Physical Education

Group Number :	19
Group Id :	46419946
Group Maximum Duration :	45
Group Minimum Duration :	45
Show Attended Group? :	No
Edit Attended Group? :	No
Break time :	0
Group Marks :	200

Physical Education

Section Id :	46419956
Section Number :	1
Section type :	Online
Mandatory or Optional :	Mandatory
Number of Questions :	50
Number of Questions to be attempted :	40
Section Marks :	200
Maximum Instruction Time :	0
Sub-Section Number :	1
Sub-Section Id :	464199149
Question Shuffling Allowed :	Yes

Question Number : 946 Question Id : 4641992450 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Which of the following type of strength is of utmost importance for a long jumper while taking off ?

(1) Strength endurance

(2) Explosive strength

(3) Maximum strength

(4) Speed strength

Question Number : 947 Question Id : 4641992451 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Which one of the organization is responsible for the preparation and participation of competitors in Olympic Games, Common Wealth Games and Asian Games in India ?

(1) Indian Olympic Association

(2) International Olympic Committee

(3) Sports Authority of India

(4) Ministry of Youth Affairs & Sports

Question Number : 948 Question Id : 4641992452 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

The career which focuses on helping athletes by improving their mindset to enable them to improve their sports performance :

(1) Physiotherapist

(2) Sports Psychologists

(3) Sports Agent

(4) Sports Nutritionists

Question Number : 949 Question Id : 4641992453 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

By using which of the following process, teams will be placed in such a manner so that previous year's ranking teams do not meet at an early stage of a tournament ?

(1) Heats

(2) Bye

(3) Seeding

(4) Fixture

Question Number : 950 Question Id : 4641992454 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Identify the primary goal of Intramural Competition from the statements given below :

(1) To provide opportunity for mass participation of students

(2) To develop the feeling of integration with other institutions

(3) To provide opportunity for choosing a career in sports

(4) To achieve high performance at highest level

Question Number : 951 Question Id : 4641992455 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

How many total number of matches will be played in a knock out tournament of 21 teams, including third place match ?

(1) 18

(2) 21

(3) 20

(4) 17

Question Number : 952 Question Id : 4641992456 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Which of the following is not a skin injury ?

(1) Abrasion

(2) Laceration

(3) Incision

(4) Sprain

Question Number : 953 Question Id : 4641992457 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

The fracture that occurs when the broken ends of the bones get jammed together by the force of the injury, is called :

(1) Oblique
(2) Impacted
(3) Greenstick
(4) Comminuted

Question Number : 954 Question Id : 4641992458 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

The weight of dumbbell for men in arm curl test item of Rikli & Jones senior citizen fitness test is :

(1) 5 Pounds
(2) 6 Pounds
(3) 8 Pounds
(4) 10 Pounds

Question Number : 955 Question Id : 4641992459 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

A person's speed, quickness and body control while changing direction can be measured by which of the following test ?

(1) Standing Broad Jump
(2) Zig-Zag Run
(3) Sit and Reach Test
(4) Partial Curl-Up

Question Number : 956 Question Id : 4641992460 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

The law of acceleration is also known as :

(1) Law of inertia
(2) Law of action & reaction
(3) Law of Resultant Force
(4) Boyle's Law

Question Number : 957 Question Id : 4641992461 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

In which kind of personality is a person interested in his/her own mental self and prefers to be withdrawn from external reality ?

(1) Introvert
(2) Ambivert
(3) Somatotype
(4) Extrovert

Question Number : 958 Question Id : 4641992462 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

According to William Herbert Sheldon's Theory of Personality, a person who is soft, social and peaceful in nature has tendency towards a :

(1) Cerebrotonic Personality
(2) Somatotonic Personality
(3) Viscerotonic Personality
(4) Cervesonic Personality

Question Number : 959 Question Id : 4641992463 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Arrange the steps of interval training session in a sequential order from first to last :

(A) Short Break

(B) Warm-up

(C) Resume similar intensity running

(D) Fast pace running where heart goes up to 180 beats per minute

(E) Heart beat goes down to 120-130 beats per minute

Choose the **correct** answer from the options given below :

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

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

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

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

Question Number : 960 Question Id : 4641992464 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Arrange the following associations/institutions with respect to their establishment years from latest to oldest :

(A) Badminton Association of India

(B) All India Tennis Association

(C) Netaji Subhash National Institute of Sports

(D) Indian Olympic Association

(E) Amateur Athletic Federation of India

Choose the **correct** answer from the options given below :

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

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

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

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

Question Number : 961 Question Id : 4641992465 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Which of the following procedures are not included under P.R.I.C.E. treatment of sports injuries ?

(A) Rest

(B) Recovery

(C) ICE

(D) Combination

(E) Evaluation

Choose the **correct** answer from the options given below :

(1) (B), (D) and (E) only

(2) (A), (B) and (C) only

(3) (B) and (C) only

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

Question Number : 962 Question Id : 4641992466 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

An endomorphic somatotype is characterised by following psychological & physiological characteristics :

(A) Pear-shaped, Fat and Thick, Wide Hips

(B) Thin, Underweight, Narrow Chest

(C) Broad Shoulder, Narrow Waist

(D) Relaxed, Comfortable, Fun Loving

(E) Creative, Artistic, Thoughtful

Choose the **correct** answer from the options given below:

(1) (A) and (D) only

(2) (C) and (D) only

(3) (B) and (C) only

(4) (A) and (E) only

Question Number : 963 Question Id : 4641992467 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Arrange the following steps of standing broad jump in a sequential order from last to first :

(A) Lean forward, swing arms behind both knees to gain momentum

(B) Distance will be measured from back to the heel to the take off line

(C) Stand behind the take off line

(D) Jump as far as possible landing on both the feet

(E) Push the surface and take off while swinging arms forward

Choose the **correct** answer from the options given below :

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

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

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

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

Question Number : 964 Question Id : 4641992468 Question Type : MCQ Option Shuffling : No Correct Marks : 5 Wrong Marks : 1

Which of the following are the test items of barrow motor ability test ?

(A) Medicine Ball Put

(B) Standing Broad Jump

(C) 50m Dash

(D) Zig -zag Run

(E) Vertical Jump

Choose the **correct** answer from the options given below:

(1) (A), (B) and (C) only

(2) (C), (D) and (E) only

(3) (A), (B) and (D) only

(4) (B), (C) and (D) only

Question Number : 965 Question Id : 4641992469 Question Type : MCQ Option Shuffling : No Correct Marks : 5 Wrong Marks : 1

Match the Component from **List-I** with the Test from **List-II** :

	List-I		**List-II**
	Component		**Test**
(A)	Flexibility	(I)	600m Run/Walk
(B)	Endurance	(II)	Partial Curl-up
(C)	Abdominal strength	(III)	Sit and Reach Test
(D)	Speed	(IV)	50m Dash (Standing Start)

Choose the correct answer from the options given below :

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

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

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

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

Question Number : 966 Question Id : 4641992470 Question Type : MCQ Option Shuffling : No Correct Marks : 5 Wrong Marks : 1

Match the Personality Traits of Big Five Theory of Personality as listed in **List-I** with the Behavioural Characteristics of high score listed in **List-II**.

	List-I		**List-II**
	Personality Traits		**Behavioural Characteristics**
(A)	Conscientiousness	(I)	Well Organised
(B)	Extraversion	(II)	Friendly
(C)	Agreeableness	(III)	Active
(D)	Neuroticism	(IV)	Anxious

Choose the **correct** answer from the options given below :

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

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

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

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

Question Number : 967 Question Id : 4641992471 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Match the type of Friction listed in **List-I** with their suitable Example listed in **List-II** :

	List-I		**List-II**
	Friction		**Example**
(A)	Fluid Friction	(I)	Skating on Ice
(B)	Rolling Friction	(II)	When an athlete glides in air
(C)	Static Friction	(III)	When force applied to an object does not cause thing to move
(D)	Sliding Friction	(IV)	Roller Skating

Choose the **correct** answer from the options given below :

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

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

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

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

Question Number : 968 Question Id : 4641992472 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Who was the first President of Indian Olympic Association ?

(1) Maharaja Bhupender Singh

(2) Mr. Dorabji Tata

(3) Dr. A. G. Noehren

(4) Maj. Dhyan Chand

Question Number : 969 Question Id : 4641992473 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Formula to find out the number of matches in a Knockout Tournament is :

(1) N/2

(2) N-1

(3) N(N-1)

(4) (N+1)

Question Number : 970 Question Id : 4641992474 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Arrange the following steps of the procedure for the administration of Curl-up Test in a sequence from beginning to the completion of the test:

(A) Supine lying position on the mat with knees flexed, usually at 90°
(B) Maximum curl-ups for 30 seconds should be noted
(C) Trunk is lowered back to the floor so that shoulder blades touch the floor
(D) Warm-up
(E) On command 'Go' the performer shall raise the trunk and curl-up to 6 inches

Choose the **correct** answer from the options given below :

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

Question Number : 971 Question Id : 4641992475 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Arrange these randomly placed motivational properties of Behaviour in correct sequential order :

(A) Arousal
(B) Drive
(C) Need
(D) Achievement
(E) Goal-directed behaviour

Choose the **correct** answer from the options given below :

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

Question Number : 972 Question Id : 4641992476 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Which of the following statements are true in relation to major functions of NADA ?

(A) Adopting and implementing doping rules and policies
(B) Cooperating with sports related organisations and other anti-doping organisations
(C) Encouraging reciprocal testing
(D) Promoting Gene doping
(E) Promoting anti-doping by educating sports persons, teachers and officials

Choose the **correct** answer from the options given below :

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

Question Number : 973 Question Id : 4641992477 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Match the Soft Tissue Injury listed in **List-I** with their description in **List-II** :

	List-I		**List-II**
	Soft Tissue Injury		**Description**
(A)	Abrasion	(I)	Cut made into the tissue of the body
(B)	Incision	(II)	Rubbing away of the upper layer of Epidermis
(C)	Sprain	(III)	Injury to the muscles or tendons
(D)	Strain	(IV)	Stretching or tearing of ligaments

Choose the **correct** answer from the options given below :

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

Question Number : 974 Question Id : 4641992478 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Match the Corrective Measures listed in **List-I** with their Postural Deformities listed in **List-II**.

	List-I		**List-II**
	Corrective Measure		**Postural Deformities**
(A)	Walking on inner edge of feet	(I)	Knock-knee
(B)	Horse-riding	(II)	Scoliosis
(C)	Wall Stretch, Pull ups	(III)	Round shoulder
(D)	Trikonasana	(IV)	Bow-legs

Choose the **correct** answer from the options given below :

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

Question Number : 975 Question Id : 4641992479 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

In which of the following fracture, bone breaks diagonally ?

(1) Oblique fracture
(2) Transverse fracture
(3) Impacted fracture
(4) Comminuted fracture

Question Number : 976 Question Id : 4641992480 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Which type of motion is seen in 400 m. race ?

(1) Linear
(2) General
(3) Angular
(4) Rotational

Question Number : 977 Question Id : 4641992481 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Which of the following movement is observed while performing 'Stand at Ease' position ?

(1) Abduction

(2) Adduction

(3) Flexion

(4) Extension

Question Number : 978 Question Id : 4641992482 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Which of the following law applies if body 'A' exerts force on body 'B' and simultaneously body 'B' exerts the same force on body 'A' ?

(1) Law of Inertia

(2) Law of Momentum

(3) Law of Reaction

(4) Law of Gravity

Question Number : 979 Question Id : 4641992483 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

In which of the following sports reduced friction helps to improve performance ?

(1) Foot Ball

(2) Basket Ball

(3) Skiing

(4) Tennis

Question Number : 980 Question Id : 4641992484 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Which of the following type of aggression is unplanned, reactionary, impulsive and fuelled by intense emotion ?

(1) Hostile Aggression

(2) Instrumental Aggression

(3) Assertive Behaviour

(4) Normal Behaviour

Question Number : 981 Question Id : 4641992485 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Which of the following deformities are related to lower body extremities ?

(1) Kyphosis, Bow-legs, Knock-Knee

(2) Knock-Knee, Flat-foot, Scoliosis

(3) Flat-foot, Knock-Knee, Bow-legs

(4) Scoliosis, Bow-legs, Flat-foot

Question Number : 982 Question Id : 4641992486 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Which of the following game/sport is the proud legacy of Scandinavia and Rome ?

(1) Martial Art

(2) Yoga

(3) Gymnastics

(4) Badminton

Question Number : 983 Question Id : 4641992487 Question Type : MCQ Option Shuffling : No Correct Marks : 5 Wrong Marks : 1

Which of the following is a contagious disease ?

(1) Cancer

(2) Diabetes

(3) Influenza

(4) Hypertension

Question Number : 984 Question Id : 4641992488 Question Type : MCQ Option Shuffling : No Correct Marks : 5 Wrong Marks : 1

Bow-legs is also known as _____.

(1) Genu Varum

(2) Genu Valgum

(3) Pes Planus

(4) Knock-Knee

Question Number : 985 Question Id : 4641992489 Question Type : MCQ Option Shuffling : No Correct Marks : 5 Wrong Marks : 1

Which of the following is NOT the symptom of Dislocation ?

(1) Bruising

(2) Swelling

(3) Instability of the Joint

(4) Break in a bone

Sub-Section Number :	2
Sub-Section Id :	464199150
Question Shuffling Allowed :	No

Question Number : 986 Question Id : 4641992490 Question Type : MCQ Option Shuffling : No Correct Marks : 5 Wrong Marks : 1

Read the passage carefully and answer the question as per the content :

Milkha Singh was born in 1929 in Gobindpura village in the Muzaffargarh district of Pakistan. He spent most of his childhood in poverty. Singh lost his 14 siblings to poverty, poor health and lack of medical attention. During the 1947 partition, he became an orphan and moved to India. He earned his living by working in a roadside restaurant before joining the army in 1951. During his military training, he realised his sprinting abilities. Hawaldar Gurudev Singh persuaded him to run a cross-country race as a part of military training. He practiced hard and came to the limelight during the National Games at Patiala in 1956. He broke the 200m and 400m records in the National Games at Cuttack in 1958.

From running three miles ranging from running the first mile slowly and then increasing pace each mile before his training in the off season schedule, Singh would run three 400m races followed by one slow-paced 200m race followed by three 400m races fast followed by another 200m race slowly in morning.

During the season schedule, 10 sprints of 150m on Mondays, six 200m sprints on Tuesdays, Four 300m sprint on Wednesdays, two 500m once on Saturdays followed by complete rest on Sunday.

He is the only athlete to win a gold medal in the 400 meters race at the Commonwealth Games and the Asian Games. Milkha Singh set a National Record in the 1960 Olympics by winning fourth place in the 400m race in 45.73 seconds. This record remained for almost 40 years.

In his sports career, Padma Shree Milkha Singh achieved many medals, including the gold medal in 200 meters in 1958 Asian Games, 400 meters in 1958 Asian Games, 440 yards in 1958 Asian Games, 400 meters in 1962 Asian Games, the 4x400-meter relay in 1962 Asian Games, and silver in 400 meters 1964 Calcutta National Games.

Apart from these achievements in 1960, he was persuaded by then Prime Minister Pandit Jawaharlal Nehru to run against Abdul Khaliq in Pakistan, whom he defeated. He then received the title of "The Flying Sikh" by General Ayub.

When and where did Milkha Singh break the records of 200m and 400m in National Games ?

(1) In 1929, Gobindpura Village

(2) In 1958, Cuttack

(3) In 1956, Patiala

(4) In 1964, Calcutta

Question Number : 987 Question Id : 4641992491 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Read the passage carefully and answer the question as per the content :

Milkha Singh was born in 1929 in Gobindpura village in the Muzaffargarh district of Pakistan. He spent most of his childhood in poverty. Singh lost his 14 siblings to poverty, poor health and lack of medical attention. During the 1947 partition, he became an orphan and moved to India. He earned his living by working in a roadside restaurant before joining the army in 1951. During his military training, he realised his sprinting abilities. Hawaldar Gurudev Singh persuaded him to run a cross-country race as a part of military training. He practiced hard and came to the limelight during the National Games at Patiala in 1956. He broke the 200m and 400m records in the National Games at Cuttack in 1958.

From running three miles ranging from running the first mile slowly and then increasing pace each mile before his training in the off season schedule, Singh would run three 400m races followed by one slow-paced 200m race followed by three 400m races fast followed by another 200m race slowly in morning.

During the season schedule, 10 sprints of 150m on Mondays, six 200m sprints on Tuesdays, Four 300m sprint on Wednesdays, two 500m once on Saturdays followed by complete rest on Sunday.

He is the only athlete to win a gold medal in the 400 meters race at the Commonwealth Games and the Asian Games. Milkha Singh set a National Record in the 1960 Olympics by winning fourth place in the 400m race in 45.73 seconds. This record remained for almost 40 years.

In his sports career, Padma Shree Milkha Singh achieved many medals, including the gold medal in 200 meters in 1958 Asian Games, 400 meters in 1958 Asian Games, 440 yards in 1958 Asian Games, 400 meters in 1962 Asian Games, the 4x400-meter relay in 1962 Asian Games, and silver in 400 meters 1964 Calcutta National Games.

Apart from these achievements in 1960, he was persuaded by then Prime Minister Pandit Jawaharlal Nehru to run against Abdul Khaliq in Pakistan, whom he defeated. He then received the title of "The Flying Sikh" by General Ayub.

The title of 'Flying Sikh' was awarded by _____.

(1) Pt. Jawahar Lal Nehru

(2) Abdul Khaliq

(3) General Ayub

(4) Sardar Vallabh Bhai Patel

Question Number : 988 Question Id : 4641992492 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Read the passage carefully and answer the question as per the content :

Milkha Singh was born in 1929 in Gobindpura village in the Muzaffargarh district of Pakistan. He spent most of his childhood in poverty. Singh lost his 14 siblings to poverty, poor health and lack of medical attention. During the 1947 partition, he became an orphan and moved to India. He earned his living by working in a roadside restaurant before joining the army in 1951. During his military training, he realised his sprinting abilities. Hawaldar Gurudev Singh persuaded him to run a cross-country race as a part of military training. He practiced hard and came to the limelight during the National Games at Patiala in 1956. He broke the 200m and 400m records in the National Games at Cuttack in 1958.

From running three miles ranging from running the first mile slowly and then increasing pace each mile before his training in the off season schedule, Singh would run three 400m races followed by one slow-paced 200m race followed by three 400m races fast followed by another 200m race slowly in morning.

During the season schedule, 10 sprints of 150m on Mondays, six 200m sprints on Tuesdays, Four 300m sprint on Wednesdays, two 500m once on Saturdays followed by complete rest on Sunday.

He is the only athlete to win a gold medal in the 400 meters race at the Commonwealth Games and the Asian Games. Milkha Singh set a National Record in the 1960 Olympics by winning fourth place in the 400m race in 45.73 seconds. This record remained for almost 40 years.

In his sports career, Padma Shree Milkha Singh achieved many medals, including the gold medal in 200 meters in 1958 Asian Games, 400 meters in 1958 Asian Games, 440 yards in 1958 Asian Games, 400 meters in 1962 Asian Games, the 4x400-meter relay in 1962 Asian Games, and silver in 400 meters 1964 Calcutta National Games.

Apart from these achievements in 1960, he was persuaded by then Prime Minister Pandit Jawaharlal Nehru to run against Abdul Khaliq in Pakistan, whom he defeated. He then received the title of "The Flying Sikh" by General Ayub.

In 1960 Olympics, Milkha Singh won fourth place in 400m race with a National Record of _____.

(1) 48.75 seconds
(2) 44.65 seconds
(3) 46.25 seconds
(4) 45.73 seconds

Question Number : 989 Question Id : 4641992493 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Read the passage carefully and answer the question as per the content :

Milkha Singh was born in 1929 in Gobindpura village in the Muzaffargarh district of Pakistan. He spent most of his childhood in poverty. Singh lost his 14 siblings to poverty, poor health and lack of medical attention. During the 1947 partition, he became an orphan and moved to India. He earned his living by working in a roadside restaurant before joining the army in 1951. During his military training, he realised his sprinting abilities. Hawaldar Gurudev Singh persuaded him to run a cross-country race as a part of military training. He practiced hard and came to the limelight during the National Games at Patiala in 1956. He broke the 200m and 400m records in the National Games at Cuttack in 1958.

From running three miles ranging from running the first mile slowly and then increasing pace each mile before his training in the off season schedule, Singh would run three 400m races followed by one slow-paced 200m race followed by three 400m races fast followed by another 200m race slowly in morning.

During the season schedule, 10 sprints of 150m on Mondays, six 200m sprints on Tuesdays, Four 300m sprint on Wednesdays, two 500m once on Saturdays followed by complete rest on Sunday.

He is the only athlete to win a gold medal in the 400 meters race at the Commonwealth Games and the Asian Games. Milkha Singh set a National Record in the 1960 Olympics by winning fourth place in the 400m race in 45.73 seconds. This record remained for almost 40 years.

In his sports career, Padma Shree Milkha Singh achieved many medals, including the gold medal in 200 meters in 1958 Asian Games, 400 meters in 1958 Asian Games, 440 yards in 1958 Asian Games, 400 meters in 1962 Asian Games, the 4x400-meter relay in 1962 Asian Games, and silver in 400 meters 1964 Calcutta National Games.

Apart from these achievements in 1960, he was persuaded by then Prime Minister Pandit Jawaharlal Nehru to run against Abdul Khaliq in Pakistan, whom he defeated. He then received the title of "The Flying Sikh" by General Ayub.

During the season schedule, what was his practice plan for Wednesday ?

(1) Four 300m Sprints
(2) Six 200m Sprints
(3) Two 500m Sprints
(4) Two 600m race

Question Number : 990 Question Id : 4641992494 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Read the passage carefully and answer the question as per the content :

Milkha Singh was born in 1929 in Gobindpura village in the Muzaffargarh district of Pakistan. He spent most of his childhood in poverty. Singh lost his 14 siblings to poverty, poor health and lack of medical attention. During the 1947 partition, he became an orphan and moved to India. He earned his living by working in a roadside restaurant before joining the army in 1951. During his military training, he realised his sprinting abilities. Hawaldar Gurudev Singh persuaded him to run a cross-country race as a part of military training. He practiced hard and came to the limelight during the National Games at Patiala in 1956. He broke the 200m and 400m records in the National Games at Cuttack in 1958.

From running three miles ranging from running the first mile slowly and then increasing pace each mile before his training in the off season schedule, Singh would run three 400m races followed by one slow-paced 200m race followed by three 400m races fast followed by another 200m race slowly in morning.

During the season schedule, 10 sprints of 150m on Mondays, six 200m sprints on Tuesdays, Four 300m sprint on Wednesdays, two 500m once on Saturdays followed by complete rest on Sunday.

He is the only athlete to win a gold medal in the 400 meters race at the Commonwealth Games and the Asian Games. Milkha Singh set a National Record in the 1960 Olympics by winning fourth place in the 400m race in 45.73 seconds. This record remained for almost 40 years.

In his sports career, Padma Shree Milkha Singh achieved many medals, including the gold medal in 200 meters in 1958 Asian Games, 400 meters in 1958 Asian Games, 440 yards in 1958 Asian Games, 400 meters in 1962 Asian Games, the 4x400-meter relay in 1962 Asian Games, and silver in 400 meters 1964 Calcutta National Games.

Apart from these achievements in 1960, he was persuaded by then Prime Minister Pandit Jawaharlal Nehru to run against Abdul Khaliq in Pakistan, whom he defeated. He then received the title of "The Flying Sikh" by General Ayub.

When did Milkha Singh win silver medal in 400m Race ?

(1) 1958 Asian Games
(2) 1962 Asian Games
(3) 1964 National Games
(4) 1960 Common Wealth Games

Sub-Section Number :	3
Sub-Section Id :	464199151
Question Shuffling Allowed :	No

Question Number : 991 Question Id : 4641992495 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Read the passage carefully and answer the questions as per the content :

Man is a social animal and always social by nature. This social nature has great impact on physical activities. Sports and physical activities can also be considered as cultural heritage of mankind. Understanding the many factors that influence physical activity may help improve the effectiveness of physical activity intervention programmes.

Research suggests that the effectiveness of programs should be maximized when participant's confidence about their ability to continue physical activities is nurtured. They enjoy the activities they have chosen, receive encouragement and assistance from the other people on their live, and reside in a supportive environment that provides convenient, attractive, and safe places for physical activity. A person becomes active on a regular basis by participation in physical activity but some personality traits inherited. No social influences on physical activity are strong for people of all ages, but the nature of the support varies with development level. Remarkably social support for adults can come from friends, co-workers, or family members in the form of encouragement, participating in physical activities and providing assistance, such as child care. For adolescents, the influence of peers is of great importance.

But the development is possible only through the means of co-operation, competition and enthusiasm. Within the competitive structure of many physical activities and sports experiences have countless opportunities for teaching important social values. For example-winning, losing, success, failure, rejection, anxiety, fair play, acceptance, friendship, cooperation etc.

How can the effectiveness of Physical activity programs be maximised ?

(A) Receiving encouragement and assistance from other people
(B) Residing in supportive Environment
(C) Exaggerating the appearance
(D) Religious influence
(E) Convenient and safe places for physical activity
(1) (A), (B) and (D) only
(2) (C), (D) and (E) only
(3) (A), (B) and (E) only
(4) (B), (C) and (D) only

Question Number : 992 Question Id : 4641992496 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Read the passage carefully and answer the questions as per the content :

Man is a social animal and always social by nature. This social nature has great impact on physical activities. Sports and physical activities can also be considered as cultural heritage of mankind. Understanding the many factors that influence physical activity may help improve the effectiveness of physical activity intervention programmes.

Research suggests that the effectiveness of programs should be maximized when participant's confidence about their ability to continue physical activities is nurtured. They enjoy the activities they have chosen, receive encouragement and assistance from the other people on their live, and reside in a supportive environment that provides convenient, attractive, and safe places for physical activity. A person becomes active on a regular basis by participation in physical activity but some personality traits inherited. No social influences on physical activity are strong for people of all ages, but the nature of the support varies with development level. Remarkably social support for adults can come from friends, co-workers, or family members in the form of encouragement, participating in physical activities and providing assistance, such as child care. For adolescents, the influence of peers is of great importance.

But the development is possible only through the means of co-operation, competition and enthusiasm. Within the competitive structure of many physical activities and sports experiences have countless opportunities for teaching important social values. For example-winning, losing, success, failure, rejection, anxiety, fair play, acceptance, friendship, cooperation etc.

Which of the following are the most important means of development ?

(1) Cooperation, Competition and Enthusiasm
(2) Winning, Loosing and Acceptance
(3) Rejection, Anxiety and Fairplay
(4) Success, Enthusiasm and Stress

Question Number : 993 Question Id : 4641992497 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Read the passage carefully and answer the questions as per the content :

Man is a social animal and always social by nature. This social nature has great impact on physical activities. Sports and physical activities can also be considered as cultural heritage of mankind. Understanding the many factors that influence physical activity may help improve the effectiveness of physical activity intervention programmes.

Research suggests that the effectiveness of programs should be maximized when participant's confidence about their ability to continue physical activities is nurtured. They enjoy the activities they have chosen, receive encouragement and assistance from the other people on their live, and reside in a supportive environment that provides convenient, attractive, and safe places for physical activity. A person becomes active on a regular basis by participation in physical activity but some personality traits inherited. No social influences on physical activity are strong for people of all ages, but the nature of the support varies with development level. Remarkably social support for adults can come from friends, co-workers, or family members in the form of encouragement, participating in physical activities and providing assistance, such as child care. For adolescents, the influence of peers is of great importance.

But the development is possible only through the means of co-operation, competition and enthusiasm. Within the competitive structure of many physical activities and sports experiences have countless opportunities for teaching important social values. For example-winning, losing, success, failure, rejection, anxiety, fair play, acceptance, friendship, cooperation etc.

Which of the following is a subject of inheritance ?

(1) Habits and Routines
(2) Manners and Etiquette
(3) Character
(4) Personality Traits

Question Number : 994 Question Id : 4641992498 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Read the passage carefully and answer the questions as per the content :

Man is a social animal and always social by nature. This social nature has great impact on physical activities. Sports and physical activities can also be considered as cultural heritage of mankind. Understanding the many factors that influence physical activity may help improve the effectiveness of physical activity intervention programmes.

Research suggests that the effectiveness of programs should be maximized when participant's confidence about their ability to continue physical activities is nurtured. They enjoy the activities they have chosen, receive encouragement and assistance from the other people on their live, and reside in a supportive environment that provides convenient, attractive, and safe places for physical activity. A person becomes active on a regular basis by participation in physical activity but some personality traits inherited. No social influences on physical activity are strong for people of all ages, but the nature of the support varies with development level. Remarkably social support for adults can come from friends, co-workers, or family members in the form of encouragement, participating in physical activities and providing assistance, such as child care. For adolescents, the influence of peers is of great importance.

But the development is possible only through the means of co-operation, competition and enthusiasm. Within the competitive structure of many physical activities and sports experiences have countless opportunities for teaching important social values. For example-winning, losing, success, failure, rejection, anxiety, fair play, acceptance, friendship, cooperation etc.

Which of the following is of great importance for adolescents ?

(1) Anxiety
(2) Sports Facilities
(3) Peer Group
(4) Physical Activity

Question Number : 995 Question Id : 4641992499 Question Type : MCQ Option Shuffling : No
Correct Marks : 5 Wrong Marks : 1

Read the passage carefully and answer the questions as per the content :

Man is a social animal and always social by nature. This social nature has great impact on physical activities. Sports and physical activities can also be considered as cultural heritage of mankind. Understanding the many factors that influence physical activity may help improve the effectiveness of physical activity intervention programmes.

Research suggests that the effectiveness of programs should be maximized when participant's confidence about their ability to continue physical activities is nurtured. They enjoy the activities they have chosen, receive encouragement and assistance from the other people on their live, and reside in a supportive environment that provides convenient, attractive, and safe places for physical activity. A person becomes active on a regular basis by participation in physical activity but some personality traits inherited. No social influences on physical activity are strong for people of all ages, but the nature of the support varies with development level. Remarkably social support for adults can come from friends, co-workers, or family members in the form of encouragement, participating in physical activities and providing assistance, such as child care. For adolescents, the influence of peers is of great importance.

But the development is possible only through the means of co-operation, competition and enthusiasm. Within the competitive structure of many physical activities and sports experiences have countless opportunities for teaching important social values. For example-winning, losing, success, failure, rejection, anxiety, fair play, acceptance, friendship, cooperation etc.

Which of the following is not a social value ?

(1) Acceptance
(2) Friendship
(3) Motor Learning
(4) Cooperation