

CUET UG - 2022
(CANDIDATE RESPONSE SHEET)

Paper/Subject PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Exam Date 25 Aug 2022
Exam Slot 2

Question ID:1185551

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

Question:

What is the most effective treatment of sprains and strains ?

- (1) R.I.C.E
- (2) Massage
- (3) Warming up
- (4) Cooling down

A 1

B 2

C 3

D 4

Answer Given By Candidate:B

Question ID:1185552

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

Question:

Who was the founder President of Indian Olympic Association ?s

- (1) Dr. Noehren
- (2) Prof. Guru Dutt Sondhi
- (3) Maharaja Bhupinder Singh
- (4) Sir Dorabji Tata

A 1

B 2

C 3

D 4

Answer Given By Candidate:Not Attempted

Question ID:1185553

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

Question:

Monitary rewards are which type of motivation ?

- (1) External Motivation
- (2) Internal Motivation
- (3) Punishment Motivation
- (4) Negative Motivation

A 1

B 2

C 3

D 4Answer Given By Candidate:**A****Question ID:1185554****Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA****Question:**

Which is not related to the concept of 'Bhartiyam' ?

- (1) Mass show of drills
- (2) Show of Dance movements
- (3) March Past
- (4) Show of rhythmic Gymnastic

A 1**B 2****C 3****D 4**Answer Given By Candidate:**Not Attempted****Question ID:1185555****Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA****Question:**

What was the tenure of Maharaja Bhupinder Singh of Patiala as the President of Indian Olympic Association ?

- (1) 1920 to 1927
- (2) 1928 to 1938
- (3) 1930 to 1938
- (4) 1930 to 1934

A 1**B 2****C 3****D 4**Answer Given By Candidate:**Not Attempted****Question ID:1185556****Section Name:PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA****Question:**

What is the duration of Bachelor of Physical Education (B.P.Ed) degree after passing Senior Secondary Exam ?

- (1) 4 years
- (2) 5 years
- (3) 3 years
- (4) 1 year

A 1**B 2****C 3****D 4**Answer Given By Candidate:**C**

Question ID:1185557**Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

Any person who attends to the victim after an accident, to improve his condition is known as :

- (1) Aides
- (2) First aid
- (3) Response
- (4) Assistance

A 1**B** 2**C** 3**D** 4Answer Given By Candidate:**B****Question ID:1185558****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

Arrange the traditional protocol of dealing with sports injuries in a sequence from first to last.

- (A) Compression
- (B) Rest
- (C) Elevation
- (D) Ice

Choose the correct answer from the options given below :

- (1) (B), (D), (A), (C)
- (2) (C), (B), (D), (A)
- (3) (B), (D), (C), (A)
- (4) (C), (B), (C), (A)

A 1**B** 2**C** 3**D** 4Answer Given By Candidate:**C****Question ID:1185559****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Match **List - I** with **List - II**.

List - I (Test)	List - II (Purpose)
(A) 50 M standing start	(I) To determine the endurance of a student
(B) 600 M Run/walk	(II) To determine trunk flexibility of a student
(C) Sit and Read Test	(III) To determine running speed and acceleration of a student
(D) Shuttle Run (4x10M)	(IV) To determine the agility and speed of a student

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

- (1) (A) - (III), (B) - (I), (C) - (II), (D) - (IV)
- (2) (A) - (III), (B) - (IV), (C) - (II), (D) - (I)
- (3) (A) - (IV), (B) - (I), (C) - (II), (D) - (III)
- (4) (A) - (IV), (B) - (II), (C) - (I), (D) - (III)

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A**

Question ID:1185560

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

Question:

Which of the following Statement is not related to sports and Games ?

- (1) Makes you physically fit
- (2) Makes you dull
- (3) Keeps you healthy and fit
- (4) Develop talent and skill

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1185561

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

Question:

What is the full form of CPR ?

- (1) Cardio Pulmonary Rehabilitation
- (2) Cardio Pulmonary Resuscitation
- (3) Cardio Pressure Rehabilitation
- (4) Cardio Pump Retention

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted****Question ID:1185562****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

What is required for building new tissues for growth in a human body ?

- (1) Carbohydrate
- (2) Fat
- (3) Protein
- (4) Vitamin

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C****Question ID:1185563****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

Match List - I with List - II.

List - I (Type)	List - II (Injury)
(A) Contusion	(I) Skin Injury
(B) Dislocation	(II) Soft Tissue Injury
(C) Fracture	(III) Joint Injury
(D) Incision	(IV) Bone Injury

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

- (1) (A) - (II), (B) - (IV), (C) - (III), (D) - (I)
- (2) (A) - (I), (B) - (II), (C) - (III), (D) - (IV)
- (3) (A) - (II), (B) - (III), (C) - (IV), (D) - (I)
- (4) (A) - (IV), (B) - (II), (C) - (III), (D) - (I)

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C****Question ID:1185564****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Question:

Arrange the following deformities in a sequence from top to bottom.

- (A) Scoliosis
- (B) Round shoulder
- (C) Pes Planus
- (D) Genu vargum

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

- (1) (B), (A), (D),(C)
- (2) (C), (B), (A),(D)
- (3) (A), (B), (C), (D)
- (4) (D), (B), (C), (A)

A 1

B 2

C 3

D 4

Answer Given By Candidate:**B**

Question ID:1185565

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

Question:

The two test items included in Barrow three items general motor ability test for boys are :

- (A) Vertical Jump
- (B) Standing Broad Jump
- (C) Medicine Ball Put (3 Kgs)
- (D) Curl up
- (E) Medicine Ball put (2-5 Kgs)

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

- (1) (A) and (B) only
- (2) (A) and (C) only
- (3) (B) and (C) only
- (4) (B) and (D) only

A 1

B 2

C 3

D 4

Answer Given By Candidate:**Not Attempted**

Question ID:1185566

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

Question:

The size of the wooden blocks used in 4x10m shuttle run is :

- (1) $2 \times 3 \times 2$ Inches
- (2) $3 \times 2 \times 3$ Inches
- (3) $2 \times 3 \times 4$ Inches
- (4) $2 \times 2 \times 4$ Inches

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted**

Question ID:1185567

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

Question:

What is the age category for Toddlers ?

- (1) Less than 1 year
- (2) 1 - 2 years
- (3) 3 - 4 years
- (4) 2 - 4 years

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A**

Question ID:1185568

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

Question:

Sociological foundation of Physical education includes _____.

- (A) Body type
- (B) Motor learning
- (C) Competition and cooperation
- (D) Socialisation process
- (E) Motivation

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

- (1) (A) and (D) only
- (2) (B) and (E) only
- (3) (A) and (C) only
- (4) (C) and (D) only

A 1

B 2

C 3

D 4

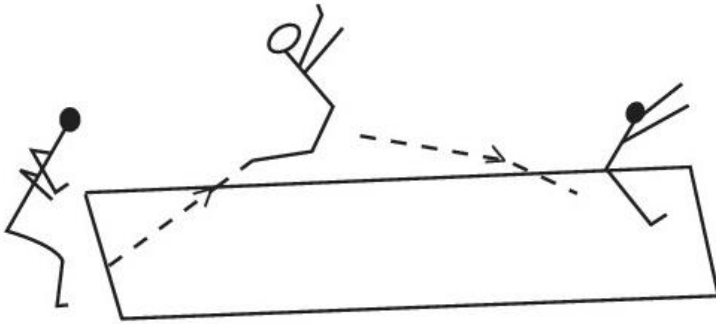
Answer Given By Candidate: **D**

Question ID: **1185569**

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

Question:

The picture depicted in the image is related to :



- (1) Standing Broad jump
- (2) Zig Zag Run
- (3) Eight feet up and go test
- (4) Shuttle run

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A**

Question ID: **1185570**

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

Question:

Arrange the following designations of physical educators working in schools and colleges from low to high in a sequence ?

- (A) Trained Graduate Teacher
- (B) Post Graduate Teacher
- (C) Primary Teacher
- (D) Assistant Professor

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

- (1) (C), (A), (B), (D)
- (2) (A), (B), (C), (D)
- (3) (C), (B), (D), (A)
- (4) (B), (A), (C), (D)

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A**

Question ID: **1185571**

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

Question:

Match **List - I** with **List - II**.

List - I	List - II
(Olympic Games)	(Year)
(A) Athens; Greece	(I) 1964
(B) Tokyo	(II) 1896
(C) Atlanta, USA	(III) 1980
(D) Moscow	(IV) 1996

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

- (1) (A) - (II), (B) - (III), (C) - (IV), (D) - (I)
- (2) (A) - (II), (B) - (I), (C) - (IV), (D) - (III)
- (3) (A) - (II), (B) - (IV), (C) - (I), (D) - (III)
- (4) (A) - (II), (B) - (I), (C) - (III), (D) - (IV)

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted**

Question ID:1185572

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

Question:

Match **List - I** with **List - II**.

List - I	List - II
(A) S.A.I	(I) Chennai
(B) L.N.I.P.E	(II) Indian Olympic Association
(C) YMCA college	(III) Sports Authority of India
(D) I.O.A	(IV) Gwalior

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

- (1) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)
- (2) (A) - (I), (B) - (II), (C) - (III), (D) - (IV)
- (3) (A) - (IV), (B) - (III), (C) - (II), (D) - (I)
- (4) (A) - (II), (B) - (I), (C) - (IV), (D) - (III)

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A**

Question ID:1185573

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

Question:

Which is not an objective of Netaji Subhash National Institute of Sports ?

- (1) To promote sporting culture in the country
- (2) To produce outstanding sports persons in various games
- (3) To produce coaches of various games
- (4) To provide Bachelor's and Master's degree in Physical Education

A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**

Question ID:1185574

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

Question:

Hemoglobin is found in :

- (1) Red Blood Corpuscles (R.B.C)
- (2) White Blood Corpuscles (W.B.C)
- (3) Platelets
- (4) Bone marrow

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A**

Question ID:1185575

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

Question:

Sequence the postural deformities of human body from Head to Toe :

- (A) Lordosis
- (B) Kyphosis
- (C) Flat Foot
- (D) Bow legs
- (E) Spondylosis

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

- (1) (E), (B), (A), (D), (C)
- (2) (A), (B), (C), (D), (E)
- (3) (E), (D), (C), (B), (A)
- (4) (A), (E), (D), (C), (B)

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A**

Question ID:1185576

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

Question:

When a bone is broken, splinted and crushed into number of pieces, this type of Fracture is known as :

- (1) Green Stick
- (2) Comminuted
- (3) Transverse
- (4) Impacted

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted**

Question ID:1185577

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

Question:

Agility is best measured using which of the following test ?

- (1) 50 M standing start run
- (2) 600 M run
- (3) 4x10 M shuttle run
- (4) 100 M runs

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C**

Question ID:1185578

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

Question:

Which was the drug that was used by the army troops in the second world war for combatry fatigue and improving endurance performance ?

- (1) Anabolic Steroids
- (2) Human Growth Hormone
- (3) Amphetamines
- (4) Diuretics

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted**

Question ID:1185579

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

Question:

Sit and Reach test is conducted to find out _____.

- (1) Trunk endurance
- (2) Trunk strength
- (3) Trunk flexibility
- (4) Trunk speed

A 1

B 2

C 3

D 4

Answer Given By Candidate:C

Question ID:1185580

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

Question:

Newton's first law of motion is also known as :

- (1) Law of Inertia
- (2) Law of Acceleration
- (3) Law of Momentum
- (4) Law of Motivation

A 1

B 2

C 3

D 4

Answer Given By Candidate:A

Question ID:1185581

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

Question:

Poor Posture causes following problems :

- (A) Sprain
- (B) Lower Back Pain
- (C) Upper Back pain
- (D) Dislocation
- (E) Round shoulders

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

- (1) (A), (B) and (C) only
- (2) (C), (B) and (D) only
- (3) (D), (A) and (E) only
- (4) (B), (C) and (E) only

A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**Question ID: **1185582**

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

Question:

The study of forces and their effect on individuals while taking part in any sporting activity is known as :

- (1) Anatomy
- (2) Biomechanics
- (3) Biochemistry
- (4) Kinesiology

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**Question ID: **1185583**

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

Question:

Match List - I with List - II.

List - I

(Discription)

- (A) Study of body movements
- (B) Study of structure and function of biological systems
- (C) Fulcrum, load and efforts are associated with
- (D) Centripetal and centrifugal are types of

List - II

(Terms)

- (I) Biomechanics
- (II) Force
- (III) Kinesiology
- (IV) Lever

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

- (1) (A) - (III), (B) - (IV), (C) - (II), (D) - (I)
- (2) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)
- (3) (A) - (III), (B) - (I), (C) - (IV), (D) - (II)
- (4) (A) - (II), (B) - (III), (C) - (IV), (D) - (I)

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C**Question ID: **1185584**

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

Question:

Which of the following approach focusses on specific psychological attributes based on the concept of individuals differing in unique and stable characteristics ?

- (1) Psychodynamic approach
- (2) Trait approach
- (3) Humanistic approach
- (4) Biological approach

A 1**B** 2**C** 3**D** 4Answer Given By Candidate: **Not Attempted****Question ID:**1185585**Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

Choose the odd one out from the following types of friction.

- (1) Static friction
- (2) Coronal Friction
- (3) Kinetic or sliding friction
- (4) Rolling friction

A 1**B** 2**C** 3**D** 4Answer Given By Candidate: **A****Question ID:**1185586**Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

Holistic development of personality means :

- (A) Physical Development
- (B) Mental Development
- (C) Sedentary Development
- (D) Emotional Development
- (E) Performance Development

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

- (1) (A), (C), and (E) only
- (2) (A), (B), and (D) only
- (3) (B), (D), and (E) only
- (4) (C), (B), and (A) only

A 1**B** 2**C** 3**D** 4

Answer Given By Candidate: **B**

Question ID:1185587

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

Question:

Movement in which there is decrease in the angle between two body part is known as :

- (1) Abduction
- (2) Adduction
- (3) Flexion
- (4) Extension

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C**

Question ID:1185588

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

Question:

Psychological classification of different types of people is termed as :

- (1) Personality traits
- (2) Personality type
- (3) Personality review
- (4) Personality matching

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1185589

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

Question:

Swimming is the best example to describe :

- (1) Rolling friction
- (2) Fluid friction
- (3) Kinetic friction
- (4) Sliding friction

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1185590

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

Question:

An ectomorph somatotype is also known as :

- (1) Cerebrotonic type
- (2) Viscerotonic type
- (3) Somatotonic type
- (4) Cryptotonic type

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C**

Question ID:1185591

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

Question:

Fixture is a process of arranging the team in a systematic order in various groups for competition. In competitions the term fixtures refers to the programme listing, which team will play whom, where and when Games like cricket, football and tennis frequently use the term fixtures but in athletics and swimming the term heats is used.

To reduce the chances that two good team compete with each other and one get eliminated, seeding is given. In fixture bye means a team is not required to participate in the primary round due to allotment of draws. Seeding is a process in which teams will be placed in such a manner that good teams that have a ranking (or) previous year's position do not meet at an early stage of the tournament.

This procedure is generally implemented to reduce the chance of elimination of good teams at an early stage.

Tournament fixture does not indicate.

- (1) The team
- (2) The venue
- (3) The time
- (4) The toss

A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**

Question ID:1185592

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

Question:

Fixture is a process of arranging the team in a systematic order in various groups for competition. In competitions the term fixtures refers to the programme listing, which team will play whom, where and when Games like cricket, football and tennis frequently use the term fixtures but in athletics and swimming the term heats is used.

To reduce the chances that two good team compete with each other and one get eliminated, seeding is given. In fixture bye means a team is not required to participate in the primary round due to allotment of draws. Seeding is a process in which teams will be placed in such a manner that good teams that have a ranking (or) previous year's position do not meet at an early stage of the tournament.

This procedure is generally implemented to reduce the chance of elimination of good teams at an early stage.

In swimming tournaments, which term is used instead of fixtures ?

- (1) Heats
- (2) Lanes
- (3) Ties
- (4) Drawings

A 1

B 2

C 3

D 4

Answer Given By Candidate:A

Question ID:1185593

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

Question:

Fixture is a process of arranging the team in a systematic order in various groups for competition. In competitions the term fixtures refers to the programme listing, which team will play whom, where and when Games like cricket, football and tennis frequently use the term fixtures but in athletics and swimming the term heats is used.

To reduce the chances that two good team compete with each other and one get eliminated, seeding is given. In fixture bye means a team is not required to participate in the primary round due to allotment of draws. Seeding is a process in which teams will be placed in such a manner that good teams that have a ranking (or) previous year's position do not meet at an early stage of the tournament.

This procedure is generally implemented to reduce the chance of elimination of good teams at an early stage.

Which is not a correct reason for giving bye in the fixture ?

- (1) To create even competition
- (2) It is mandatory in all types of tournaments
- (3) To avoid one team from playing more matches on a single day than the other
- (4) To avoid disadvantage to any team

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B****Question ID:1185594****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

Fixture is a process of arranging the team in a systematic order in various groups for competition. In competitions the term fixtures refers to the programme listing, which team will play whom, where and when Games like cricket, football and tennis frequently use the term fixtures but in athletics and swimming the term heats is used.

To reduce the chances that two good team compete with each other and one get eliminated, seeding is given. In fixture bye means a team is not required to participate in the primary round due to allotment of draws. Seeding is a process in which teams will be placed in such a manner that good teams that have a ranking (or) previous year's position do not meet at an early stage of the tournament.

This procedure is generally implemented to reduce the chance of elimination of good teams at an early stage.

Which procedure in fixture is generally implemented to reduce the chance of elimination of good teams at an early stage ?

- (1) Bye
- (2) Random Lottery
- (3) Seeding
- (4) Heats

A 1**B** 2**C** 3**D** 4Answer Given By Candidate: **C****Question ID:1185595****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

Fixture is a process of arranging the team in a systematic order in various groups for competition. In competitions the term fixtures refers to the programme listing, which team will play whom, where and when Games like cricket, football and tennis frequently use the term fixtures but in athletics and swimming the term heats is used.

To reduce the chances that two good team compete with each other and one get eliminated, seeding is given. In fixture bye means a team is not required to participate in the primary round due to allotment of draws. Seeding is a process in which teams will be placed in such a manner that good teams that have a ranking (or) previous year's position do not meet at an early stage of the tournament.

This procedure is generally implemented to reduce the chance of elimination of good teams at an early stage.

In the fixture of which of the following sports/ games byes are not given ?

- (1) Cricket
- (2) Football
- (3) Tennis
- (4) Swimming

- A 1
- B 2
- C 3
- D 4

Answer Given By Candidate: **D**

Question ID:1185596

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

Question:

Sports training is a multidimensional process for preparing athletes on several aspects like technical, tactical fitness, physical, mental and social aspects required for optimal performance. All the fitness components play an integral role in athlete's performance but it should be scientific and systematic for achieving higher level performances. There are various scientific methods of training for developing the different fitness components like strength, speed, endurance, flexibility and Co-ordinative ability.

The training effects may vary, depending on gender, age, muscle composition and experience. It is not advisable to undergo sports specific training in the young age itself. Research findings clearly indicates early specialization of sports leads to overuse injuries and burnout syndromes among young athletes. Thus sports specific training should be given after certain specific age depending upon specific sports.

Sports specific training should be given at :

- (1) Early age
- (2) Young age
- (3) Specific age depending upon specific sports
- (4) Any age

- A 1
- B 2
- C 3
- D 4

Answer Given By Candidate: **C**

Question ID:1185597

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

Question:

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The training effect does not depends on which of the following ?

- (1) Gender
- (2) Age
- (3) Muscle composition
- (4) Social status of athlete

A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**

Question ID:1185598

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

Question:

Sports training is a multidimensional process for preparing athletes on several aspects like technical, tactical fitness, physical, mental and social aspects required for optimal performance. All the fitness components play an integral role in athlete's performance but it should be scientific and systematic for achieving higher level performances. There are various scientific methods of training for developing the different fitness components like strength, speed, endurance, flexibility and Co-ordinative ability.

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Sports training is a multidimensional process through which athletic achieves _____.

- (1) Optional performance
- (2) Average performance
- (3) World record performance
- (4) Poor performance

A 1

B 2

C 3

D 4

Answer Given By Candidate:C

Question ID:1185599

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

Question:

Sports training is a multidimensional process for preparing athletes on several aspects like technical, tactical fitness, physical, mental and social aspects required for optimal performance. All the fitness components play an integral role in athlete's performance but it should be scientific and systematic for achieving higher level performances. There are various scientific methods of training for developing the different fitness components like strength, speed, endurance, flexibility and Co-ordinative ability.

The training effects may vary, depending on gender, age, muscle composition and experience. It is not advisable to undergo sports specific training in the young age itself. Research findings clearly indicates early specialization of sports leads to overuse injuries and burnout syndromes among young athletes. Thus sports specific training should be given after certain specific age depending upon specific sports.

Which one of the following aspects cannot be developed through sports training ?

- (1) Technical
- (2) Tactical
- (3) Financial
- (4) Fitness

A 1

B 2

C 3

D 4

Answer Given By Candidate:C

Question ID:1185600

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

Question:

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What is the reason of Burnout Syndrome among young athletes ?

- (1) Playing lot of sports
- (2) Scientific training
- (3) Early sport specialization
- (4) Late specialization of sports

A 1

B 2

C 3

D 4

Answer Given By Candidate:**A**
