyment while allowing students to respond more confidently during play. Simply reducing field size or increasing goalpost height may not adequately address the challenge of locating the ball. A heavier ball may slow movement but does not provide sufficient sensory guidance. Therefore, the most effective modification for visually impaired students in a ball game is the use of a ball containing an internal sound device.

Final Answer: Using a ball with an internal sound device (bell)

Answer: (B)



Q7.

Solution

Concept: Carl Jung classified personality types primarily into Introverts and Extroverts based on how individuals interact with the world and gain psychological energy. Extroverts are generally social, outgoing, active, and comfortable in group settings. They tend to draw energy and motivation from external environments, social interaction, and engagement with people. Introverts, in contrast, are more reserved and gain energy from solitude and internal reflection.

Solution: An individual who is highly social, outgoing, and energized by interaction with others fits Jung's description of an Extrovert personality. Extroverts usually enjoy teamwork, communication, public interaction, and active participation in social situations. In sports, extroverted athletes often perform confidently in team environments and large competitions because they feel stimulated by external surroundings. Introverts are generally quieter and more inward-focused, while Ambiverts display a balance of both introverted and extroverted characteristics. Mesomorph refers to a body type classification under Sheldon's Somatotype theory rather than Jung's personality theory. Therefore, according to Carl Jung's classification, the personality type described in the question is Extrovert.

Final Answer: Extrovert

Answer: (B)

Q8.

Solution

Concept: The Big Five Personality Theory includes the traits of Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Neuroticism is associated with emotional instability, anxiety, nervousness, mood swings, and difficulty handling stress. Individuals who score low on Neuroticism are generally calm, emotionally stable, confident, and able to remain composed during pressure situations such as competitions and examinations.

Solution: An athlete who stays calm and composed during an intense gold-medal match demonstrates strong emotional control and psychological stability. These qualities indicate a low level of Neuroticism. High Neuroticism is usually linked with anxiety, fear, stress, emotional imbalance, and panic under pressure. Conscientiousness relates to discipline and responsibility, Agreeableness refers to cooperation and kindness, and Extraversion involves sociability and enthusiasm. Since the athlete is able to control emotions effectively during a high-pressure situation, the personality trait that is low in this case is Neuroticism. Emotional stability is an important factor in sports performance because it helps athletes maintain concentration and make better decisions during critical moments of competition.

Final Answer: Neuroticism

Answer: (C)



Q9.

Solution

Concept: Motivation is the driving force that influences an individual's behavior, effort, and persistence toward achieving goals. In sports psychology, motivation is generally classified into intrinsic and extrinsic motivation. Extrinsic motivation occurs when an athlete performs an activity in order to gain external rewards or avoid punishment. Such rewards may include medals, trophies, certificates, scholarships, fame, or financial incentives.

Solution: When athletes are encouraged through prizes, certificates, trophies, or monetary rewards, the motivation involved is known as Extrinsic Motivation because the source of encouragement comes from outside the individual. This type of motivation can increase participation, competitive spirit, and performance, especially in organized sports competitions. Intrinsic motivation, in contrast, arises from personal enjoyment, satisfaction, or love for the activity itself. Self-Actualization refers to realizing one's highest potential, while Achievement Motivation is the desire to succeed and excel. Since the question specifically refers to external rewards being used to motivate athletes, the correct term is Extrinsic Motivation. Coaches and sports organizations commonly use this method to encourage higher performance and recognition.

Final Answer: Extrinsic Motivation

Answer: (B)

Q10.

Solution

Concept: William Sheldon's Somatotype theory classified human body structures into three major types: Endomorphic, Mesomorphic, and Ectomorphic. Endomorphic individuals generally have a softer and rounder body shape with a greater tendency to accumulate body fat. This body type is often associated with slower metabolism, broader hips, and a heavier physique compared to the other somatotypes.

Solution: The Endomorphic body type is characterized by a round, soft appearance with a tendency to store fat easily. Individuals with this physique often have wider waists, larger body frames, and comparatively less visible muscle definition. In contrast, Mesomorphic individuals possess muscular and athletic builds, while Ectomorphic individuals are lean, thin, and delicate in structure. Sheldon also associated Endomorphic physiques with the temperament known as Viscerotonia, which includes sociable and comfort-loving characteristics. Since the question asks specifically for the physical characteristics of the Endomorphic body type, the correct description is a round and soft body with a tendency to store fat.

Final Answer: A round, soft body with a tendency to store fat

Answer: (C)



Q11.

Solution

Concept: Assertive behavior in sports refers to strong, confident, and goal-directed actions performed within the rules of the game. It differs from aggression because assertive behavior does not involve the intention to harm an opponent. Athletes displaying assertiveness use legal physical force, determination, and confidence to achieve competitive success while respecting sportsmanship and fair play.

Solution: In competitive sports, assertive behavior may include powerful tackling, fast movement, or forceful play that remains within the official rules and ethical boundaries of the game. The primary objective is performance and success rather than causing injury or psychological harm. Aggression, on the other hand, involves hostile intent, foul play, or actions designed to hurt another player physically or emotionally. Verbal abuse and intentional fouls are examples of aggressive behavior rather than assertiveness. Therefore, the defining feature of assertive behavior is the use of legitimate physical force within the rules to achieve a sporting objective. This distinction is important because assertive athletes can compete intensely while still maintaining respect for opponents and the spirit of the game.

Final Answer: Using legitimate physical force within the rules to achieve a goal

Answer: (B)

Q12.

Solution

Concept: Group cohesion refers to the unity, cooperation, and sense of belonging among members of a team. In sports sociology, strong team cohesion is considered essential for effective communication, trust, coordination, and collective performance. Cohesive teams work together toward common objectives and maintain supportive relationships among teammates, which improves morale and success during competitions.

Solution: Shared goals and clear communication are among the most effective ways to build group cohesion in a sports team. When athletes understand team objectives and communicate openly with coaches and teammates, trust and cooperation increase significantly. This creates a positive environment where members support each other and work collectively toward success. While individualized training programs may improve personal performance, they do not necessarily strengthen team unity. Excessive internal competition can create conflict and reduce cooperation, and overly autocratic leadership may lower motivation and communication. Therefore, the strongest foundation for developing group cohesion is the presence of common goals combined with effective communication among team members.

Final Answer: Shared goals and clear communication

Answer: (B)



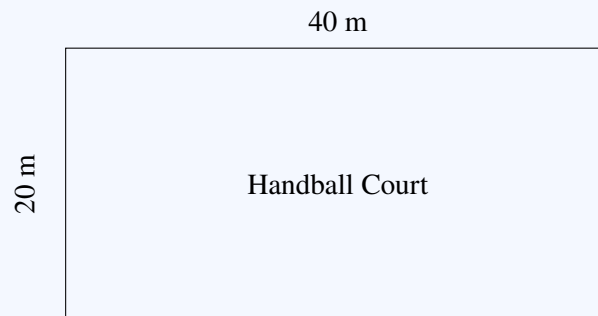
Q13.

Solution

Concept: The International Handball Federation (IHF) specifies standard court dimensions for professional handball matches.

- Length = 40 meters
- Width = 20 meters

Visual Representation:



Explanation:

- 40×20 m is the official international standard.
- Other options correspond to different sports (e.g., volleyball, etc.).

Final Answer: $40m \times 20m$

Answer: (A)

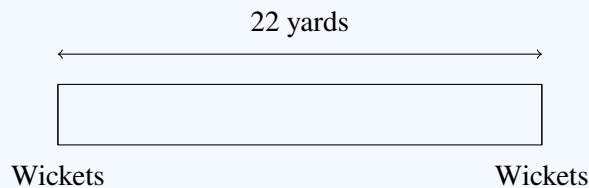


Q14.

Solution

Concept: In cricket, the pitch is the central strip where batting and bowling take place. The distance between the two sets of wickets is fixed.

- The standard pitch length is **22 yards**.
- This equals **20.12 meters**.

Visual Representation:**Explanation:**

- The pitch length is always 22 yards in professional cricket.
- This is standardized by the Laws of Cricket.

Final Answer: 22 Yards

Answer: (B)

Q15.

Solution

Concept: In Kabaddi, defensive techniques are used by defenders to stop or immobilize the raider and prevent them from returning to their court. One of the most important basic defensive skills is the ankle hold, where a defender catches the ankle of the raider to restrict movement and enable team support for a successful tackle.

Solution: The Ankle Hold is a fundamental defensive technique used in Kabaddi. In this move, a defender quickly grabs the ankle of the raider when they attempt to escape after a raid. This technique helps in slowing down or stopping the raider, allowing other defenders to assist in completing the tackle. It requires good timing, strength, and coordination. Unlike sports such as hockey, football, or basketball, Kabaddi has specific grappling-based defensive skills due to its contact nature. Therefore, the skill known as Ankle Hold is specifically associated with Kabaddi.

Final Answer: Kabaddi

Answer: (C)



Q16.

Solution

Concept: According to the latest International Hockey Federation (FIH) rules, field hockey matches are structured to ensure better pace, player recovery, and audience engagement. The traditional two-half system has been replaced with a four-quarter format, which allows short breaks between periods and maintains high intensity throughout the game.

Solution: As per current FIH regulations, a standard international hockey match is played for 60 minutes, divided into four quarters of 15 minutes each. This modern format was introduced to improve game flow, reduce fatigue, and enhance the quality of play. The earlier format of 70 or 90 minutes with two halves is no longer used in international competitions. Each quarter is separated by short breaks, with a longer interval at halftime. Therefore, the correct duration of a standard international hockey match is 60 minutes, divided into four quarters of 15 minutes.

Final Answer: 60 minutes (four quarters of 15)

Answer: (B)

Q17.

Solution

Concept: In Football (soccer), the penalty arc is a curved line drawn outside the penalty area. Its main purpose is to ensure that players from both teams maintain a minimum distance of 10 yards (9.15 meters) from the penalty spot during the taking of a penalty kick. This helps ensure fairness and prevents interference with the penalty taker.

Solution: The penalty arc, along with the penalty area markings, is used to regulate player positioning during a penalty kick. The arc ensures that no player other than the goalkeeper and the penalty taker is within 10 yards of the ball when the kick is taken. This maintains proper spacing and prevents encroachment, giving the kicker a fair chance to score. It is not related to corner kicks, goalkeeper movement restrictions, or the referee's visibility. Therefore, the correct purpose of the penalty arc is to maintain a minimum distance of 10 yards from the penalty spot during a penalty kick.

Final Answer: Players remain at least 10 yards from the penalty spot during a kick

Answer: (B)



Q18.

Solution

Concept: Kabaddi includes both offensive and defensive skills. Offensive skills are performed by the raider to score points by touching opponents and returning safely to their court. One essential offensive skill in Kabaddi is the “Cant,” which involves the continuous repetition of the word “Kabaddi” during the raid. This rule ensures that the raider is actively engaged and does not take breath while in the opponent’s court.

Solution: The Cant is a fundamental offensive skill in Kabaddi where the raider repeatedly chants “Kabaddi, Kabaddi” without interruption while in the opponent’s half. This demonstrates continuous breath control and ensures the raid is valid. If the raider stops chanting, they are declared out. Other options such as thigh hold, block, and chain tackle are defensive techniques used to stop the raider. Therefore, among the given options, the only offensive skill is the Cant, which is essential for successful raiding in Kabaddi.

Final Answer: Cant (Repeating the word 'Kabaddi')

Answer: (B)

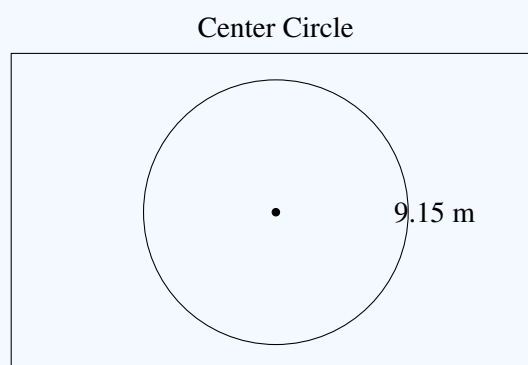
Q19.

Solution

Concept: In Football (Soccer), the center of the field contains a marked circle called the **center circle**, used for kick-off and ensuring opponents maintain distance.

- The radius of the center circle is fixed by FIFA rules.
- It is **9.15 meters** (10 yards).

Visual Representation:



Explanation:

- The center circle radius ensures opponents stay 10 yards away during kick-off.
- Other options correspond to unrelated football markings (e.g., penalty spot, goal post width).

Final Answer: 9.15 meters

Answer: (C)



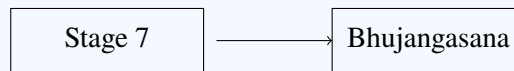
Q20.

Solution

Concept: In *Suryanamaskar*, each stage has a specific posture. *Bhujangasana* (Cobra Pose) is included in the sequence where the body is raised upward like a cobra.

- **Bhujangasana** appears in the **7th stage** of *Suryanamaskar*.

Visual Representation:



Explanation:

- Stage 7 involves the upward-facing cobra posture.
- Other stages involve different forward/backward bending positions.

Final Answer: Stage 7

Answer: (B)

Q21.

Solution

Concept: In Yoga, Shatkarmas are a group of six cleansing techniques designed to purify different parts of the body. One of these practices is Dhauti, which focuses on cleansing the digestive tract. It is traditionally used to remove impurities from the upper gastrointestinal system, especially the stomach and esophagus, to improve digestion and overall internal health.

Solution: Dhauti is a yogic cleansing technique that primarily targets the upper digestive tract, including the stomach and food pipe. It is performed using specific methods such as water ingestion or other traditional cleansing practices to remove toxins, mucus, and impurities from the stomach region. This helps improve digestion, metabolism, and internal cleanliness. It is not related to cleansing the eyes, nasal passages, or lower colon, which are addressed by other kriyas such as Neti or Basti. Therefore, Dhauti specifically refers to the purification of the upper digestive tract or stomach.

Final Answer: The upper digestive tract/stomach

Answer: (C)



Q22.

Solution

Concept: Pranayama is the yogic practice of controlling and regulating breath to enhance physical, mental, and spiritual well-being. Different types of Pranayama are designed for specific physiological and psychological effects. Bhramari Pranayama is a calming breathing technique in which a humming sound resembling a bee is produced during exhalation, promoting relaxation and mental peace.

Solution: In Bhramari Pranayama, the practitioner gently closes the ears and produces a soft humming sound during exhalation, similar to the sound of a bee. This vibration helps calm the nervous system, reduce stress, anxiety, and mental agitation, and improves concentration. Sheetalī involves cooling breath, Kapalbhāti focuses on forceful exhalation, and Ujjayi produces a soft ocean-like sound during breathing but not specifically a humming bee sound. Therefore, the pranayama involving a humming bee-like sound during exhalation is Bhramari Pranayama.

Final Answer: Bhramari

Answer: (B)

Q23.

Solution

Concept: In the yogic system, Shatkarmas refer to a set of purification techniques designed to cleanse the internal organs and prepare the body for higher practices such as Pranayama and meditation. The word “Shat” means six and “Karma” means action, indicating six cleansing processes that maintain physical and mental purity.

Solution: Shatkarmas consist of six traditional purification techniques in Yoga, including Neti, Dhauti, Nauli, Basti, Kapalbhāti, and Trataka. These practices are aimed at cleansing different parts of the body such as the nasal passages, digestive tract, abdominal region, and sensory organs. They help remove toxins, improve organ function, and enhance overall health. Shatkarmas are not stages of meditation, breathing types, or flexibility levels. Therefore, the correct definition of Shatkarma is six purification techniques used in yogic practice for internal cleansing and preparation of the body.

Final Answer: Six purification techniques

Answer: (B)



Q24.

Solution

Concept: Macronutrients are nutrients required by the body in large amounts to provide energy and support essential physiological functions. The three main macronutrients are carbohydrates, proteins, and fats. Among these, fats play a crucial role as a concentrated energy source and are also essential for the absorption of fat-soluble vitamins such as A, D, E, and K.

Solution: Fats are considered a secondary source of energy because the body primarily uses carbohydrates for immediate energy. However, fats provide long-term energy storage and are vital for various bodily functions. They also assist in the absorption of fat-soluble vitamins A, D, E, and K, which cannot be properly absorbed without dietary fats. Proteins are mainly responsible for growth and repair of tissues, while carbohydrates serve as the primary energy source. Minerals are micronutrients and do not provide energy. Therefore, the correct macronutrient that fulfills the given conditions is fats.

Final Answer:

Answer: (B)

Q25.

Solution

Concept: In Yoga, different asanas are used to develop specific physical and neuromuscular abilities. Balancing postures are especially important for athletes as they enhance stability, coordination, and body control.

Solution: The asana shown corresponds to Vrikshasana (Tree Pose), which is a classical balancing posture performed on one leg with the other foot placed on the inner thigh or calf. This posture primarily develops neuromuscular coordination, balance, concentration, and lower-body stability, all of which are essential for athletic performance. Other options do not match the balancing structure of the pose: Tadasana is a standing posture, Garudasana is a complex twisted arm-leg posture, and Ardhashakrasana is a back-bending posture. Therefore, the correct identification and benefit correspond to Vrikshasana.

Final Answer:

Answer: (B)



Q26.

Solution

Concept: Postural deformities refer to abnormal curvature or alignment of the spine or limbs. Kyphosis is a spinal deformity characterized by an excessive outward curvature of the thoracic spine, resulting in a rounded upper back appearance commonly known as a hunchback. It can be caused by poor posture, osteoporosis, or spinal injuries.

Solution: Kyphosis specifically refers to the excessive forward curvature of the upper spine, leading to a rounded or hunched upper back appearance. This condition may cause discomfort, stiffness, and postural imbalance if severe. Lordosis refers to an inward curvature of the lower spine, Scoliosis involves lateral curvature of the spine, and Genu Varum is a leg deformity known as bow legs. Since the question describes a round upper back or hunchback condition, the correct answer is Kyphosis.

Final Answer: Kyphosis

Answer: (C)

Q27.

Solution

Concept: Vitamins are classified into fat-soluble and water-soluble groups based on their solubility and storage in the body. Water-soluble vitamins dissolve in water, are not stored in significant amounts, and must be consumed regularly through diet. Vitamin C and the B-complex vitamins belong to this category.

Solution: Among the given options, Vitamin C is a water-soluble vitamin. It plays an important role in immune function, collagen formation, wound healing, and antioxidant protection. Since it is not stored in the body, it needs to be replenished daily through fruits and vegetables such as citrus fruits, amla, and guava. Vitamins A, D, and E are fat-soluble vitamins and are stored in body fat and the liver. Therefore, the correct water-soluble vitamin from the list is Vitamin C.

Final Answer: Vitamin C

Answer: (C)



Q28.

Solution

Concept: Fractures are categorized based on the mechanism and pattern of injury. An avulsion fracture occurs when a sudden, forceful muscular contraction or ligament pull causes a small fragment of bone to detach from its main structure at the attachment site. This type of injury is common in sports involving sudden acceleration, jumping, or changes in direction.

Solution: In an avulsion fracture, the tendon or ligament attached to the bone pulls away a small piece of bone due to excessive force. This typically happens during explosive movements such as sprinting, jumping, or kicking. It is different from a stress fracture, which results from repetitive overuse, a greenstick fracture seen in children, and a transverse fracture that involves a straight break across the bone. Avulsion fractures are often seen in athletes because of sudden, powerful muscle contractions. Therefore, the correct type of fracture described in the question is an avulsion fracture.

Final Answer: Avulsion Fracture

Answer: (B)

Q29.

Solution

Concept: The Dronacharya Award is one of India's highest sports honors, named after the legendary coach Guru Dronacharya. It is specifically instituted to recognize outstanding coaches who have played a crucial role in training athletes and helping them achieve excellence at national and international levels. The award highlights the importance of coaching in developing sporting talent.

Solution: The Dronacharya Award is given by the Government of India to honor coaches who have made exceptional contributions to sports training and athlete development. It is not meant for athletes, sports journalists, or sports managers, but specifically for coaching excellence. Coaches who have produced medal-winning athletes in international competitions are typically considered for this award. Therefore, the award recognizes outstanding contribution in the field of sports coaching.

Final Answer: Outstanding contribution in Sports Coaching

Answer: (C)



Q30.

Solution

Concept: The Master of Physical Education (M.P.Ed) is a postgraduate professional degree designed to provide advanced knowledge and training in physical education, sports science, coaching, and sports management. It is pursued after completing a Bachelor of Physical Education (B.P.Ed). The duration of the program is standardized in India to ensure in-depth academic and practical training.

Solution: The minimum duration of the M.P.Ed degree course in India after completing B.P.Ed is 2 years. This program includes advanced study of sports training methods, exercise physiology, sports psychology, biomechanics, and research methodology in physical education. It also includes practical coaching experience and internships. The 1-year duration is not sufficient for this advanced level of training, while 3 or 4 years are not standard durations for postgraduate physical education programs. Therefore, the correct minimum duration of M.P.Ed is 2 years.

Final Answer: 2 Years

Answer: (B)

Q31.

Solution

Concept: The Arjuna Award is one of India's prestigious sports honors awarded to athletes for consistent outstanding performance at the international level. It was introduced to recognize excellence in sports and encourage athletes to achieve high standards in national and international competitions. The award is presented annually by the Government of India.

Solution: The Arjuna Award was instituted in the year 1961 to recognize outstanding achievement in sports at the national and international levels. It is awarded to athletes who have consistently performed well for several years and demonstrated qualities such as discipline, leadership, and sportsmanship. The award also considers overall contribution to sports promotion. It is not related to coaching (Dronacharya Award) or sports management. Therefore, the correct year of establishment of the Arjuna Award is 1961.

Final Answer: 1961

Answer: (B)



Q32.

Solution

Concept: The Maulana Abul Kalam Azad (MAKA) Trophy is a prestigious award in Indian university sports. It is presented annually by the Government of India to the university that achieves the highest overall performance in inter-university sports competitions. The award encourages sports participation and excellence among university students across various disciplines.

Solution: The MAKA Trophy is specifically awarded to universities based on their collective performance in inter-university tournaments organized by the Association of Indian Universities. It recognizes consistent excellence in sports across multiple disciplines rather than individual achievements. Other awards such as the Dhyan Chand Award are given for lifetime achievement in sports, the Rashtriya Khel Protsahan Puruskar recognizes contributions to sports promotion, and the Tenzing Norgay Award is related to adventure sports. Therefore, the correct award for top university performance is the Maulana Abul Kalam Azad Trophy.

Final Answer: Maulana Abul Kalam Azad (MAKA) Trophy

Answer: (A)

Q33.

Solution

Concept: Isotonic exercises involve muscle contractions where the muscle changes length while producing relatively constant tension. These are divided into concentric contractions (muscle shortens) and eccentric contractions (muscle lengthens). Eccentric contractions play an important role in controlled movements, strength training, and injury prevention.

Solution: During an eccentric contraction, the muscle lengthens while still generating force. This typically occurs when resisting gravity or controlling the lowering phase of a movement, such as lowering a dumbbell during a bicep curl or descending stairs. Concentric contraction involves muscle shortening, while isometric contraction involves no change in muscle length. Therefore, the correct description of an eccentric contraction is that the muscle lengthens under tension.

Final Answer: The muscle lengthens under tension

Answer: (C)



Q34.

Solution

Concept: Fartlek Training, also known as “speed play,” is a continuous training method that combines varying intensities of running or exercise. It includes periods of fast and slow activity based on terrain, athlete comfort, and natural rhythm. This method improves both aerobic and anaerobic fitness components.

Solution: Fartlek Training is most effective for developing cardiovascular endurance and muscular endurance because it involves continuous movement with varying speeds and intensities. It helps improve the heart’s efficiency, oxygen utilization, and overall stamina. Unlike static strength training, maximum speed training, or reaction time drills, Fartlek focuses on sustained activity with pace variation, making it ideal for endurance development. Athletes alternate between jogging, sprinting, and walking, which enhances both aerobic and anaerobic capacity. Therefore, the primary fitness component developed through Fartlek Training is cardiovascular and muscular endurance.

Final Answer: Cardiovascular and Muscular Endurance

Answer: (B)

Q35.

Solution

Concept: Yoga asanas are classified based on their physiological and psychological effects on the body. Relaxative asanas are typically performed at the end of a yoga session to bring down the heart rate, reduce muscular tension, and calm the nervous system. These postures promote deep relaxation and mental peace.

Solution: Shavasana, also known as the Corpse Pose, is specifically categorized as a relaxative posture in yoga. It is usually performed at the end of a yoga session to allow the body and mind to enter a state of complete relaxation. In this posture, the practitioner lies flat on the back with eyes closed, consciously relaxing each part of the body. It helps reduce stress, lower heart rate, and activate the parasympathetic nervous system. Other options like Chakrasana and Mayurasana are advanced strength-based postures, while Halasana is a forward-bending inverted posture that is not primarily used for final relaxation. Therefore, the correct relaxative asana is Shavasana.

Final Answer: Shavasana

Answer: (B)



Q36.

Solution

Concept: Fractures are classified based on the mechanism and pattern of injury. An avulsion fracture occurs when a sudden, forceful muscular contraction or ligament pull causes a small fragment of bone to detach from its main structure at the point of attachment. This is commonly seen in sports injuries involving explosive movements.

Solution: An avulsion fracture is characterized by a situation where a tendon or ligament pulls away a small piece of bone due to excessive force. This usually occurs during sudden acceleration, jumping, or rapid directional changes in sports activities. It is different from stress fractures, which result from repetitive overuse, greenstick fractures, which occur in children where the bone bends and partially breaks, and transverse fractures, which involve a straight break across the bone. Since the question describes bone being pulled off at the attachment site due to forceful contraction, the correct answer is avulsion fracture.

Final Answer: Avulsion Fracture

Answer: (B)

Q37.

Solution

Concept: The Dronacharya Award is one of India's highest sports honors, named after the legendary coach Guru Dronacharya. It is specifically awarded to coaches who have made outstanding contributions in training athletes and helping them achieve excellence at national and international levels. It recognizes excellence in sports coaching rather than athletic performance.

Solution: The Dronacharya Award is presented by the Government of India to honor exceptional sports coaches who have consistently produced high-performing athletes. It is not given for athletic achievements, journalism, or sports management, but specifically for excellence in coaching. Coaches who have guided athletes to win medals at major international events such as the Olympics are considered for this award. Therefore, the correct answer is outstanding contribution in sports coaching.

Final Answer: Outstanding contribution in Sports Coaching

Answer: (C)



Q38.

Solution

Concept: The Master of Physical Education (M.P.Ed) is a postgraduate professional degree in physical education that focuses on advanced training in sports science, coaching, exercise physiology, and research methodology. It is pursued after completing a Bachelor of Physical Education (B.P.Ed) and has a standardized duration in India.

Solution: The minimum duration of the M.P.Ed degree course in India after completing B.P.Ed is 2 years. This program includes both theoretical and practical components such as advanced coaching techniques, sports psychology, biomechanics, and research work in physical education. The 1-year duration is not sufficient for postgraduate specialization, while 3 or 4 years are not standard for this program. Therefore, the correct duration of the M.P.Ed course is 2 years.

Final Answer: 2 Years

Answer: (B)

Q39.

Solution

Concept: The Arjuna Award is one of India's prestigious sports honors instituted to recognize outstanding performance by athletes at the national and international levels. It was introduced to encourage excellence, consistency, and sportsmanship among sportspersons representing the country.

Solution: The Arjuna Award was instituted in the year 1961 by the Government of India to honor outstanding achievement in sports. It is awarded to athletes who have consistently performed at a high level in international competitions and have demonstrated qualities such as discipline, leadership, and sportsmanship. The award also recognizes overall contribution to the promotion of sports. Therefore, the correct year of institution of the Arjuna Award is 1961.

Final Answer: 1961

Answer: (B)



Q40.

Solution

Concept: Proprioceptive Neuromuscular Facilitation (PNF) is an advanced stretching technique used to improve flexibility and range of motion. It involves a combination of passive stretching and isometric muscle contractions. PNF is based on neurological principles that include the stretch reflex and reciprocal inhibition to enhance muscle relaxation and elongation.

Solution: PNF stretching works by utilizing the body's natural neuromuscular mechanisms. The stretch reflex helps protect muscles from overstretching, while reciprocal inhibition allows the opposing muscle group to relax when one muscle contracts. This combination enables deeper and more effective stretching. PNF is widely used in sports training and rehabilitation to improve flexibility, reduce injury risk, and enhance performance. It does not primarily rely on energy systems like anaerobic glycolysis or muscle fiber type selection, nor is it related to breath-holding techniques. Therefore, the correct principle underlying PNF stretching is the stretch reflex and reciprocal inhibition.

Final Answer: Stretch Reflex and Reciprocal Inhibition

Answer: (A)

Q41.

Solution

Concept: Genu Varum is a postural deformity of the lower limbs in which the knees remain apart even when the ankles are together. It results in an outward curvature of the legs and is commonly seen in childhood due to developmental or nutritional factors.

Solution: Genu Varum is commonly known as Bow Legs. In this condition, the legs curve outward in a bow-like shape, causing a visible gap between the knees when the ankles are touching. It is the opposite of Genu Valgum (Knock Knees), where the knees touch but the ankles remain apart. Flat foot affects the arch of the foot, while kyphosis is a spinal deformity affecting the upper back. Therefore, the correct common name for Genu Varum is Bow Legs.

Final Answer: Bow Legs

Answer: (C)



Q42.

Solution

Concept: Fartlek training, also known as “speed play,” is a Swedish training method that combines continuous running with variable speed changes. It is a flexible conditioning system that blends endurance and speed training based on terrain and athlete perception.

Solution: The term “speed play” refers to Fartlek Training. In this method, athletes vary their pace between fast running, jogging, and walking depending on natural terrain, fatigue level, and training goals. Unlike interval training, which has fixed work-rest periods, Fartlek is unstructured and continuous. Continuous method involves steady pacing, while circuit training involves different exercise stations. Therefore, the correct answer is Fartlek Training.

Final Answer:

Answer: (B)

Q43.

Solution

Concept: Muscular contractions are classified into isometric, isotonic, and isokinetic types. Isokinetic exercise involves movement where the speed of contraction remains constant throughout the range of motion, usually controlled by specialized equipment.

Solution: When the speed of contraction is kept constant during exercise, it is known as Isokinetic exercise. In this type, resistance adjusts automatically so that the movement occurs at a uniform speed. Isometric exercises involve no movement and constant muscle length, isotonic exercises involve changing muscle length with relatively constant tension, and eccentric contractions involve muscle lengthening under tension. Therefore, the correct answer is isokinetic exercise.

Final Answer:

Answer: (C)



Q44.

Solution

Concept: Flexibility training techniques include various methods such as static stretching, ballistic stretching, dynamic stretching, and proprioceptive neuromuscular facilitation (PNF). PNF stretching is an advanced technique that involves a cycle of muscle contraction and relaxation, often performed with a partner to enhance flexibility.

Solution: The stretching technique involving a partner and a contraction-relaxation cycle is known as PNF (Proprioceptive Neuromuscular Facilitation). In this method, the muscle is first stretched, then contracted against resistance, followed by deeper stretching. This process helps improve range of motion more effectively than traditional stretching methods. Ballistic stretching involves bouncing movements, dynamic stretching involves controlled active movements, and static stretching involves holding a position without movement. Therefore, the correct answer is PNF stretching.

Final Answer: PNF (Proprioceptive Neuromuscular Facilitation)

Answer: (C)

Q45.

Solution

Concept: Carbohydrates are the primary source of energy for the human body and are classified into simple and complex forms. Polysaccharides are complex carbohydrates made up of long chains of sugar molecules, which provide sustained energy release and are important for endurance activities.

Solution: Polysaccharides refer to complex carbohydrates such as starch and glycogen. These nutrients are broken down slowly in the body, providing a steady and long-lasting energy supply, which is essential for athletes during prolonged physical activity. Simple sugars like glucose and fructose provide quick energy but are short-lived. Fats are secondary energy sources, and proteins are mainly used for growth and repair. Therefore, the correct primary energy source suggested by polysaccharides is complex carbohydrates like starch and glycogen.

Final Answer: Complex Carbohydrates like Starch and Glycogen

Answer: (B)



Q46.

Solution

Concept: Bone fractures are classified based on the direction and pattern of the break. An oblique fracture occurs when the break runs diagonally across the bone, whereas a transverse fracture is a straight break that goes perpendicular (at 90 degrees) to the long axis of the bone.

Solution: An oblique fracture is distinguished from a transverse fracture by the direction of the break. In an oblique fracture, the bone breaks at a slanted or diagonal angle due to bending and twisting forces. In contrast, a transverse fracture occurs when the break is straight across the bone, forming a right angle (90 degrees) with the bone shaft. Comminuted fractures involve the bone being shattered into multiple pieces, while greenstick fractures involve partial bending and incomplete breakage, commonly seen in children. Therefore, the correct distinguishing feature of an oblique fracture is that the bone breaks at an angle or slanted direction across the bone.

Final Answer: The bone breaks at an angle/slanted direction across the bone

Answer: (A)

Q47.

Solution

Concept: The Big Five Personality Model (OCEAN) describes Openness to Experience as a trait characterized by curiosity, creativity, imagination, and willingness to try new and unconventional ideas or methods. Athletes high in this trait are often adaptable and open to innovation in training and performance strategies.

Solution: An athlete who is willing to try unconventional training methods demonstrates curiosity, flexibility, and openness toward new experiences. These characteristics clearly indicate high Openness to Experience. Extraversion refers to sociability and outgoing behavior, Conscientiousness relates to discipline and organization, and Neuroticism is associated with emotional instability. Since the athlete is open to experimenting with new training approaches, the correct trait is Openness to Experience.

Final Answer: Openness to Experience

Answer: (C)



Q48.

Solution

Concept: In sports psychology, aggression is classified into hostile aggression and instrumental aggression. Hostile aggression is emotionally driven and involves the intention to cause harm, injury, or psychological damage to an opponent. It is usually reactive and associated with anger or frustration.

Solution: Hostile aggression in sports refers to behavior where the primary intention is to harm another player physically or psychologically. It is an emotional reaction rather than a strategic move. Instrumental aggression, on the other hand, is goal-oriented and used as a means to achieve success within the rules. Actions like effort toward the ball or equipment are not necessarily hostile. Since the question asks for hostile aggression, the correct description is reactive behavior with the intent to cause physical or psychological harm.

Final Answer: Reactive behavior with the primary intent to cause physical or psychological harm

Answer: (C)

Q49.

Solution

Concept: Isometric exercises involve muscle contractions where the muscle generates force without changing its length or causing joint movement. These exercises are commonly used for stability, rehabilitation, and strengthening specific muscle groups.

Solution: A static plank hold or pushing against an immovable wall is an example of isometric exercise because the muscles remain contracted without any visible movement. In contrast, bicep curls involve isotonic contractions with movement, jumping jacks are dynamic cardiovascular exercises, and Cybex machines at constant speed represent isokinetic exercise. Therefore, the correct example of an isometric exercise is a static plank hold or pushing against an immovable wall.

Final Answer: A static 'Plank' hold or pushing against an immovable wall

Answer: (B)



Q50.

Solution

Concept: In Yoga, different components address distinct aspects of physical and mental well-being. Pranayama is one of the key limbs of Yoga and specifically focuses on breath regulation. It involves controlled breathing techniques that influence the flow of prana (life energy) in the body, improving physiological and psychological balance.

Solution: Pranayama refers to the systematic regulation and control of breath through specific techniques such as inhalation (puraka), exhalation (rechaka), and retention (kumbhaka). It is designed to improve lung efficiency, calm the nervous system, enhance concentration, and promote overall mental clarity. It is not related to physical postures (Asanas), cleansing techniques (Shatkarmas), or meditation practices (Dharana/Dhyana), although it supports them indirectly. Since the question specifically asks what Pranayama relates to, the correct aspect is breath control.

Final Answer: Regulation and control of the breath

Answer: (C)



Answer Key

Q	Ans	Q	Ans	Q	Ans	Q	Ans	Q	Ans
1	C	2	B	3	B	4	B	5	B
6	B	7	B	8	C	9	B	10	C
11	B	12	B	13	A	14	B	15	C
16	B	17	B	18	B	19	C	20	B
21	C	22	B	23	B	24	B	25	B
26	C	27	C	28	B	29	C	30	B
31	B	32	A	33	C	34	B	35	B
36	B	37	C	38	B	39	B	40	A
41	C	42	B	43	C	44	C	45	B
46	A	47	C	48	C	49	B	50	C

