

CUET UG - 2022
(CANDIDATE RESPONSE SHEET)

Paper/Subject PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Exam Date 21 Aug 2022
Exam Slot 2

Question ID:1101601

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

Question:

During Fartlek Training Method, the heartrate, should usually range between :

- (1) 110 to 120 beats/minute
- (2) 120 to 130 beats/minute
- (3) 120 to 135 beats/minute
- (4) 140 to 180 beats/minute

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

Answer Given By Candidate:**Not Attempted**

Question ID:1101602

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

Question:

Pushing and Pulling against an immovable object could be categorized as an action leading to _____.

- (1) Isokinetic contraction
- (2) Concentric contraction
- (3) Isometric contraction
- (4) Isotonic contraction

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

Answer Given By Candidate:**A**

Question ID:1101603

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

Question:

Under which training method, sportsman has to do running for more than one hour without any rest :

- (1) Interval Method
- (2) Continous Method
- (3) Fartlek Method
- (4) Acceleration Method

- A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1101604

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

Question:

Who developed the circuit training concept ?

- (1) Brouha
- (2) R.E. Morgan and G.T. Anderson
- (3) Kenneth Cooper
- (4) Tudor Bompa

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted**

Question ID:1101605

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

Question:

A series of contests between a number of competitors is called _____.

- (1) Bye
- (2) Tournament
- (3) Match
- (4) Fixture

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1101606

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

Question:

Which system should be followed while drawing fixtures, so that stronger teams do not meet each other in easier round ?

- (1) Bye
- (2) Tournament
- (3) Seeding
- (4) Fixture

A 1

B 2

C 3

D 4

Answer Given By Candidate: C

Question ID: 1101607

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

Question:

In a knockout fixture. If total numbers of participating teams are odd in number, the formula to calculate total numbers of teams in upper half will be :

- (1) $\frac{\text{Number of teams} + 1}{2}$
- (2) $\frac{\text{Number of teams} - 1}{2}$
- (3) $\frac{\text{Number of teams}}{2}$
- (4) $\text{Number of teams} \times 2$

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

Answer Given By Candidate: A

Question ID: 1101608

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

Question:

When a disease occurs in a community or a region clearly in excess of its normal expectancy based on recent experience and from common or propagated source is called _____.

- (1) Pandemic
- (2) Epidemic
- (3) Endemic
- (4) Epidermic

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

Answer Given By Candidate: B

Question ID: 1101609

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

Question:

Disability is not a single condition but a continuum which stretches from mild to _____.

- (1) Normal
- (2) Average
- (3) Moderate
- (4) Severe

- A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**

Question ID:1101610

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

Question:

An abnormal rounding of the upper part of the back is known as which of the following postural deformities ?

- (1) Kyphosis
- (2) Scoliosis
- (3) Lordosis
- (4) Flat foot

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C**

Question ID:1101611

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

Question:

Flat foot condition is also known as _____.

- (1) Genu Valgum
- (2) Genu Varum
- (3) Bow Legs
- (4) Pes Planus

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted**

Question ID:1101612

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

Question:

In which of the following type of fractures, broken ends of the bones are jammed together by the force of the injury ?

- (1) Greenstick
- (2) Impacted
- (3) Oblique
- (4) Transverse

A 1

B 2

C 3

D 4Answer Given By Candidate: **Not Attempted****Question ID:1101613****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

Which of the following is pierced by a sharp and pointed object ?

- (1) Puncture Wound
- (2) Laceration
- (3) Abrasion
- (4) Avulsion

A 1**B 2****C 3****D 4**Answer Given By Candidate: **B****Question ID:1101614****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

Which of the following is an injury that occurs due to moving contact with a rough surface causing a grinding or rubbing away of the upper superficial layers of the epidermis ?

- (1) Avulsion
- (2) Incision
- (3) Abrasion
- (4) Laceration

A 1**B 2****C 3****D 4**Answer Given By Candidate: **C****Question ID:1101615****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

The term First-Aid was officially adopted in 1879 in which of the following countries ?

- (1) England
- (2) Australia
- (3) Sri Lanka
- (4) South Africa

A 1**B 2****C 3****D 4**Answer Given By Candidate: **Not Attempted****Question ID:1101616**

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

Question:

Sit and Reach test measures which of the following fitness component ?

- (1) Strength
- (2) Agility
- (3) Flexibility
- (4) Speed

A 1

B 2

C 3

D 4

Answer Given By Candidate:C

Question ID:1101617

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

Question:

Which of the following test item is a part of Rikli and Jones Senior Citizen's Fitness Test ?

- (1) Arm curl test
- (2) Sit and Reach test
- (3) Zig-Zag run test
- (4) Push ups test

A 1

B 2

C 3

D 4

Answer Given By Candidate:A

Question ID:1101618

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

Question:

Which of the following is not required to determine VO2 max ?

- (1) Height
- (2) Gender
- (3) Age
- (4) Weight

A 1

B 2

C 3

D 4

Answer Given By Candidate:A

Question ID:1101619

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

Question:

Identify the movement that increases the angle between two adjacent body parts.

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1101620

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

Question:

Newton's Second Law of Motion is also known as _____.

- (1) Law of Reaction
- (2) Law of Inertia
- (3) Law of Acceleration
- (4) Law of Reciprocal Action Force

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C**

Question ID:1101621

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

Question:

Which of the following is correct Mathematical equation for the measurement of friction ?

- (1) $Fr = \mu$
- (2) $Fr = N$
- (3) $Fr = \mu N$
- (4) $Fr = 2\mu N$

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted**

Question ID:1101622

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

Question:

Force that resists the sliding or rolling of one solid object over another is called _____.

- (1) Friction
- (2) Velocity
- (3) Acceleration
- (4) Co-efficient of Friction

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A**

Question ID:1101623

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

Question:

Which of the following author defined personality as an “Individual’s unique pattern of traits” ?

- (1) Guildford
- (2) Allport
- (3) Cattell
- (4) Carl Jung

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted**

Question ID:1101624

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

Question:

Who classified personality types into three categories, that is, called Somatotypes ?

- (1) W.H. Sheldon
- (2) Allport
- (3) Guildford
- (4) Carl Jung

A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**

Question ID:1101625

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

Question:

'C' in the acronym OCEAN stands for which of the following domains/traits ?

- (1) Consilient
- (2) Conscientiousness
- (3) Consistent
- (4) Consistory

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1101626

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

Question:

Arrange the following host cities of the Summer Olympic Games, between 2000 to 2016, in a chronological order.

- (A) Athens, Greece
- (B) London, UK
- (C) Rio, Brazil
- (D) Beijing, China
- (E) Sydney, Australia

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A**

Question ID:1101627

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

Question:

Arrange the following postural deformities in a sequence starting from top to bottom :

- (A) Round Shoulder
- (B) Flat Foot
- (C) Kyphosis
- (D) Lordosis
- (E) Knock-knees

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1101628

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

Question:

Arrange the following first aid treatment steps in a sequential order starting from last to the first.

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

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A**

Question ID:1101629

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

Question:

Arrange the administrative procedure of '8 Foot Up and Go' test in a sequential order from start to the finish.

- (A) Place a chain against-the wall
- (B) On command "Go" the individual walks as fast as possible towards a cone without running.
- (C) After walking around the cone, the individual will return to the chair and sit down.
- (D) The individual sits on the chair with both feet on the floor.
- (E) Time taken by the individual from command "Go" to return back to the chair will be recorded

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1101630

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

Question:

Arrange the steps of the administrative procedure of Arm curl Test in a sequential order from start to the end.

- (A) The individual holds the dumbell using handshake grip while sitting
- (B) The individual sits straight on the chair with feet on the floor
- (C) Place the chair against a wall
- (D) On the command "Go" the individual curls the arm completely then extends back
- (E) Maximum number of correct arm curls in 30 seconds are counted

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**

Question ID:1101631

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

Question:

Which of the training methods given below does not improve endurance ?

- (A) Continuous Method
- (B) Interval Method
- (C) Fartlek Method
- (D) Ballistic Method
- (E) Short-sprint Method

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate:**B**

Question ID:1101632

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

Question:

Which of the following are Aims and Objectives of First-Aid ?

- (A) To minimize further injury and complications
- (B) To make the victim comfortable
- (C) To provide refreshment
- (D) To transport the victim to a medical facility
- (E) To enhance the pain

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate:**A**

Question ID:1101633

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

Question:

Which of the following equipment are not required for conducting a 6 minute walk test for Senior Citizen ?

- (A) Metronome
- (B) 20 yards marked field
- (C) Cone
- (D) Bench or Wooden Box
- (E) Stopwatch

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**

Question ID:1101634

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

Question:

Which amongst the following statements are true in context to Co-Efficient of friction ?

- (A) Friction cannot be determined by Co-efficient of Friction
- (B) Co-efficient of Friction is symbolized by μ .
- (C) Some times the range of COF can be greater than 1 due to stronger frictional force
- (D) In the mathematical equation $Fr = \mu N$, N is the perpendicular force pushing the two objects together
- (E) Co-efficient of Friction is not symbolized μ

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted**

Question ID:1101635

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

Question:

Which of the psychological characteristics given below are related to an Ectomorph body type ?

- (A) Sociable
- (B) Good-humoured
- (C) Introverts
- (D) Dominate
- (E) Thoughtful

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted**

Question ID:1101636

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

Question:

Match List - I with List - II.

List - I	List - II
Institute	Year of Establishment
(A) Indian Olympic Association	(I) 1961
(B) International Olympic Committee	(II) 1927
(C) National Institute of Sports	(III) 1984
(D) Sports Authority of India	(IV) 1894

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1101637

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

Question:

Match List - I with List - II.

List - I

Occupational Hazards

- (A) Biological Hazards
- (B) Mechanical Hazards
- (C) Psychosocial Hazards
- (D) Chemical Hazards

List - II

Causes

- (I) Protuding and moving machinery parts
- (II) Exposure to infective and parasitic agents
- (III) Exposure to toxic metals
- (IV) Lack of job satisfaction

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted**

Question ID:1101638

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

Question:

Match List - I with List - II.

List - I

Protective Gear

- (A) Gum Guard
- (B) Earmuffs
- (C) Shinpads
- (D) Goggles

List - II

Sport

- (I) Swimming
- (II) Football
- (III) Boxing
- (IV) Shooting

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1101639

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

Question:

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

List - I	List - II
Test	Developer
(A) Senior Citizen's Fitness Test	(I) Brouha
(B) Harvard Step Test	(II) B, Harold, M
(C) Barrow Motor Ability Test	(III) Wells and Dillon
(D) Sit and Reach Test	(IV) Rikli and Jones

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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate:**C**

Question ID:1101640

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

Question:

Match the type of movements given in **List I** with its picture given in **List II**.

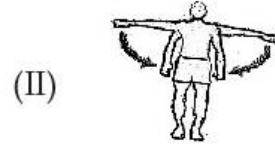
List - I
Type of Movements

List - II
Picture

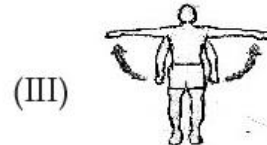
(A) Abduction



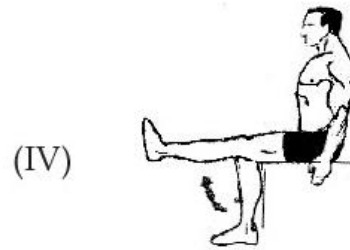
(B) Flexion



(C) Extension



(D) Adduction



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

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

A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**

Question ID:1101641

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

Question:

Read the passage given below and answer the questions.

STRICTLY AS PER THE PARAGRAPH'S CONTENT

Physical education is a lifelong, complex, and multifaceted learning process that allows human beings to become participants of social life and culture, most notably the area of culture that is physical culture. Physical education, thus understood, is identical with socialization into physical culture. - Physical education is an intentional and planned process conducted by professionals, during which people obtain training and education and acquire skills in all kinds of physical activities. Physical education thus understood, is a domain of educational systems and constitutes an element of training and educational programs in schools. Both the former (wider) and latter (narrower) definition of physical education understand the process as getting to know and acquire skills which constitute the very core of practising different sports and physical activities. In the process, people also learn socially accepted and culturally determined norms, behaviours, and standard emotional responses, as well as social roles. People learn many ways to live healthy lives, look after their health, and make sure their bodies look aesthetically pleasing. They get to know what they are supposed to do and not supposed to do when, for example, they play volleyball. They learn how to express their joy when they win and how to taste the bitterness of defeat. Finally, they learn the health-related, social, agonistic, and other values of physical culture, which, on the one hand are a goal, and on the other hand, are a source of motivation for taking part in physical culture.

Physical Education is identical with socialization into _____.

- (1) Physical Culture
- (2) Social Culture
- (3) Traditional Culture
- (4) Tribal Culture

A 1

B 2

C 3

D 4

Answer Given By Candidate: A

Question ID:1101642

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

Question:

Read the passage given below and answer the questions.

STRICTLY AS PER THE PARAGRAPH'S CONTENT

Physical education is a lifelong, complex, and multifaceted learning process that allows human beings to become participants of social life and culture, most notably the area of culture that is physical culture. Physical education, thus understood, is identical with socialization into physical culture. - Physical education is an intentional and planned process conducted by professionals, during which people obtain training and education and acquire skills in all kinds of physical activities. Physical education thus understood, is a domain of educational systems and constitutes an element of training and educational programs in schools. Both the former (wider) and latter (narrower) definition of physical education understand the process as getting to know and acquire skills which constitute the very core of practising different sports and physical activities. In the process, people also learn socially accepted and culturally determined norms, behaviours, and standard emotional responses, as well as social roles. People learn many ways to live healthy lives, look after their health, and make sure their bodies look aesthetically pleasing. They get to know what they are supposed to do and not supposed to do when, for example, they play volleyball. They learn how to express their joy when they win and how to taste the bitterness of defeat. Finally, they learn the health-related, social, agonistic, and other values of physical culture, which, on the one hand are a goal, and on the other hand, are a source of motivation for taking part in physical culture.

Which of the following helps human beings to take part in social life and culture ?

- (1) Painting
- (2) Driving
- (3) Physical Education
- (4) Balanced Diet

A 1

B 2

C 3

D 4

Answer Given By Candidate: C

Question ID:1101643

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

Question:

Read the passage given below and answer the questions.

STRICTLY AS PER THE PARAGRAPH'S CONTENT

Physical education is a lifelong, complex, and multifaceted learning process that allows human beings to become participants of social life and culture, most notably the area of culture that is physical culture. Physical education, thus understood, is identical with socialization into physical culture. - Physical education is an intentional and planned process conducted by professionals, during which people obtain training and education and acquire skills in all kinds of physical activities. Physical education thus understood, is a domain of educational systems and constitutes an element of training and educational programs in schools. Both the former (wider) and latter (narrower) definition of physical education understand the process as getting to know and acquire skills which constitute the very core of practising different sports and physical activities. In the process, people also learn socially accepted and culturally determined norms, behaviours, and standard emotional responses, as well as social roles. People learn many ways to live healthy lives, look after their health, and make sure their bodies look aesthetically pleasing. They get to know what they are supposed to do and not supposed to do when, for example, they play volleyball. They learn how to express their joy when they win and how to taste the bitterness of defeat. Finally, they learn the health-related, social, agonistic, and other values of physical culture, which, on the one hand are a goal, and on the other hand, are a source of motivation for taking part in physical culture.

Both the former and latter definition of physical education understand the process as getting to know and acquire _____.

- (1) Culture
- (2) Tradition
- (3) Skills
- (4) Health

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C**

Question ID:1101644

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

Question:

Read the passage given below and answer the questions.

STRICTLY AS PER THE PARAGRAPH'S CONTENT

Physical education is a lifelong, complex, and multifaceted learning process that allows human beings to become participants of social life and culture, most notably the area of culture that is physical culture. Physical education, thus understood, is identical with socialization into physical culture. - Physical education is an intentional and planned process conducted by professionals, during which people obtain training and education and acquire skills in all kinds of physical activities. Physical education thus understood, is a domain of educational systems and constitutes an element of training and educational programs in schools. Both the former (wider) and latter (narrower) definition of physical education understand the process as getting to know and acquire skills which constitute the very core of practising different sports and physical activities. In the process, people also learn socially accepted and culturally determined norms, behaviours, and standard emotional responses, as well as social roles. People learn many ways to live healthy lives, look after their health, and make sure their bodies look aesthetically pleasing. They get to know what they are supposed to do and not supposed to do when, for example, they play volleyball. They learn how to express their joy when they win and how to taste the bitterness of defeat. Finally, they learn the health-related, social, agonistic, and other values of physical culture, which, on the one hand are a goal, and on the other hand, are a source of motivation for taking part in physical culture.

Who is responsible for conducting physical education classes in school ?

- (1) Body builder
- (2) Sports Men
- (3) Ex-Army personnel
- (4) Professionals in the field of physical education

A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**

Question ID:1101645

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

Question:

Read the passage given below and answer the questions.

STRICTLY AS PER THE PARAGRAPH'S CONTENT

Physical education is a lifelong, complex, and multifaceted learning process that allows human beings to become participants of social life and culture, most notably the area of culture that is physical culture. Physical education, thus understood, is identical with socialization into physical culture. - Physical education is an intentional and planned process conducted by professionals, during which people obtain training and education and acquire skills in all kinds of physical activities. Physical education thus understood, is a domain of educational systems and constitutes an element of training and educational programs in schools. Both the former (wider) and latter (narrower) definition of physical education understand the process as getting to know and acquire skills which constitute the very core of practising different sports and physical activities. In the process, people also learn socially accepted and culturally determined norms, behaviours, and standard emotional responses, as well as social roles. People learn many ways to live healthy lives, look after their health, and make sure their bodies look aesthetically pleasing. They get to know what they are supposed to do and not supposed to do when, for example, they play volleyball. They learn how to express their joy when they win and how to taste the bitterness of defeat. Finally, they learn the health-related, social, agonistic, and other values of physical culture, which, on the one hand are a goal, and on the other hand, are a source of motivation for taking part in physical culture.

Which of the following norms do people also learn during the process of knowing and acquiring skills ?

- (1) Scientific norms
- (2) Socially accepted and culturally determined norms
- (3) Psychologically fit norm
- (4) Only socially accepted norms

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B**

Question ID:1101646

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

Question:

Read the passage given below and answer the questions.

STRICTLY AS PER PARAGRAPH'S CONTENT

Netaji Subhas National Institute of Sports, Patiala India which is also Asia's largest sports institute is housed in the palatial monumental building and sprawling lawns built by the erstwhile Maharaja of patiala whose descendants dedicated this complex for the promotion of sports to the people of India. This institute is popularly known as the "Mecca" of Indian sports and has produced coaches of high caliber and significantly contributed in rendering their expertise and assistance in the preparation of the national teams for various International competitions. Housed in the erstwhile palace of Maharaja (King) of Patiala (Punjab), National Institute of sports, which is now the Academic Wing of the sports authority of India was established by the Government of India on 7th May, 1961 with the objective of developing sports in the country on scientific lines and to train the coaches in different sports disciplines. The institute was renamed as Netaji Subhas National Institute of Sports (NSNIS) on 23rd January, 1973.

When was the institute NIS renamed as NSNIS ?

- (1) 1961
- (2) 1962
- (3) 1972
- (4) 1973

A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**

Question ID:1101647

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

Question:

Read the passage given below and answer the questions.

STRICTLY AS PER PARAGRAPH'S CONTENT

Netaji Subhas National Institute of Sports, Patiala India which is also Asia's largest sports institute is housed in the palatial monumental building and sprawling lawns built by the erstwhile Maharaja of patiala whose descendants dedicated this complex for the promotion of sports to the people of India. This institute is popularly known as the "Mecca" of Indian sports and has produced coaches of high caliber and significantly contributed in rendering their expertise and assistance in the preparation of the national teams for various International competitions. Housed in the erstwhile palace of Maharaja (King) of Patiala (Punjab), National Institute of sports, which is now the Academic Wing of the sports authority of India was established by the Government of India on 7th May, 1961 with the objective of developing sports in the country on scientific lines and to train the coaches in different sports disciplines. The institute was renamed as Netaji Subhas National Institute of Sports (NSNIS) on 23rd January, 1973.

The NSNIS is popularity known as _____ of Indian sports.

- (1) Academic Wing
- (2) Sports Authority
- (3) Mecca
- (4) Maharaja

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

Answer Given By Candidate: C

Question ID: 1101648

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

Question:

Read the passage given below and answer the questions.

STRICTLY AS PER PARAGRAPH'S CONTENT

Netaji Subhas National Institute of Sports, Patiala India which is also Asia's largest sports institute is housed in the palatial monumental building and sprawling lawns built by the erstwhile Maharaja of patiala whose descendants dedicated this complex for the promotion of sports to the people of India. This institute is popularly known as the "Mecca" of Indian sports and has produced coaches of high caliber and significantly contributed in rendering their expertise and assistance in the preparation of the national teams for various International competitions. Housed in the erstwhile palace of Maharaja (King) of Patiala (Punjab), National Institute of sports, which is now the Academic Wing of the sports authority of India was established by the Government of India on 7th May, 1961 with the objective of developing sports in the country on scientific lines and to train the coaches in different sports disciplines. The institute was renamed as Netaji Subhas National Institute of Sports (NSNIS) on 23rd January, 1973.

The palatial monumental building was donated for National Institute of sports by the Maharaja of :

- (1) Jalandhar
- (2) Patiala
- (3) Amritsar
- (4) Jammu

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

Answer Given By Candidate: B

Question ID: 1101649

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

Question:

Read the passage given below and answer the questions.

STRICTLY AS PER PARAGRAPH'S CONTENT

Netaji Subhas National Institute of Sports, Patiala India which is also Asia's largest sports institute is housed in the palatial monumental building and sprawling lawns built by the erstwhile Maharaja of patiala whose descendants dedicated this complex for the promotion of sports to the people of India. This institute is popularly known as the "Mecca" of Indian sports and has produced coaches of high caliber and significantly contributed in rendering their expertise and assistance in the preparation of the national teams for various International competitions. Housed in the erstwhile palace of Maharaja (King) of Patiala (Punjab), National Institute of sports, which is now the Academic Wing of the sports authority of India was established by the Government of India on 7th May, 1961 with the objective of developing sports in the country on scientific lines and to train the coaches in different sports disciplines. The institute was renamed as Netaji Subhas National Institute of Sports (NSNIS) on 23rd January, 1973.

What was the objective of establishing NSNIS ?

- (1) To train the coaches
- (2) To train the player
- (3) To train the teachers
- (4) To train the officers

A 1

B 2

C 3

D 4

Answer Given By Candidate: A

Question ID: 1101650

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

Question:

Read the passage given below and answer the questions.

STRICTLY AS PER PARAGRAPH'S CONTENT

Netaji Subhas National Institute of Sports, Patiala India which is also Asia's largest sports institute is housed in the palatial monumental building and sprawling lawns built by the erstwhile Maharaja of patiala whose descendants dedicated this complex for the promotion of sports to the people of India. This institute is popularly known as the "Mecca" of Indian sports and has produced coaches of high caliber and significantly contributed in rendering their expertise and assistance in the preparation of the national teams for various International competitions. Housed in the erstwhile palace of Maharaja (King) of Patiala (Punjab), National Institute of sports, which is now the Academic Wing of the sports authority of India was established by the Government of India on 7th May, 1961 with the objective of developing sports in the country on scientific lines and to train the coaches in different sports disciplines. The institute was renamed as Netaji Subhas National Institute of Sports (NSNIS) on 23rd January, 1973.

National Institute of sports was established in which of the following year ?

- (1) 1971
- (2) 1973
- (3) 1962
- (4) 1961

A 1

B 2

C 3

D 4

Answer Given By Candidate: **D**
