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## PHYSICAL EDUCATION

### CUET 2023

## PREVIOUS YEAR QUESTION PAPER

SOCIAL MEDIA



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## CUET 2023 - PHYSICAL EDUCATION

- A vehicle whose cost is ₹7,00,000 will depreciate to a scrap value of ₹1,50,000 in 5 years. Using linear method of depreciation, the book value of the vehicle at the end of third year is:
  - 1,10,000
  - 3,70,000
  - 2,70,000
  - 2,50,000
- Identify the odd one out from the below listed sports because of its special character.
  - Football
  - Basketball
  - Cricket
  - Handball
- Identify the civilisation out of the following with regards to the development of Pan-Hellenic Festival
  - Chinese
  - Roman
  - Greek
  - Indus
- Identify the odd one out from the below listed sports because of its special characters?
  - Canoeing
  - Rowing
  - Equestrian
  - Kayaking
- Which amongst the following is not a correct characteristic of a circuit training?
  - Exercises are usually performed with medium resistance
  - Exercises are usually performed with medium weight
  - Frequency of repetitions vary as per the need of the programme
  - Frequency of repetitions remain same on each station to get better results
- Which of the following training methods was designed by Anderson and Morgan?
  - Continuous
  - Circuit
  - Repetition
  - Fartlek
- Identify the odd outcome with specific reference to weight training.
  - Develops strength
  - Improves posture
  - Improves agility
  - Develops strength and endurance
- In which type of training an athlete changes his speed at his own accord during the activity because of changes in terrain and feelings?
  - Interval Training
  - Continuous Training
  - Fartlek Training
  - Repetition Training
- Which of the following is not an objective of Intramural?
  - All round development of children
  - Provide opportunities for choosing a career in sports
  - To help children to develop their personality

4. Provide first opportunity to a compete in a controlled environment
10. Calculate and determine the number of byes if 19 teams are participating in a knock-out tournament?
1. 12
  2. 15
  3. 13
  4. 11
11. Seeding is decided on the basis of \_\_\_\_\_ which of the following reasons?
1. Random lottery system
  2. Current performance
  3. Last year's performance
  4. Assumptions
12. Which of the following formulas can be used to determine the number of matches in a single league tournament if an even number of teams are participating?
1.  $\frac{n(n-1)}{2}$
  2.  $\frac{n+1}{2}$
  3.  $\frac{n(n+1)}{2}$
  4.  $\frac{n-1}{2}$
13. Children between the age group of 5 to 12 should sleep between \_\_\_\_\_ to \_\_\_\_\_ hours per day to function at their best
1. 8 to 10
  2. 10 to 11
  3. 9 to 10
  4. 10 to 12
14. Which of the following options is false with specific reference to alcohol.
1. Stimulant
  2. Acidic in effect
  3. Noxious in smell
  4. Bitter in taste
15. Alcohol appears in the bloodstream within five minutes after ingestion and reaches peak concentration \_\_\_\_\_ level in \_\_\_\_\_ to \_\_\_\_\_ minutes creating a variety of dangerous effects.
1. 20 to 30
  2. 10 to 20
  3. 30 to 60
  4. 60 to 90
16. Which of the following is not an item of Barrow's Motor Ability Test?
1. Zig Zag Run
  2. Medicine Ball Put
  3. Standing Broad Jump
  4. Partial Curl Up
17. The correct formula to compute Fitness Index is:
1.  $\frac{\text{Duration of Exercise (is,Sec)} \times 100}{2x \text{ pulse count from } 1\frac{1}{2} \text{ minute to } 2 \text{ minutes after exercise}}$
  2.  $\frac{\text{Duration of Exercise (is,Sec)} \times 100}{2.3 \times \text{pulse after test}}$
  3.  $\frac{\text{Duration of Exercise (is,Sec)} \times 100}{5.5 \times \text{pulse count from } 1 \text{ to } \frac{1}{2} \text{ minute after exercise}}$
  4.  $\frac{\text{Duration of Exercise (is,Sec)} \times 100}{2.5x \text{ pulse count from } 1 \text{ seconds to } 1\frac{1}{2} \text{ seconds after exercise}}$
18. Sit and Reach Test measures \_\_\_\_\_ of an individual.
1. Endurance
  2. Flexibility
  3. Strength
  4. Speed

19. Newton's first Law of Motion is also known as

1. Law of Reaction
2. Law of Momentum
3. Law of Effect
4. Law of Inertia

20. \_\_\_\_\_ is a movement that occurs in Sagittal Plane

1. Abduction
2. Extension
3. Rotation
4. Adduction.

21. Flexion of the \_\_\_\_\_ joint decreases the angle between the Tibia and Femur

1. Knee
2. Hip
3. Elbow
4. Ankle

22. Identify the sport in which friction plays least important role amongst the below mentioned options:

1. Football
2. Car Racing
3. Skating
4. Hockey

23. \_\_\_\_\_ classified body types into three categories called somatotypes.

1. Allport
2. Jung
3. Sheldon
4. Skinner

24. \_\_\_\_\_ are rounded and soft, are said to have tendency towards 'viscerotonic' personality,

1. Endocarps
2. Mesomorphs
3. Ectomorphs
4. Somatonic

25. Which of the following does not fall in the category of personality trait?

1. Fatigue
2. Hesitant
3. Dominant
4. Apprehensive

26. Allport in which year defined personality as "The dynamic organisation within the individual of those psychological systems that determines his unique adjustment to his environment."?

1. 1961
2. 1951
3. 1941
4. 1959

27. Arrange the following stretching exercises in a sequential order from Head to Toe

- A. Trapezius Stretch
- B. Gastrocnemius Stretch
- C. Latissimus Dorsi Stretch
- D. Lumbar Rotation Stretch
- E. Quadriceps Stretch

Choose the correct answer from the options given below.

1. C,A,D,E,B
2. A,C,D,E,B
3. C,A,B,E, D
4. A,C,B,E,D

28. Arrange the following teaching career options in a sequential order from lowest to highest.



- A. Asso. Prof.
- B. P. R.T.
- C. T.G.T.
- D. Asst. Prof
- E. PO.T.

Choose the correct answer from the options given below:

- 1. C. B. E. A. D
- 2. B. C, E, D, A
- 3. C. B. E. D. A
- 4. B. C. E. A. D

29. Arrange the following Sports Federations as per their year of establishment in a sequential order from oldest to latest.

- A. Basketball Federation of India
- B. Indian Amateur Boxing Federation
- C. Athletic Federation of India
- D. Board of Control for Cricket in India
- E. Volleyball Federation of India

Choose the correct answer from the options given below:

- L. D. C. B. A. E
- 2. D. B. C. A. E
- 3. B. D. C. A. E
- 4. B. D. E. A. C

30. Arrange the following communicable diseases as per their incubation period, in a sequential order from lowest to highest.

- A. Cholera
- B. Rubella
- C. Influenza
- D. Measles

Choose the correct answer from the options given below:

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

31. Arrange the following scorings of 30 sec Chair Stand Test in a sequential order from highest to lowest

- A. 12 Half stands
- B. 6 Full stands
- C. 6 Full stands and I Half stand (when time is over)
- D. 4 Full stands and 4 Half stands

Choose the correct answer from the options given below.

- I. A,D,C,B
- 2. A,B,C,D
- 3. A,C,B,D
- 4. C,B, D,A

32. How many byes will be given in upper half and lower half if there are 19 teams participating in single knockout tournament

- A. 6 byes in upper half
- B. 8 byes in lower half
- C. 7 byes in upper half
- D. 8 byes in lower half
- E. 7 byes in lower half

Choose the correct answer from the options given below:

- I. A and B only
- 2. B and C only
- 3. A and E only

4. A and D only

33. Which amongst the following test items measure the strength and endurance of a person?

- A. 600 M Run
- B. Partial Curl-Ups
- C. Push-Ups
- D. Standing Board Jump                      E. Shuttle Run

Choose the correct answer from the options given below:

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

34. Which of the following statements are true with specific reference to the principles related to Law of Reciprocal Action Force?

- A. Counter force is equal to the applied force when a stable surface is used.
- B. Twisting movements are based on transfer of momentum from part to whole.
- C. Rate of rotation is increased as the radius of rotation is decreased.
- D. Counterforce is most effective, when it is perpendicular to the supporting surface.
- E. Less stable the surface is. lesser will be the counter force.

Choose the correct answer from the options given below

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

35. Which of the below-mentioned statements are true?

A. Guildford defined personality as an individual's unique pattern of traits.

B. Jung defined personality as a stable pattern of behaviour.

C. Sheldon offered a topology of personality based on three body types.

D. Baron said personality is what permits a prediction of what a person will do in a given situation. E. Allport referred to personality as the dynamic organisation within the person of those psychological systems that determine his unique adjustment to his environment.

Choose the correct answer from the options given below

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

36. Disability is understood as a condition that produces long term impairment that affects activities of daily living, but many times disability may be \_\_\_\_\_

- A. Invisible
- B. Temporary
- C. Congenital
- D. Gender oriented
- E. Economical

Choose the correct answer from the options given below:

- 1. B. C and D only
- 2. A. B and C only
- 3. A and C only
- 4. B and D only

37. Match the year of establishment listed in List I with the Sports Federation listed in List II

	<b>LIST I</b>		<b>LIST II</b>
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	Year of Establishment		Federation
A	1951	I	Kabaddi Federation of India
B	1926	II	Board of Control for Cricket in India
C	1928	III	Volleyball Federation of India
D	1950	IV	Table Tennis Federation of India

Choose the correct answer from the options given below:

1. A-III B-IV, C-II, D-L
2. A-I, B-II, C-III, D-IV
3. A-II, B-III, C-IV, D-I
4. A-1, B-III, C-IV, D-II

38. Match the number of byes listed in List I with the formulae listed in List II

	LIST I Statement		LIST II Formula
A	Number of Byes in Upper Half I	I	$\frac{N+1}{2}$
B	Number of Byes in Lower Half II	II	$\frac{NB+1}{2}$
C	Number of Teams in Upper Half III.	III	$\frac{N-1}{2}$
D	Number of Teams in Lower Half IV	IV	$\frac{NB-1}{2}$

Note: Wherein N stands for total number of teams and NB stands for total number of byes

Choose the correct 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-IV, B-II, C-L, D-III

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

39. Match the terms listed in List I with the most suited statement listed in List II

	LIST I Terms		LIST II Statement
A	Disease	I	From county to country
B	Communicable	II	Occurs in a community
C	Epidemic	III	Infectious
D	Pandemic	IV	Without ease

Choose the correct answer from the options given below:

1. A-IV, B-III, C-L, D-II
2. A-I, B-II, C-III, D-IV
3. A-IV, B-III, C-II, D-I
4. A-II, B-IV, C-I, D-III

40. Match the tests ten listed in List I with the test items listed in List II

	LIST I Tests Term		LIST II Test Items
A	Motor Fitness Test	I	Chair Stand Test
B	Rikli and Jones Test	II	Harvard Step Test
C	General Motor Ability Test	III	500 meters Run Walk
D	Aerobic Fitness	IV	Zig Zag Run

Choose the correct answer from the options given below:

1. A-III, B-I, C-IV, D-II
2. A-III, B-II, C-IV, D-I
3. A-II, B-III, C-I, D-IV



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

41. Match the sports listed in List I with the ways by which friction can be increased listed in List II

	LIST I Sport Event		LIST II Ways to Increase Friction
A	Athletics (Track Events)	I	Studs
B	Gymnastics	II	Grip Tapes
C	Hockey	III	Mamein Powder
D	Soccer	IV	Shoes with spikes

Choose the correct answer from the options given below:

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

**Read the passage carefully and answer the question strictly as per the content,**

When Virender Sehwag turned up at the Vilas Puri Cricket Coaching Centre as a young lad. Coach A.N Sharma did not let him bat in the nets for six months. The idea was to test the boy's patience and find out if he was serious about taking up the sport. As the days went by. Shanna was convinced that Sehwag meant business

"Dilli mein kehte hain uacha khiladi (you call someone special when he is one). What I realised after watching him bat was simple: he was cut out for big time cricket." Sharma told DNA on Monday. A couple of decades later. Sharma is a satisfied man. His prodigy amassed more than 8.000 runs in both forms of the game. "As far as I am concerned, I am more than satisfied with what he has done. Nobody has played like that." said Sharma. "Sehwag always had the ability and he always played the game like what you all have seen on television. I never altered his style of play, never made anybody follow that typical cricket manual. I

prefer to see a player play his natural game. Yes, there were minor corrections that I made here and there. The rest was Sehwag and his natural ability," he added Shanna gave an example of Sehwag's hunger for runs and his skill to score them quickly. "In Delhi, we play a lot of cricket in the summer because our winters are cold and foggy. We had a good side. To make it tough for us, the organisers would give us two matches a day. One at 6.30 am and the other at 2 pm. We had to finish the first match by noon, so I would tell Viru to finish the game fast and come to the next ground for our second game. He would do as instructed. Such was his hunger." said Sharma..

The coach is, however, unhappy with the BCCI for not giving his boy a proper farewell. "It is just like using him. He deserved better treatment and credit to sign off from the game," said an emotional Sharma.

42. AN Sharma preferred to see a player playing his

1. Technical Game
2. Tactical Game
3. Natural Game
4. Artificially crafted Game

43. Why does the coach seem to be unhappy with BCCI?

1. Because V. Sehwag was given lesser chances
2. Because V. Sehwag made lesser runs
3. Because V. Sehwag was undisciplined
4. Because V. Sehwag never got a proper farewell

44. AN. Sharma did not let Virender Sehwag bat in the nets for six months to test his

1. Anger in sport
2. Seriousness about the sport
3. Anxiety in sport
4. Pressure in sport

45. If the Coach told Viru to finish the game by 12 noon, how many minutes would he take to finish the game?

- 1. 180 minutes
- 2. 260 minutes
- 3. 330 minutes
- 4. 420 minutes

46. Coach never tried altering his

- 1. psychology
- 2. style of play
- 3. batting order
- 4. life style

**Read the passage carefully and answer the question strictly as per the passage's content.**

Varicocele may be defined as diffuse dilation of the pampiniform plexus (the venous drainage of the scrotum) Generally, the venous drainage of the scrotum begins with multiple scrotal veins that coalesce with the plexus. This drainage ascends along the cord structure and ultimately forms a single testicular vein, draining on the right into the vena cava and on the left into the left renal vein. Although the main symptom of admission is dilated veins observed in the scrotum, patients with especially high-grade varicocele suffer from chronic groin pain. This may limit physical performance.

The etiology remains unclear. Most theories have as a common thread an increased venous back pressure with subsequent venous varicosity. These theories are based on insufficient venous valves, anatomic angle of venous drainage, external compression of the drainage system and backflow of metabolites from left adrenal vein onto the subjacent testis. Although varicocele can appear at any pediatric age, the incidence peaks near mid-puberty and catches the incidence of the adult population. Overall, varicocele are estimated to occur in 15% of the adolescent population. They are almost all left-sided and rarely bilateral. Right-sided varicocele has been reported with situs inversus, adding to the emphasis on anatomic etiology. Most adolescents who have varicocele are asymptomatic and discovered on routine examination. There may be some mild discomfort Although the mechanism is unclear, there is general agreement that larger varicoceles are more likely to result in testicular injury than smaller ones, and that this injury

appears to be a function of increasing time. Most cases of childhood varicocele require no treatment, but because of the gross appearance of varicocele. Parents need to be well counseled. Generally a larger scrotum than normal is observed during physical examination when the boy stands upright. Palpation of the serotom is like feeling "a bag of worms". The mass of veins often disappears when the child lies down. Adolescents who have pain, large varicoceles, or loss of ipsilateral testicular volume over time should undergo surgical therapy, Prior surgical therapies focusing on mass ligation of the internal spermatic vessels have had good results, but a significant incidence of postoperative hydrocele is reported.

47. Adolescents who have loss of ipsilateral testicular volume over time should undergo-

- 1. Massage Therapy      2. Cryotherapy
- 3. Hydrotherapy        4. Surgical Therapy

48. The venous drainage of the scrotum ultimately forms.

- 1. A single testicular vein
- 2. A single testicular artery
- 3. A single anatomic angle
- 4. A single anatomic etiology

49. Varicocele patients of which grade suffer from chronic groin pain?

- 1. Middle Grade        2. Moderate Grade
- 3. Low Grade         4. High Grade

50. Why do parents need to be well counseled in the case of childhood varicocele?

- 1. Due to large size of varicocele
- 2. Due to age related dangers of varicocele
- 3. Due to gross appearance of varicocele
- 4. Due to prior surgical therapies.

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