

CUET UG - 2022  
(CANDIDATE RESPONSE SHEET)

Paper/Subject      PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA  
Exam Date          15 Jul 2022  
Exam Slot          1

**Question ID:**101001

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

**Question:**

	The American Association for Health, Physical Education and Recreation was established in:
1	1965
2	1964
3	1963
4	1962

**A** 1

**B** 2

**C** 3

**D** 4

Answer Given By Candidate:**Not Attempted**

**Question ID:**101002

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

**Question:**

	“Sound mind lives in a sound body” was given by.
1	James T
2	Aristotle
3	Crown Buck
4	A Ferguson

**A** 1

**B** 2

**C** 3

**D** 4

Answer Given By Candidate:**Not Attempted**

**Question ID:**101003

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

**Question:**

	Exercise such as jumping and skipping fall in to the following categories.
1	Isotopic Exercises
2	Isotonic Exercises
3	Isothermal Exercises
4	Isometric Exercises

**A** 1

**B** 2

**C** 3

D 4

Answer Given By Candidate: **B****Question ID:101004****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	Can be defined the ability to overcome resistance :
1	Strength
2	Agility
3	Balance
4	Speed

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A****Question ID:101005****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	Isokinetic exercise was introduced by -----.
1	J.J. Perrine
2	Aristotle
3	Skinner
4	Carl Jung

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A****Question ID:101006****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	Which one of the following countries first developed the Fartlek Training Method?
1	Norway
2	Iceland
3	UK
4	Sweden

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C****Question ID:101007**

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

**Question:**

	When did Sports Authority of India become a registered society -----?
1	1954
2	1964
3	1984
4	1974

A 1

B 2

C 3

D 4

Answer Given By Candidate:**Not Attempted**

**Question ID:**101008

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

**Question:**

	Y.M.C.A. college of Physical Education, Madras was established by:
1	James Caldwell
2	P.M. Joseph
3	James T
4	Harry Crowe Buck

A 1

B 2

C 3

D 4

Answer Given By Candidate:**Not Attempted**

**Question ID:**101009

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

**Question:**

	If 12 teams are participating in a knockout tournament, how many byes will be awarded.
1	1
2	2
3	3
4	4

A 1

B 2

C 3

D 4

Answer Given By Candidate:**D**

**Question ID:**101010

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

**Question:**

	Best teams do not compete with each other in initial rounds in which one of the following methods?
1	Seeding
2	Mural
3	Cyclic
4	Bye

A 1

B 2

C 3

D 4

Answer Given By Candidate:A

**Question ID:101011****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	Cricket is governed by which body?
1	WICC
2	ICC
3	PCB
4	CAA

A 1

B 2

C 3

D 4

Answer Given By Candidate:B

**Question ID:101012****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	We need good ----- to overcome disease.
1	Health
2	Style
3	Posture
4	Face

A 1

B 2

C 3

D 4

Answer Given By Candidate:Not Attempted

**Question ID:101013****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

**Question:**

	When did doping come to light in Modern Olympics?
1	1904
2	1905
3	1906
4	1907

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted****Question ID:101014****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	"Hunch Back" is known as :
1	Cordosis
2	Scoliosis
3	Kyphosis
4	Psychosis

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C****Question ID:101015****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	What should be your first action in case of an electric shock?
1	Check the heart beat
2	Look for cold hands and cold feet
3	Ensure that contact with electric source is broken
4	Check for level of breathing

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C****Question ID:101016****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

**Question:**

	Which bone is affected in the dislocation of shoulder?
1	Ulna
2	Femur
3	Humerus
4	Humor

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B****Question ID:101017****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	An injury to muscle or tendon falls under which category?
1	Sinew
2	Strain
3	Sprain
4	Scratch

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A****Question ID:101018****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	Senior citizen fitness test has an item called Back stretch- item which measures.
1	Strength
2	Character
3	Flexibility
4	Stamina

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C****Question ID:101019****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

**Question:**

	Riklis and Jones Senior Citizen Test does not contain-
1	Arm-twist test
2	Six minute run test
3	Sit and reach test
4	Chair sit test

A 1

B 2

C 3

D 4

Answer Given By Candidate:C

**Question ID:101020****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	The direction of the acting frictional force in relation to the direction of a moving object is.
1	Similar
2	Opposite
3	Upwards
4	Downwards

A 1

B 2

C 3

D 4

Answer Given By Candidate:B

**Question ID:101021****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	Which word given below describes the movement towards midline of the body?
1	Adduction
2	Extinction
3	Extension
4	Affliction

A 1

B 2

C 3

D 4

Answer Given By Candidate:A

**Question ID:101022****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

**Question:**

	The trait theory was propounded by :
1	Skinner
2	Jung
3	Piaget
4	Watson

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B****Question ID:**101023**Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	Body structure of Mesomorphic person will be :
1	Obese
2	Thin
3	Muscular
4	Hollow

A 1

B 2

C 3

D 4

Answer Given By Candidate: **C****Question ID:**101024**Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	Big 5 theory of personality is also called.
1	Five traits of Personality
2	Five factor model theory
3	Motivational Model
4	Temperamental model

A 1

B 2

C 3

D 4

Answer Given By Candidate: **A****Question ID:**101025**Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA



**Question:**

	Which factor aspects personality?
1	Biological only
2	Environmental aspect only
3	School ambience
4	Both Biological and environmental aspects

A 1

B 2

C 3

D 4

Answer Given By Candidate:D

**Question ID:101026****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	Somato type classification of Personality was propounded by?
1	Skinner
2	Sheldon
3	Jung
4	Freud

A 1

B 2

C 3

D 4

Answer Given By Candidate:B

**Question ID:101027****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	<p>Arrange the following beginning from the outer to inner an a body</p> <p>A. Muscle B. Skin C. Bone D. Bone marrow</p> <p>Choose the correct answer from the options given below:</p>
1	(D), (C), (B), (A)
2	(C), (D), (B), (A)
3	(B), (A), (C), (D)
4	(A), (B), (C), (D)

A 1

B 2

C 3

D 4

Answer Given By Candidate:C

**Question ID:101028**

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

Question:

	<p>While dealing with sports injury, what is the correct sequential order?</p> <p>A. Compression B. Ice C. Rest D. Protection E. Elevation</p> <p>Choose the correct answer from the options given below:</p>
1	(E), (A), (B), (C), (D)
2	(D), (C), (B), (A), (E)
3	(C), (D), (B), (A), (E)
4	(B), (D), (C), (A), (E)

A 1

B 2

C 3

D 4

Answer Given By Candidate:B

Question ID:101029

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

Question:

	<p>While providing FIRST-Aid, arrange in correct sequential order.</p> <p>A. Obtain consent B. Use personal protective equipment (P.P.E.) C. Form an initial impression D. Call the ambulance E. Check the scene for safety</p> <p>Choose the correct answer from the options given below:</p>
1	(E), (C), (A), (B), (D)
2	(E), (C), (A), (D), (B)
3	(A), (B), (D), (E), (C)
4	(A), (B), (D), (C), (E)

A 1

B 2

C 3

D 4

Answer Given By Candidate:C

Question ID:101030

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

**Question:**

	<p>Choose the correct statements :</p> <p>A. Intensity is kept comparatively high during interval training.  B. Interval training is done with breaks of incomplete recovery.  C. Interval training is used for developing coordinative ability.  D. Interval training is for developing endurance.</p> <p>Choose the correct answer from the options given below:</p>
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

Answer Given By Candidate: **Not Attempted****Question ID:**101031**Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	<p>N.C.T.E. has recognised these courses for physical Education teachers. Choose the correct option.</p> <p>A. B.P.Ed  B. D.P.Ed  C. M.P.Ed  D. B.P.E.S.</p> <p>Choose the correct answer from the options given below:</p>
1	(B), (C) and (D) only
2	(A), (B) and (D) only
3	(A), (C) and (D) only
4	(A), (B) and (C) only

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted****Question ID:**101032**Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

**Question:**

	Identify the correct statements :
	A. Javelin throwers use magnesium powder to increase friction. B. Football players wear studs to increase friction. C. In Hockey grip tapes are used by the players. D. Weight lifters use magnesium powder to decrease friction.
	Choose the correct answer from the options given below:
1	(A), (C) and (D) only
2	(B), (C) and (D) only
3	(A), (B) and (C) only
4	(A), (B) and (D) only

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted****Question ID:**101033**Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	Choose the correct statements from the statements given below:
	A. Mass is a force, whereas weight is not a force. B. The more mass a body has, the greater is the attraction of Earth. C. The weight of a person is the measure of force with which the Earth pulls the body. D. Mass can be measured in Kg.
	Choose the correct answer from the options given below:
1	(B) and (C) only
2	(A) and (B) only
3	(B), (C) and (D) only
4	(A) and (C) only

A 1

B 2

C 3

D 4

Answer Given By Candidate: **Not Attempted****Question ID:**101034**Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

**Question:**

Match List - I with List - II. Match the types of sport given in List-I with the Proud Legacy of countries/region given in List-II:			
<b>LIST I</b>		<b>LIST II</b>	
<b>(Type of Sport)</b>		<b>(Countries/regions)</b>	
A.	Outdoor games	I.	China
B.	Gymnastics	II.	India
C.	Martial Art	III.	Rome
D.	Yoga	IV.	Europe
Choose the correct answer from the options given below:			
1	(A) - (IV), (B) - (II), (C) - (III), (D) - (I)		
2	(A) - (III), (B) - (IV), (C) - (II), (D) - (I)		
3	(A) - (IV), (B) - (III), (C) - (I), (D) - (II)		
4	(A) - (III), (B) - (I), (C) - (II), (D) - (IV)		

A 1

B 2

C 3

D 4

Answer Given By Candidate:C

**Question ID:**101035**Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

Match List I with List II Match the types of strength listed in List-I with their meaning/definition listed in List-II:			
<b>LIST I</b>		<b>LIST II</b>	
<b>(Type of Strength)</b>		<b>(Meaning/Definition)</b>	
A.	Endurance Strength	I.	Ability of a muscle to overcome maximum resistance in a single movement.
B.	Explosive Strength	II.	Ability to overcome resistance.
C.	Maximum Strength	III.	Ability to overcome resistance quickly
D.	Strength	IV.	Ability to overcome resistance under the condition of fatigue.
Choose the correct answer from the options given below:			
1	(A) - (II), (B) - (I), (C) - (IV), (D) - (III)		
2	(A) - (IV), (B) - (III), (C) - (II), (D) - (I)		
3	(A) - (IV), (B) - (III), (C) - (I), (D) - (II)		
4	(A) - (III), (B) - (IV), (C) - (II), (D) - (I)		

A 1

B 2

C 3

D 4



Answer Given By Candidate:C

Question ID:101036

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

Question:

Match List I with List II Match the descriptions listed in List-I with the events listed in List-II:			
LIST I (Description)		LIST II (Event)	
A.	"Within the walls"	I.	Extra-mural
B.	"Outside the boundary or walls"	II.	Knock-out
C.	A team continues to play matches until it is defeated	III.	Intramural
D.	A series of matches are played between all the teams to determine winners	IV.	League
Choose the correct answer from the options given below:			
1	(A) - (III), (B) - (I), (C) - (IV), (D) - (II)		
2	(A) - (III), (B) - (I), (C) - (II), (D) - (IV)		
3	(A) - (I), (B) - (III), (C) - (II), (D) - (IV)		
4	(A) - (I), (B) - (III), (C) - (IV), (D) - (II)		

A 1

B 2

C 3

D 4

Answer Given By Candidate:A

Question ID:101037

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

Question:

Match List I with List II Match the Vitamins Listed in List-I with the disease caused by it's deficiency.			
LIST I (Vitamin)		LIST II (Disease)	
A.	Vitamin A	I.	Scurvy
B.	Vitamin B1	II.	Rickets
C.	Vitamin C	III.	Night Blindness
D.	Vitamin D	IV.	Beri-Beri
Choose the correct answer from the options given below:			
1	(A) - (IV), (B) - (II), (C) - (III), (D) - (I)		
2	(A) - (III), (B) - (IV), (C) - (I), (D) - (II)		
3	(A) - (III), (B) - (IV), (C) - (II), (D) - (I)		
4	(A) - (IV), (B) - (I), (C) - (II), (D) - (III)		

- A 1  
B 2  
C 3  
D 4

Answer Given By Candidate: **B**

Question ID: **101038**

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

Question:

Match List I with List II Match these following injuries Listed in List-I with their Scientific names Listed in List-II.			
<b>LIST I</b>		<b>LIST II</b>	
<b>(Injuries)</b>		<b>(Scientific Names)</b>	
A.	Skin	I.	Strain
B.	Muscle	II.	Dislocation
C.	Joint	III.	Abrasion
D.	Bone	IV.	Fracture
Choose the correct answer from the options given below:			
1	(A) - (III), (B) - (II), (C) - (I), (D) - (IV)		
2	(A) - (I), (B) - (IV), (C) - (II), (D) - (III)		
3	(A) - (IV), (B) - (III), (C) - (I), (D) - (II)		
4	(A) - (III), (B) - (I), (C) - (II), (D) - (IV)		

- A 1  
B 2  
C 3  
D 4

Answer Given By Candidate: **D**

Question ID: **101039**

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

Question:

Match List I with List II Match the following Stages of Life Listed in List-I with the Age Groups Listed in List-II			
<b>LIST I</b>		<b>LIST II</b>	
<b>(Stages of Life)</b>		<b>(Age Groups in years)</b>	
A.	Infancy	I.	1-2
B.	Childhood	II.	18-64
C.	Toddler	III.	Less than a year
D.	Adulthood	IV.	5-7
Choose the correct answer from the options given below:			
1	(A) - (II), (B) - (I), (C) - (IV), (D) - (III)		
2	(A) - (III), (B) - (I), (C) - (IV), (D) - (II)		
3	(A) - (II), (B) - (I), (C) - (IV), (D) - (III)		
4	(A) - (III), (B) - (IV), (C) - (I), (D) - (II)		

- A 1  
B 2  
C 3

D 4

Answer Given By Candidate: D

Question ID: 101040

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

Question:

Match List I with List II Match the institutes Listed in List-I with the options Listed in List-II:			
LIST I		LIST II	
(Institutions)		(Options)	
A.	LNIPE	I.	Implements sports schemes of (MYAS) Ministry of Youth Affairs and Sports
B.	LCCPE	II.	Deemed University
C.	SAI	III.	International Olympic Organisation
D.	IOC	IV.	First college of Physical Education established by Central Government
Choose the correct answer from the options given below:			
1	(A) - (I), (B) - (III), (C) - (IV), (D) - (II)		
2	(A) - (I), (B) - (III), (C) - (II), (D) - (IV)		
3	(A) - (II), (B) - (IV), (C) - (III), (D) - (I)		
4	(A) - (II), (B) - (IV), (C) - (I), (D) - (III)		

A 1

B 2

C 3

D 4

Answer Given By Candidate: D

Question ID: 101041

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



**Question:**

	<p>Read the below mentioned paragraph carefully and answer questions from reference to this paragraph.</p> <p>An endomorphic somatotype, also known as viscerotropic type is characterised by the social temperament type. The psychological characteristic traits of this somatotype include being relaxed, peaceful, comfortable, affectionate, loving, tolerant and sociable. They are fun loving, good-humored, even-tempered people and they love food. The endomorph is physical round, with wide hips and narrow shoulders that give them a pear-shaped appearance because of extra fat on their body. Their physiological characteristics include being Pear-shaped Round, fat, and thick, wide hips and narrow shoulders, High fat percentage, and Under-developed muscles. Their psychological characteristics include being relaxed, tolerant, comfortable, sociable, humorous, fun-loving, and even-tempered.</p> <p>An ectomorph somatotype is also known as the cerebrotonic type. This personality type is characterised as an intelligent temperament. The psychological characteristic traits of this somatotype include intelligence, and emotional restraint. These people are introverts. Physically they are always skinny, thin with narrow shoulders and hips with little fat on their body. Their personality tends to be self conscious socially anxious quite reserved but artistic and thoughtful. They always keep to themselves and are afraid to branch out. Their physiological characteristics include being thin, under weight with narrow chest and abdomen narrow, shoulders and hips, less fat percentage and their psychological characteristics include being creative, artistic, and thoughtful.</p> <p>The mesomorph known as the somatogenic type is characterised by predominance of body over social and intellectual temperament. Physically they are well built with a muscular body with broad shoulders and a narrow waist. These individuals have very little fat on their body. Physiologically the mesomorphs are active, explore, combative dominant, adventurous and courageous. They are not afraid to break out and explore new things with new people. They are assertive and prefer vigorous activity and display a keen interest in physical activities. Their physiological characteristics include being muscular with a wedge-shaped body, broad shoulders, narrow hips, and less fat percentage. Their psychological characteristics include being Active, Combative, Dominant, and courageous.</p>
	<p>Pick out correct statements regarding Ectomorphs.</p> <p>A. Are comfortable, peaceful, and sensitive  B. Are active  C. Are creative  D. Are even tempered  E. Are under weight and thin</p> <p>Choose the correct answer from the options given below:</p>
1	(C) and (E) only
2	(C) and (B) only
3	(B) and (D) only
4	(A) only

A 1

B 2

C 3

D 4



Answer Given By Candidate: A

Question ID: 101042

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

Question:

Read the below mentioned paragraph carefully and answer questions from reference to this paragraph.

An endomorphic somatotype, also known as viscerotropic type is characterised by the social temperament type. The psychological characteristic traits of this somatotype include being relaxed, peaceful, comfortable, affectionate, loving, tolerant and sociable. They are fun loving, good-humored, even-tempered people and they love food. The endomorph is physical round, with wide hips and narrow shoulders that give them a pear-shaped appearance because of extra fat on their body. Their physiological characteristics include being Pear-shaped Round, fat, and thick, wide hips and narrow shoulders, High fat percentage, and Under-developed muscles. Their psychological characteristics include being relaxed, tolerant, comfortable, sociable, humorous, fun-loving, and even-tempered.

An ectomorph somatotype is also known as the cerebrotonic type. This personality type is characterised as an intelligent temperament. The psychological characteristic traits of this somatotype include intelligence, and emotional restraint. These people are introverts. Physically they are always skinny, thin with narrow shoulders and hips with little fat on their body. Their personality tends to be self conscious socially anxious quite reserved but artistic and thoughtful. They always keep to themselves and are afraid to branch out. Their physiological characteristics include being thin, under weight with narrow chest and abdomen narrow, shoulders and hips, less fat percentage and their psychological characteristics include being creative, artistic, and thoughtful.

The mesomorph known as the somatogenic type is characterised by predominance of body over social and intellectual temperament. Physically they are well built with a muscular body with broad shoulders and a narrow waist. These individuals have very little fat on their body. Physiologically the mesomorphs are active, explore, combative dominant, adventurous and courageous. They are not afraid to break out and explore new things with new people. They are assertive and prefer vigorous activity and display a keen interest in physical activities. Their physiological characteristics include being muscular with a wedge-shaped body, broad shoulders, narrow hips, and less fat percentage. Their psychological characteristics include being Active, Combative, Dominant, and courageous.

Match the farms listed in List-I with characteristics meaning listed in List-II :

LIST I		LIST II	
(Terms)		(Characteristics/Meaning)	
A.	Endomorph	I.	Body Type
B.	Ectomorph	II.	Pear-shaped body
C.	Mesomorph	III.	Underweight
D.	Somatotype	IV.	Wedge-shaped body

Choose the correct answer from the options given below:

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



- A 1  
B 2  
C 3  
D 4

Answer Given By Candidate: **B**

Question ID: **101043**

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

Question:

	<p>Read the below mentioned paragraph carefully and answer questions from reference to this paragraph.</p> <p>An endomorphic somatotype, also known as viscerotropic type is characterised by the social temperament type. The psychological characteristic traits of this somatotype include being relaxed, peaceful, comfortable, affectionate, loving, tolerant and sociable. They are fun loving, good-humored, even-tempered people and they love food. The endomorph is physical round, with wide hips and narrow shoulders that give them a pear-shaped appearance because of extra fat on their body. Their physiological characteristics include being Pear-shaped Round, fat, and thick, wide hips and narrow shoulders, High fat percentage, and Under-developed muscles. Their psychological characteristics include being relaxed, tolerant, comfortable, sociable, humorous, fun-loving, and even-tempered.</p> <p>An ectomorph somatotype is also known as the cerebrotonic type. This personality type is characterised as an intelligent temperament. The psychological characteristic traits of this somatotype include intelligence, and emotional restraint. These people are introverts. Physically they are always skinny, thin with narrow shoulders and hips with little fat on their body. Their personality tends to be self conscious socially anxious quite reserved but artistic and thoughtful. They always keep to themselves and are afraid to branch out. Their physiological characteristics include being thin, under weight with narrow chest and abdomen narrow, shoulders and hips, less fat percentage and their psychological characteristics include being creative, artistic, and thoughtful.</p> <p>The mesomorph known as the somatogenic type is characterised by predominance of body over social and intellectual temperament. Physically they are well built with a muscular body with broad shoulders and a narrow waist. These individuals have very little fat on their body. Physiologically the mesomorphs are active, explore, combative dominant, adventurous and courageous. They are not afraid to break out and explore new things with new people. They are assertive and prefer vigorous activity and display a keen interest in physical activities. Their physiological characteristics include being muscular with a wedge-shaped body, broad shoulders, narrow hips, and less fat percentage. Their psychological characteristics include being Active, Combative, Dominant, and courageous.</p>
	Who classified people according to Body Types?
1	Watson
2	Baron
3	Sheldon
4	Carl Jung

- A 1  
B 2  
C 3



D 4

Answer Given By Candidate:C

Question ID:101044

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

Question:

	<p>Read the below mentioned paragraph carefully and answer questions from reference to this paragraph.</p> <p>An endomorphic somatotype, also known as viscerotropic type is characterised by the social temperament type. The psychological characteristic traits of this somatotype include being relaxed, peaceful, comfortable, affectionate, loving, tolerant and sociable. They are fun loving, good-humored, even-tempered people and they love food. The endomorph is physical round, with wide hips and narrow shoulders that give them a pear-shaped appearance because of extra fat on their body. Their physiological characteristics include being Pear-shaped Round, fat, and thick, wide hips and narrow shoulders, High fat percentage, and Under-developed muscles. Their psychological characteristics include being relaxed, tolerant, comfortable, sociable, humorous, fun-loving, and even-tempered.</p> <p>An ectomorph somatotype is also known as the cerebrotonic type. This personality type is characterised as an intelligent temperament. The psychological characteristic traits of this somatotype include intelligence, and emotional restraint. These people are introverts. Physically they are always skinny, thin with narrow shoulders and hips with little fat on their body. Their personality tends to be self conscious socially anxious quite reserved but artistic and thoughtful. They always keep to themselves and are afraid to branch out. Their physiological characteristics include being thin, under weight with narrow chest and abdomen narrow, shoulders and hips, less fat percentage and their psychological characteristics include being creative, artistic, and thoughtful.</p> <p>The mesomorph known as the somatogenic type is characterised by predominance of body over social and intellectual temperament. Physically they are well built with a muscular body with broad shoulders and a narrow waist. These individuals have very little fat on their body. Physiologically the mesomorphs are active, explore, combative dominant, adventurous and courageous. They are not afraid to break out and explore new things with new people. They are assertive and prefer vigorous activity and display a keen interest in physical activities. Their physiological characteristics include being muscular with a wedge-shaped body, broad shoulders, narrow hips, and less fat percentage. Their psychological characteristics include being Active, Combative, Dominant, and courageous.</p>
	Endomorph does not have
1	Big hips
2	Totterant and comfortable
3	Humorous and fun loving
4	Broad shoulders

A 1

B 2

C 3

D 4

Answer Given By Candidate:D



Question ID:101045

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

Question:

	<p>Read the below mentioned paragraph carefully and answer questions from reference to this paragraph.</p> <p>An endomorphic somatotype, also known as viscerotropic type is characterised by the social temperament type. The psychological characteristic traits of this somatotype include being relaxed, peaceful, comfortable, affectionate, loving, tolerant and sociable. They are fun loving, good-humored, even-tempered people and they love food. The endomorph is physical round, with wide hips and narrow shoulders that give them a pear-shaped appearance because of extra fat on their body. Their physiological characteristics include being Pear-shaped Round, fat, and thick, wide hips and narrow shoulders, High fat percentage, and Under-developed muscles. Their psychological characteristics include being relaxed, tolerant, comfortable, sociable, humorous, fun-loving, and even-tempered.</p> <p>An ectomorph somatotype is also known as the cerebrotonic type. This personality type is characterised as an intelligent temperament. The psychological characteristic traits of this somatotype include intelligence, and emotional restraint. These people are introverts. Physically they are always skinny, thin with narrow shoulders and hips with little fat on their body. Their personality tends to be self conscious socially anxious quite reserved but artistic and thoughtful. They always keep to themselves and are afraid to branch out. Their physiological characteristics include being thin, under weight with narrow chest and abdomen narrow, shoulders and hips, less fat percentage and their psychological characteristics include being creative, artistic, and thoughtful.</p> <p>The mesomorph known as the somatogenic type is characterised by predominance of body over social and intellectual temperament. Physically they are well built with a muscular body with broad shoulders and a narrow waist. These individuals have very little fat on their body. Physiologically the mesomorphs are active, explore, combative dominant, adventurous and courageous. They are not afraid to break out and explore new things with new people. They are assertive and prefer vigorous activity and display a keen interest in physical activities. Their physiological characteristics include being muscular with a wedge-shaped body, broad shoulders, narrow hips, and less fat percentage. Their psychological characteristics include being Active, Combative, Dominant, and courageous.</p>
	Which one of the following has a muscular body with broad shoulders and narrow waist?
1	Somatotype body
2	Mesomorph
3	Ectomorph
4	Endomorph

A 1

B 2

C 3

D 4

Answer Given By Candidate: B

Question ID:101046

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

**Question:**

	<p>Read the below mentioned passage carefully and answer question.</p> <p>The senior citizen's fitness test (SFT) was developed by Riklis and Jones for older people aged between 60 to 90 years. The purpose of the test was to evaluate functional ability and monitor the physical fitness status of older people and to identify problems and work on the weakness. This test should not be practiced by those who have any medical conditions like chest pain, dizziness, high blood pressure, heart problems etc. This test is economical and easy to administer. The test includes the following items :</p> <p>A. Chair Stand Test B. Arm Cork Test C. Chair Sit and Reach Test D. Back Scratch Test E. Eight Foot Up and Go Test F. Six Minute Walk Test</p> <p>What is the age criteria for conducting Senior citizen test?</p>
1	60 to 98 years
2	60 to 94 years
3	60 to 97 years
4	60 to 99 years

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B****Question ID:101047****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	<p>Read the below mentioned passage carefully and answer question.</p> <p>The senior citizen's fitness test (SFT) was developed by Riklis and Jones for older people aged between 60 to 90 years. The purpose of the test was to evaluate functional ability and monitor the physical fitness status of older people and to identify problems and work on the weakness. This test should not be practiced by those who have any medical conditions like chest pain, dizziness, high blood pressure, heart problems etc. This test is economical and easy to administer. The test includes the following items :</p> <p>A. Chair Stand Test B. Arm Cork Test C. Chair Sit and Reach Test D. Back Scratch Test E. Eight Foot Up and Go Test F. Six Minute Walk Test</p> <p>Which of the following test evaluates lower body strength?</p>
1	Chair sit and reach test
2	Chair stand test
3	Arm curl test
4	Eight foot up and go test

A 1

B 2

C 3

D 4

Answer Given By Candidate: **B****Question ID:101048****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

**Question:**

	<p>Read the below mentioned passage carefully and answer question.</p> <p>The senior citizen's fitness test (SFT) was developed by Riklis and Jones for older people aged between 60 to 90 years. The purpose of the test was to evaluate functional ability and monitor the physical fitness status of older people and to identify problems and work on the weakness. This test should not be practiced by those who have any medical conditions like chest pain, dizziness, high blood pressure, heart problems etc. This test is economical and easy to administer. The test includes the following items :</p> <p>A. Chair Stand Test B. Arm Cork Test C. Chair Sit and Reach Test D. Back Scratch Test E. Eight Foot Up and Go Test F. Six Minute Walk Test</p>
	What is the purpose of the senior citizens fitness test?
1	For recreation
2	To test high blood pressure only
3	To test functional ability
4	To spend quality time

A 1

B 2

C 3

D 4

Answer Given By Candidate: C

**Question ID:101049****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA**Question:**

	<p>Read the below mentioned passage carefully and answer question.</p> <p>The senior citizen's fitness test (SFT) was developed by Riklis and Jones for older people aged between 60 to 90 years. The purpose of the test was to evaluate functional ability and monitor the physical fitness status of older people and to identify problems and work on the weakness. This test should not be practiced by those who have any medical conditions like chest pain, dizziness, high blood pressure, heart problems etc. This test is economical and easy to administer. The test includes the following items :</p> <p>A. Chair Stand Test B. Arm Cork Test C. Chair Sit and Reach Test D. Back Scratch Test E. Eight Foot Up and Go Test F. Six Minute Walk Test</p>
	In which of the following condition a person should not practice senior citizen test?
1	Age between 60 to 4 years
2	Chest pain
3	Physically fit
4	Unhealthy diet

A 1

B 2

C 3

D 4

Answer Given By Candidate: B

**Question ID:101050****Section Name:**PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA



**Question:**

	<p>Read the below mentioned passage carefully and answer question.</p> <p>The senior citizen's fitness test (SFT) was developed by Riklis and Jones for older people aged between 60 to 90 years. The purpose of the test was to evaluate functional ability and monitor the physical fitness status of older people and to identify problems and work on the weakness. This test should not be practiced by those who have any medical conditions like chest pain, dizziness, high blood pressure, heart problems etc. This test is economical and easy to administer. The test includes the following items :</p> <p>A. Chair Stand Test B. Arm Cork Test C. Chair Sit and Reach Test D. Back Scratch Test E. Eight Foot Up and Go Test F. Six Minute Walk Test</p> <p>Which of the following statements are correct?</p> <p>A. Six minute walk test measures heart issues B. Six minute walk measures movement C. Back scratch test measures upper body flexibility D. Back scratch test measures upper body strength E. Eight foot up and go test measures agility</p> <p>Choose the correct answer from the options given below :</p>
1	(A), (B), (C) only
2	(B) & (D) only
3	(C) & (E) only
4	(A), (D) & (B) only

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