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1. Which of these personality traits were proposed by modern trait theorist Gordon Allport in 1936?

(A) Central traits
(B) Primary traits
(C) Cardinal traits
(D) Approach traits
(E) Secondary traits

Choose the correct answer from the options given below:

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

2. Arrange the following procedural steps to conduct Harvard Step Test in a sequential order from last:

(A) Start at command Go
(B) Stepping up and down in a four count sequence on the bench
(C) Measure heart beat from one to one and a half minutes
(D) Compute fitness index score
(E) Sit down after completion of exercise

Choose the correct answer from the options given below:

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

3. Which of the following postural deformities are related to spine?

(A) Pes Planus
(B) Kyphosis
(C) Genu Valgum
(D) Lordosis
(E) Genu Varum

Choose the correct answer from the options given below:

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

4. Match the types/steps involved in organising a tournament listed in List-II.

List-I (Types/Steps involved in organising a tournament)	List-II (Associations)
(A) Bye	(I) $\frac{\text{Number of teams} + 1}{2}$
(B) Knock-out	(II) Next highest power of 2 - number of teams
(C) Number of byes	(III) Team once defeated is out of tournament
(D) Number of teams in upper half of a knock-out tournament when number of teams are odd	(IV) Advantage given to team in which team will not play first round and directly reaches next round

Choose the correct answer from the options given below:

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

Read the passage carefully and answer the next five questions strictly as per the passage:

Women's sports, both amateur and professional, have existed throughout the world for centuries in all varieties of sports. There is a rich record of sports participation of women in India. In the days of Mahabharata, Shakuntala, Madhuri, Kunti all chose physical activities as recreation. As time passed, Indian women were deprived of participation in sports for a number of reasons, despite having the potential and talent. They were put on the back seat, and were not allowed to participate in sports. However, female participation and popularity in sports increased dramatically in the last quarter of the 20th century, reflecting changes that emphasize gender parity. Although the level of participation and performance can still be improved, women's participation in sports is generally accepted and promoted today. Although women have shown a



dramatic rise in sports participation, there is still a large disparity in participation rates between women and men. These disparities continue to hinder equality in sports. Many institutions and programs still remain conservative and do not contribute to gender equality in sports. Some research in the physical domain lists constraints like heavy limbs, pear-shaped body structure and postural deformities like flat foot, knock knees etc., and physiological constraints including low level of RBCs, smaller heart and lung, high fat percentage, menstrual disorders etc. as reasons for women's non-participation in sports. There are certain psychological constraints like low self-confidence and self-esteem, higher levels of stress and anxiety and social causes like lack of support or positive reinforcement from the family and the male dominated social structure that affect women's participation in sports. Religious and economic factors also play a negative role that affect women's participation in sports.

5. When did the dramatic rise of female sports participation occur?
 - (1) First quarter of 21st century
 - (2) Last quarter of 20th century
 - (3) Last decade of 18th century
 - (4) Beginning of 17th century
6. Which of the following is not a psychological constraint for women's participation in sports?
 - (1) Self-confidence
 - (2) Positive Reinforcement
 - (3) Stress and Anxiety
 - (4) Self-Esteem
7. What may be the hindrance of equality in sports among women and men ?
 - (1) Increase of popularity of women in sports
 - (2) Increase of women sports officials
 - (3) Institutions and programmes are conservative
 - (4) Promotion of women's participation in India
8. Which of the following is a physiological reason for women's non-participation in sports?
 - (1) Pear-shaped body
 - (2) Heavy limbs
 - (3) Smaller hearts and lungs
 - (4) Oblique femur bone

9. What kind of record does India have in participation of women in sports?

- (1) Below average
- (2) Heavy limbs
- (3) Low
- (4) Intermediate

Read the passage carefully and answer the next five questions strictly as per the passage:

In the beginning of the annual academic planning for the school, a physical education committee meeting was held which included the school principal, teachers and students, alumni and parents. The agenda of discussion was to plan for a comprehensive program-for-physical education and sports for all age groups and prepare a schedule of events along with recommendations for various subcommittees to conduct sports events. The team released the schedule of the events to be conducted in the current academic year As per the interest and capabilities of students and teachers, various subcommittees were recommended. The sub-committee consisting of house-teaches and students provided feedback about concerns regarding draws and fixtures in intramural school tournament where the best teams competed against each other the initial round itself. The students also felt that sometimes the teams were not cohesive and did display sportsman-like behavior on or off the field. They felt such situations were unseemly and could be avoided through a systematic process. There was also a need to increase the coordination among committees with more defined roles and responsibilities of each member. To provide exposure to potential athletes and for talent development, a proposal was put forward for hosting a state-le inter-school competition at the school. To this end, the committees would need human resources, technical support and financial assistance. A new feature to the annual physical education programme, was conducting a mass run for crowdfunding.

10. What kind of proposal was forwarded by the committees in order to provide exposure to potential athletes?
 - (1) Hosting state-level inter-school competition at school
 - (2) Hosting annual day
 - (3) Hosting intramural
 - (4) Hosting cultural programme in school



11. In what manner is the situation of unsportsman-like behaviour can be avoided?
 - (1) Guidelines
 - (2) Systematic behaviour
 - (3) Systematic process
 - (4) Instruction
12. On what basis were the various sub-committees recommended?
 - (1) Economic status.
 - (2) Interest and capabilities
 - (3) Seniority
 - (4) Potential
13. What was the agenda of discussion in the physical education committee meeting?
 - (1) To organise annual day
 - (2) To plan a comprehensive program
 - (3) Finalized guidelines for sports meet
 - (4) To promote extramural activity
14. In which meeting were the school principal, teachers and alumni included?
 - (1) Physical education committee
 - (2) Academic planning
 - (3) Intramural
 - (4) Extramural
15. Which Motor Fitness component can be developed by working out with sufficient speed for a dura take heart rate up to 180 bpm and take a short break before starting the workout again?
 - (1) Speed
 - (2) Strength
 - (3) Endurance
 - (4) Agility
16. Identify the incorrect statement listed below about sports training:
 - (1) Based on scientific principles
 - (2) Helps in improving higher performance
 - (3) Aims to provide multi sports experience Aims
 - (4) Aims to identify individual's best potential
17. Motto of which of the following games includes the words 'Faster, Higher, Stronger, Together' ?
 - (1) Asian Games
 - (2) Commonwealth Games
 - (3) Olympic Games
 - (4) South Asian Games
18. Which of the following Physical Education/Sports institution was established in 1920 ?
 - (1) S.A.I.
 - (2) I.O.A
 - (3) N.S.N.I.S., Patiala
 - (4) Y.M.C.A. (Chennai)
19. Roland Garros is related to which of the following tournaments?
 - (1) Wimbledon
 - (2) Australian Open
 - (3) U.S. Open
 - (4) French Open
20. How many Byes will be given if 19 teams are participating in a Knock-Out Tournament ?
 - (1) 11
 - (2) 13
 - (3) 15
 - (4) 17
21. Which of the following is not a stimulant?
 - (1) Amphetamines
 - (2) Cocaine
 - (3) Diamorphine
 - (4) Caffeine
22. _____ fracture occurs when there is a straight break right across the bone.
 - (1) Greenstick
 - (2) Strain
 - (3) Transverse
 - (4) Comminuted
23. Friction works in _____ direction of the moving object.
 - (1) Diagonal
 - (2) Opposite
 - (3) Same
 - (4) Forward
24. Flexion is a movement, which occurs in _____ plane.
 - (1) Sagittal
 - (2) Frontal
 - (3) Transverse



(4) Horizontal

(4) (B), (C), (D), (A)

25. In an instrumental aggression, the main aim is to

- (1) Cause harm to the opponent physically
- (2) Attain non-aggressive goals
- (3) Express your feeling of jealousy
- (4) Cause harm to the opponent psychologically

26. Arrange the following stretching exercises in a sequential order from toe to head.

- (A) Pectoral stretch
- (B) Quadriceps stretch
- (C) Thoracic extension stretch
- (D) Lumbar extension stretch

Choose the correct answer from the options given below:

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

27. Arrange the following number of teams in a sequential order from less to more with respect to allotment of byes in a Knock-out Tournament:

- (A) 05
- (B) 14
- (C) 32
- (D) 12
- (E) 63

Choose the correct answer from the options given below:

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

28. Arrange the following postural deformities in a sequential order from toe to head:

- (A) Hump Back/Kyphosis
- (B) Genu Varum
- (C) Pes Planus
- (D) Hollow Back

Choose the correct answer from the options given below:

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

29. Arrange the following fitness tests as per their time requirements of conducting the test in a order from minimum to maximum :

- (A) Walk Test (Rikli and Jones)
- (B) 50 mtrs Run Test (Motor Fitness)
- (C) Harvard Step Test
- (D) Partial Curl Up Test (Motor Fitness)

Choose the correct answer from the options given below:

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

30. Which of the following statements is/are true?

- (A) Lakshmibai National Institute of Physical Education is the oldest pioneer institute of Education in India.
- (B) Y.M.C.A. College of Physical Education (Chennai) was established in 1920.
- (C) Sports Authority of India implements various schemes of the Ministry of Youth Affairs and Sports
- (D) N.S.N.I.S. facilitates training of coaches and raising technical competence of existing countries.

Choose the correct answer from the options given below:

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

31. Causes of disabilities can be broadly classified into which of the following categories?

- (A) Pre-Natal
- (B) Post-Natal
- (C) Pro-Natal
- (D) Perinatal

Choose the correct answer from the options given below:

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



32. Which of the following are the characteristics of an Endomorph body type?

- (A) Narrow Hips
- (B) Round, Fat and Thick
- (C) Pear-Shaped
- (D) Thin
- (E) Under developed muscles

Choose the correct answer from the options given below:

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

33. Match the sports persons listed in List-I with their associated games listed in List-II:

List-I (Sportspersons)	List-II (Associated Games)
(A) Manpreet Singh	(I) Football
(B) Anup Kumar	(II) Wrestling
(C) Sunil Chhetri	(III) Hockey
(D) Bajrang Punia	(IV) Kadi

Choose the correct answer from the options given below:

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

34. Match the postural deformities listed in List-I with their corrective measures listed in List-II.

List-I (Postural Deformities)	List-II (Corrective Measures)
(A) Knock Knees	(I) Walking on inner edge of feet
(B) Round Shoulders	(II) Horse Riding

(C) Kyphosis	(III) Wall stretch, Pull Ups
(D) Bow Legs	(IV) Swimming, Gym ball exercises

Choose the correct answer from the options given below:

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

35. Match the traits listed in List-I with their explanation listed in List-II.

List-I (Traits)	List-II (Explanation)
(A) Cardinal Traits	(I) Based on 3 factors
(B) Central Traits	(II) That reflect only in certain circumstances
(C) Assessment of Traits	(III) Building blocks that shape most of our behaviour
(D) Secondary Traits	(IV) Dominant behaviour

Choose the correct answer from the options given below:

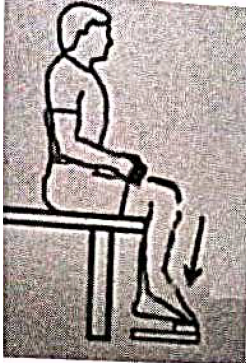
- (1) (A)-(IV), (B) - (III), (C) - (I), (D) (II)
- (2) (A)-(IV), (B) - (II), (C) - (I), (D) - (III)
- (3) (A)-(III), (B) - (I), (C) - (II), (D)-(IV)
- (4) (A)-(I), (B) - (II), (C) - (III), (D) - (IV)

36. Which training method is another variation of the variable pace method?

- (1) Fartlek method
- (2) Interval method
- (3) Repetition method
- (4) Continuous method

37. Identify the movement of the exercise shown in the picture given below:





- (1) Isometric ankle plantar flexion
- (2) Isometric ankle flexion
- (3) Isotonic ankle flexion
- (4) Isotonic ankle plantar flexion

- (1) Knock Knee
- (2) Bow leg
- (3) Scoliosis
- (4) Lordosis

38. Maintenance of plank position is an example of which type of strength development exercise. Choose the following:

- (1) Isometric
- (2) Isokinetic
- (3) Isotonic
- (4) Isonomic

39. Venue of the Olympic Games is decided by which of the following bodies?

- (1) International Olympic Academy
- (2) International Sports Association
- (3) International Olympic Committee
- (4) International Olympic Association

40. Which is the governing body responsible for Deaflympics?

- (1) World Deaf Committee (WDC)
- (2) International Paralympic Committee (IPC)
- (3) International Committee of Sports for the Deaf (ICSD)
- (4) Special Olympic Committee (SOC)

41. Identify the correct type of postural disorder from the picture given below:

42. Which of the following is not a cause of sports injury during training?

- (1) Sudden increase of load
- (2) Lack of proper sports facilities
- (3) Poor exercise technique
- (4) Proper Warm-Up

43. Which of the following is not a soft tissue injury?

- (1) Contusion
- (2) Sprain
- (3) Dislocation
- (4) Strain

44. Which one of the following is not a symptom of a dislocated shoulder joint?

- (1) Pain
- (2) Swelling
- (3) Instability of joint
- (4) Visible bleeding

45. A tear-like wound caused by either the skin hitting an adjacent object or an object hitting force will be called _____.

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



46. What is the weight of a medicine ball for boys in the Barrow Motor Ability Test?

- (1) 2 kg
- (2) 3 kg
- (3) 6 kg
- (4) 1 kg

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

47. Identify the test item of Senior Citizen's Fitness Test in the picture given below:



- (1) Chair sit and reach test
- (2) Back Scratch test
- (3) Arm curl test
- (4) 30 second Chair stand test

48. Which of the following will be called the study of motion of the body with respect to the time, displacement, velocity and speed of movement, either in a straight line or in a rotary direction?

- (1) Statics
- (2) Dynamics
- (3) Kinematics
- (4) Kinetics

49. Which of the following options is not the importance of Sports Biomechanics?

- (1) Performance enhancement
- (2) Technique improvement
- (3) Equipment improvement
- (4) Tactical enhancement

50. What will be the correct sequence of the management of abrasion ?

- (A) Visit a doctor
- (B) Use sterilized gauze to wipe the dirt and clean the affected area
- (C) Application of ointment
- (D) Cover the injured part

Choose the correct answer from the options given below:





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