

CUET PG 2024 Physical Education Question Paper with Solutions

Time Allowed :1 Hour 45 Mins	Maximum Marks :300	Total Questions :75
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General Instructions

Read the following instructions very carefully and strictly follow them:

1. The examination duration is 105 minutes. Manage your time effectively to attempt all questions within this period.
2. The total marks for this examination are 300. Aim to maximize your score by strategically answering each question.
3. There are 75 mandatory questions to be attempted in the Physical Education paper. Ensure that all questions are answered.
4. Questions may appear in a shuffled order. Do not assume a fixed sequence and focus on each question as you proceed.
5. The marking of answers will be displayed as you answer. Use this feature to monitor your performance and adjust your strategy as needed.
6. You may mark questions for review and edit your answers later. Make sure to allocate time for reviewing marked questions before final submission.
7. Be aware of the detailed section and sub-section guidelines provided in the exam. Understanding these will aid in effectively navigating the exam.

1. The ephors were a board of five magistrates in ancient Sparta. Which of the following were the role of ephors?

- (A) Ensure that the king acts in accordance with law.
- (B) Discouraged physical activity.
- (C) Invasion of Roman Empire
- (D) Extensive range of judicial and legislative powers to shape Sparta.
- (E) Sparta's home and foreign affairs.

Choose the correct answer from the options given below:

- (a) B, C, D only
- (b) A, D, E only
- (c) D, A, B only
- (d) B, C, E only

Correct Answer: (b) A, D, E only.

Solution:

The ephors had significant power in Sparta, ensuring that kings acted according to law, managing Sparta's home and foreign affairs, and playing a large role in governance.

Quick Tip

The ephors were key figures in the Spartan system, acting as a check on the power of the kings and managing various aspects of the state.

2. From which of the following mountains did the Spartans used to dispose of 'imperfect' or weak babies?

- (a) Pindus Mountain Range
- (b) Rhodope Mountain Range
- (c) Mount Taygetos
- (d) Mount Olympus

Correct Answer: (c) Mount Taygetos.

Solution:

In ancient Sparta, babies who were considered weak or imperfect were taken to Mount Taygetos and left to die as part of the practice of eugenics.

Quick Tip

Spartan society was known for its harsh practices, including the disposal of weak or deformed infants, to maintain a strong and capable military population.

3. Which sport was not practiced in ancient Rome?

- (a) Chariot Racing
- (b) Gladiatorial Combat
- (c) Swimming
- (d) Javelin Racing

Correct Answer: (d) Javelin Racing.

Solution:

Javelin Racing was not a sport in ancient Rome, although chariot racing and gladiatorial combat were immensely popular.

Quick Tip

Ancient Roman sports focused on combat and chariot racing, not the modern forms of athletics that we associate with sports like javelin racing.

4. Which philosophy of education emphasizes the importance of learning through practical experiences and activities, encouraging students to interact with their environment?

- (a) Idealism
- (b) Pragmatism
- (c) Existentialism
- (d) Perennialism

Correct Answer: (b) Pragmatism.

Solution:

Pragmatism in education emphasizes practical learning and problem-solving, where students interact with their environment to learn effectively.

Quick Tip

Pragmatism stresses the importance of experience and experimentation in the learning process.

5. Which of the following philosophy believes in only two values which are rooted in existence: persons and the moral imperative?

- (a) Idealism
- (b) Pragmatism
- (c) Naturalism
- (d) Realism

Correct Answer: (a) Idealism.

Solution:

Idealism emphasizes that reality is mentally constructed or otherwise immaterial. It focuses on abstract ideals like persons and moral imperatives as fundamental values.

Quick Tip

Idealism emphasizes the importance of abstract concepts, such as values and ethics, as key to understanding existence.

6. Which philosopher is associated with idealism?

- (a) Henry David Thoreau
- (b) Charles Darwin
- (c) William James
- (d) Plato

Correct Answer: (d) Plato.

Solution:

Plato is one of the most famous philosophers associated with idealism, emphasizing the importance of abstract, non-material forms or ideas.

Quick Tip

Idealism, championed by Plato, holds that reality is shaped by ideas and mental concepts, not just the physical world.

7. Which Theory of Play emphasizes the role of play in aiding a child's cognitive development?

- (a) Psycho-Analytic Theory
- (b) Social Learning Theory
- (c) Cognitive Development Theory
- (d) Ecological Systems Theory

Correct Answer: (c) Cognitive Development Theory.

Solution:

Cognitive Development Theory emphasizes that play helps in the cognitive development of children by engaging them in problem-solving and decision-making.

Quick Tip

Play is an essential part of cognitive development as it fosters creativity, critical thinking, and learning.

8. On the basis of innate and learned behaviors in respect of motor skill learning, arrange the stages of development in ascending order.

- A. Mastery over specialized movement
- B. Progression from simple reflexes to basic movement
- C. Movement skills become more fluid and automatic
- D. Learn more complex motor patterns

Choose the correct answer from the options given below:

- (a) CDBA
- (b) DBAC
- (c) BDCA
- (d) BDAC

Correct Answer: (c) BDCA.

Solution:

The correct sequence is: 1. Progression from simple reflexes to basic movement (B), 2. Learn more complex motor patterns (D), 3. Movement skills become more fluid and automatic (C), 4. Mastery over specialized movement (A).

This sequence represents the natural progression of motor skill development from basic reflexes to complex, specialized movements.

Quick Tip

Motor skill learning progresses from basic movements to more complex skills, with increasing fluidity and automaticity.

9. Which of the following approach of Personality is described as "unique and stable characteristics of an individual"?

- (a) Type Approach
- (b) Trait Approach
- (c) Psycho-Analytic Approach
- (d) Humanistic Approach

Correct Answer: (b) Trait Approach.

Solution:

The Trait Approach to personality focuses on the stable characteristics and behaviors that define an individual's personality over time, such as introversion or extroversion.

Quick Tip

Trait theory suggests that personality can be described by measuring traits such as openness, conscientiousness, and neuroticism.

10. Which of the following best describes the role of physical education in socialization?

- (a) It primarily focuses on individual skill development, excluding social interaction
- (b) Physical education is irrelevant to the process of socialization
- (c) It develops teamwork, cooperation, and communication among peers
- (d) Socialization in physical education is limited to competitive aspects only

Correct Answer: (c) It develops teamwork, cooperation, and communication among peers.

Solution:

Physical education promotes socialization by fostering teamwork, communication, and cooperation among peers, essential for building social skills.

Quick Tip

Physical education encourages interpersonal interactions and helps children learn important life skills like cooperation and teamwork.

11. In Sociological perspective, when two or more people work together towards the same end, it is referred to as:

- (a) Competition
- (b) Cooperation
- (c) Trait
- (d) Leadership

Correct Answer: (b) Cooperation.

Solution:

Cooperation refers to the process where two or more individuals work together towards achieving a common goal or purpose. This is a fundamental concept in sociological studies of group dynamics and social behavior.

Quick Tip

Cooperation is central to teamwork, shared goals, and collective action in social groups.

12. According to Social Identity Theory (SIT), social groups that an individual belongs to or identifies with are referred to as:

- (a) Out-Group
- (b) In-Group
- (c) Common Group
- (d) Sub-Group

Correct Answer: (b) In-Group.

Solution:

In Social Identity Theory, the term *In-Group* refers to the social group that an individual identifies with, while the *Out-Group* refers to those outside of this group.

Quick Tip

In-Group refers to the group with which an individual feels a sense of belonging, often contrasted with the Out-Group.
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13. The process of learning about one's culture is referred to as:

- (a) Socialization
- (b) Collectivism
- (c) Adulteration
- (d) Enculturation

Correct Answer: (d) Enculturation.

Solution:

Enculturation refers to the process by which individuals learn and adopt the values, customs, and behaviors of their own culture.

Quick Tip

Enculturation is how we acquire the cultural norms of our society through social interactions.

14. Arrange the following steps of the digestion process in the body in sequential order.

- A. Waste is removed from the body
- B. Food is liquified and digested into forms that cells can use.
- C. Food is broken into smaller pieces.
- D. Water is absorbed.
- E. Nutrients pass through the bloodstream.

Choose the correct answer from the options given below:

- (a) CBEDA
- (b) CBD EA
- (c) BCDEA
- (d) B.DCEA

Correct Answer: (a) CBEDA.

Solution:

The correct order of digestion is: 1. Food is broken into smaller pieces (C), 2. Food is liquified and digested into forms that cells can use (B), 3. Nutrients pass through the bloodstream (E), 4. Water is absorbed (D), 5. Waste is removed from the body (A).

Quick Tip

The process of digestion involves mechanical and chemical breakdown of food, absorption of nutrients, and waste elimination.

15. With specific reference to the management of common sports injuries, arrange the following steps in sequential order.

- A. Elevate the injured part
- B. Give rest to the injured part
- C. Protect the injured person
- D. Wrap the injured area with an elastic bandage
- E. Apply ice for 15-20 minutes

Choose the correct answer from the options given below:

- (a) CBEDA
- (b) CEDAB
- (c) EABCD
- (d) ACBED

Correct Answer: (a) CBEDA.

Solution:

The correct sequence is: 1. Protect the injured person (C), 2. Apply ice for 15-20 minutes (E), 3. Elevate the injured part (A), 4. Give rest to the injured part (B), 5. Wrap the injured area with an elastic bandage (D).

Quick Tip

The R.I.C.E. method (Rest, Ice, Compression, Elevation) is commonly used to manage sports injuries.

16. The term 'Oedema' is associated with:

- (a) Low blood volume
- (b) Excess tissue fluid
- (c) Slow blood flow
- (d) An electrolyte imbalance

Correct Answer: (b) Excess tissue fluid.

Solution:

Oedema refers to the swelling caused by excess tissue fluid accumulation. It can occur due to various factors, including poor circulation, kidney failure, or heart conditions.

Quick Tip

Oedema is commonly treated by addressing the underlying cause and may require diuretics to reduce fluid retention.

17. Which of the following statement best defines a communicable disease?

- (a) A disease that only affects specific age groups within a population
- (b) A disease that can be spread from person to person or from animal to people
- (c) A disease that is caused by genetics and cannot be transmitted between individuals
- (d) A disease that primarily spreads through environmental factors and not through direct contact

Correct Answer: (b) A disease that can be spread from person to person or from animal to people.

Solution:

Communicable diseases are those that can be transmitted from one individual to another, either directly or indirectly. This includes diseases like the flu, COVID-19, and malaria.

Quick Tip

The ability of a disease to spread from person to person makes it communicable.

18. Riboflavin is the chemical name of:

- (a) B1
- (b) B2
- (c) B6
- (d) B12

Correct Answer: (b) B2.

Solution:

Riboflavin, also known as vitamin B2, is essential for cellular function, growth, and energy production. It plays a key role in the metabolism of carbohydrates, fats, and proteins.

Quick Tip

Riboflavin is crucial for energy production and cellular function.

19. Which of the following types of carbohydrate is the simplest form of glucose?

- (a) Monosaccharides
- (b) Disaccharides
- (c) Polysaccharides
- (d) Multisaccharides

Correct Answer: (a) Monosaccharides.

Solution:

Monosaccharides are the simplest form of carbohydrates, consisting of single sugar molecules like glucose, which can be used directly for energy.

Quick Tip

Monosaccharides are the building blocks of more complex carbohydrates like disaccharides and polysaccharides.

20. What is the full form of PNF?

- (a) Proprioceptive Neuro Facilities
- (b) Propriptive Neuro-muscular Facilitation
- (c) Proprioceptive Neuro Facilitation
- (d) Proprioceptive Neuro-muscular Facilitation

Correct Answer: (d) Proprioceptive Neuro-muscular Facilitation.

Solution:

PNF (Proprioceptive Neuromuscular Facilitation) is a set of stretching techniques used to enhance both active and passive range of motion with the goal of improving motor performance.

Quick Tip

PNF techniques are widely used in physical therapy and rehabilitation to improve flexibility and strength.

21. Which of the following is the correct meaning of the Swedish word 'fartlek'?

- (a) Continuous Play
- (b) Pace Play
- (c) Speed Play
- (d) Internal Play

Correct Answer: (c) Speed Play.

Solution:

Fartlek is a Swedish term that means "speed play." It is a form of continuous training that involves varying the pace or intensity during a workout to improve endurance and speed.

Quick Tip

Fartlek training combines continuous running with periods of faster running, which can be a fun and effective way to improve cardiovascular fitness.

22. Exercise should be the major component of obesity treatment. By which of the following mechanisms may exercise produce a reduction in adiposity?

- (A) Increased lipid oxidation
- (B) Increased resting metabolic rate
- (C) Increased preference for fat
- (D) Increased lean tissue deposition
- (E) Decreased resting metabolic rate

Choose the correct answer from the options given below:

- (a) (A), (B) and (D) only
- (b) (A), (D) and (E) only
- (c) (A), (C) and (D) only
- (d) (A), (B) and (C) only

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

Solution:

Exercise helps reduce adiposity through increased lipid oxidation, improved resting metabolic rate, and increased lean tissue deposition. These factors contribute to fat loss and muscle gain, improving overall body composition.

Quick Tip

Exercise is not only crucial for burning fat but also for increasing muscle mass, which further helps in the long-term maintenance of healthy weight.

23. The ability of a muscle to overcome maximum resistance in a single repetition is referred to as:

- (a) Explosive Strength
- (b) Strength Endurance
- (c) Maximal Strength
- (d) Isometric

Correct Answer: (c) Maximal Strength.

Solution:

Maximal strength refers to the maximum amount of force that a muscle or group of muscles can generate in a single effort. It is tested by lifting the heaviest weight that can be moved in one repetition.

Quick Tip

Maximal strength is key to improving overall physical performance, especially in strength-based sports like weightlifting.

24. During common sports injuries, which of the following tendons are affected?

- A. Medial epicondylitis
- B. Band of collagen tissue
- C. Lateral epicondylitis
- D. Anterior cruciate ligament
- E. Achilles tendonitis

Choose the correct answer from the options given below:

- (a) A, B, D only
- (b) B, E, C only
- (c) A, C, E only
- (d) C, D, E only

Correct Answer: (c) A, C, E only.

Solution:

Medial epicondylitis (golfer's elbow), lateral epicondylitis (tennis elbow), and Achilles tendonitis

are common injuries involving tendons. The anterior cruciate ligament (ACL) is a ligament, not a tendon.

Quick Tip

Tendon injuries like epicondylitis and tendonitis are common in sports that involve repetitive movements, particularly in the arms and legs.

25. An imaginary vertical surface through which movement takes place, which divides the body into right and left parts, is referred to as:

- (a) Sagittal Plane
- (b) Frontal Plane
- (c) Transverse Plane
- (d) Horizontal Plane

Correct Answer: (a) Sagittal Plane.

Solution:

The sagittal plane divides the body into right and left parts. Movement occurring in this plane typically involves forward and backward motions, such as walking.

Quick Tip

The sagittal plane is crucial for understanding movement that occurs in a forward or backward direction, such as running or squatting.

26. Match List I with List II:

LIST I	LIST II
A. Flat Foot	I. Genu Valgum
B. Bow Legs	II. Pes Planus
C. Knock Knees	III. Lordosis
D. Sway Back	IV. Genu Varum

Choose the correct answer from the options given below:

- (a) A-II, B-IV, C-I, D-III
- (b) A-I, B-III, C-IV, D-II
- (c) A-III, B-I, C-IV, D-II
- (d) A-IV, B-II, C-III, D-I

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

Solution:

- Flat Foot is also known as Pes Planus.
- Bow legs are also referred to as Genu Varum.

- Knock Knees is known as Genu Valgum.
- Sway Back refers to Lordosis.

Quick Tip

Each condition describes a different misalignment or deformity of the lower limbs or spine.

27. Which section of a research report typically provides a summary of the research objectives, methodology and key findings?

- (a) Introduction
- (b) Literature Review
- (c) Methodology
- (d) Conclusion

Correct Answer: (d) Conclusion.

Solution:

The conclusion of a research report typically provides a summary of the research objectives, methodology, and key findings, offering a final assessment of the study's results.

Quick Tip

The conclusion is where the overall findings and implications of the study are summarized.

28. What is the primary purpose of delimiting the sample in research?

- (a) To increase the generalizability of findings
- (b) To exclude certain elements from the study
- (c) To enhance the complexity of the research design
- (d) To minimize the impact of confounding variables

Correct Answer: (a) To increase the generalizability of findings.

Solution:

Delimiting a sample involves defining specific boundaries for the study, ensuring that the findings are more generalizable to the target population by reducing the focus on overly specific factors.

Quick Tip

Delimitation helps in broadening the scope of the study, making the findings applicable to a larger group or context.

29. Which is not a criterion in selecting a problem in research?

- (a) Interest
- (b) Feasibility
- (c) Prejudice
- (d) Tools and Techniques

Correct Answer: (c) Prejudice.

Solution:

When selecting a research problem, interest, feasibility, and the availability of tools and techniques are crucial, but prejudice is not a valid consideration.

Quick Tip

Selecting a research problem should be based on practical and objective factors, not subjective biases like prejudice.

30. Which of the following is a method of probability sampling?

- (a) Stratified sampling
- (b) Quota sampling
- (c) Convenience sampling
- (d) Purposive sampling

Correct Answer: (a) Stratified sampling.

Solution:

Stratified sampling is a type of probability sampling where the population is divided into subgroups, and samples are taken from each subgroup. Other methods like quota, convenience, and purposive sampling are non-probability methods.

Quick Tip

Probability sampling ensures every member of the population has a known, non-zero chance of being selected.

31. Match List I with List II and choose the correct answer from the options given below:

LIST I	LIST II
A. Pull-Ups (Boys), flexed arm hang for girls	I. Explosive strength of legs
B. Standing Broad Jump	II. Speed and Explosive Strength
C. Shuttle Run	III. Muscular Strength and Endurance
D. 50-yard Dash	IV. Speed and agility

Choose the correct answer from the options given below:

- (a) A-III, B-II, C-IV, D-I
- (b) A-II, B-IV, C-I, D-III
- (c) A-III, B-I, C-IV, D-II
- (d) A-I, B-III, C-II, D-IV

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

Solution:

- Pull-ups for boys and the flexed arm hang for girls measure muscular strength and endurance (A-III).
- The standing broad jump assesses explosive strength of the legs (B-I).
- Shuttle run measures speed and agility (C-IV).
- The 50-yard dash measures speed and explosive strength (D-II).

Quick Tip

Different physical tests assess various components of fitness, such as strength, speed, and endurance.

32. Which of the following assessments is specifically designed to measure flexibility?

- (a) 40-Yard dash
- (b) Vertical jump
- (c) Sit and reach
- (d) 1-Repetition Maximum (1RM)

Correct Answer: (c) Sit and reach.

Solution:

The sit and reach test is specifically designed to measure flexibility, particularly in the lower back and hamstring muscles.

Quick Tip

The sit and reach test is a common assessment for flexibility in physical fitness tests.

33. A test if it measures what it was meant for, refers towards:

- (a) Validity of test
- (b) Reliability of test
- (c) Objectivity of test
- (d) Subjectivity of test

Correct Answer: (a) Validity of test.

Solution:

Validity refers to the extent to which a test measures what it was intended to measure. A valid test accurately assesses the concept it aims to measure.

Quick Tip

Ensure that the test's content, criteria, and construct validity align with its intended purpose.

34. How many matches will be played in a tournament where 19 teams will participate? Tournament will be of knockout cum league in which league will start from semi-finals.

- (a) 15
- (b) 18
- (c) 21
- (d) 19

Correct Answer: (c) 21.

Solution:

In this tournament format, there will be 18 matches to determine the semi-finalists (since 19 teams in a knockout leads to 18 matches), and then an additional three matches in the semi-finals and finals (two semi-finals and one final), making a total of 21 matches.

Quick Tip

In a combination of knockout and league formats, calculate the total by adding knockout matches to the matches in the league phase.

35. Marketing committee of organizing sports events covers the following aspects except:

- (a) Telecast of event
- (b) MOUs
- (c) Check remuneration of officials
- (d) Manages method of communication

Correct Answer: (c) Check remuneration of officials.

Solution:

While the marketing committee is responsible for public relations, media outreach (telecast of event), and managing communication methods, checking the remuneration of officials typically falls under a different administrative or financial committee.

Quick Tip

Marketing committees focus on public relations, sponsorship, and communication, not administrative or financial tasks like remuneration.

36. Which of the following is not an objective of Intramural?

- (a) Mass participation
- (b) Recreation
- (c) Health
- (d) High Performance

Correct Answer: (d) High Performance.

Solution:

Intramural activities are typically aimed at mass participation, recreation, and improving health. High performance is generally associated with competitive sports, which is not the primary objective of intramural sports.

Quick Tip

Intramural sports focus on participation and enjoyment, unlike competitive sports that emphasize performance.

37. Total number of medals won by India in 35th Asian Games Hangzhou were:

- (a) 108
- (b) 107
- (c) 107
- (d) 109

Correct Answer: (b) 107.

Solution:

India won a total of 107 medals in the 35th Asian Games held in Hangzhou, including gold, silver, and bronze medals across various sports.

Quick Tip

The number of medals won by a country in international events like the Asian Games reflects its sporting prowess and development.

38. How many Gold medals were won by India in Hangzhou Asian Games?

- (a) 27
- (b) 28

- (c) 29
- (d) 30

Correct Answer: (b) 28.

Solution:

India secured a total of 28 gold medals at the 35th Asian Games held in Hangzhou, marking a significant achievement in their sports performance.

Quick Tip

Gold medals highlight a country's top achievements in sports and contribute greatly to the overall medal tally.

39. Which state hosted 'Khelo India University Games 2023'?

- (a) Odisha
- (b) Karnataka
- (c) Uttar Pradesh
- (d) Manipur

Correct Answer: (c) Uttar Pradesh

Solution:

The Khelo India University Games 2023 were hosted by the state of Uttar Pradesh, a state known for its sports infrastructure and passion for sporting activities.

Quick Tip

The Khelo India University Games aim to promote sports at the university level and discover young talent across India.

40. Which of the following grand slam tournament is played on grass?

- (a) French Open
- (b) Australian Open
- (c) Wimbledon
- (d) US Open

Correct Answer: (c) Wimbledon.

Solution:

Wimbledon is the only Grand Slam played on grass courts, making it unique among the four major tennis tournaments.

Quick Tip

The surface type of a tennis tournament plays a significant role in the style and speed of the game.

41. Which of the following events is not organized in swimming?

- (a) 50m Freestyle
- (b) 50m Relay
- (c) 50m Breaststroke
- (d) 50m Backstroke

Correct Answer: (b) 50m Relay.

Solution:

The 50m Relay event does not exist in competitive swimming; there are only individual relay events for other distances like 4x100m and 4x200m.

Quick Tip

Swimming events are categorized by distance and stroke, and relay events are team-based with various distance options.

42. What is the radius of the center circle in a basketball court?

- (a) 1.80m
- (b) 3.60m
- (c) 1.60m
- (d) 3.20m

Correct Answer: (a) 1.80m

Solution:

The radius of the center circle on a standard basketball court is 1.80 meters, which is used to mark the area for the jump ball.

Quick Tip

The center circle is crucial for determining where the game starts with the initial jump ball.

43. Match List I with List II:

LIST I	LIST II
A. INCTE	I. 1961
B. UGC	II. 1984
C. N.I.S. (Patiala)	III. 1995
D. SAI	IV. 1953

Choose the correct answer from the options given below:

- (a) A-III, B-I, C-IV, D-II
- (b) A-IV, B-II, C-III, D-I
- (c) A-I, B-III, C-IV, D-II
- (d) A-III, B-IV, C-I, D-II

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

Solution:

The correct matching is as follows: - INCTE was established in 1995 (A-III).

- UGC was established in 1953 (B-IV).

- N.I.S. (Patiala) was established in 1961 (C-I).

- SAI was established in 1984 (D-II).

Quick Tip

These institutions play important roles in shaping India's educational and sporting landscape.

44. Who was the First President of Indian Olympic Association?

- (a) Dr. A.G. Nochren
- (b) Sir Dorabji Tata
- (c) H.C. Buck
- (d) Raja Randhir Singh

Correct Answer: (b) Sir Dorabji Tata.

Solution:

Sir Dorabji Tata was the first President of the Indian Olympic Association (IOA), serving from its inception in 1927.

Quick Tip

The role of the IOA President is crucial in the governance of Indian sports and participation in the Olympic Games.

45. Which city hosted the First Khelo India Para Games 2023 (KIPG) in India?

- (a) Bangalore

- (b) Delhi
- (c) Mumbai
- (d) Lucknow

Correct Answer: (b) Delhi.

Solution:

The First Khelo India Para Games 2023 (KIPG) was held in Delhi, focusing on promoting para-sports and supporting athletes with disabilities.

Quick Tip

Khelo India Para Games aim to encourage athletes with disabilities and ensure inclusivity in sports.

46. Arrange the following events according to the daywise schedule of ancient Olympic Games:

- (A). Foot race, Wrestling and Boxing
- (B). Sacrifice and oath
- (C). Three foot race
- (D). March past
- (E). Celebration through feasting and rejoicing

Choose the correct answer from the options given below:

- (a) (A), (B), (C), (D), (E)
- (b) (B), (C), (E), (D), (A)
- (c) (E), (C), (B), (D), (A)
- (d) (B), (D), (A), (C), (B)

Correct Answer: (d) (B), (D), (A), (C), (B).

Solution:

The correct sequence of events according to the daywise schedule of the ancient Olympic Games is:

- Day 1: Sacrifice and oath (B)
- Day 2: March past (D)
- Day 3: Foot race, wrestling, and boxing (A)
- Day 4: Three foot race (C)
- Day 5: Another round of sacrifice and oath (B)

Quick Tip

In the ancient Olympics, ceremonies and competitions were structured to honor the gods and celebrate athleticism.

47. Arrange the following steps in the correct sequence for learning a new motor skill:

- (A). Refinement of technique
- (B). Understanding the task
- (C). Receiving feedback
- (D). Repetition and practice
- (E). Mental visualization

Choose the correct answer from the options given below:

- (a) (B), (E), (D), (C), (A)
- (b) (E), (B), (C), (D), (A)
- (c) (B), (E), (D), (A), (C)
- (d) (E), (B), (D), (A), (C)

Correct Answer: (a) (B), (E), (D), (C), (A).

Solution:

The process of learning a new motor skill typically starts with understanding the task (B) and mental visualization (E). Then, repetition and practice (D) help build the skill. Feedback (C) is received during practice, followed by refinement of the technique (A) as the skill becomes more proficient.

Quick Tip
Repetition and consistent feedback are key to mastering new motor skills.

48. Arrange the steps involved in socialization through sports in the sequential order:

- (A). Celebrating victories and learning from defeats
- (B). Development of a sense of belonging and identity with the team
- (C). Building communication and leadership skills
- (D). Engaging in off-field activities or team building exercises
- (E). Adhering to the principles of sports ethics and integrity

Choose the correct answer from the options given below:

- (a) (B), (E), (C), (A), (D)
- (b) (E), (B), (D), (A), (C)
- (c) (E), (B), (D), (C), (A)
- (d) (B), (E), (C), (D), (A)

Correct Answer: (d) (B), (E), (C), (D), (A).

Solution:

The correct sequence of steps involved in socialization through sports is:

- Initial and ongoing development of a sense of belonging and identity with the team (B),
- Adhering to the principles of sports ethics and integrity (E),
- Building communication and leadership skills (C), - Engaging in off-field activities or team building exercises (D), - Celebrating victories and learning from defeats (A).

Quick Tip

Sports offer a unique platform to teach teamwork, ethics, and leadership, important for holistic development.

49. During blood circulation, the heart muscle contracts and the impure blood passes through the heart and lungs, then purified blood flows through a sequential process of:

- (A). Blood passes into left ventricle
- (B). Blood finds its way into left atrium
- (C). Blood finds its way into lungs
- (D). Blood passes into right ventricle
- (E). Discharges blood into various arteries and capillaries

Choose the correct sequence from the options given below:

- (a) (D), (A), (C), (B), (E)
- (b) (D), (A), (B), (C), (E)
- (c) (D), (C), (A), (B), (E)
- (d) (D), (C), (B), (A), (E)

Correct Answer: (d) (D), (C), (B), (A), (E).

Solution:

The correct sequence for the flow of blood through the heart and lungs is: blood passes into the right ventricle (D), moves to the lungs (C) where it becomes oxygenated, returns to the left atrium (B), flows into the left ventricle (A), and finally is discharged into arteries and capillaries (E).

Quick Tip

Remember that the heart pumps deoxygenated blood to the lungs and oxygenated blood to the body.

50. Arrange the following training cycles as per their duration in descending order:

- (A). Meso cycle
- (B). Micro cycle
- (C). Macro cycle
- (D). Olympic cycle
- (E). Session

Choose the correct answer from the options given below:

- (a) (C), (D), (A), (B), (E)
- (b) (D), (C), (A), (B), (E)
- (c) (D), (C), (B), (A), (E)
- (d) (C), (A), (D), (E), (B)

Correct Answer: (b) (D), (C), (A), (B), (E).

Solution:

The duration of training cycles in descending order is: Olympic cycle (D), Macro cycle (C), Meso cycle (A), Micro cycle (B), and Session (E).

Quick Tip
Olympic cycles are the longest and sessions are the shortest training periods.

51. "A player who applies more force and tosses the shot-put at the correct angle has a greater displacement of the shot-put, whereas a player who exerts less force has a lesser displacement of shot-put," which of the following laws is applicable in the above statement?

- (a) Law of Acceleration
- (b) Law of Inertia
- (c) Law of Gravity
- (d) Law of Reaction

Correct Answer: (a) Law of Acceleration.

Solution:

The Law of Acceleration states that the acceleration of an object is directly proportional to the force applied to it and inversely proportional to its mass. This applies to the displacement of the shot-put as it depends on the force exerted.

Quick Tip
Force and displacement are directly related through acceleration.

52. Arrange the following steps in the sequence of conducting scientific research:

- (A). Formulate a hypothesis
- (B). Collection of data
- (C). Analyzing results
- (D). Design of research
- (E). Draw conclusion

Choose the correct answer from the options given below:

- (a) (A), (D), (C), (B), (E)

- (b) (A), (D), (B), (C), (E)
- (c) (D), (A), (B), (C), (E)
- (d) (D), (A), (C), (B), (E)

Correct Answer: (b) (A), (D), (B), (C), (B).

Solution:

The correct sequence in scientific research is: - Formulate a hypothesis (A), - Design the research (D), - Collect data (B), - Analyze results (C), - Collect more data as needed (B).

Quick Tip

Iterative data collection can be essential for refining research findings and methods.
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53. Arrange the following functions of sports event management in sequential order:

- (A). Organizing
- (B). Coordinating
- (C). Planning
- (D). Staffing
- (E). Directing

Choose the correct answer from the options given below:

- (a) (C), (E), (D), (B), (A)
- (b) (C), (A), (D), (B), (E)
- (c) (C), (D), (A), (B), (E)
- (d) (C), (B), (A), (D), (E)

Correct Answer: (b) (C), (A), (D), (B), (E).

Solution:

The sequence in sports event management typically follows: Planning (C), Organizing (A), Staffing (D), Coordinating (B), and Directing (E).

Quick Tip

Proper planning and organizing are key steps before the event is executed and directed.

54. After the first Modern Olympic Games in 1896 at Athens, the successive Olympic Games were hosted by various cities. Place the host cities in chronological year of hosting:

- (A). St Louis
- (B). Antwerp
- (C). Paris
- (D). Stockholm

(E). London

Choose the correct answer from the options given below:

- (a) (A), (B), (C), (D), (E)
- (b) (B), (A), (C), (D), (E)
- (c) (C), (A), (E), (D), (B)
- (d) (E), (C), (A), (B), (D)

Correct Answer: (c) (C), (A), (E), (D), (B).

Solution:

The host cities for the Olympic Games following Athens in chronological order are: - Paris (1900), - St Louis (1904), - London (1908), - Stockholm (1912), - Antwerp (1920).

Quick Tip

Remembering the sequence of Olympic hosts can help in understanding the historical context and the evolution of the Games.

55. Arrange the following balls used in different sports as per their weight in descending order:

- (A). Handball Ball
- (B). Cricket Ball
- (C). Tennis Ball
- (D). Volleyball Ball
- (E). Basketball Ball

Choose the correct answer from the options given below:

- (a) (C), (B), (D), (A), (E)
- (b) (B), (D), (C), (B), (A)
- (c) (B), (D), (C), (A), (E)
- (d) (C), (B), (D), (E), (A)

Correct Answer: (c) (B), (D), (C), (A), (E).

Solution:

The correct weight order for these balls is: Cricket Ball (B), Volleyball Ball (D), Tennis Ball (C), Handball Ball (A), and Basketball Ball (E).

Quick Tip

When comparing the weights of balls from different sports, remember the variety in material and design.

56. Which of the following statements reflect the importance of play?

- (A). Play is absolutely necessary for physical growth
- (B). Play promotes social and moral development of children
- (C). Play creates competitive spirit among children
- (D). Play helps in talent identification
- (E). Play influences mental and emotional development

Choose the correct answer from the options given below:

- (a) (A), (B), and (D) only
- (b) (A), (B), and (C) only
- (c) (A), (B), and (E) only
- (d) (A), (C), and (E) only

Correct Answer: (c) (A), (B), and (E) only.

Solution:

Play is crucial for physical growth, social and moral development, and mental and emotional growth. It also aids in overall personality development, rather than just fostering competition.

Quick Tip

Play helps children in developing various aspects of their personality, including physical and emotional well-being.

57. Imagery and stimulation are both psychological skill training techniques. Which of the following statements are correct in relation to imagery and stimulation:

- (A). Stimulation requires greater resource of time and effort to set realistic situations during practice, but in many ways it is superior to imagery as a training technique
- (B). Imagery allows an individual to practice mentally whereas stimulation attempts to create circumstances of competition in practice
- (C). Stimulation training technique can only be given to an athlete if they go through imagery training at the beginning
- (D). Imagery helps the athlete in setting their daily goals and staying motivated during tough training sessions
- (E). Imagery technique is incomplete without following it up with stimulation technique

Choose the correct answer from the options given below:

- (a) (B), (C), and (D) only
- (b) (C), (D), and (E) only
- (c) (A), (B), and (C) only
- (d) (A), (B), and (D) only

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

Solution:

Imagery and stimulation are both vital psychological training techniques. Stimulation is used

to create realistic competitive scenarios in training, whereas imagery is a more mental rehearsal method. Both can be used together for better results.

Quick Tip

While both techniques enhance performance, imagery is generally easier to practice, while stimulation provides real-time, high-intensity scenarios.

58. Sports and games have universal acceptance and acclaim, and makes them an unchangeable part of culture across the world. Choose the correct legacies of games and sports from the following:

- (A). Outdoor sports - Australia culture
- (B). Martial arts - China and Japan
- (C). Gymnastics - Scandinavia and Rome
- (D). Badminton - England
- (E). Yoga - India

Choose the correct answer from the options given below:

- (a) (A), (B), and (D) only
- (b) (B), (C), and (E) only
- (c) (A), (C), and (D) only
- (d) (A), (B), and (C) only

Correct Answer: (b) (B), (C), and (E) only.

Solution:

Martial arts originated in China and Japan, gymnastics in Scandinavia and Rome, and yoga in India. These practices have deep cultural roots in their respective regions.

Quick Tip

Each region's contribution to sports reflects its unique culture and history, influencing their global development.

59. Our heart consists of various layers of muscles:

- (A). Endocardium
- (B). Myofibrils
- (C). Myofilaments
- (D). Epicardium
- (E). Pericardium

Choose the correct answer from the options given below:

- (a) (A). (B) and (C) only.
- (b) (B). (C) and (D) only.
- (c) (C). (D) and (E) only.

(d) (A). (D) and (E) only.

Correct Answer: (d) (A). (D) and (E) only.

Solution:

The heart consists of layers such as the endocardium (inner layer) and epicardium (outer layer). Myofibrils and myofilaments are structures inside the muscle fibers, but they are not separate layers of the heart.

Quick Tip

The heart's structure involves several layers that protect and nourish its muscle tissues.

60. Which of the following statements are correct with respect to a balanced diet?

- (A). Food from all food groups should be added to the diet
- (B). Foods promoting absorption of certain nutrients and hindering absorption of nutrients should be considered
- (C). Non-nutritive foods are not beneficial and should be avoided from the balanced diet
- (D). Food quality and proportion should be taken as per the individual's need
- (E). A balanced diet should focus on energy-giving foods and body-building food groups only

Choose the correct answer from the options given below:

- (a) (A), (B), and (C) only
- (b) (A), (B), and (D) only
- (c) (A), (B), and (E) only
- (d) (A), (C), and (E) only

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

Solution:

A balanced diet includes food from all groups, considers nutrient absorption, and tailors to individual needs. It doesn't focus solely on energy-giving foods, but also includes body-building and protective foods.

Quick Tip

A balanced diet is key to maintaining overall health and well-being. It should include all food groups in the right proportions.

61. Which of the following are the long-term effects of exercise on our body?

- (A). Pulmonary diffusion increases
- (B). Decreased Heart Rate
- (C). Increased Resting Heart Rate
- (D). Increased Blood Pressure
- (E). Residual volume increases

Choose the correct answer from the options given below:

- (a) (A), (C), and (E) only
- (b) (A), (B), and (C) only
- (c) (B), (C), and (E) only
- (d) (A), (B), and (E) only

Correct Answer: (d) (A), (B), and (E) only.

Solution:

The long-term effects of exercise on our body include: - Increased pulmonary diffusion (A), which helps enhance the ability to transfer oxygen into the blood and remove carbon dioxide from the blood. - Decreased resting heart rate (B), reflecting improved cardiovascular efficiency. - Increased residual volume (E), which can result in a larger volume of air remaining in the lungs after a forced exhalation, enhancing oxygen exchange and aerobic capacity during exercise.

Quick Tip

Long-term exercise not only improves cardiovascular health but also enhances lung capacity and efficiency.

62. Frictional forces occur between two surfaces in contact when one slides or tends to slide over the other, which factors influence frictional forces?

- (A). Friction is large for materials that strongly interact
- (B). Friction depends on surface quality and surface finish
- (C). Friction force depends on total surface area
- (D). Friction depends on the nature of the two surface areas

Choose the correct answer from the options given below:

- (a) (A) (B) and (C) only
- (b) (A), (B), and (E) only
- (c) (B) ,(D) and (E) only
- (d) (A), (B) and (D) only

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

Solution:

Friction depends on surface roughness (quality) and surface material properties (nature of the materials). It does not depend on the total surface area.

Quick Tip

Friction is influenced by the texture and material properties of surfaces, not their total surface area.

63. Which of the following are the items of the JCR Test Battery?

- (A). Vertical jump
- (B). Chin-ups
- (C). Standing broad jump
- (D). Push-ups
- (E). Shuttle run

Choose the correct answer from the options given below:

- (a) (A), (B), and (C) only
- (b) (A), (B), and (D) only
- (c) (A), (B), and (E) only
- (d) (A), (C), and (E) only

Correct Answer: (c) (A), (B), and (E) only.

Solution:

The items of the JCR Test Battery that are included are the vertical jump (A), chin-ups (B), and shuttle run (E). These tests are designed to assess different aspects of physical fitness, including power, strength, and cardiovascular endurance.

Quick Tip
The JCR Test Battery is used to evaluate key components of physical fitness, focusing on assessments that measure explosive power, upper body strength, and aerobic capacity.

64. Which of the following grounds/stadiums are related to football?

- (A). Duler Stadium, Goa
- (B). Guru Nanak Stadium, Ludhiana
- (C). Narendra Modi Stadium, Ahmedabad
- (D). Kaloor Stadium, Kochi
- (E). Birsa Munda Stadium, Jharkhand

Choose the correct answer from the options given below:

- (a) (B), (C), and (E) only
- (b) (C), (D), and (E) only
- (c) (A), (B), and (C) only
- (d) (A), (B), and (D) only

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

Solution:

The grounds/stadiums related to football include: - Duler Stadium in Goa (A), - Guru Nanak Stadium in Ludhiana (B), - Kaloor Stadium in Kochi (D). These venues are recognized for

hosting football events and are prominent in the Indian football scene.

Quick Tip

Knowing the specific sports associated with different stadiums can be useful for sports enthusiasts and professionals alike.

65. Which of the following features are associated with the NEP 2020 with respect to higher education in India?

- (A). Choice Based Credit System (CBCS)
- (B). Need to study in English medium only
- (C). Academic Bank of Credit (ABC)
- (D). No option to earn a regular dual degree at the same duration
- (E). Alignment of credit system with foreign universities

Choose the correct answer from the options given below:

- (a) (A), (B), and (C) only
- (b) (B), (C), and (D) only
- (c) (C), (D), and (E) only
- (d) (A), (C), and (E) only

Correct Answer: (d) (A), (C), and (E) only.

Solution:

NEP 2020 includes elements like the Choice Based Credit System (CBCS), Academic Bank of Credit (ABC), and alignment of the credit system with foreign universities. It does not require exclusive study in English or restrict dual degrees.

Quick Tip

The NEP 2020 focuses on flexibility, internationalization, and the integration of technology into higher education in India.

66. Match List I with List II:

LIST I	LIST II
A. Pankration	I. An event combining running & wrestling
B. Hoplitodromos	II. A race where competitors ran in full armor
C. Diaulos	III. A sprinting race of 400 meters
D. Tethrippon	IV. Four horse chariot race

Choose the correct answer from the options given below:

- (a) (A) (IV), (B) - (III), (C) - (II), (D) - (I)
- (b) (A) (III), (B) - (IV), (C) - (I), (D) - (II)
- (c) (A) (II), (B) - (I), (C) - (IV), (D) - (III)

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

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

Solution:

The correct match for each event is: - Pankration: A combination of wrestling and running. - Hoplitodromos: A race where competitors ran in full armor. - Diaulos: A sprinting race of 400 meters. - Tethrippon: Four horse chariot race.

Quick Tip

Each of these events from ancient Greek sports had unique features, blending different athletic skills.

67. Match List I with List II:

LIST I	LIST II
A. Pragmatism	I. Reality is shaped by human perception and consciousness
B. Naturalism	II. Practical experience & consequences as criteria for truth
C. Realism	III. Existence of an objective reality independent of human perception
D. Idealism	IV. Scientific methods should be used to understand the world

Choose the correct answer from the options given below:

- (a) (A) (I), (B) - (III), (C) - (IV), (D) - (II)
- (b) (A) (II), (B) - (III), (C) - (IV), (D) - (I)
- (c) (A) (II), (B) - (IV), (C) - (III), (D) - (I)
- (d) (A) (I), (B) - (IV), (C) - (III), (D) - (II)

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

Solution:

The philosophies and their descriptions match as follows: - Pragmatism: Practical experience as a criteria for truth. - Naturalism: Scientific methods to understand the world. - Realism: Existence of an objective reality independent of perception. - Idealism: Reality is shaped by human perception.

Quick Tip

Pragmatism emphasizes experience, while realism stresses objective reality.

68. Match List I with List II:

Choose the correct answer from the options given below:

- (a) (A) (III), (B) - (II), (C) - (IV), (D) - (I)
- (b) (A) (III), (B) - (IV), (C) - (II), (D) - (I)
- (c) (A) (I), (B) - (IV), (C) - (II), (D) - (III)
- (d) (A) (I), (B) - (II), (C) - (IV), (D) - (III)

LIST I	LIST II
A. Transfer of Learning	I. Practice of skill with a recovery and rest period between each attempt
B. Practice Variability	II. Refers to the amount & timing of feedback provided during skill acquisition
C. Feedback Frequency	III. Ability to apply knowledge & skills learned in one context to another
D. Distributed Practice	IV. Variations in practice conditions to improve adaptability & generalization of skills

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

Solution:

The correct matches are: - Transfer of Learning (A) is paired with the ability to apply knowledge & skills learned in one context to another (III). - Practice Variability (B) involves variations in practice conditions to improve adaptability & generalization of skills (IV). - Feedback Frequency (C) refers to the amount & timing of feedback provided during skill acquisition (II). - Distributed Practice (D) includes practice of skill with a recovery and rest period between each attempt (I).

Quick Tip

Understanding the relationship between these elements can greatly enhance the effectiveness of skill training and acquisition.

69. Match List I with List II:

LIST I	LIST II
A. Alveoli	I. Gas Exchange
B. Bronchioles	II. Passage for air to enter & leave the lungs
C. Diaphragm	III. Regulate air flow & distribution
D. Trachea	IV. Muscle helps to expand & contract lungs

Choose the correct answer from the options given below:

- (a)(A) (I), (B) - (IV), (C) - (II), (D) - (III)
- (b)(A) (I), (B) - (II), (C) - (III), (D) - (IV)
- (c)(A) (I), (B) - (III), (C) - (IV), (D) - (II)
- (d)(A) (II), (B) - (I), (C) - (III), (D) - (IV)

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

Solution:

The correct matches are: - Alveoli (A) are the site for gas exchange (I). - Bronchioles (B) regulate air flow and distribution (III). - Diaphragm (C) is the muscle that helps to expand and contract the lungs (IV). - Trachea (D) serves as the passage for air to enter and leave the lungs (II).

Quick Tip

Understanding the specific functions of each component of the respiratory system enhances comprehension of respiratory physiology.

70. Match List I with List II:

LIST I	LIST II
A. Vitamin-A	I. Absorption of iron
B. Calcium	II. Important for vision
C. Iron	III. Oxygen transport in blood
D. Vitamin-C	IV. Bone health

Choose the correct answer from the options given below:

- (a)(A) (II), (B) - (IV), (C) - (III), (D) - (I)
(b)(A) (II), (B) - (IV), (C) - (I), (D) - (III)
(c)(A) (II), (B) - (III), (C) - (IV), (D) - (I)
(d)(A) (II), (B) - (I), (C) - (III), (D) - (IV)

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

Solution:

The correct matches are: - Vitamin A: Important for vision. - Calcium: Important for bone health. - Iron: Important for oxygen transport in blood. - Vitamin C: Aids in the absorption of iron.

Quick Tip

Vitamins and minerals have specific roles in the body, such as vision, bone health, and oxygen transport.

71. Match List I with List II:

LIST I	LIST II
A. Mass	I. Resistance to change in motion
B. Inertia	II. Rate of change of position
C. Force	III. Mechanical distribution or load
D. Velocity	IV. Quantitative measures of inertia

Choose the correct answer from the options given below:

- (a) (A) (IV), (B) - (I), (C) - (III), (D) - (II)
(b) (A) (I), (B) - (III), (C) - (II), (D) - (IV)
(c) (A) (I), (B) - (II), (C) - (IV), (D) - (III)
(d) (A) (III), (B) - (IV), (C) - (I), (D) - (II)

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

Solution:

The correct matches are: - Mass: Quantitative measure of inertia. - Inertia: Resistance to change in motion. - Force: Mechanical distribution or load. - Velocity: Rate of change of position.

Quick Tip

Inertia is the property that resists changes in motion, and mass quantifies this resistance.

72. Match List I with List II:

LIST I	LIST II
A. Experimental research	I. Investigate cause and effect
B. Case study Research	II. Studies relationship between variables
C. Longitudinal Research	III. Collect data from same subjects repeatedly over an extended period
D. Correlation Research	IV. Examine behavior, events etc in-depth

Choose the correct answer from the options given below:

- (a) (A) (I), (B) - (III), (C) - (IV), (D) - (II)
- (b) (A) (I), (B) - (IV), (C) - (III), (D) - (II)
- (c) (A) (II), (B) - (III), (C) - (IV), (D) - (I)
- (d) (A) (II), (B) - (IV), (C) - (III), (D) - (I)

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

Solution:

The correct matches are: - Experimental research (A) is often misconceived as solely investigating cause and effect but it primarily studies the relationship between variables (II). - Case study Research (B) examines behavior, events, etc., in-depth (IV). - Longitudinal Research (C) collects data from the same subjects repeatedly over an extended period (III). - Correlation Research (D) investigates cause and effect (I).

Quick Tip

Understanding the different types of research methodologies can enhance the design and interpretation of studies across various disciplines.

73. Match List I with List II:

LIST I	LIST II
A. Validity	I. Ensure the test measures what it intends to measure consistently
B. Reliability	III. Consistency of test results when administered repeatedly
C. Objectivity	II. The test treats all examinees equally
D. Fairness	IV. The test is free from personal bias or influence

Choose the correct answer from the options given below:

- (a) (A) (I), (B) - (III), (C) - (IV), (D) - (II)
 (b) (A) (II), (B) - (IV), (C) - (I), (D) - (III)
 (c) (A) (I), (B) - (III), (C) - (II), (D) - (IV)
 (d) (A) (I), (B) - (III), (C) - (IV), (D) - (II)

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

Solution:

The correct matches are: - Validity: Ensures the test measures what it intends to measure consistently. - Reliability: Consistency of test results when administered repeatedly. - Objectivity: The test treats all examinees equally. - Fairness: The test is free from personal bias or influence.

Quick Tip

Test quality is defined by its validity (accuracy), reliability (consistency), objectivity (fairness), and fairness.

74. Match List I with List II:

LIST I	LIST II
A. Asian Games Tokyo	I. 1958
B. Asian Games Jakarta	II. 1998
C. Asian Games Guangzhou	III. 1962
D. Asian Games Bangkok	IV. 2010

Choose the correct answer from the options given below:

- (a) (A) (IV), (B) - (II), (C) - (I), (D) - (III)
 (b) (A) (I), (B) - (III), (C) - (IV), (D) - (II)
 (c) (A) (II), (B) - (I), (C) - (IV), (D) - (III)
 (d) (A) (II), (B) - (IV), (C) - (III), (D) - (I)

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

Solution:

The correct matches are: - Asian Games Tokyo: 1958 (A) - (I). - Asian Games Jakarta: 1962 (B) - (III). - Asian Games Guangzhou: 2010 (C) - (IV). - Asian Games Bangkok: 1998 (D) - (II).

Quick Tip

Keep track of the host cities and years to better understand the history and evolution of the Asian Games.

75. Match List I with List II:

LIST I	LIST II
A. AAI	I. Football
B. ALFF	II. Archery
C. AFI	III. Badminton
D. BAI	IV. Athletics

Choose the correct answer from the options given below:

- (a) (A) (IV), (B) - (II), (C) - (I), (D) - (III)
- (b) (A) (II), (B) - (IV), (C) - (I), (D) - (III)
- (c) (A) (II), (B) - (I), (C) - (IV), (D) - (III)
- (d) (A) (IV), (B) - (I), (C) - (II), (D) - (III)

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

Solution:

The correct matches are: - AAI: Archery (II). - ALFF: Football (I). - AFI: Athletics (IV). - BAI: Badminton (III).

Quick Tip

Knowing the abbreviations and roles of various sports associations can enhance your understanding of the sports landscape and its governance.