

CUET 2024 Physical Education Question Paper with Solution

Set C

Ques. 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

Answer: (1) (A), (C) and (E) only.

Solution:

He expanded on Gordon Allport's theory of personality, which included central features, cardinal traits, and even what are known as secondary traits.

Ques. 2

Arrange the following procedural steps to conduct the Harvard Step Test in a sequential order from first to 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

Answer: (4) (A), (B), (E), (C), (D).

Solution:

Stepping on command is the first stage in the proper process, which is followed by activity, rest, heart rate measurement, and the determination of the fitness index score.

Ques. 3

Which of the following postural deformities are not related to the spine?

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

Answer: (3) (A), (C) and (E) only.

Solution:

Pes Planus (flat feet), Genu Valgum (knock knees), and Genu Varum (bow legs) are those that are not of the spine. Kyphosis and Lordosis, on the other hand, are spinal deformities.

Ques. 4

Match the types/steps involved in organizing a tournament listed in List-I with their correct associations listed in List-II:

List-I (Types/Steps involved in organizing a tournament):

- (A) Bye**
- (B) Knock-out**
- (C) Number of byes**
- (D) Number of teams in upper half of a knock-out tournament when the number of teams is odd**

List-II (Associations):

- (I) Number of teams + 1 $\div$ 2**
- (II) Next highest power of 2 – number of teams**
- (III) Team once defeated is out of the tournament**
- (IV) Advantage given to team in which team will not play first round and directly reaches next round**

Answer: (2) (A) - (II), (B) - (IV), (C) - (III), (D) - (I).

Solution:

The proper definition of matching is as follows: Tournament structures are the ways in which tournaments are organized, including byes, knockout stages, and team number divisions.

Ques. 5

When did the dramatic rise of female sports participation occur?

Answer: (2) Last quarter of 20th century.

Solution:

The last quarter of the 20th century saw a significant increase in female participation in sports, which alone represents progress toward gender equality in sports.

Ques. 6

Which of the following is not a psychological constraint for women's participation in sports?

Answer: (2) Positive Reinforcement.

Solution:

While psychological barriers like stress, low self-esteem, and low self-confidence can prevent people from participating in sports, positive reinforcement promotes involvement.

Ques. 7

What may be the hindrance of equality in sports among women and men?

Answer: (3) Institutions and programmes are conservative.

Solution:

Fair play is not possible because conservative policies and structures continue to impose disparities between men's and women's participation in sports.

Ques. 8

Which of the following is a physiological reason for women's non-participation in sports?

Answer: (3) Smaller hearts and lungs.

Solution:

Physiological reasons, such as women's smaller hearts and lungs, may limit their ability to fully participate in sports.

Ques. 9

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

Answer: (2) Rich.

Solution:

Although it fluctuated according to shifting social norms, Indian history has great records of women's involvement in sports.

Ques. 10

What kind of proposal was forwarded by the committees in order to provide exposure to potential athletes?

Answer: (1) Hosting state-level inter-school competition at school.

Solution:

The committees also suggested setting up an interschool competition at the state level to expose and provide possibilities for such dormant athletes.

Ques. 11

In what manner can the situation of unsportsman-like behavior be avoided?

Answer: (3) Systematic process.

Solution:

A methodical, well-structured approach to events, along with innate self-control, aids in avoiding unsportsmanlike conduct.

Ques. 12

On what basis were the various sub-committees recommended?

Answer: (2) Interest and capabilities.

Solution:

To make sure the organization was functional, the subcommittees were formed based on the interests and skills of the teachers and students.

Ques. 13

What was the agenda of discussion in the physical education committee meeting?

Answer: (2) To plan a comprehensive program.

Solution:

Developing a thorough plan for sports and physical education for the entire academic year was on the agenda for this conference.

Ques. 14

In which meeting were the school principal, teachers, and alumni included?

Answer: (1) Physical education committee.

Solution:

The physical education committee, which included the principal, instructors, students, alumni, and parents, attended the meeting.

Ques. 15

Which Motor Fitness component can be developed by working out with sufficient speed for a duration to take heart rate up to 180 bpm and take a short break before starting the workout again?

Answer: (3) Endurance.

Solution:

By raising the heart rate to extremely high levels, this type of exercise, which included short rest periods in between strong bursts, improves endurance.

Ques. 16

Identify the incorrect statement listed below about sports training:

Answer: (3) Aims to provide multi sports experience.

Solution:

Sports training often concentrates on improving performance in a single sport and does not even permit participation in other sports.

Ques. 17

Motto of which of the following games includes the words 'Faster, Higher, Stronger, Together'?

Answer: (3) Olympic Games.

Solution:

The Olympic motto, "Faster, Higher, Stronger, Together," embodies both togetherness and athletic prowess.

Ques. 18

Which of the following Physical Education/Sports institution was established in 1920?

Answer: (4) Y.M.C.A. (Chennai).

Solution:

Among these, the Y.M.C.A. College of Physical Education stands out as one of the pioneers of physical education in India, having been established in Chennai in 1920.

Ques. 19

Roland Garros is related to which of the following tournaments?

Answer: (4) French Open.

Solution:

The French Open, the only of the four Grand Slam tennis competitions held on clay courts, is held at the Roland Garros stadium, named for one of France's aviators.

Ques. 20

How many Byes will be given if 19 teams are participating in a Knock-Out Tournament?

Answer: (1) 11.

Solution:

For a knockout competition with 19 teams to be appropriately organized and balanced in terms of the matches played, 11 byes were necessary.

Ques. 21

Which of the following is not a stimulant?

Answer: (3) Diamorphine.

Solution:

Despite not being a stimulant, diamorphine is an opioid. However, other drugs, such as amphetamines, cocaine, and caffeine, are also recognized as stimulants.

Ques. 22

_____ fracture occurs when there is a straight break right across the bone.

Answer: (3) Transverse.

Solution:

A transverse fracture, which typically results from a direct blow or significant force, breaks the bone directly across.

Ques. 23

Friction works in _____ direction of the moving object.

Answer: (2) Opposite.

Solution:

Friction always acts in opposition to an object's motion because it always resists it.

Ques. 24

Flexion is a movement, which occurs in _____ plane.

Answer: (1) Sagittal.

Solution:

The term "flexion" describes the process of bending a joint. The sagittal plane, which separates the left and right halves of the body, is where this happens.

Ques. 25

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

Answer: (2) Attain non-aggressive goals.

Solution:

Instrumental aggression is not motivated by a desire to harm an opponent, but rather by a specific purpose that is desired, such as beating or receiving a prize.

Ques. 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

Answer: (2) (B), (D), (C), (A).

Solution:

The quadriceps (thighs), lumbar (lower back), thoracic (upper back), and pectoral (chest) are the proper order for the lower extremity's limbs from toe to head.

Ques. 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

Answer: (2) (E), (C), (B), (D), (A).

Solution:

Byes are decided by the number of competitors for the benefit of the knockout teams. It lists 63, 32, 14, 12, and 5 in order of least to most.

Ques. 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

Answer: (3) (C), (B), (D), (A).

Solution:

From toe to head, the following are examples of postural abnormalities: kyphosis, or hunchback; hollow back, or lordosis; bow legs, or genu varum; and flat feet, or pes planus.

Ques. 29

Arrange the following fitness tests as per their time requirements of conducting the test in a sequential 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)

Answer: (1) (B), (D), (C), (A).

Solution:

The order of the proper sequence from shortest to longest completion time of the tests is as follows: Walk Test, Partial Curl Up, Harvard Step Test, and 50 mtrs Run Test (short sprint).

Ques. 30

Which of the following statements is/are true?

- (A) Lakshmibai National Institute of Physical Education is the oldest pioneer institute of Physical 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 Ministry of Youth Affairs and Sports.

(D) N.S.N.I.S. facilitates training of coaches and raising technical competence of existing coaches in the country.

Answer: (2) (B), (C) and (D) only.

Solution:

It is not the oldest. Y.M.C.A. College of Physical Education was actually established in 1920. Sports Authority of India and N.S.N.I.S. play their respective roles precisely as described.

Ques. 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**

Answer: (4) (A), (B) and (D) only.

Solution:

The various classes incorporated include Pre-Natal-which refers to events that occur before birth, Post-Natal refers to events that occur after birth, and Perinatal that refers to events occurring around the period of birth. Pro-Natal does not fit in this definition.

Ques. 32

Which of the following are the characteristics of Endomorph body type?

- (A) Narrow Hips**
- (B) Round, Fat and Thick**
- (C) Pear-Shaped**
- (D) Thin**
- (E) Underdeveloped Muscles**

Answer: (3) (B), (C) and (E) only.

Solution:

This body type is known as an endomorph, which is when someone has a rounded or full body type that most of the times is pear-shaped and underdeveloped muscles without a thin figure and narrow hips.

Ques. 33

Match the sportspersons listed in List-I with their associated games listed in List-II:

List-I (Sportspersons):

- (A) Manpreet Singh**
- (B) Anup Kumar**

- (C) Sunil Chhetri
- (D) Bajrang Punia

List-II (Associated Games):

- (I) Football
- (II) Wrestling
- (III) Hockey
- (IV) Kabaddi

Answer: (3) (A) - (III), (B) - (IV), (C) - (I), (D) - (II).

Solution:

Manpreet Singh is an Indian hockey player, Anup Kumar belongs to Kabaddi, Sunil Chhetri is a footballer, and Bajrang Punia is a wrestling champion.

Ques. 34

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

List-I (Postural Deformities):

- (A) Knock Knees
- (B) Round Shoulders
- (C) Kyphosis
- (D) Bow Legs

List-II (Corrective Measures):

- (I) Walking on inner edge of feet
- (II) Horse Riding
- (III) Wall stretch, Pull Ups
- (IV) Swimming, Gym ball exercises

Answer: (1) (A) - (II), (B) - (III), (C) - (IV), (D) - (I).

Solution:

Horse riding may straighten Knock Knees; Round Shoulders can be corrected by doing wall stretches and pull-ups; swimming or gym ball exercises will straighten Kyphosis; and walking on the inner edge of one's feet can straighten Bow Legs.

Ques. 35

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

List-I (Traits):

- (A) Cardinal Traits
- (B) Central Traits
- (C) Assessment of Traits
- (D) Secondary Traits

List-II (Explanation):

- (I) Based on 3 factors**
- (II) That reflect only in certain circumstances**
- (III) Building blocks that shape most of our behavior**
- (IV) Dominant behavior**

Answer: (1) (A) - (IV), (B) - (III), (C) - (I), (D) - (II).

Solution:

Cardinal traits are dominant behavior, central traits are like building blocks, traits appraisal is determined by 3 factors, and secondary traits only manifest in certain situations.

Ques. 36

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

Answer: (1) Fartlek method.

Solution:

The Fartlek method is sometimes referred to as "speed play" and, though an interval training method, varies so closely with the variable pace method that it incorporates variations in pace.

Ques. 37

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



Answer: (4) Isotonic ankle plantar flexion.

Solution:

Isotonic exercises are movement-based, and plantar flexion means pushing the toes downwards, a concept which generally implies the involvement of calf muscles.

Ques. 38

Maintenance of plank position is an example of which type of strength development exercise?

Answer: (1) Isometric.

Solution:

In the case of isometric exercise, the individual holds a position and never undergoes any movement that's visible in terms of muscle length or joint angles, such as in a plank.

Ques. 39

Venue of Olympic Games is decided by which of the following body?

Answer: (3) International Olympic Committee.

Solution:

The International Olympic Committee is therefore the organization mandated to decide on the venue for Olympic Games.

Ques. 40

Which is the governing body responsible for Deaflympics?

Answer: (3) International Committee of Sports for the Deaf (ICSD).

Solution:

The governing organization in charge of the Deaflympics is the ICSD. Its primary duty is to plan athletic events for athletes who are deaf.

Ques. 41

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

Answer: (2) Bow leg.

Solution:

Bow legs, as shown in the photo, is a condition in which the knees are widely spaced when the person stands with their feet and ankles together.

Ques. 42

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

Answer: (4) Proper Warm-Up.

Solution:

Injuries in sports are often caused by abrupt increases in load, poor tactics, and inadequate facilities; only a good warm-up can prevent injuries during a game.

Ques. 43

Which of the following is not a soft tissue injury?

Answer: (3) Dislocation.

Solution:

A dislocation is an injury to the joint that does not affect the soft tissue. Strains, strains, and contusions are a few types of soft tissue injuries.

Ques. 44

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

Answer: (4) Visible bleeding.

Solution:

Although joint instability, discomfort, and swelling are frequent complaints after shoulder dislocation, there is usually no visible bleeding.

Ques. 45

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

Answer: (4) Laceration.

Solution:

In contrast to an abrasion or contusion, a laceration is a jagged tear in the skin that is brought on by a sharp object or strong force.

Ques. 46

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

Answer: (2) 3 kg.

Solution:

A 3 kg medicine ball is used in the Barrow Motor Ability Test to assess the boys' motor fitness through a series of exercises.

Ques. 47

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



Answer: (4) 30 second Chair stand test.

Solution:

The 30-second chair stand test counts the number of times an elderly person can get up from a seated posture in 30 seconds, hence assessing their lower body strength.

Ques. 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?

Answer: (3) Kinematics.

Solution:

Thus, kinematics studies motion without taking into account the forces that create it, instead focusing on time, displacement, velocity, and speed.

Ques. 49

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

Answer: (4) Tactical enhancement.

Solution:

Performance, technique, and equipment improvement are all impacted by sports biomechanics. Tactical augmentation is therefore unrelated to biomechanics.

Ques. 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**

Answer: (2) (B), (C), (D), (A).

Solution:

Following a diagnosis of an abrasion, appropriate therapy consists of washing the area, using topical ointment, covering, and, if required, seeking medical advice.