

CUET UG - 2022
(CANDIDATE RESPONSE SHEET)

Paper/Subject PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Exam Date 30 Aug 2022
Exam Slot 2

Question ID:664291

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Which of the following training methods are used to develop endurance.

- A. Interval
- B. Fartlek
- C. Plyometric
- D. Continuous

Choose the correct answer from the options given below:

- A B,C and D
- B A, B and C
- C A, B and D
- D A, C and D

Answer Given By Candidate:**Not Attempted**

Question ID:664292

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Which of the following represents 'Active, Dynamic and Assertive' type of personality according to somatotypes.

- A Endomorph
- B Mesomorph
- C Ectomorph
- D Ambivert

Answer Given By Candidate:**C**

Question ID:664293

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

International Weight Lifting Federation is known as _____.

- A IWF
- B ILWF
- C WFI
- D IWFI

Answer Given By Candidate: **A**

Question ID:664294

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Match the movements given in list I with their explanation given in list II

List I (Movement)	List II (Explanation)
A. Flexion	I. Movement that increase the angle between two body parts
B. Abduction	II. Movement toward midline
C. Extension	III. Movement away from midline
D. Adduction	IV. Movement that decrease the angle between two body parts

Choose the correct answer from the options given below:

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

Answer Given By Candidate: **Not Attempted**

Question ID:664295

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Which statement is not correct about promoting national integration by physical education?

- A Facilitating peace and brotherhood
- B Break the Barrier of caste, color and creed

- C Lead better social interaction and nation building
- D It disgruntle youth

Answer Given By Candidate: **D**

Question ID:664296

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

First modern Olympic games were held in which of the following years?

- A 776 BC
- B 384 BC
- C 1992
- D 1896

Answer Given By Candidate: **Not Attempted**

Question ID:664297

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Arrange the steps of dealing with incision injury in a sequential order from start to the end

- A. Place a piece of cotton on the area and wrap it with a bandage to keep dirt and germs away
- B. Keep the bandage tight if there is excessive bleeding
- C. If the wound is shallow, let the blood come out because this remove germs from the wound as well
- D. Get medical help immediately if incision is too deep
- E. Clean the wound and surrounding areas with iodine tincture or spirit

Choose the correct answer from the options given below:

- A C, A, E, B, D
- B E, A, B, C, D
- C C, E, A, B, D
- D E, C, A, B, D

Answer Given By Candidate: **D**

Question ID:664298

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

What is the full form of N.I.S associated with training of coaches?

- A National Institute of Sports Training
- B Navy Institute of Sports Technology

C National Institute of Sports

D National Indian Institute of Training in Sports

Answer Given By Candidate:**C**

Question ID:664299

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Match the explanations given in list I with their terminologies given in list II

List I (Explanations)	List II (Terminologies)
A. Programme listing which team will play whom, where and when	I. Seeding
B. Team is not required to participate in the primary round due to allotment of draws	II. Planning
C. Process in which team will be placed in such a manner that good team that have a ranking or previous year's position do not meet another team at an early stage of the tournament	III. Fixture
D. Process to develop a strategy to achieve designed objective to solve problem to facilitate action	IV. Bye

Choose the correct answer from the options given below:

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

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

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

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

Answer Given By Candidate:**Not Attempted**

Question ID:6642910

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Arrange the steps involved in throwing a discus in a sequence from start to the end.

- A. Release
- B. Execution
- C. Holding
- D. Stance
- E. Follow through

Choose the correct answer from the options given below:

- A C, D, B, A, E
- B C, D, B, E, A
- C C, B, D, E, A
- D B, C, D, E, A

Answer Given By Candidate: **A**

Question ID:6642911

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

"8 foot up and go test item" is part of which of the following tests?

- A Borrow Motor Ability Test
- B Cardio-Vascular fitness test
- C General Motor Fitness test
- D Rikli and Jones- Senior Citizen Fitness Test

Answer Given By Candidate: **C**

Question ID:6642912

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Which of the following test items is/are/part of 'motor fitness test'?

- A. Standing Broad Jump
- B. Shuttle run
- C. Rope climbing
- D. 200 m Zig Zag running
- E. Sit and reach test

Choose the correct answer from the options given below:

- A C, D, E
- B A, B, E
- C C, A, B

D A, C, B

Answer Given By Candidate:**Not Attempted**

Question ID:6642913

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Which of the following are duties of a finance committee in sports event management?

- A. Checking the expenditure and income
- B. Checking papers for any discrepancies
- C. Managing sponsorships
- D. Accounting
- E. Prize distribution ceremony

Choose the correct answer from the options given below:

- A D and E
- B A, D, E
- C A, B, D
- D A,, B, C, D

Answer Given By Candidate:**C**

Question ID:6642914

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Which of the following is also known as the 'Law of Reciprocal Action force?'

- A Newton's 1st Law of Motion
- B Newton's 2nd Law of Motion
- C Newton's 4th Law of Motion
- D Newton 3_{rd} Law of Motion

Answer Given By Candidate:**D**

Question ID:6642915

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Which of the following doesn't fall in "chronic neurological" conditions of disability?

- A Intellectual disability
- B Multiple sclerosis
- C Parkinson's disease

D Dementia

Answer Given By Candidate:**Not Attempted**

Question ID:6642916

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Who invented Circuit Training?

- A Anderson and Morgan
- B Cattell
- C Maharishi Patanjali
- D Eysenck

Answer Given By Candidate:**Not Attempted**

Question ID:6642917

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Head quarter of WADA (World Anti-Doping Agency) is situated in which city?

- A Paris (France)
- B Montreal (Canada)
- C Sydney (Australia)
- D New Delhi (India)

Answer Given By Candidate:**Not Attempted**

Question ID:6642918

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Horse riding is recommended for_____.

- A Scoliosis
- B Flat foot
- C Knock knees
- D Kyphosis

Answer Given By Candidate:**Not Attempted**

Question ID:6642919

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Hunch Back is also referred as_____.

- A Scoliosis

B Kyphosis

C Lordosis

D Flat foot

Answer Given By Candidate:**B**

Question ID:6642920

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

The acronym SARS stands for:

A Serve acute respiratory syndrome

B Serious antiviral range syndromes

C Scabs accidental range syndromes

D Super ficial acute respiratory syndrome

Answer Given By Candidate:**D**

Question ID:6642921

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Name the method used to develop the fixture given below:

A V/s B					
A V/s C	B V/s C				
A V/s D	B V/s D	C V/s D			
A V/s E	B V/s E	C V/s E	D V/s E		
A V/s F	B V/s F	C V/s F	D V/s F	E V/s F	
A V/s G	B V/s G	C V/s G	D V/s G	E V/s G	F V/s G

A Cyclic Method

B Ladder Method

C Stair Case method

D Challenging method

Answer Given By Candidate: **C**

Question ID:6642922

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Tournament which is played only within the wall of the institute is also known as:

- A Extramural Tournament
- B Intramural Tournament
- C Knock out Tournament
- D Combination Tournament

Answer Given By Candidate: **B**

Question ID:6642923

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Who was the founder Secretary General of Indian Olympic Association (IOA)?

- A Sir Dorbji Tata
- B Dr. A.G. Noehren
- C Maharaja Bhupinder Singh
- D Guru Dutt Sondhi

Answer Given By Candidate: **Not Attempted**

Question ID:6642924

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

When was the International Olympic Committee formed?

- A 1894
- B 1896
- C 1900
- D 1895

Answer Given By Candidate: **B**

Question ID:6642925

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

In the 1940s William Herbert Sheldon classified people according to body types as:-

- A. Endomorph
- B. Introverts
- C. Mesomorph
- D. Ectomorph
- E. Extrovert

Choose the correct answer from the options given below:

- A C, B, D only
- B C, E, D only
- C A, C, D only
- D E, C, D only

Answer Given By Candidate: **C**

Question ID:6642926

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

What is defined below?

"Maintaining an exercise regimes for a prolonged period of the time following the initial adoption phase".

- A Recovery
- B Warm-up
- C Second wind
- D Exercise Adherence

Answer Given By Candidate: **Not Attempted**

Question ID:6642927

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Match the explanation given in list I with their type of fracture given in List II

List I (Explanation)	List II (Type of Fracture)
A. Fracture in which the skin and muscles are damaged	I. Impacted fracture
B. Commonly seen in children, bone is bent	II. Compound fracture
C. Bone enters into another bone	III. Simple fracture
D. without any wound where the bone is broken	IV. Greenstick fracture

Choose the correct answer from the options given below:

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

Answer Given By Candidate: **Not Attempted**

Question ID:6642928

Section Name: PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

What are the objectives of "First Aid"?

- A. Preserve life
- B. Prevent further harm
- C. Promote recovery
- D. Abandon medical help

Choose the correct answer from the options given below:

- A A and B only
- B C and D only
- C C and A only
- D A, B and C only

Answer Given By Candidate: **D**

Question ID:6642929

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

A player learns a lot of activities during sports training and competition. Select the odd one out with regard to above statement.

- A Self discipline
- B Support and helpfulness
- C Patience and unity
- D Depression

Answer Given By Candidate:**D**

Question ID:6642930

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

In which way games and sports contribute in the development of an individual?

- A. Improved self Esteem
- B. Improved social skills
- C. Polishes leadership abilities
- D. Improves team building spirit
- E. Spoil values

Choose the correct answer from the options given below:

- A A, B, and C only
- B A, B only
- C A and C only
- D A, B, C and D only

Answer Given By Candidate:**D**

Question ID:6642931

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Kyphosis is postural deformity, what are its characteristic?

- A. It also known as Hunch Back
- B. It is an exaggerated, forward, rounding of the back
- C. It comes from the Greek term kyph mean bowed
- D. Its comes from the Greek term kyph mean bent backward
- E. Kyphosis also create the spine 'S' shape

Choose the correct answer from the options given below:

- A A, C, D only
- B A, D, B only
- C B, A, E only

D A, B, C only

Answer Given By Candidate:**B**

Question ID:6642932

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

I Match the theories given in List-I with their concept given in List-II

List I (Theories)	List II (Concept)
A. Insight theory	I. Motivation
B. Attribution theory	II. Aggression
C. Drive theory	III. Personality
D. Psychodynamic theory	IV. Learning

Choose the correct answer from the options given below:

- A** A-I, B-IV, C-III, D-II
- B** A-II, B-III, C-IV, D-I
- C** A-IV, B-I, C-II, D-III
- D** A-III, B-II, C-I, D-IV

Answer Given By Candidate:**Not Attempted**

Question ID:6642933

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Which of the following is a long term effect of exercise.

- A. Blood pressure normalizes
- B. Increase in the capillaries network
- C. Resting heart rate decreases
- D. Blood pressure increases
- E. Increased heart rate

Choose the correct answer from the options given below:

- A** A, D, E only
- B** B, C, D only

C A, B, C only

D A, C, E only

Answer Given By Candidate: C

Question ID:6642934

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Sports Biomechanics can be described as.

A Mechanics of sports

B Kinesiology

C Sports dynamics

D Effect of forces on reports performance

Answer Given By Candidate: B

Question ID:6642935

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Which plane is an imaginary virtual surface which divides the body into right and left part or section?

A Sagittal plane

B Frontal plane

C Transerse plane

D Vertical plane

Answer Given By Candidate: A

Question ID:6642936

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Match the movements given in List-I with their explanation given in List-II

List I (Movements)	List II (Explanation)
A. Extention	I. Returns the body part to the midline
B. Flexion	II. Takes the body part away from the midline
C. Abduction	III. The angle between ulna and Humerous decrease
D. Adduction	IV. Angle between ulna and Humerous increases

Choose the correct answer from the options given below:

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

Answer Given By Candidate: **C**

Question ID:6642937

Section Name: PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

The ability to execute motor actions under given conditions in minimum possible time is called-

- A Agility
- B Flexibility
- C Speed
- D Endurance

Answer Given By Candidate: **D**

Question ID:6642938

Section Name: PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Which training method was developed by Gosta Holmer in 1937?

- A Fartlek method
- B Internal training method
- C Continuous training method
- D Pace run method

Answer Given By Candidate: **Not Attempted**

Question ID:6642939

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Which of the following is not an advantage of warming-up?

- A To raise the body temperature
- B To decrease the viscosity of muscles
- C To increase the speed of nerve impulse
- D To increase muscle capillaries resistance

Answer Given By Candidate: **B**

Question ID:6642940

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Circuit method was designed to develop _____

- A Speed
- B Muscular strength
- C Flexibility
- D Co-ordination ability

Answer Given By Candidate: **Not Attempted**

Passage:

Rikli and Jones developed a test to measure the functional status and monitor the physical fitness of senior citizen. The test could be administered on citizen of age between 60 and 94 years old. The test items help to assess lower body strength through chair stand test, back scratch test to measure upper body flexibility, agility was measured through 8 feet up and go test, Arm curl test was used to measure upper body strength, lower body flexibility was measured through chair test and reach test and aerobic endurance was measured with the help of six minute walk. Brouha developed a test to measure physical fitness to work and ability to recover from the work. Accordingly, a formula was developed to measure the physical Fitness Index score. The formula was duration of exercise in sec x 100 divided by 5.5 multiplied by pulse count measured from 1 to 1 ^{1/2} minutes after the exercise. Thus, if an individual attained fitness index score of up to 49 he is rated under poor category between 50 to 80 is Average category and 81 and above in good category.

From the above passage answer the questions

Question ID:6642941

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

The upper body strength and upper body flexibility could be measured with the help of following tests:

- A Arm curl and sit and reach test
- B Back scratch test and six minute test
- C Arm curl test and back scratch test
- D Sit up reach test and chair stand test

Answer Given By Candidate:C

Question ID:6642942

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

The test developed by Brouha helped in evaluating:

- A Physical ability score
- B Physical fitness index
- C Physical fitness and Endurance
- D Physical fitness and Motor fitness

Answer Given By Candidate:B

Question ID:6642943

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

The Senior Citizen Test was developed to measure:

- A Motor fitness and physical fitness
- B Flexibility and Endurance
- C Functional status and Monitor physical fitness
- D Functional and motor ability

Answer Given By Candidate: **C**

Question ID:6642944

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Calculate physical fitness of an individual who completed the exercise for 90 seconds and his pulse count was 40 measured between 1 to 1 $\frac{1}{2}$ minutes after cessation of exercise .

- A 30.90
- B 35.90
- C 38.90
- D 40.90

Answer Given By Candidate: **D**

Question ID:6642945

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

If the physical fitness index score of an player A is 58 and player B is 85 then:-

- A Player A falls in poor category and player B fall in Good category
- B Both player A and B falls under average category
- C Player A fall in Good category and player B falls in average category
- D Player A falls in average category and player B falls in Good category

Answer Given By Candidate: **D**

Passage:

During a football match in the school, a boy was injured while kicking the ball. His ligament in the ankle were over stretched that was followed by pain, tenderness and swelling in the ankle joint. When he was referred to the medical doctor in the school, it was observed that the gastrocnemius muscle had also been overstretched and there was tenderness over the injured part. Immediately ice pack was administered on the injured area, on the advise of the doctor. There after the doctor advised him rest for few day and follow the RICE treatment.

Question ID:6642946

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Name the type of injury caused to the ligaments in the ankle joint.

- A Fracture
- B Sprain
- C Dislocation
- D Contusion

Answer Given By Candidate:**B**

Question ID:6642947

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

What was the treatment provided immediately after the injury?

- A Cryotherapy
- B Short wave diathermy
- C Whirlpool bath
- D Infrared rays

Answer Given By Candidate:**Not Attempted**

Question ID:6642948

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

What was the injury caused by overstretching of the gastronemics/ calf muscle?

- A Dislocation
- B Strain
- C Abrasion
- D Incision

Answer Given By Candidate:**B**

Question ID:6642949

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

The symptoms of sprain includes which of the following.

- A Swelling at the joint
- B Bleeding

C Loss of ability to move the joint

D Tear in the skin

Answer Given By Candidate: **Not Attempted**

Question ID:6642950

Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

The acronym "RICE" stands for

A Raise, Ice, Contract and Extension

B Rest, Ice Compression and Extension

C Rest, Ice Compression and Elevation

D Rest, Ice Contrast Bath and Elevation

Answer Given By Candidate: **C**
