

Subject : Physical Education (Set-C)

Total Time Allowed : 45 minutes	Maximum Marks : 200	Total Questions : 50	Questions to be answered : 40
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Question 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

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

Solution: Gordon Allport identified central, cardinal, and secondary traits in his theory of personality.

Quick Tip

Understanding personality traits helps in various fields including psychology and education.

Question 2. Arrange the following procedural steps to conduct the Harvard Step Test in 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 rate from one to one and a half minutes
- (D) Compute fitness index score
- (E) Sit down after the 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)

Correct Answer: (1) (A), (B), (C), (D), (E)

Solution: The correct order involves starting the test, performing the exercise, measuring heart rate, calculating the score, and finally sitting down.

 Quick Tip

Following the correct sequence in fitness tests is crucial for accurate results.

Question 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

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

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

Solution: Pes Planus, Genu Valgum, and Genu Varum are not spinal deformities; they relate to foot and knee alignment.

 Quick Tip

Understanding postural deformities is essential for effective assessment and treatment strategies.

Question 4. Match the types/steps involved in organising a tournament listed in List-I with their correct associations listed in List-II.

List-I	List-II
(A) Bye	(I) Number of teams + 1
(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) - (D), (B) - (II), (C) - (III), (D) - (IV)
- (2) (A) - (I), (B) - (IV), (C) - (III), (D) - (I)
- (3) (A) - (III), (B) - (I), (C) - (II), (D) - (IV)
- (4) (A) - (IV), (B) - (III), (C) - (II), (D) - (I)

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

Solution: - (A) Bye corresponds to (I) Number of teams + 1, indicating how many teams can advance without playing.

- (B) Knock-out corresponds to (IV) Advantage given to team in which team will not play first round and directly reaches next round, reflecting how teams progress.

- (C) Number of byes corresponds to (II) Next highest power of 2 - number of teams, showing how many teams receive a bye in the tournament.

- (D) Number of teams in the upper half of a knock-out tournament when the number of teams are odd corresponds to (III) Team once defeated is out of tournament, showing how eliminations work.

💡 Quick Tip

Understanding tournament structures can greatly enhance strategic planning in sports management.

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 equity 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 level 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.

Question 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

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

Solution: The passage states that female participation and popularity in sports increased dramatically in the last quarter of the 20th century, indicating significant progress in gender parity during this time.

Quick Tip

Understanding the historical context of women's participation in sports is essential for recognizing ongoing challenges and advances in gender equity in athletics.

Question 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

Correct Answer: (2) Positive Reinforcement

Solution: Positive reinforcement is generally a motivational factor rather than a psychological constraint. It encourages participation rather than hindering it.

 Quick Tip

Understanding the factors that inhibit participation helps in formulating strategies to improve women's involvement in sports.

Question 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 programs are conservative
- (4) Promotion of women's participation in India

Correct Answer: (3) Institutions and programs are conservative

Solution: Conservative approaches in institutions and programs limit women's equal participation in sports, reflecting outdated norms and biases.

 Quick Tip

Awareness and advocacy for equitable practices are crucial in changing conservative attitudes within sports institutions.

Question 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

Correct Answer: (1) Pear-shaped body

Solution: A pear-shaped body can be seen as a physiological factor that may affect women's participation in sports due to societal perceptions of body image and physical capability.

💡 Quick Tip

Addressing physiological misconceptions is vital in promoting participation and building confidence among women athletes.

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

- (1) Below average
- (2) Rich
- (3) Low
- (4) Intermediate

Correct Answer: (3) Low

Solution: India has a low record in the participation of women in sports, highlighting the need for greater investment and support in women's athletics.

💡 Quick Tip

Improving women's sports participation requires consistent support, funding, and cultural change to enhance visibility and opportunities.

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 the 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 sub-committees 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 sub-committees were recommended. The sub-committee consisting of house-teachers and students provided feedback about concerns regarding draws and fixtures in intramural school tournament where the best teams competed against each other in the initial round itself. The students also felt that sometimes the teams were not cohesive and did not display sportsman-like behaviour 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 the committees with more defined roles and responsibilities of each member. To provide exposure to the potential athletes and for talent development, a proposal was put forward for hosting a state-level 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 the conducting of a mass run for crowd funding.

Question 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

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

Solution: The proposal aimed to host a state-level inter-school competition to provide potential athletes with the necessary exposure and experience in a competitive environment.

💡 Quick Tip

Hosting competitive events at various levels encourages student participation and helps identify talented athletes.

Question 11. In what manner is the situation of unsportsman-like behaviour can be avoided?

- (1) Guidelines
- (2) Systematic behaviour
- (3) Systematic process
- (4) Instruction

Correct Answer: (3) Systematic process

Solution: A systematic process can help identify and address unsportsman-like behaviour through clear guidelines and consistent enforcement.

💡 Quick Tip

Implementing a systematic approach can create a positive sporting environment and reduce conflicts.

Question 12. On what basis were the various sub-committees recommended?

- (1) Economic status
- (2) Interest and capabilities
- (3) Seniority
- (4) Potential

Correct Answer: (2) Interest and capabilities

Solution: The recommendations for sub-committees were based on assessing the interests and capabilities of the participants, ensuring effective organization and engagement.

 Quick Tip

Forming sub-committees based on interests can enhance participation and responsibility among members.

Question 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

Correct Answer: (2) To plan a comprehensive program

Solution: The primary agenda was to establish a comprehensive program for physical education, addressing various aspects of student involvement and development.

 Quick Tip

A well-structured agenda in meetings promotes focused discussions and actionable outcomes.

Question 14. In which meeting were the school principal, teachers and alumni included?

- (1) Physical education committee
- (2) Academic planning
- (3) Intramural
- (4) Extramural

Correct Answer: (2) Academic planning

Solution: The meeting involving the school principal, teachers, and alumni focused on academic planning, ensuring alignment with educational goals and resources.

💡 Quick Tip

Involving various stakeholders in academic planning leads to more comprehensive educational strategies.

Question 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?

- (1) Speed
- (2) Strength
- (3) Endurance
- (4) Agility

Correct Answer: (1) Speed

Solution: Working out at a sufficient speed to reach a high heart rate primarily develops speed, allowing for improved quickness and agility.

💡 Quick Tip

Incorporating interval training can effectively enhance speed and cardiovascular endurance simultaneously.

Question 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
- (4) Aims to identify individual's best potential

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

Solution: The incorrect statement is that sports training aims to provide multi-sports experience; rather, it focuses on specialized training in a specific sport.

💡 Quick Tip

Sports training should emphasize specialization to maximize performance in the chosen discipline.

Question 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

Correct Answer: (3) Olympic Games

Solution: The motto of the Olympic Games is 'Citius, Altius, Fortius' which translates to 'Faster, Higher, Stronger,' emphasizing athletic excellence.

 Quick Tip

The Olympic motto reflects the spirit of competition and the pursuit of excellence in sports.

Question 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)

Correct Answer: (3) N.S.N.I.S., Patiala

Solution: The National Sports Academy, known as N.S.N.I.S., was established in 1920 to enhance sports education and training in India.

 Quick Tip

Understanding the history of sports institutions helps appreciate the development of sports education.

Question 19. Roland Garros is related to which of the following tournament?

- (1) Wimbledon
- (2) Australian Open
- (3) U.S. Open
- (4) French Open

Correct Answer: (4) French Open

Solution: Roland Garros is synonymous with the French Open, one of the four major Grand Slam tournaments in tennis.

 Quick Tip

Knowing major tournaments enhances the understanding of international sports competitions.

Question 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

Correct Answer: (2) 13

Solution: In a knockout tournament with 19 teams, 13 byes are necessary to balance the number of matches, allowing a structured competition flow.

 Quick Tip

Calculating byes is crucial for organizing fair knockout tournaments effectively.

Question 21. Which of the following is not a stimulant?

- (1) Cocaine
- (2) Caffeine
- (3) Diampromine
- (4) Strain

Correct Answer: (4) Strain

Solution: Strain is not classified as a stimulant; it refers to physical or emotional stress rather than a substance that stimulates the central nervous system.

💡 Quick Tip

Understanding different classifications of substances aids in recognizing their effects on health and performance.

Question 22. What type of fracture occurs when there is a straight break across the bone?

- (1) Greenstick
- (2) Strain
- (3) Transverse
- (4) Comminuted

Correct Answer: (3) Transverse

Solution: A transverse fracture is characterized by a straight break across the bone, often due to direct impact or stress.

💡 Quick Tip

Identifying different types of fractures is essential for understanding injury management in sports.

Question 23. Friction works in _____ direction of the moving object.

- (1) Diagonal
- (2) Opposite
- (3) Same
- (4) Forward

Correct Answer: (2) Opposite

Solution: Friction always acts in the opposite direction to the motion of the object, opposing the movement.

💡 Quick Tip

Understanding the nature of friction is crucial for analyzing motion in physical activities.

Question 24. Flexion is a movement, which occurs in _____ plane.

- (1) Sagittal

- (2) Frontal
- (3) Transverse
- (4) Horizontal

Correct Answer: (1) Sagittal

Solution: Flexion typically occurs in the sagittal plane, involving bending movements that decrease the angle between body parts.

 Quick Tip

Familiarity with anatomical planes aids in understanding human movement and exercise mechanics.

Question 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

Correct Answer: (2) Attain non-aggressive goals

Solution: Instrumental aggression is characterized by the pursuit of goals without the intent to cause harm to others.

 Quick Tip

Understanding the motivations behind aggression in sports can enhance sportsmanship and fair play.

Question 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) (E), (B), (C), (D), (A)

(3) (B), (D), (A), (C)

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

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

Solution: The proper sequence from toe to head would start with the quadriceps stretch, followed by thoracic, pectoral, and lumbar stretches.

 Quick Tip

Understanding the correct order of stretching can enhance flexibility and prevent injuries.

Question 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) (E), (B), (C), (D), (A)

(2) (A), (B), (C), (D)

(3) (B), (D), (A), (C)

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

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

Solution: The correct order of teams with respect to byes in a knockout tournament would be from 8 to 32 teams, increasing in size.

 Quick Tip

Properly understanding tournament structure ensures fair competition and scheduling.

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

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

Solution: The correct sequence of postural deformities from toe to head starts with Genu Varum (bow legs), followed by Hollow Back, then Hump Back/Kyphosis, and finally Pes Planus (flat feet).

💡 Quick Tip

Understanding the order of postural deformities helps in proper diagnosis and treatment.

Question 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)

Choose the correct answer from the options given below:

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

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

Solution: The correct order of fitness tests based on time required for administration is the Partial Curl Up Test, followed by the 50 m Run Test, then the Harvard Step Test, and finally the Walk Test.

 Quick Tip

Knowing the time requirements for fitness assessments can improve scheduling and planning in physical education.

Question 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.

Choose the correct answer from the options given below:

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

Correct Answer: (1) (A), (B), (C)

Solution: Statements A, B, and C are true regarding the institutions and authorities related to physical education in India.

 Quick Tip

Awareness of significant institutions and their contributions to physical education enhances understanding of the field's development in India.

Question 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

Correct Answer: (A), (B), and (D) only

Solution:

Disabilities can arise during the pre-natal stage (before birth), post-natal stage (after birth), and perinatal stage (around the time of birth). "Pro-natal" refers to an emphasis on increasing childbirth rates and is unrelated to disabilities.

💡 Quick Tip

Keep in mind that prenatal, postnatal, and perinatal factors can contribute to disabilities, but "pro-natal" is about promoting childbirth, not causing disabilities.

Question 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) Under-developed muscles

Correct Answer: (B), (C), and (E)

Solution:

Endomorphs are characterized by higher body fat, a rounder physique, and under-developed muscles. They often have a pear-shaped body structure.

💡 Quick Tip

Endomorphs typically have softer, rounder bodies and may face challenges with body fat but often excel in strength-based activities.

Question 33. Match the sportspersons listed in List-I with their associated games listed in List-II:

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

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

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

Solution: - Manpreet Singh is associated with Hockey. - Anup Kumar is known for Wrestling. - Sunil Chhetri plays Football. - Bajrang Punia is a renowned Kabaddi player.

 Quick Tip

Knowing the sportspersons and their associated sports can enhance one's appreciation for athletic achievements.

Question 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)

Correct Answer: (4) (A) - (I), (B) - (II), (C) - (IV), (D) - (III)

Solution: Each deformity has specific corrective measures that help improve posture and alleviate discomfort.

 Quick Tip

Corrective exercises for postural deformities should be tailored to individual needs for effective improvement.

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

List-I	List-II
(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) - (I), (D) - (IV)

Correct Answer: (4) (A) - (I), (B) - (II), (C) - (III), (D) - (IV)

Solution: Cardinal traits are dominant behaviors that shape personality, while central traits are the primary traits that characterize individuals, secondary traits are situational, and assessment of traits is based on various factors.

 Quick Tip

Understanding different traits helps in better assessing personality and behavior.

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

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

Correct Answer: (1) Fartlek method

Solution: The Fartlek method is a form of training that incorporates variable pace and distance, making it a unique variation of the variable pace method.

 Quick Tip

Fartlek training enhances both aerobic and anaerobic fitness through varied intensity.

Question 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

Correct Answer: (1) Isometric ankle plantar flexion

Solution: The movement involves maintaining a static position of the ankle in plantar flexion, which is characteristic of isometric exercises.

💡 Quick Tip

Isometric exercises can help improve strength without changing muscle length.

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

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

Correct Answer: (1) Isometric

Solution: The plank position is an isometric exercise that strengthens core muscles by maintaining a position without movement.

💡 Quick Tip

Isometric exercises like planks are effective for building core strength and stability.

Question 39. The venue of the Olympic Games is decided by which of the following body?

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

Correct Answer: (3) International Olympic Committee

Solution: The International Olympic Committee (IOC) is responsible for selecting the host city for the Olympic Games.

💡 Quick Tip

The selection process for the Olympic venue is highly competitive and involves many factors, including infrastructure and legacy.

Question 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)

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

Solution: The ICSD is the organization that oversees the Deaflympics, promoting sports for the deaf community worldwide.

💡 Quick Tip

The Deaflympics highlight the importance of inclusion in sports for individuals with hearing impairments.

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



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

Correct Answer: (1) Knock Knee

Solution: Knock knees refer to a condition where the knees touch while the ankles remain apart, affecting posture and gait.

💡 Quick Tip

Recognizing postural disorders is crucial for developing effective treatment and corrective strategies.

Question 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

Correct Answer: (4) Proper Warm-Up

Solution: Proper warm-up is essential for preventing injuries, while the other options are common causes of injuries in sports training.

 Quick Tip

A good warm-up increases blood flow to muscles and prepares the body for physical activity, reducing the risk of injury.

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

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

Correct Answer: (3) Dislocation

Solution: A dislocation is not classified as a soft tissue injury; it involves the displacement of a bone from its joint.

 Quick Tip

Understanding different types of injuries is important for effective prevention and treatment in sports.

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

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

Correct Answer: (4) Visible bleeding

Solution: Symptoms of a dislocated shoulder typically include pain, swelling, and instability, but visible bleeding is not a common symptom.

💡 Quick Tip

Recognizing the symptoms of a dislocated joint is critical for prompt treatment.

Question 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?

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

Correct Answer: (4) Laceration

Solution: A laceration is a tear-like wound that results from blunt trauma to the skin.

💡 Quick Tip

Proper wound care can prevent infections and complications.

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

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

Correct Answer: (2) 3 kg

Solution: The standard weight of the medicine ball used for boys in the Barrow Motor Ability Test is 3 kg.

💡 Quick Tip

Using the correct weight in fitness tests is crucial for valid results.

Question 47. Identify the test item of the 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

Correct Answer: (1) Chair sit and reach test

Solution: The Chair sit and reach test is a common assessment used in senior fitness testing.

💡 Quick Tip

Functional fitness tests for seniors are essential for assessing mobility and flexibility.

Question 48. Which of the following will be called the study of the motion of the body with respect to 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

Correct Answer: (3) Kinematics

Solution: Kinematics focuses on the motion of bodies without considering the forces that cause this motion.

 Quick Tip

Understanding kinematics is crucial for improving athletic performance and technique.

Question 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

Correct Answer: (4) Tactical enhancement

Solution: While biomechanics can enhance performance, technique, and equipment, it does not directly improve tactics.

 Quick Tip

Biomechanics provides valuable insights that can optimize performance and prevent injuries.

Question 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:

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

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

Solution: The correct sequence involves cleaning the wound, applying ointment, covering it, and then visiting a doctor if necessary.

 Quick Tip

Prompt and correct wound care is essential to prevent infections.
