

CUET 2024 Physical Education Question Paper with Solution Set D

Ques. 1

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:

This kind of workout, which comprised intense intervals interspersed with short rests, enhances endurance by elevating the heart rate to very high levels.

Ques. 2

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. 3

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. 4

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. 5

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. 6

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. 7

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. 8

_____ 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. 9

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. 10

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. 11

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. 12

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 lower extremities' quadriceps (thighs), lumbar (lower back), thoracic (upper back), and pectoral (chest) limbs should be arranged correctly from toe to head.

Ques. 13

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. 14

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. 15

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 tests should be completed in the following order, from shortest to longest: Walk Test, Partial Curl Up, Harvard Step Test, and 50 mtr Run Test (short sprint).

Ques. 16

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's not the oldest. In actuality, Y.M.C.A. College of Physical Education was founded in 1920. N.S.N.I.S. and the Sports Authority of India carry out their separate responsibilities exactly as outlined.

Ques. 17

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:

Prenatal, which describes events that take place prior to birth, postnatal, which describes events that take place following delivery, and perinatal, which describes events that take place around the time of birth, are among the different classifications that are included. This term does not apply to pro-natalists.

Ques. 18

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 called an endomorph, and it is characterized by a full or rounded body that is often pear-shaped, underdeveloped muscles, a thin figure, and narrow hips.

Ques. 19

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:

Indian hockey player Manpreet Singh, Kabaddi player Anup Kumar, football player Sunil Chhetri, and wrestling champion Bajrang Punia are all involved.

Ques. 20

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:

You may straighten your round shoulders by doing pull-ups and wall stretches, straighten your knock knees by riding a horse, straighten your kyphosis by swimming or using a gym ball, and straighten your bow legs by stepping on the inside of your feet.

Ques. 21

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:

Three elements govern the appraisal of qualities: central traits are like building blocks, secondary traits only appear in specific contexts, and cardinal traits represent dominant behavior.

Ques. 22

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

Answer: (1) Fartlek method.

Solution:

Despite being an interval training approach, the Fartlek method—also known as "speed play"—displays pace fluctuations because it is so similar to the variable pace method.

Ques. 23

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



Answer: (4) Isotonic ankle plantar flexion.

Solution:

Plantar flexion, which is defined as moving the toes downward, typically entails the use of calf muscles. Isotonic exercises are movement-based.

Ques. 24

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

Answer: (1) Isometric.

Solution:

Plantar flexion, which is defined as moving the toes downward, typically entails the use of calf muscles. Isotonic exercises are movement-based.

Ques. 25

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

Answer: (3) International Olympic Committee.

Solution:

Therefore, the International Olympic Committee is the body tasked with choosing the Olympic Games' location.

Ques. 26

Which is the governing body responsible for Deaflympics?

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

Solution:

The ICSD is the governing body responsible for the Deaflympics. Its main function is organizing sports events designed specifically for deaf athletes.

Ques. 27

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

Answer: (2) Bow leg.

Solution:

Bow legs is a condition whereby the knees are wide apart when the person stands with the feet and ankles together as marked in the picture as the proper postural deformity.

Ques. 28

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

Answer: (4) Proper Warm-Up.

Solution:

Only proper warm-up can prevent injuries in a game; sudden increase in load, inappropriate techniques, and improper facilities tend to cause injuries in sports.

Ques. 29

Which of the following is not a soft tissue injury?

Answer: (3) Dislocation.

Solution:

An injury to the joint but not to the soft tissue is a dislocation. Examples of soft tissue injuries are sprains, strains, and contusions.

Ques. 30

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

Answer: (4) Visible bleeding.

Solution:

While joint instability and pain and swelling may be common complaints following the dislocation of the shoulder, it does not typically bring visible bleeding with it.

Ques. 31

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:

A laceration is a tear in the skin that is jagged in appearance and caused by a sharp object or significant force; it is not like an abrasion or contusion.

Ques. 32

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

Answer: (2) 3 kg.

Solution:

The Barrow Motor Ability Test uses a 3 kg medicine ball for the boys' performance in exercises that are supposed to test the boys' motor fitness.

Ques. 33

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 measures the lower body strength of elderly people by counting how many times they can stand up from a seated position within 30 seconds.

Ques. 34

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:

Kinematics thus centers on time, displacement, velocity, and speed while studying the motion without considering the forces that cause this movement.

Ques. 35

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. 36

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.

Ques. 37

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. 38

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:

Those that are not of the spine include Genu Varum (bow legs), Genu Valgum (knock knees), and Pes Planus (flat feet). In contrast, kyphosis and lordosis are spinal deformities.

Ques. 39

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. 40

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 ÷ 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. 41

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. 42

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. 43

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. 44

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. 45

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. 46

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. 47

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. 48

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. 49

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. 50

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

Answer: (1) Physical education committee.

Solution:

As the physical education committee, the meeting was attended by the principal of the school, instructors, students, alumni, and parents.