

Paper:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Set Name:	PHE93
Exam Date:	30 Aug 2022
Exam Shift:	1
Language:	English

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	1
Question ID:	<b>9330101</b>
Question Type:	MCQ
Question:	<p>Which of the following is <b>not</b> correct ?</p> <p>(1) Society is a must for humans</p> <p>(2) Society is an educative media for humans</p> <p>(3) Society is a psychological sanctuary for humans</p> <p>(4) Humans are self-sufficient in meeting out their basic needs, so they don't really need society</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	2
Question ID:	<b>9330102</b>
Question Type:	MCQ
Question:	<p>Isokinetic exercises were introduced in the year _____.</p> <p>(1) 1967</p> <p>(2) 1969</p> <p>(3) 1968</p> <p>(4) 1966</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	3
Question ID:	<b>9330103</b>
Question Type:	MCQ

Question:	<p>Definition of endurance “Result of physiological capacity of an individual to sustain movement over a period of time” is given by _____.</p> <p>(1) Barrow and McGee</p> <p>(2) Singh</p> <p>(3) Harre</p> <p>(4) Gwin J.T. &amp; Ferrisd</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	4
Question ID:	9330104
Question Type:	MCQ
Question:	<p>Which one of the following methods is not used for enhancing flexibility of an individual ?</p> <p>(1) Circuit Training</p> <p>(2) Ballistic Method</p> <p>(3) Proprioceptive Neuromuscular Facilitation (PNF)</p> <p>(4) Static Stretching</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	5
Question ID:	9330105
Question Type:	MCQ
Question:	<p>What does S.A.I. stands for ?</p> <p>(1) Sports Authority of India</p> <p>(2) Sports Association of India</p> <p>(3) School Authority of India</p> <p>(4) Sporting Authority of Institutions</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
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Item No:	6
Question ID:	<b>9330106</b>
Question Type:	MCQ
Question:	<p>What is the present name of Physical Education Institute of National importance at Shakti Nagar, Gwalior ?</p> <p>(1) L.N.C.P.E</p> <p>(2) L.N.D.P.E</p> <p>(3) L.N.E.P.E</p> <p>(4) L.N.I.P.E</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	7
Question ID:	<b>9330107</b>
Question Type:	MCQ
Question:	<p>In which year was IOA established ?</p> <p>(1) 1927</p> <p>(2) 1928</p> <p>(3) 1929</p> <p>(4) 1930</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	8
Question ID:	<b>9330108</b>
Question Type:	MCQ
Question:	<p>If number of teams are odd, then number of rounds will be _____ in a cyclic method of fixtures.</p> <p>(1) Equal to the total number of teams</p> <p>(2) Total number of teams + 1</p> <p>(3) Total number of teams – 2</p> <p>(4) Total number of teams + 2</p>
A:	1

B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	9
Question ID:	<b>9330109</b>
Question Type:	MCQ
Question:	<p>The controlling and supervising body for International Basketball is _____.</p> <p>(1) I.F.B.A</p> <p>(2) B.F.I</p> <p>(3) F.I.B.A</p> <p>(4) D.A.B.A</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	10
Question ID:	<b>9330110</b>
Question Type:	MCQ
Question:	<p>The meaning of Intramural is _____.</p> <p>(1) Within the walls in the institute</p> <p>(2) Outside the state</p> <p>(3) Outside the country</p> <p>(4) Outside the district</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	11
Question ID:	<b>9330111</b>
Question Type:	MCQ
Question:	<p>In which of the following fixture method one team is fixed on the highest step which will play with all the other teams in the tournament and in the next step down, the next team is fixed to play with other remaining teams and so on ?</p> <p>(1) Cyclic method</p> <p>(2) Knock out method</p>

	(3) Staircase method (4) Intramural method
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	12
Question ID:	9330112
Question Type:	MCQ
Question:	Which one of the below mentioned option is <b>not</b> associated with posture ? (1) Knock-(knee) (2) Round shoulder (3) Flat Foot (4) Bankart Lesion
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	13
Question ID:	9330113
Question Type:	MCQ
Question:	Strike the odd one disease out : (1) Common flu (2) Typhoid (3) Cough (4) Chicken Pox
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	14
Question ID:	9330114
Question Type:	MCQ
	Which of the following is a water born disease : (1) Typhoid

Question:	(2) Asthma (3) Diabetes (4) Hypertension
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	15
Question ID:	9330115
Question Type:	MCQ
Question:	Which of the following is not a soft tissue injury ? (1) Dislocation of bones (2) Abrasion (3) Contusion (4) Strain
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	16
Question ID:	9330116
Question Type:	MCQ
Question:	Maximal oxygen consumption is denoted by : (1) CO <sub>2</sub> Max (2) VO <sub>2</sub> Max (3) NO <sub>2</sub> Max (4) BO <sub>2</sub> Max
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	17
Question ID:	9330117
Question Type:	MCQ
Question:	Major source of energy in a balance diet is _____. (1) Carbohydrates

(1) Carbohydrates

(2) Fats

(3) Proteins

(4) Minerals

Question:

A:

1

B:

2

C:

3

D:

4

Section:

PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Item No:

18

Question ID:

9330118

Question Type:

MCQ

Question:

Skeletal muscles are mainly made of \_\_\_\_\_ types of muscle fibers.

(1) 3

(2) 2

(3) 4

(4) 5

A:

1

B:

2

C:

3

D:

4

Section:

PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Item No:

19

Question ID:

9330119

Question Type:

MCQ

Question:

The term First-Aid was officially used for the first time by :

(1) Red Crescent

(2) St. John Association

(3) St. John. Ambulance Association

(4) Red Cross

A:

1

B:

2

C:

3

D:

4

Section:

PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

Item No:

20

Question ID:

9330120

Question Type:

MCQ

Sprinters generally have \_\_\_\_\_ fibers.

Question:	<p>(1) All slow twitch</p> <p>(2) All fast twitch</p> <p>(3) Equal slow and fast</p> <p>(4) More fast twitch and less slow twitch</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	21
Question ID:	9330121
Question Type:	MCQ
Question:	<p>The injury that can be sustained because of too much training is :</p> <p>(1) Indirect</p> <p>(2) Direct</p> <p>(3) Soft tissue</p> <p>(4) Overuse</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	22
Question ID:	9330122
Question Type:	MCQ
Question:	<p>Identify the test item of Barrow Motor Ability Test :</p> <p>(1) Partial Curl up Test</p> <p>(2) Shuttle Run</p> <p>(3) Medicine Ball Put</p> <p>(4) 50 mts. standing start</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	23
Question ID:	9330123
Question Type:	MCQ



Question:	600 mts. Run/Walk Test measures _____. (1) Speed (2) Endurance (3) Flexibility (4) Strength
A:	1
B:	2
C:	3
D:	4




Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	24
Question ID:	9330124
Question Type:	MCQ
Question:	Which of the following is used to measure Aerobic Capacity of students ? (1) Barrow Motor Fitness Test (2) Standing Broad Jump (3) Rikli & Jones Test (4) Rockport 1 Mile Run and Walk Test
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	25
Question ID:	9330125
Question Type:	MCQ
Question:	Issac Newton was born in which year ? (1) 1641 (2) 1642 (3) 1643 (4) 1645
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	26
Question ID:	9330126
Question Type:	MCQ

Question:	<p>Newton's Second Law of Motion is also known as :</p> <p>(1) Law of Gravity</p> <p>(2) Law of Momentum</p> <p>(3) Law of Inertia</p> <p>(4) Law of Action and Reaction</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	27
Question ID:	9330127
Question Type:	MCQ
Question:	<p>Standard International unit of measuring force is :</p> <p>(1) Newton</p> <p>(2) Kilogram</p> <p>(3) <math>m/s^3</math></p> <p>(4) <math>m/s^2</math></p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	28
Question ID:	9330128
Question Type:	MCQ
Question:	<p>Identify the sport in which friction is least ?</p> <p>(1) </p> <p>(2) </p> <p>(3) </p>

(4)



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

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	29
Question ID:	9330129
Question Type:	MCQ
Question:	Decrease in the angle at elbow joint is called : (1) Extension (2) Flexion (3) Adduction (4) Abduction
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	30
Question ID:	9330130
Question Type:	MCQ
Question:	If a person's personality lies in the middle of introvert and extrovert then he will be known as : (1) Mesomorph (2) Extrovert (3) Endomorph (4) Ambivert
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
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Item No:	31
Question ID:	9330131
Question Type:	MCQ
Question:	Which of the following is not a part of motivation cycle ? (1) Drive (2) Need (3) Arousal (4) Sympathy
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	32
Question ID:	9330132
Question Type:	MCQ
Question:	Arrange these options in correct sequential order starting from the oldest to the youngest : (A) Toddler (B) Adolescents (C) Infancy (D) Adulthood (E) Old age Choose the <b>correct</b> answer from the options given below : (1) (C), (B), (A), (D), (E) (2) (C), (A), (B), (D), (E) (3) (D), (E), (C), (A), (B) (4) (E), (D), (B), (A), (C)
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	33
Question ID:	9330133
Question Type:	MCQ
	“Avnish regularly performs weight training at a local Gym”. Arrange the following steps in a sequence from first to last.

Question:	<p>(A) Cooling down</p> <p>(B) General warm-up</p> <p>(C) Inclined chest press</p> <p>(D) Specific warm up of chest barbell</p> <p>Choose the <b>correct</b> answer from the options given below :</p> <p>(1) (B), (D), (C), (A)</p> <p>(2) (B), (D), (A), (C)</p> <p>(3) (D), (B), (C), (A)</p> <p>(4) (D), (B), (A), (C)</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	34
Question ID:	9330134
Question Type:	MCQ
Question:	<p>Arrange the following institutions, as per their foundation year of establishment from from oldest to the latest ?</p> <p>(A) S.A.I</p> <p>(B) I.O.A</p> <p>(C) LNCPE - Thiruvanthpuram</p> <p>(D) L.N.I.P.E. NERC Guwahati</p> <p>Choose the <b>correct</b> answer from the options given below :</p> <p>(1) (A), (B), (C), (D)</p> <p>(2) (B), (A), (C), (D)</p> <p>(3) (D), (C), (A), (B)</p> <p>(4) (D), (C), (B), (A)</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	35
Question ID:	9330135
Question Type:	MCQ
Question:	<p>In which of the following friction is <b>not</b> involved ?</p> <p>(A) Magnetic force</p> <p>(B) Contact force</p>

Question:	(C) Non-contact force (D) Couple force Choose the <b>correct</b> answer from the options given below : (1) (A), (B) and (C) only (2) (A), (C) and (D) only (3) (B), (C) and (D) only (4) (A), (B) and (D) only
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	36
Question ID:	9330136
Question Type:	MCQ
Question:	Second law of motion is also known as : (A) Law of Acceleration (B) Law of Inertia (C) Law of Reciprocal Action Force (D) Law of Momentum (E) Law of Gravity Choose the <b>correct</b> answer from the options given below : (1) (A), (B) and (C) only (2) (A), (C) and (D) only (3) (A) and (D) only (4) (B), (C) and (D) only
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	37
Question ID:	9330137
Question Type:	MCQ
Question:	Which of the below mentioned approaches are a part of Motivational Technique ? (A) Facilitation Approach (B) Cognitive Approach (C) Pedagogical Approach (D) Corporate Approach Choose the <b>correct</b> answer from the options given below :

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

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	38
Question ID:	9330138
Question Type:	MCQ
Question:	<p>Which of the following terms along with their meaning are correct ?</p> <p>(A) Mesomorphs are muscular</p> <p>(B) Extroverts are shy in public</p> <p>(C) Introverts are reserved</p> <p>(D) Ectomorphs have athletic body type</p> <p>(E) Ambiverts are possessing personality in the middle of introverts and extroverts</p> <p>Choose the <b>correct</b> answer from the options given below :</p> <p>(1) (B) and (D) only</p> <p>(2) (C), (D) and (E)</p> <p>(3) (A), (C) and (D) only</p> <p>(4) (A), (C) and (E) only</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA												
Item No:	39												
Question ID:	9330139												
Question Type:	MCQ												
Question:	<p>Match the Fitness Components listed in <b>List - I</b> with the Methods of their Development Listed in <b>List - II</b>.</p> <table> <tr> <th><b>List - I</b></th><th><b>List - II</b></th></tr> <tr> <th><b>Fitness component</b></th><th><b>Method of development</b></th></tr> <tr> <td>(A) Speed</td><td>(I) Ballistic method</td></tr> <tr> <td>(B) Strength</td><td>(II) Wind sprints</td></tr> <tr> <td>(C) Endurance</td><td>(III) Isotonic</td></tr> <tr> <td>(D) Flexibility</td><td>(IV) Interval method</td></tr> </table>	<b>List - I</b>	<b>List - II</b>	<b>Fitness component</b>	<b>Method of development</b>	(A) Speed	(I) Ballistic method	(B) Strength	(II) Wind sprints	(C) Endurance	(III) Isotonic	(D) Flexibility	(IV) Interval method
<b>List - I</b>	<b>List - II</b>												
<b>Fitness component</b>	<b>Method of development</b>												
(A) Speed	(I) Ballistic method												
(B) Strength	(II) Wind sprints												
(C) Endurance	(III) Isotonic												
(D) Flexibility	(IV) Interval method												



	Choose the <b>correct</b> answer from the options given below :
	(1) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)
	(2) (A) - (II), (B) - (I), (C) - (III), (D) - (IV)
	(3) (A) - (II), (B) - (IV), (C) - (III), (D) - (I)
	(4) (A) - (II), (B) - (III), (C) - (IV), (D) - (I)
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA												
Item No:	40												
Question ID:	9330140												
Question Type:	MCQ												
Question:	<p>Match <b>List - I</b> with <b>List - II</b> on the basis of substances with its effect after its consumption.</p> <table> <thead> <tr> <th><b>List - I</b></th><th><b>List - II</b></th></tr> <tr> <th><b>Substance</b></th><th><b>Effects</b></th></tr> </thead> <tbody> <tr> <td>(A) Anabolic Steroids</td><td>(I) To improve respiratory functions</td></tr> <tr> <td>(B) Beta 2 Agonists</td><td>(II) For temporary weight loss</td></tr> <tr> <td>(C) Diuretics</td><td>(III) To improve alertness</td></tr> <tr> <td>(D) Stimulants</td><td>(IV) To increase muscle mass</td></tr> </tbody> </table> <p>Choose the <b>correct</b> answer from the options given below :</p> <p>(1) (A) - (III), (B) - (II), (C) - (I), (D) - (IV)</p> <p>(2) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)</p> <p>(3) (A) - (IV), (B) - (I), (C) - (III), (D) - (II)</p> <p>(4) (A) - (IV), (B) - (I), (C) - (II), (D) - (III)</p>	<b>List - I</b>	<b>List - II</b>	<b>Substance</b>	<b>Effects</b>	(A) Anabolic Steroids	(I) To improve respiratory functions	(B) Beta 2 Agonists	(II) For temporary weight loss	(C) Diuretics	(III) To improve alertness	(D) Stimulants	(IV) To increase muscle mass
<b>List - I</b>	<b>List - II</b>												
<b>Substance</b>	<b>Effects</b>												
(A) Anabolic Steroids	(I) To improve respiratory functions												
(B) Beta 2 Agonists	(II) For temporary weight loss												
(C) Diuretics	(III) To improve alertness												
(D) Stimulants	(IV) To increase muscle mass												
A:	1												
B:	2												
C:	3												
D:	4												

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	41
Question ID:	9330141
Question Type:	MCQ
	<p><b>Read the below given paragraph carefully and answer the questions :</b></p> <p>The ancient Greek were the first society to realize the efficacy of sport and physical activity in disciplining the youngsters right from the impressionable age. At gymnasium, which was not a play area but a formal schooling place, children were taught to discipline their body and mind through physical activity such as wrestling, boxing and athletics. The</p>



Question:	<p>wise Greeks shaped up their children into men of action and men of wisdom so that they served the state during war and peace with the same strength, power and mental acumen. The Greek citizens were excellent soldiers on the one hand, learned human beings on the other.</p> <p>_____ was not a play area but a formal schooling place for ancients Greeks.</p> <p>(1) Formal School</p> <p>(2) Gymnasium</p> <p>(3) Akharas</p> <p>(4) Sports Arenas</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	42
Question ID:	9330142
Question Type:	MCQ
Question:	<p><b>Read the below given paragraph carefully and answer the questions :</b></p> <p>The ancient Greek were the first society to realize the efficacy of sport and physical activity in disciplining the youngsters right from the impressionable age. At gymnasium, which was not a play area but a formal schooling place, children were taught to discipline their body and mind through physical activity such as wrestling, boxing and athletics. The wise Greeks shaped up their children into men of action and men of wisdom so that they served the state during war and peace with the same strength, power and mental acumen. The Greek citizens were excellent soldiers on the one hand, learned human beings on the other.</p> <p>Which was the first society to realize the efficacy of sport in disciplining the youngsters ?</p> <p>(1) Romans</p> <p>(2) Egyptians</p> <p>(3) Chinese</p> <p>(4) Greeks</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	43
Question ID:	9330143
Question Type:	MCQ

Question:	<p><b>Read the below given paragraph carefully and answer the questions :</b></p> <p>The ancient Greek were the first society to realize the efficacy of sport and physical activity in disciplining the youngsters right from the impressionable age. At gymnasium, which was not a play area but a formal schooling place, children were taught to discipline their body and mind through physical activity such as wrestling, boxing and athletics. The wise Greeks shaped up their children into men of action and men of wisdom so that they served the state during war and peace with the same strength, power and mental acumen. The Greek citizens were excellent soldiers on the one hand, learned human beings on the other.</p> <p>Which of the below stated activities were not the part of formal schooling in Greece ?</p> <p>(1) Fencing (2) Wrestling (3) Athletics (4) Boxing</p>	
	A:	1
	B:	2
	C:	3
	D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA	
Item No:	44	
Question ID:	9330144	
Question Type:	MCQ	
Question:	<p><b>Read the below given paragraph carefully and answer the questions :</b></p> <p>The ancient Greek were the first society to realize the efficacy of sport and physical activity in disciplining the youngsters right from the impressionable age. At gymnasium, which was not a play area but a formal schooling place, children were taught to discipline their body and mind through physical activity such as wrestling, boxing and athletics. The wise Greeks shaped up their children into men of action and men of wisdom so that they served the state during war and peace with the same strength, power and mental acumen. The Greek citizens were excellent soldiers on the one hand, learned human beings on the other.</p> <p>The Greeks shaped their children into men of _____ and men of _____ .</p> <p>(1) Wisdom, Action (2) Action, Reaction (3) Action, Wisdom (4) Mind, Body</p>	
	A:	1
	B:	2
	C:	3
	D:	4



Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	45
Question ID:	9330145
Question Type:	MCQ
Question:	<p><b>Read the below given paragraph carefully and answer the questions :</b></p> <p>The ancient Greek were the first society to realize the efficacy of sport and physical activity in disciplining the youngsters right from the impressionable age. At gymnasium, which was not a play area but a formal schooling place, children were taught to discipline their body and mind through physical activity such as wrestling, boxing and athletics. The wise Greeks shaped up their children into men of action and men of wisdom so that they served the state during war and peace with the same strength, power and mental acumen. The Greek citizens were excellent soldiers on the one hand, learned human beings on the other.</p> <p>Which of the below mentioned abilities were not used for shaping up children for war and peace by ancient Greeks.</p> <p>(1) Strength (2) Agility (3) Mental Acumen (4) Power</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	46
Question ID:	9330146
Question Type:	MCQ
	<p><b>Read the passage given below and answer the questions.</b></p> <p>A national sports team was winning all the competitions and was extremely admired for its hard work. An interview with the national team to discover and explore the ins and outs for its constant success emphasized the following details. As per the report, the team had many fresh players who were well prepared, accountable, self-disciplined and accurate in their job and contributed to the achievement of the team. The captain had been carefully chosen by the team fellows themselves, and he was most cooperative, friendly and positive on the ground as well as off it. This made him a good leader.</p> <p>The best part of the team was that, all its senior players were supportive and helpful with their juniors and were always eager to listen to them. The team's coach stated few essential components that had contributed to the team's achievement. According to him, the ability to inspire and encourage individuals plays a critical role in the team's achievements more often than the technical skills, and this is what divides a good coach from an average one. The coach also referred to occasions when players went through the period of lack of intrinsic motivation. The coach realized that while there are some players have</p>

Question:	<p>an instinctive drive to regularly strive for success and enjoy their task, there are others who seem to lack internal motivation and need extrinsic factors like rewards, prize, money etc, to create the required drive or required behavior.</p> <p>The team's psychologist spoke about the aggressive behavior among the team players against the opponents.</p> <p>It was interesting to listen to various occurrences where the players had instigated opponents or charged at them aggressively, in anger, but had later tried to defend their actions.</p> <p>Occasionally, players were found to be abusing opponents not in anger, but to get a benefit or for the sake of winning, though this behavior is not adequate and they were given punishments as per the code of conduct and rules of sports.</p> <p>According to coach what plays a critical role in team's achievement ?</p> <p>(1) The ability to inspire and encourage individual</p> <p>(2) Rewards</p> <p>(3) Punishments</p> <p>(4) Motivational talks</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	47
Question ID:	9330147
Question Type:	MCQ

Question:	<p><b>Read the passage given below and answer the questions.</b></p> <p>A national sports team was winning all the competitions and was extremely admired for its hard work An interview with the national team to discover and explore the ins and outs for its constant success emphasized the following details. As per the report, the team had many fresh players who were well prepared accountable, self-disciplined and accurate in their job and contributed to the achievement of the team. The captain had been carefully chosen by the team fellows themselves, and he was most cooperative, friendly and positive on the ground as well as off it. This made him a good leader.</p> <p>The best part of the team was that, all its senior players were supportive and helpful with their juniors and were always eager to listen to them. The team's coach stated few essential components that had contributed to the team's achievement. According to him, the ability to inspire and encourage individuals plays a critical role in the team's achievements more often than the technical skills, and this is what divides a good coach from an average one. The coach also referred to occasions when players went through the period of lack of intrinsic motivation. The coach realized that while there are some players have an instinctive drive to regularly strive for success and enjoy their task, there are others who seem to lack internal motivation and need extrinsic factors like rewards, prize, money etc, to create the required drive or required behavior.</p> <p>The team's psychologist spoke about the aggressive behavior among the team players against the opponents.</p> <p>It was interesting to listen to various occurrences where the players had instigated</p>
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	<p>opponents or charged at them aggressively, in anger, but had later tried to defend their actions.</p> <p>Occasionally, players were found to be abusing opponents not in anger, but to get a benefit or for the sake of winning, though this behavior is not adequate and they were given punishments as per the code of conduct and rules of sports.</p> <p>“Occasionally players were found to be abusing opponents not in anger, but to get a benefit or for the sake of winning” what kind of action must be taken against such players ?</p> <p>(1) Players must be rewarded</p> <p>(2) Players must be punished as per code of conduct and the rules of the game.</p> <p>(3) Players must be encouraged</p> <p>(4) Players must be allowed to do the same</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	48
Question ID:	9330148
Question Type:	MCQ

Question:	<p><b>Read the passage given below and answer the questions.</b></p> <p>A national sports team was winning all the competitions and was extremely admired for its hard work. An interview with the national team to discover and explore the ins and outs for its constant success emphasized the following details. As per the report, the team had many fresh players who were well prepared, accountable, self-disciplined and accurate in their job and contributed to the achievement of the team. The captain had been carefully chosen by the team fellows themselves, and he was most cooperative, friendly and positive on the ground as well as off it. This made him a good leader.</p> <p>The best part of the team was that, all its senior players were supportive and helpful with their juniors and were always eager to listen to them. The team’s coach stated few essential components that had contributed to the team’s achievement. According to him, the ability to inspire and encourage individuals plays a critical role in the team’s achievements more often than the technical skills, and this is what divides a good coach from an average one. The coach also referred to occasions when players went through the period of lack of intrinsic motivation. The coach realized that while there are some players who have an instinctive drive to regularly strive for success and enjoy their task, there are others who seem to lack internal motivation and need extrinsic factors like rewards, prize, money etc, to create the required drive or required behavior.</p> <p>The team’s psychologist spoke about the aggressive behavior among the team players against the opponents.</p> <p>It was interesting to listen to various occurrences where the players had instigated opponents or charged at them aggressively, in anger, but had later tried to defend their actions.</p> <p>Occasionally, players were found to be abusing opponents not in anger, but to get a benefit or for the sake of winning, though this behavior is not adequate and they were given punishments as per the code of conduct and rules of sports.</p>
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	<p>According to coach, some players had an instinctive drive to regularly strive for success and enjoy their task. Where as, others who seem to lack internal motivation and need _____ to create the required drive.</p> <p>(1) Rewards, prize money</p> <p>(2) A motivational talk from the coach</p> <p>(3) Good suggestions from the seniors</p> <p>(4) A consultation from the psychologist</p>
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	49
Question ID:	9330149
Question Type:	MCQ
Question:	<p><b>Read the passage given below and answer the questions.</b></p> <p>A national sports team was winning all the competitions and was extremely admired for its hard work. An interview with the national team to discover and explore the ins and outs for its constant success emphasized the following details. As per the report, the team had many fresh players who were well prepared, accountable, self-disciplined and accurate in their job and contributed to the achievement of the team. The captain had been carefully chosen by the team fellows themselves, and he was most cooperative, friendly and positive on the ground as well as off it. This made him a good leader.</p> <p>The best part of the team was that, all its senior players were supportive and helpful with their juniors and were always eager to listen to them. The team's coach stated few essential components that had contributed to the team's achievement. According to him, the ability to inspire and encourage individuals plays a critical role in the team's achievements more often than the technical skills, and this is what divides a good coach from an average one. The coach also referred to occasions when players went through the period of lack of intrinsic motivation. The coach realized that while there are some players who have an instinctive drive to regularly strive for success and enjoy their task, there are others who seem to lack internal motivation and need extrinsic factors like rewards, prize, money etc, to create the required drive or required behavior.</p> <p>The team's psychologist spoke about the aggressive behavior among the team players against the opponents.</p> <p>It was interesting to listen to various occurrences where the players had instigated opponents or charged at them aggressively, in anger, but had later tried to defend their actions.</p> <p>Occasionally, players were found to be abusing opponents not in anger, but to get a benefit or for the sake of winning, though this behavior is not adequate and they were given punishments as per the code of conduct and rules of sports.</p> <p>The fresh players in the national team were :</p> <p>(1) Low self-esteem</p> <p>(2) Self-discipline</p> <p>(3) Good leadership</p> <p>(4) Good communication</p>



	(3) Good - leaders
	(4) Great communicator
A:	1
B:	2
C:	3
D:	4

Section:	PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA
Item No:	50
Question ID:	9330150
Question Type:	MCQ

Question:	<p><b>Read the passage given below and answer the questions.</b></p> <p>A national sports team was winning all the competitions and was extremely admired for its hard work. An interview with the national team to discover and explore the ins and outs for its constant success emphasized the following details. As per the report, the team had many fresh players who were well prepared, accountable, self-disciplined and accurate in their job and contributed to the achievement of the team. The captain had been carefully chosen by the team fellows themselves, and he was most cooperative, friendly and positive on the ground as well as off it. This made him a good leader.</p> <p>The best part of the team was that, all its senior players were supportive and helpful with their juniors and were always eager to listen to them. The team's coach stated few essential components that had contributed to the team's achievement. According to him, the ability to inspire and encourage individuals plays a critical role in the team's achievements more often than the technical skills, and this is what divides a good coach from an average one. The coach also referred to occasions when players went through the period of lack of intrinsic motivation. The coach realized that while there are some players who have an instinctive drive to regularly strive for success and enjoy their task, there are others who seem to lack internal motivation and need extrinsic factors like rewards, prize, money etc, to create the required drive or required behavior.</p> <p>The team's psychologist spoke about the aggressive behavior among the team players against the opponents.</p> <p>It was interesting to listen to various occurrences where the players had instigated opponents or charged at them aggressively, in anger, but had later tried to defend their actions.</p> <p>Occasionally, players were found to be abusing opponents not in anger, but to get a benefit or for the sake of winning, though this behavior is not adequate and they were given punishments as per the code of conduct and rules of sports.</p> <p>Choose the correct statement from the following :</p> <p>(A) Senior player's behavior with junior players was rude</p> <p>(B) Senior player's behavior with junior players was supportive</p> <p>(C) Senior player's behavior with junior players was helpful</p> <p>(D) Senior player's behavior with junior players was offensive</p> <p>(E) Senior player's behavior with junior players was disrespectful</p> <p>Choose the <b>correct</b> answer from the options given below :</p> <p>(1) (A), (D), (E) only</p> <p>(2) (B) only</p>
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	(3) (B), (C) only (4) (D), (E) only
A:	1
B:	2
C:	3
D:	4