

PREVIEW QUESTION BANK(Single)

Module Name : NCET Language: ENGLISH
 Section Name : 321-Physical Education
 Exam Date : 29-Apr-2025 Batch : 09:00-12:00

| Sr. No. | Client Question ID | Question Body and Alternatives | Marks | Ne M |
|----------------------------------|--------------------|---|-------|---------|
| Section : 321-Physical Education | | | | |
| Topic : Topic 114 | | | | |
| Q.Type : Objective Question | | | | |
| 1 | 4621 | <p>The non - communicable diseases may occur due to _____ factors.</p> <ol style="list-style-type: none"> 1. Cognitive 2. Genetic and lifestyle 3. Viral 4. Protozoal <p>(A) 1</p> <p>(B) 2</p> <p>(C) 3</p> <p>(D) 4</p> | 4.0 | 1.00 |
| Q.Type : Objective Question | | | | |
| 2 | 4622 | <p>HIV is transmitted through :-</p> <ol style="list-style-type: none"> A. HIV infected mother to her new born. B. Transfusion of other's blood taken from Blood bank. C. Sharing needles with HIV infected person. D. Having unsafe Sex with HIV infected person. <p>Choose the correct answer from the options given below:</p> <ol style="list-style-type: none"> 1. A, B and C Only 2. A, C and D Only 3. B, C and D Only 4. A, B and D Only <p>(A) 1</p> <p>(B) 2</p> <p>(C) 3</p> <p>(D) 4</p> | 4.0 | 1.00 |
| Q.Type : Objective Question | | | | |
| 3 | 4623 | | 4.0 | 1.00 |

Match the Causative organisms given in the **List-I** with the Communicable diseases they cause as given in the **List-II**.

| LIST-I (Causative organisms) | | LIST-II (Communicable diseases) | |
|---------------------------------|-----------|------------------------------------|-----------|
| A. | Bacterial | I. | Influenza |
| B. | Viral | II. | Lice |
| C. | Protozoal | III. | Typhoid |
| D. | Parasitic | IV. | Kala azar |

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

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

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

Q.Type : Objective Question

| | | | | |
|---|------|--|-----|------|
| 4 | 4624 | <p>In the game of Football, a challenge for the ball with the foot (on the ground or in the air) against opponent is called _____.</p> <ol style="list-style-type: none"> 1. Signal 2. Tackle 3. Kicking 4. Free Kick <p>(A) 1 (B) 2 (C) 3 (D) 4</p> | 4.0 | 1.00 |
|---|------|--|-----|------|

Q.Type : Objective Question

| | | | | |
|---|------|---|-----|------|
| 5 | 4625 | <p>Length of a Cricket pitch is _____ meters.</p> <ol style="list-style-type: none"> 1. 20.00 2. 20.10 3. 20.12 4. 20.22 <p>(A) 1 (B) 2 (C) 3 (D) 4</p> | 4.0 | 1.00 |
|---|------|---|-----|------|

Q.Type : Objective Question

| | | | | |
|---|------|--|-----|------|
| 6 | 4626 | | 4.0 | 1.00 |
|---|------|--|-----|------|

| | | | | |
|-----------------------------|------|---|-----|------|
| | | <p>For FIVB, World and official competitions, the lighting on the playing area should not be less than _____ lux measured at 1 meter above the surface of playing area.</p> <ol style="list-style-type: none"> 1. 500 2. 1000 3. 1500 4. 2000 <p>(A) 1</p> <p>(B) 2</p> <p>(C) 3</p> <p>(D) 4</p> | | |
| Q.Type : Objective Question | | | | |
| 7 | 4627 | <p>In the game of Hockey, if a player sends the ball intentionally behind his/her back-line and no goal is scored, the decision given by an umpire shall be _____.</p> <ol style="list-style-type: none"> 1. 16 Yard Free Hit 2. Penalty Corner 3. Restart from 23 metre line 4. Penalty Stroke <p>(A) 1</p> <p>(B) 2</p> <p>(C) 3</p> <p>(D) 4</p> | 4.0 | 1.00 |
| Q.Type : Objective Question | | | | |
| 8 | 4628 | <p>Sports provide a forum to learn skills such as discipline, confidence and _____.</p> <ol style="list-style-type: none"> 1. Stress 2. Demotivation 3. Leadership 4. Unethical Practices <p>(A) 1</p> <p>(B) 2</p> <p>(C) 3</p> <p>(D) 4</p> | 4.0 | 1.00 |
| Q.Type : Objective Question | | | | |
| 9 | 4629 | | 4.0 | 1.00 |

| | | | | |
|--|--|--|--|--|
| | | <p>Which of the following are the strategies for the management of Aggression?</p> <p>A. Copying violent behaviour of renowned sportspersons. B. Social acceptable discharge medium. C. Out burst of verbal emotions during a match. D. Positive Reinforcement. E. Negative Reinforcement.</p> <p>Choose the correct answer from the options given below:</p> <p>1. A, B and D Only 2. B, D and E Only 3. B, C and E Only 4. C, D and E Only</p> <p>(A) 1 (B) 2 (C) 3 (D) 4</p> | | |
|--|--|--|--|--|

Q.Type : Objective Question

| | | | | |
|----|------|--|-----|------|
| 10 | 4630 | <p>Which one of the following asana refers to bow pose?</p> <p>1. Ushtrasana 2. Dhanurasana 3. Halasana 4. Bhujangasana</p> <p>(A) 1 (B) 2 (C) 3 (D) 4</p> | 4.0 | 1.00 |
|----|------|--|-----|------|

Q.Type : Objective Question

| | | | | |
|----|------|---|-----|------|
| 11 | 4631 | <p>The asana related to Indian plough is:</p> <p>1. Pavanmuktasana 2. Dhanurasana 3. Paschimottanasana 4. Halasana</p> <p>(A) 1 (B) 2 (C) 3 (D) 4</p> | 4.0 | 1.00 |
|----|------|---|-----|------|

Q.Type : Objective Question

| | | | | |
|----|------|--|-----|------|
| 12 | 4632 | | 4.0 | 1.00 |
|----|------|--|-----|------|

Arrange the following yogic postures from tallest to the smallest in a sequential order:

- A. Shavasana
- B. Ushtrasana
- C. Paschimottanasana
- D. Ardha Matsyendrasana
- E. Tadasana

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

- 1. E, B, C, A, D
- 2. E, B, D, A, C
- 3. E, B, D, C, A
- 4. A, C, D, B, E

(A) 1

(B) 2

(C) 3

(D) 4

Q.Type : Objective Question

| | | | | |
|----|------|--|-----|------|
| 13 | 4633 | In Bhramari Pranayama, a soft humming sound like the murmuring of _____ is made. | 4.0 | 1.00 |
| | | <ul style="list-style-type: none"> 1. Bee 2. Monkey 3. Birds 4. Hyenas | | |
| | | (A) 1 | | |
| | | (B) 2 | | |
| | | (C) 3 | | |
| | | (D) 4 | | |

Q.Type : Objective Question

| | | | | |
|----|------|--|-----|------|
| 14 | 4634 | What is the full form of 'WADA'? | 4.0 | 1.00 |
| | | <ul style="list-style-type: none"> 1. World Anti Doping Agency 2. World Anti Doping Association 3. World Anti Doping Agent 4. World Anti Doping Alliance | | |
| | | (A) 1 | | |
| | | (B) 2 | | |
| | | (C) 3 | | |
| | | (D) 4 | | |

Q.Type : Objective Question

| | | | | |
|----|------|--|-----|------|
| 15 | 4635 | | 4.0 | 1.00 |
|----|------|--|-----|------|

Which of the following is the national organisation responsible for promoting, coordinating and monitoring the doping control programme in sports in all its forms in India?

1. WADA
2. NADA
3. DADA
4. VADA

(A) 1

(B) 2

(C) 3

(D) 4

Q.Type : Objective Question

16 4636

Match the Injuries listed in **LIST-I** with their correct Explanations as listed in **LIST-II**.

4.0 1.00

| LIST-I (Injuries) | | LIST-II (Explanations) | |
|----------------------|------------|---------------------------|---|
| A. | Strain | I. | Tearing of ligament |
| B. | Laceration | II. | Cut made into the tissue of the body to expose underlying tissue, bone or organ |
| C. | Sprain | III. | Irregular tear like wound caused by blunt trauma. |
| D. | Incision | IV. | Injury to either a muscle or tendon caused by overuse. |

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

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

(A) 1

(B) 2

(C) 3

(D) 4

Q.Type : Objective Question

17 4637

4.0 1.00

Match the type of fractures given in **LIST-I** with their correct explanations as given in **LIST-II**.

| LIST-I (Type of Fractures) | | LIST-II (Explanations) | |
|-------------------------------|------------|---------------------------|---|
| A. | Comminuted | I. | When there is a straight break right across a bone. |
| B. | Transverse | II. | One in which bone breaks diagonally. |
| C. | Oblique | III. | Bone is broken, splinted or crushed into number of pieces. |
| D. | Impacted | IV. | When the broken ends of the bones are jammed together by the force of the injury. |

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

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

(A) 1

(B) 2

(C) 3

(D) 4

Q.Type : Objective Question

| | | | | |
|----|------|---|-----|------|
| 18 | 4638 | <p>Which one of the following is the most essential qualification to be a Sports journalist?</p> <ol style="list-style-type: none"> 1. Bachelor's Degree in Sports Coaching 2. Bachelor's Degree in Journalism and Mass Communication 3. Bachelor's Degree in Management 4. Bachelor's Degree in Physical Education <p>(A) 1</p> <p>(B) 2</p> <p>(C) 3</p> <p>(D) 4</p> | 4.0 | 1.00 |
|----|------|---|-----|------|

Q.Type : Objective Question

| | | | | |
|----|------|--|-----|------|
| 19 | 4639 | <p>Arrange the following Arjuna Award recipients in a sequential order with respect to the year in which they received the Arjuna Award, starting from the earliest to the latest:</p> <ol style="list-style-type: none"> A. Jarmanpreet Singh - Hockey B. Shikhar Dhawan - Cricket C. Mohammed Shammi - Cricket D. Nikhat Zareen - Boxing <p>Choose the correct answer from the options given below:</p> <ol style="list-style-type: none"> 1. B, D, C, A 2. C, B, A, D 3. A, C, D, B 4. D, A, B, C <p>(A) 1</p> | 4.0 | 1.00 |
|----|------|--|-----|------|

(B) 2

(C) 3

(D) 4

Q.Type : Objective Question

20 4640

Arrange the following Dronacharya Award recipients in a sequential order with respect to the year in which they received the Dronacharya Award, starting from the earliest to the latest :

- A. Ramphal - Wrestling
- B. Satyapal Singh - Athletics
- C. Jaydev Bisht - Boxing
- D. Ajay Kumar Bansal - Hockey

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

- 1. D, C, B, A
- 2. C, D, A, B
- 3. B, A, C, D
- 4. A, B, D, C

(A) 1

(B) 2

(C) 3

(D) 4

4.0

1.00

Q.Type : Objective Question

21 4641

The Dronacharya Award was instituted in the year :-

- 1. 1983
- 2. 1984
- 3. 1985
- 4. 1986

(A) 1

(B) 2

(C) 3

(D) 4

4.0

1.00

Q.Type : Objective Question

22 4642

Methods for developing speed are :-

- A. Ballistic
- B. Interval
- C. Acceleration Runs
- D. Continuous
- E. Pace Runs

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

- 1. A, B and D Only
- 2. C and E Only
- 3. C and D Only
- 4. A, B and E Only

4.0

1.00

| | | | | |
|-----------------------------|------|---|-----|------|
| | | (A) 1 (B) 2 (C) 3 (D) 4 | | |
| Q.Type : Objective Question | | | | |
| 23 | 4643 | <p>Who defined Speed as “the prerequisite to do motor actions under given conditions (movement task, external force, individual prerequisite) in minimum of time”?</p> <p>1. Johnson and Nelson 2. Theiss and Nelson 3. Theiss and Schnabel 4. Johnson and Schnabel</p> <p>(A) 1 (B) 2 (C) 3 (D) 4</p> | 4.0 | 1.00 |
| Q.Type : Objective Question | | | | |
| 24 | 4644 | <p>Balancing is a _____ ability.</p> <p>1. Cognitive 2. Coordinative 3. Rhythmic 4. Reaction</p> <p>(A) 1 (B) 2 (C) 3 (D) 4</p> | 4.0 | 1.00 |
| Q.Type : Objective Question | | | | |
| 25 | 4645 | <p>“One's controlled ability to accurately change body position and direction rapidly” is called _____.</p> <p>1. Speed 2. Power 3. Agility 4. Balance</p> <p>(A) 1 (B) 2 (C) 3 (D) 4</p> | 4.0 | 1.00 |
| Q.Type : Objective Question | | | | |

| | | | | |
|-----------------------------|------|--|-----|------|
| 26 | 4646 | <p>Standing Broad Jump Test may be applied to children of both sexes aged _____ years and above.</p> <ol style="list-style-type: none"> 1. 3 2. 5 3. 7 4. 9 <p>(A) 1</p> <p>(B) 2</p> <p>(C) 3</p> <p>(D) 4</p> | 4.0 | 1.00 |
| Q.Type : Objective Question | | | | |
| 27 | 4647 | <p>The time of the better of the two trials is recorded to the nearest _____ of a second as the score of Shuttle Run Test.</p> <ol style="list-style-type: none"> 1. 1000nd 2. 100th 3. 10,000nd 4. 10th <p>(A) 1</p> <p>(B) 2</p> <p>(C) 3</p> <p>(D) 4</p> | 4.0 | 1.00 |
| Q.Type : Objective Question | | | | |
| 28 | 4648 | <p>“The subject, while performing the side step, should not cross over feet.” This statement is related to which of the following test?</p> <ol style="list-style-type: none"> 1. SEMO Agility Test 2. Shuttle Run Test 3. Modified Bass Test 4. 50 meters Sprint Test <p>(A) 1</p> <p>(B) 2</p> <p>(C) 3</p> <p>(D) 4</p> | 4.0 | 1.00 |