CUET-UG Physical Education Sample Paper - 20

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 is a key strategy for making physical activities accessible for Children with Special Needs (CWSN)?

(A) Using standard equipment for all participants

(B) Modifying rules and providing assistive technology

(C) Increasing the intensity of the workout without rest

(D) Restricting participation to indoor games only

Q2. The 'Mid-day Meal Scheme' was primarily launched by the Government of India to address which of the following?

(A) To provide employment to rural women

(B) To enhance the nutritional status of school-age children

(C) To promote sports in primary schools

(D) To reduce the cost of private education

Q3. Which of these is classified as a Communicable Disease?

(A) Hypertension

(B) Obesity

(C) Tuberculosis

(D) Cardiovascular Disease

Q4. Which initiative under NRHM focuses on the health screening and early intervention services for children from birth to 18 years?

(A) Rashtriya Bal Swasthya Karyakram (RBSK)

(B) Janani Suraksha Yojana

(C) Mission Indradhanush

(D) Ayushman Bharat

Q5. Non-communicable diseases (NCDs) are generally characterized by:

(A) Fast onset and short duration

(B) Being highly contagious through air

(C) Long duration and slow progression

(D) Being caused by bacteria or fungi only

Q6. In the context of inclusive education, 'Adaptive Physical Education' is designed for:

(A) Elite professional athletes

(B) Students with disabilities or special needs

(C) Retired sports veterans

(D) Coaches and physical education teachers

Q7. According to William Sheldon's classification, a person with a 'Mesomorphic' body type is likely to be:

(A) Thin, fragile, and introverted

(B) Fat, soft, and sociable

(C) Muscular, athletic, and assertive

(D) Tall, lanky, and shy

Q8. In the 'Big Five' Personality Theory, the trait of 'Neuroticism' refers to:

(A) Emotional stability and anxiety levels

(B) Openness to new experiences

(C) Willingness to cooperate with others

(D) The degree of being outgoing

(E)

Q9. Which type of motivation involves performing an activity for the sake of internal satisfaction and personal growth?

(A) Extrinsic Motivation

(B) Intrinsic Motivation

(C) Tangible Motivation

(D) Reward-based Motivation

Q10. According to Carl Jung, individuals who are shy, quiet, and prefer solitude are classified as:

(A) Extroverts

(B) Ambiverts

(C) Introverts

(D) Mesomorphs

Q11. When an athlete uses aggression as a tool to achieve a goal (e.g., tackling hard to win the ball) without the primary intent to cause injury, it is called:

(A) Hostile Aggression

(B) Instrumental Aggression

(C) Assertive Behavior

(D) Reactive Aggression

Q12. Which of the following is a psychological technique used to enhance motivation by setting specific, measurable, and achievable targets?

(A) Self-talk

(B) Imagery

(C) Goal Setting

(D) Progressive Muscle Relaxation

Basics of Games Code snippet

Q13. What is the standard measurement of a Handball court?

(A) 20m x 40m

(B) 18m x 36m

(C) 25m x 50m

(D) 15m x 30m

Q14. The term 'Lona' is associated with which indigenous Indian sport?

(A) Kho-Kho

(B) Kabaddi

(C) Mallakhamb

(D) Atya Patya

Q15. What is the length of the 'Pitch' in Cricket between the two sets of wickets?

(A) 20 yards

(B) 22 yards

(C) 24 yards

(D) 21 yards

Q16. In Hockey, the 'Penalty Corner' is awarded for a foul committed by the defending team within:

(A) The center circle

(B) The 23-meter area

(C) Their own shooting circle (D-area)

(D) The sideline

Q17. Which of the following is a fundamental skill in Kabaddi where the raider touches the defender using their foot?

(A) Hand Touch

(B) Toe Touch

(C) Block

(D) Chain Tackle

Q18. What is the radius of the center circle on a standard Football pitch?

(A) 7.15 meters

(B) 8.15 meters

(C) 9.15 meters

(D) 10.15 meters

Q19. In Hockey, a 'Long Corner' is taken from which of the following spots?

(A) The penalty spot

(B) The corner flag

(C) The 23-meter line

(D) The center line

Q20. Which of the following 'Kriyas' is specifically used for cleansing the stomach using a long strip of cloth?

(A) Jal Neti

(B) Vastra Dhauti

(C) Trataka

(D) Nauli

Q21. The 'Vrikshasana' (Tree Pose) is primarily beneficial for improving which physical attribute?

(A) Flexibility of the spine

(B) Balance and concentration

(C) Respiratory capacity

(D) Digestive power

Q22. In the 12 stages of Suryanamaskar, the 4th stage (Ashwa Sanchalanasana) is also known as:

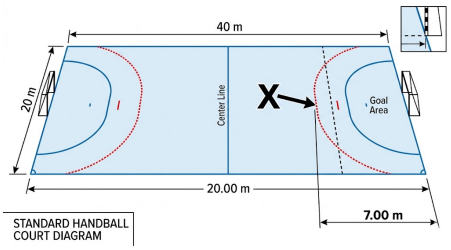
(A) Mountain Pose

(B) Equestrian Pose

(C) Cobra Pose

(D) Eight-limbed Pose

Q23. Identify the area marked as 'X' in the standard Handball court diagram below and specify its distance from the outer face of the goal line:



(A) Goal Area Line (6 meters)

(B) Free Throw Line (9 meters)

(C) Penalty Mark (7 meters)

(D) Substitution Line (4.5 meters)

Q24. What is the primary spiritual and physical benefit of 'Pranayama' in Yoga?

(A) Increasing muscle mass

(B) Regulation of vital breath and energy (Prana)

(C) Increasing bone density

(D) Enhancing sprinting speed

Q25. Match the Postural Deformity in List I with its appropriate Corrective Measure in List II:

List I (Deformity)	List II (Correction)
1. Knock Knees	i. Walking on outer edge of feet
2. Flat Foot	ii. Horse Riding
3. Kyphosis	iii. Chakrasana and Bhujangasana
4. Round Shoulders	iv. Holding horizontal bar for hanging

(A) 1-ii, 2-i, 3-iii, 4-iv

(B) 1-i, 2-ii, 3-iv, 4-iii

(C) 1-iv, 2-iii, 3-ii, 4-i

(D) 1-ii, 2-iv, 3-i, 4-iii

Q26. Which of the following is the correct chronological order of the first four stages of 'Suryanamaskar'?

(A) Pranamasana → Hastauttanasana → Padahastasana → Ashwa Sanchalanasana

(B) Hastauttanasana → Pranamasana → Padahastasana → Ashwa Sanchalanasana

(C) Pranamasana → Padahastasana → Hastauttanasana → Parvatasana

(D) Ashwa Sanchalanasana → Padahastasana → Hastauttanasana → Pranamasana

Q27. Which type of bone fracture is most commonly seen in children, where the bone bends and cracks but does not break completely into two pieces?

(A) Comminuted Fracture

(B) Greenstick Fracture

(C) Transverse Fracture

(D) Impacted Fracture

Q28. Which of the following postural deformities is characterized by the inward curving of the knees, causing them to touch each other while standing?

(A) Genu Varum

(B) Genu Valgum

(C) Kyphosis

(D) Scoliosis

Q29. Macro-nutrients are those nutrients that the body needs in large amounts. Which of the following is NOT a macro-nutrient?

(A) Carbohydrates

(B) Proteins

(C) Fats

(D) Minerals

Q30. An athlete suffering from 'Lordosis' should be advised to perform which of the following as a corrective measure?

(A) Chakrasana

(B) Halasana

(C) Dhanurasana

(D) Bhujangasana

Q31. For the correction of 'Flat Foot' (Pes Planus), which of the following activities is considered most effective?

(A) Running on hard concrete surfaces

(B) Picking up marbles with the toes

(C) Long-distance cycling

(D) Wearing tight-fitting shoes

Q32. An 'Oblique Fracture' is defined by a break that:

(A) Runs parallel to the bone's long axis

(B) Occurs at an angle across the bone

(C) Results in the bone shattering into three or more pieces

(D) Does not break the skin surface

Q33. The 'Major Dhyan Chand Khel Ratna Award' is awarded for the most spectacular and outstanding performance by a sportsperson over a period of how many years immediately preceding the year in which the award is to be given?

(A) Two years

(B) Three years

(C) Four years

(D) Five years

Q34. Which prestigious award is given specifically to coaches for their outstanding and meritorious work on a consistent basis?

(A) Arjuna Award

(B) Dronacharya Award

(C) Maulana Abul Kalam Azad Trophy

(D) Rashtriya Khel Protsahan Puruskar

Q35. Which of the following is a mandatory eligibility criterion for a candidate seeking admission to a Master of Physical Education (M.P.Ed.) degree program in India?

(A) Completion of a Bachelor of Physical Education (B.P.Ed.) or equivalent degree

(B) Winning a medal in the Olympic Games

(C) Minimum 10 years of experience as a professional sports coach

(D) Completion of a Bachelor of Commerce (B.Com) with 60% marks

Q36. What is the primary eligibility criterion for the 'Arjuna Award'?

(A) Good performance in a single national event

(B) Consistent outstanding performance for four years at the international level

(C) Winning a gold medal in the Inter-University championship

(D) Being the oldest active player in the squad

Fitness Methods Code snippet

Q37. Which type of muscular contraction occurs when there is tension in the muscle, but no change in the length of the muscle or movement in the joint?

(A) Isotonic Contraction

(B) Isokinetic Contraction

(C) Isometric Contraction

(D) Eccentric Contraction

Q38. The 'Fartlek Training' method, often called 'Speed Play', was originally developed in which country?

(A) Germany

(B) USA

(C) Sweden

(D) Russia

Q39. Proprioceptive Neuromuscular Facilitation (PNF) is a specialized technique used primarily to improve:

(A) Explosive Strength

(B) Cardiovascular Endurance

(C) Flexibility

(D) Reaction Time

Q40. In which type of exercise is the speed of movement constant throughout the entire range of motion, usually requiring specialized machines?

(A) Isotonic

(B) Isometric

(C) Isokinetic

(D) Aerobic

Q41. Which training method involves alternating periods of high-intensity work with periods of low-intensity recovery to improve both aerobic and anaerobic capacity?

(A) Continuous Training

(B) Interval Training

(C) Circuit Training

(D) Weight Training

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 annual Inter-School Athletic Meet, Rahul, a talented sprinter, was observed to be extremely anxious before his 100m final. Despite having a "Mesomorphic" body type and excellent physical preparation, his coach noticed he was showing signs of "Hostile Aggression" toward his competitors during the warm-up. To calm him down, the coach used "Cognitive Relaxation" techniques. Additionally, the school medical team conducted a health screening during the meet, identifying several students with "Knock Knees" and advising them on corrective exercises like "Horse Riding" to improve their physical status."

Q42. Based on the passage, Rahul possesses a 'Mesomorphic' body type. According to Sheldon's classification, such individuals are typically characterized by:

(A) A fragile and slender physique with an introverted personality

(B) A round and soft body with a sociable temperament

(C) A muscular and athletic build with an assertive nature

(D) A tall and thin frame with high intellectual capacity

Q43. The coach observed 'Hostile Aggression' in Rahul. This type of aggression is primarily distinguished by:

(A) The intent to cause harm or injury to an opponent

(B) Using force as a means to achieve a competitive goal

(C) Assertive behavior within the rules of the game

(D) High levels of intrinsic motivation and focus

Q44. The medical team identified students with 'Knock Knees'. What is the technical medical term for this postural deformity?

(A) Genu Varum

(B) Genu Valgum

(C) Scoliosis

(D) Kyphosis

Q45. The passage mentions 'Horse Riding' as a corrective measure. This activity is specifically recommended to correct which deformity?

(A) Flat Foot

(B) Round Shoulders

(C) Knock Knees

(D) Bow Legs

Q46. Which of the following is an example of a 'Cognitive Relaxation' technique that the coach might have used to manage Rahul's pre-race anxiety?

(A) Weight training with heavy loads

(B) Positive self-talk and visualization

(C) High-intensity interval sprinting

(D) Consumption of high-protein supplements

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 high-stakes Inter-State Hockey Championship, the team nutritionist focused on ensuring athletes consumed adequate "Complex Carbohydrates" 48 hours before the match to maximize glycogen stores. During the game, a striker performed a powerful "Hit" involving a rapid change in momentum. However, in the second half, the striker suffered an "Impacted Fracture" after a collision. Post-game analysis by the sports scientist also noted that several players were displaying "Scoliosis," likely due to repetitive one-sided movements in their early developmental years. The medical team suggested "Swimming" and "Yoga" as corrective measures."

Q47. According to the passage, the nutritionist recommended 'Complex Carbohydrates' before the match. Which of the following is an example of a complex carbohydrate?

(A) Glucose drink

(B) Brown rice and oats

(C) Table sugar

(D) Fruit juice

Q48. The striker suffered an 'Impacted Fracture'. This specific type of fracture occurs when:

(A) The bone is shattered into many small fragments

(B) The broken ends of the bone are driven into each other

(C) The bone bends but does not break completely

(D) The fracture line is at a right angle to the bone's axis

Q49. The passage mentions 'Scoliosis' among players. This postural deformity is defined as:

(A) An exaggerated backward curve of the upper back

(B) An increased forward curve of the lumbar spine

(C) A lateral or sideways curvature of the spine

(D) The flattening of the arch of the foot

Q50. In the context of the 'Hit' in Hockey mentioned in the passage, which fundamental law of motion explains the acceleration of the ball based on the force applied by the stick?

(A) Newton's First Law (Inertia)

(B) Newton's Second Law (Acceleration)

(C) Newton's Third Law (Reaction)

(D) Law of Conservation of Energy

Q51. Why was 'Swimming' recommended by the medical team as a corrective measure for Scoliosis?

(A) It focuses solely on leg strength

(B) It is a weight-bearing exercise that increases bone density

(C) It involves symmetrical movement of both sides of the body

(D) It reduces the intake of micro-nutrients

Detailed Solutions

Q1.

Solution

Concept: Inclusive physical education focuses on ensuring equal participation opportunities for Children with Special Needs (CWSN). It emphasizes adapting activities, modifying rules, and using supportive equipment or assistive technologies so that every learner can participate safely and effectively. The goal is not exclusion based on ability but creating an equitable environment where physical, cognitive, or sensory limitations are accommodated through flexible teaching strategies and suitable resources.

Solution: Making physical activities accessible for Children with Special Needs requires thoughtful adaptation of the learning environment. Standard equipment and rigid rules often limit participation, while excessive workout intensity or restricting activities to indoor games reduces inclusivity and development opportunities. Instead, modifying rules such as adjusting game duration, simplifying instructions, or changing scoring methods allows participation at different ability levels. Assistive technologies like wheelchairs, hearing aids, visual cues, or modified sports equipment further support engagement. These strategies ensure that children with disabilities can actively participate, develop motor skills, and experience social inclusion. Therefore, the correct approach is to adapt rules and provide assistive support rather than enforcing uniform participation conditions that ignore individual differences and needs.

Final Answer: Modifying rules and providing assistive technology

Answer: (B)

Q2.

Solution

Concept: Government welfare programmes in India aim to address social issues such as hunger, malnutrition, and education inequality among children. The Mid-day Meal Scheme is one such initiative designed to improve child health and encourage school attendance by providing nutritious meals in government and government-aided schools across the country, thereby linking education with nutrition support.

Solution: The Mid-day Meal Scheme was introduced to address widespread malnutrition and improve the nutritional intake of school-going children, especially in economically weaker sections of society. By providing cooked meals during school hours, the scheme ensures that children receive at least one balanced meal daily, which helps improve their physical development, cognitive ability, and concentration in studies. It also acts as an incentive for increasing school enrollment, attendance, and retention rates. While the scheme indirectly supports education and reduces hunger-related dropouts, its primary objective is not employment generation, sports promotion, or reducing private education costs. Instead, it is a nutrition-focused intervention aimed at improving the overall health and learning capacity of children. Hence, its core purpose is enhancing the nutritional status of school-age children.

Final Answer: To enhance the nutritional status of school-age children

Answer: (B)

Q3.

Solution

Concept: Diseases are broadly classified into communicable and non-communicable types. Communicable diseases are infectious conditions caused by pathogens such as bacteria, viruses, or fungi and can spread from one person to another through direct or indirect contact. Understanding this classification helps in prevention, control, and treatment strategies in public health systems.

Solution: Communicable diseases spread through infectious agents and can be transmitted via air, water, food, or physical contact. Among the given options, Tuberculosis is caused by the bacterium *Mycobacterium tuberculosis* and spreads primarily through airborne droplets when an infected person coughs or sneezes. This makes it a classic example of a communicable disease. In contrast, Hypertension is a non-communicable condition related to high blood pressure, while Obesity results from lifestyle and metabolic factors rather than infection. Cardiovascular Diseases involve heart and blood vessel disorders and are also non-infectious in nature. Since only Tuberculosis involves pathogen-based transmission between individuals, it is correctly classified as a communicable disease. Proper hygiene, vaccination, and early diagnosis are essential to control its spread in the population.

Final Answer: Tuberculosis

Answer: (C)

Q4.

Solution

Concept: The National Rural Health Mission (NRHM) introduced several health programmes aimed at improving child and maternal health in India. One important initiative focuses on early identification, screening, and management of health conditions in children from birth to adolescence, ensuring timely intervention and reducing long-term disabilities or health complications.

Solution: The Rashtriya Bal Swasthya Karyakram (RBSK) is a key programme under NRHM that focuses on comprehensive health screening of children from birth to 18 years. It targets four Ds: defects at birth, deficiencies, diseases, and developmental delays including disabilities. The programme involves regular screening at schools and community levels, followed by early intervention services such as treatment, rehabilitation, and referral support. Other schemes like Janani Suraksha Yojana focus on maternal health and safe deliveries, Mission Indradhanush focuses on immunization, and Ayushman Bharat provides broader health insurance coverage. However, none of these specifically provide structured screening and early childhood intervention like RBSK. Therefore, RBSK is the correct initiative designed for health screening and early intervention for children.

Final Answer: Rashtriya Bal Swasthya Karyakram (RBSK)

Answer: (A)

Q5.

Solution

Concept: Non-communicable diseases (NCDs) are medical conditions that are not caused by infectious agents and do not spread from person to person. They are generally long-term conditions influenced by lifestyle, genetics, and environmental factors. Understanding their nature is important for prevention through healthy habits like exercise, diet control, and stress management.

Solution: Non-communicable diseases are characterized by slow progression and long duration, often requiring lifelong management rather than short-term treatment. Unlike communicable diseases, they are not caused by pathogens and do not spread through contact. Conditions such as diabetes, hypertension, and cardiovascular diseases develop gradually due to lifestyle factors like poor diet, lack of exercise, and stress. These diseases progress slowly and may remain undetected in early stages, making regular screening important. Options suggesting fast onset, contagious nature, or bacterial causes are incorrect because they describe communicable diseases. Therefore, the defining feature of NCDs is their chronic nature, where symptoms develop over a long period and persist for extended durations, often requiring continuous medical attention and lifestyle modification for effective control.

Final Answer: Long duration and slow progression

Answer: (C)

Q6.

Solution

Concept: Inclusive education aims to provide equal learning opportunities for all students, including those with physical, sensory, or intellectual disabilities. Adaptive Physical Education is an important component that modifies physical activities to suit individual needs, ensuring participation, skill development, and overall physical fitness for learners with special requirements.

Solution: Adaptive Physical Education is specifically designed for students with disabilities or special needs who may not be able to participate in standard physical education programmes without modifications. It involves adjusting rules, equipment, teaching methods, and learning environments to match the abilities of each learner. The aim is to promote physical fitness, motor development, and social inclusion while ensuring safety and accessibility. It is not intended for elite athletes, retired sports professionals, or solely for teachers and coaches, but for learners who require individualized support. By tailoring activities such as modified games, assistive devices, and simplified instructions, adaptive physical education ensures equal participation opportunities. Therefore, its primary target group is students with disabilities or special needs.

Final Answer: Students with disabilities or special needs

Answer: (B)

Q7.

Solution

Concept: William Sheldon's Somatotype Theory classifies human body types into three categories: ectomorph, endomorph, and mesomorph. Each body type is associated with specific physical and psychological traits. This classification is widely used in physical education to understand body composition and athletic potential.

Solution: According to Sheldon's classification, a mesomorphic body type is characterized by a naturally muscular and well-built physique. Individuals with this body type typically have broad shoulders, strong limbs, and a high degree of physical strength and athletic ability. They are often considered energetic, competitive, and assertive in personality traits. This contrasts with ectomorphs, who are thin and fragile, and endomorphs, who are soft and round with higher fat accumulation. The mesomorphic type is generally most suited for sports and physical activities due to natural muscle development and efficient metabolism. Therefore, the correct description of a mesomorphic individual is someone who is muscular, athletic, and assertive in nature.

Final Answer: Muscular, athletic, and assertive

Answer: (C)

Q8.

Solution

Concept: The Big Five Personality Theory describes five major dimensions of personality: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Neuroticism refers to the tendency of an individual to experience negative emotional states such as anxiety, stress, mood swings, and emotional instability. It reflects how a person responds to pressure and emotional challenges in daily life.

Solution: Neuroticism is a key personality trait in the Big Five model that indicates emotional stability versus instability. Individuals high in neuroticism are more likely to experience anxiety, worry, fear, mood swings, and irritability when faced with stressful situations. They may also have difficulty coping with pressure and are more emotionally reactive compared to others. On the other hand, individuals with low neuroticism tend to be calm, emotionally stable, and resilient under stress. The other options do not represent neuroticism: openness relates to creativity and curiosity, agreeableness refers to cooperation and kindness, and extraversion relates to sociability and outgoing behavior. Since neuroticism is specifically linked with emotional instability and anxiety levels, the correct option is emotional stability and anxiety-related characteristics. Hence, it describes how strongly a person experiences negative emotions in response to environmental stressors.

Final Answer: Emotional stability and anxiety levels

Answer: (A)

Q9.

Solution

Concept: Motivation is broadly classified into intrinsic and extrinsic types. Intrinsic motivation refers to doing an activity because it is inherently enjoyable or satisfying. It is driven by internal factors such as interest, curiosity, personal growth, and a sense of achievement rather than external rewards or pressure.

Solution: Intrinsic motivation occurs when an individual engages in an activity for internal satisfaction rather than external rewards like money, grades, or recognition. It is strongly linked to personal interest, enjoyment, curiosity, and the desire for self-improvement. For example, a student studying a subject because they genuinely enjoy learning about it is intrinsically motivated. This type of motivation is considered more sustainable because it comes from within the individual and promotes long-term engagement and personal development. In contrast, extrinsic motivation is driven by external factors such as rewards, praise, or fear of punishment. Tangible or reward-based motivation falls under extrinsic motivation. Therefore, the correct answer is intrinsic motivation, as it focuses on internal satisfaction and personal growth rather than external incentives.

Final Answer: Intrinsic Motivation

Answer: (B)

Q10.

Solution

Concept: Carl Jung's personality theory classifies individuals based on their psychological orientation toward the external or internal world. He introduced the concepts of introversion and extraversion, where introverts are individuals who tend to focus on their inner thoughts and prefer calm, solitary environments.

Solution: According to Carl Jung, introverts are individuals who are generally shy, quiet, and prefer spending time alone or in small groups rather than large social gatherings. They are more focused on their internal thoughts, feelings, and ideas rather than external stimulation. Introverts often feel drained after excessive social interaction and recharge by spending time in solitude. In contrast, extroverts are outgoing, sociable, and gain energy from interacting with others. Ambiverts display a balance of both traits, while mesomorphs relate to body type classification, not personality. Since the question specifically describes shy, quiet individuals who prefer solitude, the correct classification is introverts.

Final Answer: Introverts

Answer: (C)

Q11.

Solution

Concept: Aggression in sports psychology refers to behavior intended to harm or gain advantage over an opponent. It is broadly categorized into hostile aggression and instrumental aggression. Instrumental aggression is goal-oriented and used as a means to achieve success in sport without the primary intention of causing injury.

Solution: Instrumental aggression occurs when an athlete uses aggressive actions as a strategy to achieve a goal, such as winning possession of the ball or gaining a competitive advantage, without the main intention of hurting the opponent. For example, a strong tackle in football or hockey made to regain control of the ball is considered instrumental aggression if it is rule-based and not meant to injure. Hostile aggression, on the other hand, is driven by anger and intent to cause harm. Assertive behavior is legal and non-aggressive competitive effort, while reactive aggression is impulsive and emotional. Since the question highlights goal-oriented aggression used strategically in sports without intent to injure, the correct answer is instrumental aggression.

Final Answer: Instrumental Aggression

Answer: (B)

Q12.

Solution

Concept: Motivation enhancement in sports psychology involves various techniques aimed at improving performance and focus. One of the most widely used and effective methods is goal setting, which involves establishing clear, specific, and achievable targets to guide performance and measure progress.

Solution: Goal setting is a psychological technique used to enhance motivation by helping individuals define clear objectives that are specific, measurable, achievable, realistic, and time-bound. This approach provides direction, improves focus, and increases commitment toward achieving performance outcomes. In sports and physical education, athletes who set structured goals are more likely to stay motivated and track their progress effectively. Self-talk involves internal dialogue to boost confidence, imagery involves visualizing performance, and progressive muscle relaxation is used for reducing stress and tension. While all these techniques support performance, only goal setting directly focuses on creating structured targets that drive motivation and performance improvement. Therefore, the correct answer is goal setting, as it systematically enhances motivation through planned and achievable objectives.

Final Answer: Goal Setting

Answer: (C)

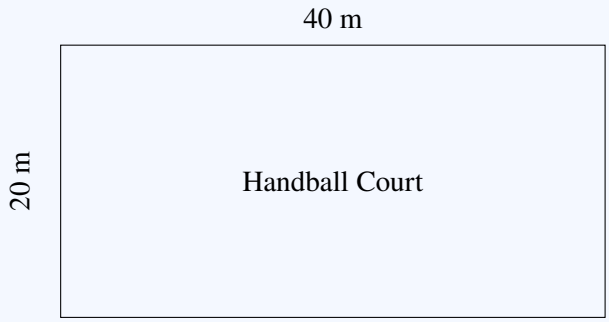
Q13.

Solution

Concept: A standard Handball court is defined by the International Handball Federation (IHF) with fixed international dimensions.

- Length of the court = **40 meters**
- Width of the court = **20 meters**

Visual Representation:



Explanation:

- 40m × 20m is the official international standard size.
- Other options do not match IHF regulations.

Final Answer: $20m \times 40m$

Answer: (A)

Q14.

Solution

Concept: Indigenous Indian sports like Kabaddi have their own unique terminology that defines key match situations and scoring patterns. These terms are culturally rooted and help describe specific game conditions. Understanding such terms is important for recognizing traditional gameplay rules and strategies used in Kabaddi at both national and international levels.

Solution: In Kabaddi, the term "Lona" refers to a situation where one team succeeds in getting all the players of the opposing team out at once. When this happens, the winning team is awarded additional points, and all the players of the opposing side re-enter the game. This term is unique to Kabaddi and is not associated with Kho-Kho, Mallakhamb, or Atya Patya. Kho-Kho involves chasing and tagging rules but does not use the term Lona. Mallakhamb is a gymnastic sport performed on a pole or rope, and Atya Patya is another traditional game with different terminology. Since Lona specifically represents the "all out" condition in Kabaddi, it is directly associated with this sport.

Final Answer: Kabaddi

Answer: (B)

Q15.

Solution

Concept: Cricket is a bat-and-ball game with standardized field dimensions defined by the Laws of Cricket. One of the most important measurements in the game is the pitch length, which directly affects bowling, batting, and overall gameplay dynamics. The pitch is the central strip between the two wickets.

Solution: The cricket pitch is the rectangular area where most of the action between bowler and batter takes place. According to official regulations, the length of the pitch between the two sets of wickets is 22 yards, which is equivalent to 20.12 meters. This measurement is fixed in all formats of the game, including Test matches, One Day Internationals, and T20 matches. The consistency of this distance ensures fairness and standardization in the game worldwide. Options like 20 yards, 21 yards, or 24 yards are incorrect because they do not match the official specification defined by cricket governing bodies. Therefore, the correct answer is 22 yards, which is the universally accepted pitch length in cricket.

Final Answer: 22 yards

Answer: (B)

Q16.

Solution

Concept: In field hockey, various penalty rules are designed to regulate defensive fouls and ensure fair play. One such important rule is the penalty corner, which is awarded when a defending player commits certain fouls within a critical scoring area near their goal.

Solution: A penalty corner in hockey is awarded when a defensive foul occurs within the shooting circle, also known as the D-area. The shooting circle is the most crucial zone in front of the goal where attacking players have the highest chance of scoring. If a defender commits a foul such as stopping the ball illegally or obstructing an attacker inside this area, the attacking team is awarded a penalty corner. This situation provides a significant scoring opportunity through structured set plays. Fouls in the 23-meter area may also lead to penalty corners depending on severity, but the primary condition is a defensive foul inside the shooting circle. Therefore, the correct answer is the D-area or shooting circle.

Final Answer: Their own shooting circle (D-area)

Answer: (C)

Q17.

Solution

Concept: Kabaddi is a traditional contact sport that includes several basic skills used by raiders and defenders. These skills are essential for scoring points, escaping tackles, and maintaining balance during raids. One such offensive skill involves using different parts of the body to tag opponents effectively.

Solution: In Kabaddi, the toe touch is a fundamental raiding skill in which the raider uses the foot, specifically the toe, to touch a defender and quickly return to their half without being caught. This technique requires agility, flexibility, and precise timing. It is commonly used when defenders are positioned slightly out of reach of hand-based touches. Other options like hand touch involve using the hand, block is a defensive skill used to stop the raider, and chain tackle is a coordinated defensive strategy involving multiple defenders. Since the question specifically mentions touching the defender using the foot, the correct answer is toe touch, which is a key skill in offensive Kabaddi play.

Final Answer: Toe Touch

Answer: (B)

Q18.

Solution

Concept: In football (soccer), field markings are standardized globally by FIFA regulations. One important marking is the center circle, which plays a role in kick-offs and maintaining proper distance between players at the start of play.

Solution: The center circle on a standard football pitch has a radius of 9.15 meters (10 yards). This measurement is fixed according to international football rules to ensure uniformity across all professional and international matches. The circle is drawn around the center spot and ensures that opposing players remain at a required distance during kick-offs. Options such as 7.15 meters, 8.15 meters, or 10.15 meters are incorrect as they do not match the official standard. The value 9.15 meters is widely recognized and used in all regulated football fields. Therefore, the correct answer is 9.15 meters, which defines the radius of the center circle.

Final Answer: 9.15 meters

Answer: (C)

Q19.

Solution

Concept: In field hockey, different types of restarts are awarded depending on where and how the ball goes out of play. A long corner is one such restart used when the ball crosses the backline off a defender but is not a goal.

Solution: A long corner in hockey is awarded when the ball goes out of play over the backline after being last touched by a defender, but not resulting in a goal. It is taken from the 23-meter line, near the point where the ball crossed the line. This gives the attacking team another opportunity to build an offensive play from a strategic position closer to the opponent's goal. It is different from a penalty corner, which is taken from the corner of the field, and from free hits taken at other locations. The center line and penalty spot are unrelated to this rule. Therefore, the correct location for taking a long corner is the 23-meter line.

Final Answer: The 23-meter line

Answer: (C)

Q20.

Solution

Concept: Yoga kriyas are cleansing techniques in Hatha Yoga that purify internal organs. Dhauti kriyas specifically focus on cleansing the digestive tract, including the stomach, using different methods such as cloth, water, or air. Each kriya has a distinct purpose in maintaining internal hygiene and improving overall health.

Solution: Vastra Dhauti is a specific yogic cleansing technique in which a long strip of cloth is swallowed and then carefully removed after cleaning the stomach and upper digestive tract. This practice is part of the Dhauti kriyas under Shatkarma in Hatha Yoga. Jal Neti involves nasal cleansing with water, Trataka is focused gazing for concentration and eye health, and Nauli is a abdominal muscle manipulation technique for strengthening digestive fire. Since the question specifically mentions cleansing the stomach using a long strip of cloth, Vastra Dhauti is the correct answer. It is considered an advanced purification practice that should be performed under expert supervision due to its complexity and safety considerations.

Final Answer: Vastra Dhauti

Answer: (B)

Q21.

Solution

Concept: Yogic asanas are physical postures designed to improve physical, mental, and emotional well-being. Each posture targets specific body systems such as balance, flexibility, strength, or respiration. Vrikshasana, or Tree Pose, is a standing balancing posture that requires focus and stability.

Solution: Vrikshasana is performed by standing on one leg while placing the other foot on the inner thigh and bringing the hands together in a prayer position. This posture primarily enhances balance, stability, and concentration. It strengthens the legs and improves mental focus by requiring the practitioner to maintain stillness and awareness. While it also provides secondary benefits such as improving posture and mild flexibility, its main focus is on developing equilibrium and concentration. It does not primarily target respiratory capacity, digestive power, or spinal flexibility. Therefore, the correct answer is balance and concentration, as this asana trains both physical steadiness and mental focus simultaneously.

Final Answer: Balance and concentration

Answer: (B)

Q22.

Solution

Concept: Suryanamaskar (Sun Salutation) is a sequence of 12 yoga postures performed in a rhythmic flow. Each stage has a specific name and body position, contributing to flexibility, strength, and coordination. The 4th stage plays an important role in stretching and preparing the body for deeper postures.

Solution: The 4th stage of Suryanamaskar is known as Ashwa Sanchalanasana, which translates to Equestrian Pose. In this posture, one leg is stretched backward while the other is bent forward, with hands placed on the ground and the spine arched. This position resembles a rider sitting on a horse, hence the name Equestrian Pose. It helps in stretching the hip flexors, strengthening the legs, and improving balance. The other options such as Mountain Pose, Cobra Pose, and Eight-limbed Pose refer to different stages within the sequence. Since Ashwa Sanchalanasana directly corresponds to the Equestrian Pose, it is the correct answer for the 4th stage of Suryanamaskar.

Final Answer: Equestrian Pose

Answer: (B)

Q23.

Solution

Concept: In handball, the court is marked with specific lines that define key playing zones such as the goal area (6 m), free-throw line (9 m), penalty mark (7 m), and substitution area. Each line has a fixed distance from the goal line and serves a distinct role in gameplay regulation.

Solution: The marked area 'X' in a standard handball court diagram typically refers to the free-throw line, which is drawn as a broken line at a distance of 9 meters from the outer face of the goal line. This line is used for taking free throws after minor fouls and helps regulate defensive positioning. The goal area line is at 6 meters and defines the goalkeeper's exclusive zone. The penalty mark is at 7 meters and is used for penalty throws, while the substitution line is located near the center line at 4.5 meters for player changes. Since the question identifies a line outside the goal area but not as close as the penalty mark, the correct identification is the 9-meter free-throw line.

Final Answer: Free Throw Line (9 meters)

Answer: (B)

Q24.

Solution

Concept: Pranayama is a yogic practice that involves controlled breathing techniques to regulate life energy (Prana). It is considered an essential part of yoga for improving physical health, mental clarity, and emotional balance by enhancing oxygen intake and calming the nervous system.

Solution: The primary benefit of Pranayama is the regulation of vital breath and life energy, known as Prana. Through controlled inhalation, retention, and exhalation, pranayama helps improve lung capacity, oxygen supply, and nervous system balance. It also promotes mental calmness, reduces stress, and enhances concentration. Unlike physical exercises aimed at muscle growth, bone density, or speed improvement, pranayama focuses on internal energy flow and breath control. It is deeply connected to both physiological and spiritual well-being in yogic philosophy. Therefore, the correct answer is the regulation of vital breath and energy, as it represents the core purpose of pranayama practice.

Final Answer: Regulation of vital breath and energy (Prana)

Answer: (B)

Q25.

Solution

Concept: Postural deformities such as knock knees, flat foot, kyphosis, and round shoulders require specific corrective exercises to improve alignment and muscle balance. Each deformity is addressed using targeted physical activities that strengthen or stretch specific muscle groups to restore normal posture.

Solution: Knock knees (Genu Valgum) are corrected using exercises like walking on the outer edge of the feet to realign the knees. Flat foot is commonly improved through exercises like horse riding and foot arch strengthening activities. Kyphosis, which is an excessive outward curvature of the spine, is corrected using backbending exercises such as Chakrasana and Bhujangasana. Round shoulders are corrected using exercises like hanging from a horizontal bar, which helps open the chest and improve shoulder alignment. Therefore, the correct matching is 1-i, 2-ii, 3-iii, 4-iv.

Final Answer: 1-i, 2-ii, 3-iii, 4-iv

Answer: (B)

Q26.

Solution

Concept: Bone fractures vary depending on the nature of the injury and the age of the individual. In children, bones are more flexible and less brittle compared to adults, which leads to specific types of fractures that differ from complete breaks seen in mature bones.

Solution: A greenstick fracture is most commonly observed in children due to the flexibility of their bones. In this type of fracture, the bone bends and cracks on one side but does not break completely into two separate pieces, similar to how a green twig breaks. This is different from comminuted fractures, where the bone breaks into multiple fragments, transverse fractures, which are straight breaks across the bone, and impacted fractures, where bone ends are driven into each other. Because children's bones are softer and more pliable, they are more prone to incomplete fractures like greenstick fractures. Therefore, the correct answer is greenstick fracture.

Final Answer: Greenstick Fracture

Answer: (B)

Q27.

Solution

Concept: Postural deformities refer to abnormal alignment of bones or joints that affect the normal posture of the human body. Genu valgum and genu varum are deformities related to the knees, while kyphosis and scoliosis are spinal deformities. Understanding these conditions helps in identifying correct physical posture and corrective measures.

Solution: Genu Valgum is a postural deformity in which the knees curve inward and touch each other while standing, while the ankles remain apart, giving a "knock-knee" appearance. This condition is different from Genu Varum, where the knees remain apart while the ankles touch, commonly known as "bow legs." Kyphosis refers to an excessive outward curvature of the upper spine, and scoliosis is a lateral (sideways) curvature of the spine. Since the question specifically describes inward curving of knees leading to them touching each other, the correct condition is genu valgum. It is often caused by developmental issues, poor nutrition, or muscular imbalance and can be improved through corrective exercises and physiotherapy.

Final Answer: Genu Valgum

Answer: (B)

Q28.

Solution

Concept: Nutrients are classified into macronutrients and micronutrients based on the quantity required by the body. Macronutrients are needed in large amounts for energy and growth, while micronutrients are required in smaller amounts for regulating body functions.

Solution: Carbohydrates, proteins, and fats are considered macronutrients because they are required in large quantities and provide energy, build body tissues, and support overall growth. Minerals, however, are micronutrients, required in smaller amounts but essential for regulating physiological functions such as bone formation, nerve function, and enzyme activity. Since macronutrients include only carbohydrates, proteins, and fats, minerals do not fall under this category. Therefore, among the given options, minerals are not a macronutrient. They are essential but needed in trace amounts, unlike energy-providing nutrients.

Final Answer: Minerals

Answer: (D)

Q29.

Solution

Concept: Lordosis is a postural deformity characterized by an excessive inward curvature of the lumbar spine. Corrective exercises and yoga postures are often recommended to strengthen the abdominal muscles and stretch the lower back muscles to restore normal posture.

Solution: For correcting lordosis, exercises that strengthen the abdominal muscles and reduce excessive arching of the lower back are recommended. Halasana (Plough Pose) is highly effective because it stretches the spine, hamstrings, and lower back while improving posture alignment. It helps in reducing excessive lumbar curvature by applying gentle pressure and elongation to the spine. Chakrasana and Dhanurasana involve strong backbending, which may worsen lordosis if not performed carefully, while Bhujangasana is also a backbend and must be used cautiously. Therefore, Halasana is considered the most suitable corrective yoga posture for individuals suffering from lordosis as it promotes spinal alignment and flexibility in a controlled manner.

Final Answer: Halasana

Answer: (B)

Q30.

Solution

Concept: Flat foot (Pes Planus) is a condition where the arch of the foot collapses, causing the entire sole to touch the ground. Corrective exercises focus on strengthening the arch muscles of the foot and improving balance and foot alignment.

Solution: One of the most effective corrective activities for flat foot is picking up marbles with the toes. This exercise strengthens the intrinsic muscles of the foot, particularly those responsible for maintaining the arch. Regular practice helps improve arch support, foot flexibility, and muscle control. Running on hard surfaces can increase stress on the feet and worsen the condition, while tight-fitting shoes restrict natural foot movement. Long-distance cycling does not directly strengthen foot arch muscles. Therefore, toe-gripping exercises like picking up marbles are recommended as a simple and effective method for correcting flat foot and improving foot biomechanics.

Final Answer: Picking up marbles with the toes

Answer: (B)

Q31.

Solution

Concept: Bone fractures are classified based on the direction and pattern of the break. An oblique fracture is a specific type where the break occurs diagonally across the bone, forming an angled pattern.

Solution: An oblique fracture is defined as a break in the bone that occurs at an angle other than a straight horizontal or vertical line. This type of fracture typically results from a combination of bending and twisting forces applied to the bone. It is different from a transverse fracture, which runs straight across the bone, and a longitudinal fracture, which runs parallel to the bone's long axis. Comminuted fractures involve the bone breaking into multiple fragments, while open fractures involve skin penetration. Since an oblique fracture is specifically characterized by an angled break across the bone structure, option stating "occurs at an angle across the bone" is correct. Proper immobilization and medical treatment are essential for healing.

Final Answer: Occurs at an angle across the bone

Answer: (B)

Q32.

Solution

Concept: Sports awards in India recognize the achievements of athletes and coaches for their contribution to sports excellence. The Major Dhyan Chand Khel Ratna Award is the highest sporting honor in India, given for outstanding performance over a specified period.

Solution: The Major Dhyan Chand Khel Ratna Award is awarded to sportspersons for their most spectacular and outstanding performance over a period of four years immediately preceding the year in which the award is given. This period is considered to evaluate consistent excellence at the highest level in international competitions. The award recognizes sustained performance rather than a single achievement, making it the most prestigious sports honor in India. Options like two, three, or five years do not match the official criteria. Therefore, the correct duration considered for this award is four years.

Final Answer: Four years

Answer: (C)

Q33.

Solution

Concept: Sports awards are given to recognize different roles in the field of sports, including athletes, coaches, and organizations. Among these, specific awards are dedicated exclusively to coaches for their consistent contribution to training and developing sportspersons at national and international levels.

Solution: The Dronacharya Award is a prestigious Indian sports honor given to coaches who have done outstanding and consistent work in training athletes and producing medal winners at major international competitions. It recognizes the important role of coaches in shaping sporting excellence. The Arjuna Award is given to athletes for their performance, while the Maulana Abul Kalam Azad Trophy is awarded to universities for overall sports performance. The Rashtriya Khel Protsahan Puruskar is given to organizations promoting sports development. Since the question specifically asks for an award given to coaches, the correct answer is the Dronacharya Award.

Final Answer: Dronacharya Award

Answer: (B)

Q34.

Solution

Concept: Admission to professional postgraduate courses in Physical Education in India requires specific academic qualifications at the undergraduate level. These eligibility norms ensure that candidates have a foundational understanding of physical education theory, practice, and pedagogy before advancing to higher studies.

Solution: For admission to the Master of Physical Education (M.P.Ed.) program in India, a candidate must have completed a Bachelor of Physical Education (B.P.Ed.) or an equivalent recognized degree. This is a mandatory academic requirement as it ensures that the student has already studied core subjects related to physical education, sports science, and training methodologies. Other options such as winning an Olympic medal or having long-term coaching experience are not formal academic criteria for admission. Similarly, a Bachelor of Commerce degree does not qualify a candidate for this professional physical education program. Therefore, the essential eligibility criterion is completion of B.P.Ed. or an equivalent qualification.

Final Answer: Completion of a Bachelor of Physical Education (B.P.Ed.) or equivalent degree

Answer: (A)

Q35.

Solution

Concept: Sports awards in India are given based on clearly defined eligibility criteria that recognize consistent performance at the highest levels of competition. The Arjuna Award specifically honors athletes who demonstrate sustained excellence in international sports events over a period of time.

Solution: The Arjuna Award is given to sportspersons who have shown consistent outstanding performance for at least four years at the international level. It recognizes not just a single achievement but long-term dedication, discipline, and excellence in sports. Athletes are evaluated based on their performance in international championships, Asian Games, Commonwealth Games, and other major events. Winning a single national event or inter-university competition is not sufficient for eligibility. Age or seniority in the team is also not a criterion. Therefore, the correct eligibility requirement is consistent outstanding performance over four years at the international level.

Final Answer: Consistent outstanding performance for four years at the international level

Answer: (B)

Q36.

Solution

Concept: Muscular contractions are classified based on changes in muscle length and tension during physical activity. These include isotonic, isometric, isokinetic, and eccentric contractions, each serving different roles in movement and strength development.

Solution: Isometric contraction occurs when a muscle generates tension without any visible change in its length or movement at the joint. In this type of contraction, the muscle remains static while still producing force, such as holding a weight in a fixed position. Isotonic contraction involves movement with muscle length change, isokinetic contraction maintains constant speed with specialized equipment, and eccentric contraction involves muscle lengthening under tension. Since the question specifically describes tension without movement or change in muscle length, the correct answer is isometric contraction. This type of contraction is commonly used in stability exercises and rehabilitation training.

Final Answer: Isometric Contraction

Answer: (C)

Q37.

Solution

Concept: Fartlek training is a continuous training method that combines speed and endurance work by varying intensity during exercise. It originated as a structured form of speed play used by athletes to improve both aerobic and anaerobic fitness.

Solution: Fartlek training, also known as "speed play," was originally developed in Sweden. It was introduced by Swedish coach Gösta Holmér as a method for cross-country runners to improve endurance and speed simultaneously. The training involves alternating between fast running and slow jogging in an unstructured manner, depending on terrain and effort levels. Unlike interval training, fartlek is less rigid and more flexible. It is not associated with Germany, the USA, or Russia. Since its origin is clearly traced to Sweden, the correct answer is Sweden.

Final Answer: Sweden

Answer: (C)

Q38.

Solution

Concept: Proprioceptive Neuromuscular Facilitation (PNF) is a specialized stretching technique used in physical education and sports training. It involves both stretching and contracting muscles to improve neuromuscular response and increase flexibility effectively.

Solution: PNF is primarily used to improve flexibility by enhancing the range of motion of muscles and joints. It works through a combination of passive stretching and isometric contractions, which help activate neuromuscular pathways and allow deeper muscle relaxation. This method is widely used in rehabilitation, athletic training, and physiotherapy. It is not primarily designed to improve cardiovascular endurance, reaction time, or explosive strength, although it may indirectly support overall physical performance. Since its main objective is to increase muscle flexibility and joint mobility, the correct answer is flexibility.

Final Answer: Flexibility

Answer: (C)

Q39.

Solution

Concept: Different types of muscular and exercise training methods are classified based on how muscle length and resistance behave during movement. Isokinetic exercise is a specialized form that uses equipment to maintain constant speed throughout the range of motion.

Solution: Isokinetic exercise is a type of training in which the speed of movement remains constant throughout the entire range of motion, regardless of the force applied by the muscle. This requires specialized machines that adjust resistance dynamically to maintain uniform speed. It is widely used in rehabilitation and strength assessment. Isotonic exercises involve movement with changing muscle length, isometric exercises involve no movement, and aerobic exercise focuses on cardiovascular endurance. Since the defining feature is constant speed with specialized equipment, the correct answer is isokinetic exercise.

Final Answer: Isokinetic

Answer: (C)

Q40.

Solution

Concept: Training methods in physical education are designed to improve different components of fitness such as endurance, strength, speed, and agility. Interval training is a scientifically structured method that combines high-intensity work with recovery periods.

Solution: Interval training is a method of physical conditioning that involves alternating between periods of high-intensity exercise and low-intensity recovery or rest. This approach helps improve both aerobic and anaerobic capacity, making it highly effective for overall fitness development. During high-intensity phases, the body works near its maximum capacity, while recovery periods allow partial recovery before the next effort. Continuous training involves steady intensity, circuit training involves multiple stations targeting different fitness components, and weight training focuses on muscular strength. Since the question describes alternating high and low intensity phases, interval training is the correct answer.

Final Answer: Interval Training

Answer: (B)

Q41.

Solution

Concept: William Sheldon's Somatotype Theory classifies human physiques into three main types: ectomorph, mesomorph, and endomorph. Mesomorphic individuals are naturally athletic and muscular, often showing strength, agility, and a confident personality, which makes them well-suited for sports and physical activities.

Solution: According to Sheldon's classification, a mesomorphic body type is characterized by a naturally muscular and well-built physique. Individuals with this body type generally have broad shoulders, strong limbs, and low fat percentage, making them physically strong and athletic. Psychologically, they are often described as assertive, energetic, and competitive in nature. This contrasts with ectomorphs, who are thin and fragile with a more introverted temperament, and endomorphs, who have a round and soft body structure with a more relaxed and sociable personality. Since the question describes mesomorphic individuals, the correct identification is a muscular and athletic build combined with an assertive nature, which aligns with Sheldon's description of this body type.

Final Answer: A muscular and athletic build with an assertive nature

Answer: (C)

Q42.

Solution

Concept: Aggression in sports psychology is classified into different types based on intent and purpose. Hostile aggression is driven by anger and the primary intention to cause harm, whereas instrumental aggression is goal-oriented and used as a means to achieve success within the rules of the game.

Solution: Hostile aggression is a type of behavior in which the primary intention is to injure or harm an opponent, often driven by anger or emotional arousal. It differs from instrumental aggression, where the main goal is to achieve a sporting objective such as winning possession of the ball, even if physical force is used. Assertive behavior is legal and within the rules of the game, while motivation and focus relate to psychological drive rather than aggression. Since hostile aggression is defined by the intent to cause injury rather than just achieve a goal, the correct answer is the intention to cause harm or injury to an opponent.

Final Answer: The intent to cause harm or injury to an opponent

Answer: (A)

Q43.

Solution

Concept: Postural deformities refer to abnormal alignment of bones or joints that affect body posture. Knock knees and bow legs are common lower limb deformities, each having specific medical terminology used in physical education and medical science.

Solution: Knock knees is a postural deformity in which the knees bend inward and touch each other while the ankles remain apart. The technical medical term for this condition is Genu Valgum. In contrast, Genu Varum refers to bow legs, where the knees remain apart while the ankles touch. Scoliosis is a lateral curvature of the spine, and kyphosis is an excessive outward curvature of the upper spine. Since the question specifically refers to knock knees, the correct medical term is Genu Valgum.

Final Answer: Genu Valgum

Answer: (B)

Q44.

Solution

Concept: Corrective physical activities are often used in physical education to address postural deformities. Different exercises and activities are recommended based on the type of deformity to improve alignment, muscle balance, and posture.

Solution: Horse riding is a corrective activity that is particularly recommended for improving bow legs (Genu Varum). This activity helps strengthen and align the lower limb muscles by promoting balanced movement and posture control. It is not primarily used for flat foot, round shoulders, or knock knees. Flat foot is corrected through foot-strengthening exercises, round shoulders require chest-opening and back-strengthening exercises, and knock knees are treated with different corrective postures and strengthening routines. Since horse riding is specifically associated with improving bow legs, the correct answer is bow legs.

Final Answer: Bow Legs

Answer: (D)

Q45.

Solution

Concept: Cognitive relaxation techniques are psychological strategies used in sports to reduce anxiety, improve focus, and enhance mental readiness. These techniques work by controlling thoughts, emotions, and mental imagery rather than physical exertion.

Solution: Positive self-talk and visualization are effective cognitive relaxation techniques used to manage pre-performance anxiety in sports. Positive self-talk involves encouraging internal dialogue that builds confidence and reduces negative thoughts, while visualization involves mentally rehearsing successful performance scenarios. These techniques help athletes stay calm, focused, and mentally prepared before competition. In contrast, weight training and high-intensity sprinting are physical training methods, and nutritional supplements are related to diet rather than mental relaxation. Since cognitive relaxation focuses on mental control and psychological readiness, the correct answer is positive self-talk and visualization.

Final Answer: Positive self-talk and visualization

Answer: (B)

Q46.

Solution

Concept: Carbohydrates are classified into simple and complex types based on their chemical structure and rate of digestion. Complex carbohydrates provide sustained energy release and are commonly recommended for athletes before competition to maintain endurance and stable blood glucose levels.

Solution: Complex carbohydrates are long-chain sugars that take more time to digest and provide a steady release of energy over a longer period. Foods like brown rice, oats, whole grains, and legumes are rich sources of complex carbohydrates and are ideal for athletes before a match. In contrast, glucose drinks, table sugar, and fruit juice contain simple sugars that are quickly absorbed and provide rapid but short-term energy. Since the question specifically asks for an example of a complex carbohydrate, brown rice and oats are the correct options because they offer sustained energy release, which is beneficial for athletic performance and endurance during sports activities.

Final Answer: Brown rice and oats

Answer: (B)

Q47.

Solution

Concept: Bone fractures are classified based on the pattern of break and the force applied. An impacted fracture is a specific type in which the broken ends of a bone are forced into each other due to compressive force, often seen in high-impact injuries.

Solution: An impacted fracture occurs when the ends of the broken bone are driven into each other as a result of strong compressive force. This type of injury commonly happens in falls or direct trauma where force is transmitted along the axis of the bone. It is different from a comminuted fracture, where the bone shatters into multiple fragments, a greenstick fracture, where the bone bends and partially breaks, and a transverse fracture, where the break is at a right angle to the bone's axis. Since the question specifically describes bones being driven into each other, the correct answer is impacted fracture.

Final Answer: The broken ends of the bone are driven into each other

Answer: (B)

Q48.

Solution

Concept: Postural deformities of the spine affect body alignment and movement efficiency. Scoliosis is one such condition that involves abnormal curvature and can impact posture, balance, and physical performance if not corrected through proper exercise and therapy.

Solution: Scoliosis is defined as a lateral or sideways curvature of the spine, which may appear as an "S" or "C" shaped deformity when viewed from behind. It can develop due to congenital factors, poor posture, or muscular imbalance. Unlike kyphosis, which involves an exaggerated forward rounding of the upper back, and lordosis, which involves excessive inward curvature of the lower back, scoliosis specifically affects the side-to-side alignment of the spine. Flat foot is unrelated as it affects the foot arch rather than the spine. Therefore, the correct definition of scoliosis is a sideways curvature of the spinal column, which may require corrective exercises and medical attention depending on severity.

Final Answer: A lateral or sideways curvature of the spine

Answer: (C)

Q49.

Solution

Concept: Newton's Laws of Motion explain the relationship between force and motion. In sports, especially in activities like hockey, these laws help describe how objects such as balls respond when a force is applied by a stick.

Solution: Newton's Second Law of Motion states that the acceleration of an object is directly proportional to the net force applied and inversely proportional to its mass, expressed as $F = ma$. In the context of hockey, when a player strikes the ball with a stick, the force applied determines the acceleration of the ball. A stronger hit results in greater acceleration, provided the mass of the ball remains constant. This law clearly explains the change in motion of the ball due to applied force. Newton's First Law deals with inertia, Newton's Third Law explains action-reaction pairs, and conservation of energy is not directly related to force and acceleration in this context. Therefore, the correct explanation is Newton's Second Law.

:contentReference[oaicite:0]index=0

Final Answer: Newton's Second Law (Acceleration)

Answer: (B)

Q50.

Solution

Concept: Corrective exercises for spinal deformities aim to improve posture, muscle balance, and symmetry in body movements. Scoliosis requires activities that engage both sides of the body equally to help maintain spinal alignment and reduce curvature progression.

Solution: Swimming is highly recommended as a corrective exercise for scoliosis because it involves symmetrical movement of both sides of the body. The water provides support and reduces stress on the spine while allowing full-body movement, which helps improve posture, muscle balance, and flexibility. It is a non-weight-bearing exercise, making it safe and effective for individuals with spinal deformities. Unlike activities that focus only on one side or place excessive strain on the spine, swimming promotes even muscle development and coordination. It does not primarily focus on bone density increase, nutrient intake, or isolated limb strength. Therefore, swimming is recommended because it ensures balanced and symmetrical body movement, which is essential for scoliosis management.

Final Answer: It involves symmetrical movement of both sides of the body

Answer: (C)

Answer Key

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