

PREVIEW QUESTION BANK(Single)

Module Name : NCET Language: ENGLISH
Section Name : 321-Physical Education
Exam Date : 29-Apr-2025 Batch : 15:00-18:00

Sr. No.	Client Question ID	Question Body and Alternatives	Marks	Ne M												
Section : 321-Physical Education																
Topic : Topic 114																
Q.Type : Objective Question																
1	6621	_____ diseases are capable of being transmitted from person to person or from environment to person. (1) Mental (2) Lifestyle (3) Communicable (4) Non-communicable (A) 1 (B) 2 (C) 3 (D) 4	4.0													
Q.Type : Objective Question																
2	6622	Match the causative organisms given in List - I with the communicable diseases they cause as given in List - II : <table><tr><td>List - I</td><td>List - II</td></tr><tr><td>Causative Organisms</td><td>Communicable Diseases</td></tr><tr><td>(A) Viral</td><td>(I) Infestations of intestinal worms</td></tr><tr><td>(B) Parasitic</td><td>(II) Cholera</td></tr><tr><td>(C) Bacterial</td><td>(III) Malaria</td></tr><tr><td>(D) Protozoal</td><td>(IV) Dengue</td></tr></table> Choose the correct answer from the options given below : (1) (A)-(I), (B)-(IV), (C)-(III), (D)-(II) (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I) (3) (A)-(III), (B)-(II), (C)-(I), (D)-(IV) (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III) (A) 1 (B) 2 (C) 3 (D) 4	List - I	List - II	Causative Organisms	Communicable Diseases	(A) Viral	(I) Infestations of intestinal worms	(B) Parasitic	(II) Cholera	(C) Bacterial	(III) Malaria	(D) Protozoal	(IV) Dengue	4.0	
List - I	List - II															
Causative Organisms	Communicable Diseases															
(A) Viral	(I) Infestations of intestinal worms															
(B) Parasitic	(II) Cholera															
(C) Bacterial	(III) Malaria															
(D) Protozoal	(IV) Dengue															
Q.Type : Objective Question																
3	6623		4.0													

		Risk factors for acquiring HIV are : (A) Touching an HIV infected person (B) Having unprotected sex (C) Speaking to an HIV infected person (D) Sharing/using pre-used syringes or needles Choose the correct answer from the options given below : (1) (B) and (D) only (2) (A) and (B) only (3) (C) and (B) only (4) (A) and (C) only (A) 1 (B) 2 (C) 3 (D) 4	
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Q.Type : Objective Question

4	6624	Which of the following are types of Aggression ? (A) Host (B) Hostile (C) Instinctive (D) Instrumental Choose the correct answer from the options given below : (1) (B) and (D) only (2) (C) and (A) only (3) (A) and (D) only (4) (A) and (B) only (A) 1 (B) 2 (C) 3 (D) 4	4.0
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Q.Type : Objective Question

5	6625	The Big Five factor personality model was offered by : (1) Cattell (2) Paul Costa and Robert McCrae (3) Carl Jung (4) Matt Jarvi (A) 1 (B) 2 (C) 3 (D) 4	4.0
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Q.Type : Objective Question

6	6626	Which one of the following approaches of motivational techniques is based on the notion that the desired motivation can be achieved by an individual through active processing and interpretation of information ? (1) Pedagogical Approach (2) Facilitation Approach (3) Cognitive Approach (4) Social Support (A) 1 (B) 2 (C) 3 (D) 4	4.0
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Q.Type : Objective Question

7	6627	The weight of Table Tennis ball should be : (1) 2.5 gms (2) 2.7 gms (3) 2.3 gms (4) 2.2 gms (A) 1 (B) 2 (C) 3 (D) 4	4.0
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Q.Type : Objective Question

8	6628	In the game of Football _____ occurs when a player contact with an opponent's body or equipment impedes the opponent's movement. (1) Direct free kick (2) Indirect free kick (3) Holding offence (4) Penalty shoot out (A) 1 (B) 2 (C) 3 (D) 4	4.0
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Q.Type : Objective Question

9	6629		4.0
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A team's _____ consists of its team's own basket, the inbound parts of the back board and that part of the court limited by end lines behind own basket, the side line and the centre line in the game of Basket ball.

- (1) Front Court
- (2) 3 Point Goal area
- (3) Back court
- (4) Team bench area

(A) 1

(B) 2

(C) 3

(D) 4

Q.Type : Objective Question

10 6630

A/ An _____ is a flexible rod, 1.80 m long and 10 mm in diameter, made of fiberglass or similar material in the game of Volleyball.

- (1) Side Bands
- (2) Antennae
- (3) Pole
- (4) Posts

(A) 1

(B) 2

(C) 3

(D) 4

4.0

Q.Type : Objective Question

11 6631

Match the types of postures given in **List - I** with the Asanas they are associated with as given in **List - II**.

List - I

(Type of postures)

- (A) Sitting Posture
- (B) Standing Posture
- (C) Prone lying Posture
- (D) Supine Posture

List - II

(Asanas)

- (I) Ardha-chakrasana
- (II) Bhujangasana
- (III) Ushtrasana
- (IV) Shavasana

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

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

(A) 1

(B) 2

(C) 3

(D) 4

4.0

Q.Type : Objective Question

12	6632	Arrange the different positions of Surya Namaskara in a sequence starting from beginning to the end : (A) Padahastasana (B) Parvatasana (C) Pranamasana (D) Ashtanga Namaskara (E) Hasta Utthanasana Choose the correct answer from the options given below : (1) (C), (E), (A), (B), (D) (2) (C), (E), (B), (A), (D) (3) (C), (E), (D), (A), (B) (4) (C), (E), (A), (D), (B) (A) 1 (B) 2 (C) 3 (D) 4	4.0
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Q.Type : Objective Question

13	6633	The technique of _____ Pranayama is the same as that of Ujjayi. The difference is that in this Pranayama during exhalation, a soft humming sound like the murmuring of bees is made. (1) Sheetal (2) Sheetkari (3) Bhramari (4) Anulom-vilom (A) 1 (B) 2 (C) 3 (D) 4	4.0
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Q.Type : Objective Question

14	6634	_____ activates and invigorate the liver, spleen, pancreas and abdominal muscles. (1) Bhramari (2) Sheetal (3) Sheetkari (4) Kapalbhathi (A) 1 (B) 2 (C) 3 (D) 4	4.0
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6635

4.0

Match the injuries given in **List - I** with their correct explanations as given in **List - II**.

List - I (Injuries)	List - II (Explanation)
(A) Greenstick	(I) Straight break right across a bone
(B) Transverse	(II) Jamming of ends of broken bone
(C) Oblique	(III) Fracture in a young soft bone, in which bone bends
(D) Impactad	(IV) Bone breaks diagonally

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

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

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

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

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

(A) 1

(B) 2

(C) 3

(D) 4

16	6636	Which one of the following is the cause of laceration ? (1) Overuse, force or stretching of a muscle or a tendon (2) Skin hitting an adjacent object or an object hitting the skin with force (3) Tearing of ligament (4) Hitting on the skin with a sharp edged object (A) 1 (B) 2 (C) 3 (D) 4	4.0
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17	6637	Sugar and Jaggery are simply : (1) Protein (2) Carbohydrates (3) Fat (4) Roughage (A) 1 (B) 2 (C) 3 (D) 4	4.0
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18	6638		4.0
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		Which of the following comes under the “Narcotics - Analgesics” category ? (1) Diamorphine (2) Caffeine (3) Ephedrine (4) Amphetamine (A) 1 (B) 2 (C) 3 (D) 4	
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Q.Type : Objective Question

19	6639	Arrange the following Arjuna Award recipients in a sequential order with respect to the year in which they received Arjuna Award starting from the earliest to the latest : (A) Rakeh Kumar - Archery (B) Dutee Chand - Athletics (C) Deepak Punia - Wrestling (D) Sreeja Akula - Table Tennis Choose the correct answer from the options given below : (1) (B), (C), (D), (A) (2) (C), (B), (A), (D) (3) (A), (D), (B), (C) (4) (D), (A), (C), (B) (A) 1 (B) 2 (C) 3 (D) 4	4.0
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Q.Type : Objective Question

20	6640	Arrange the following Dronacharya Award recipients in sequential order with respect to the year in which they received Dronacharya Award starting from the earliest to the latest : (A) Sunita Sharma (B) Dinesh Jawahar Lad (C) Ramakant Achrekar (D) Tarak Sinha Choose the correct answer from the options given below : (1) (D), (B), (C), (A) (2) (B), (D), (A), (C) (3) (A), (C), (B), (D) (4) (C), (A), (D), (B) (A) 1 (B) 2 (C) 3	4.0
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(D) 4

Q.Type : Objective Question

21 6641

4.0

NSNIS aims to produce _____ of high caliber.

- (1) Physical Education Teachers
- (2) Sports Journalists
- (3) Sports Coaches
- (4) Sports Commentators

(A) 1

(B) 2

(C) 3

(D) 4

Q.Type : Objective Question

22 6642

4.0

Which of the following are types of speed ?

- (A) Speed Endurance
- (B) Explosive Ability
- (C) Continuous Ability
- (D) Reaction Ability
- (E) Acceleration Ability

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

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

(A) 1

(B) 2

(C) 3

(D) 4

Q.Type : Objective Question

23	6643	Who defined speed as "the capacity of an individual to perform successive movement of the same pattern at a fast rate" ? (1) Johnson and Nelson (2) Theiss and Schnabel (3) Johnson and Methney (4) Theiss and Nelson (A) 1 (B) 2 (C) 3 (D) 4	4.0
Q.Type : Objective Question			
24	6644	Medium number of repetitions (6-10) with medium to heavy loading (70 - 80% of 1RM) is appropriate for the development of : (1) Strength Endurance (2) Speed strength (3) Maximum strength (4) Power (A) 1 (B) 2 (C) 3 (D) 4	4.0
Q.Type : Objective Question			
25	6645	Which of the following statement is true with respect to the scoring of SEMO Agility Test ? (1) The highest value of the time out of two trials is the score of the subject. (2) The highest value of the time out of three trials is the score of the subject. (3) The lesser value of the time out of the two trials is the score of the subject. (4) The lesser value of the time out of the three trials is the score of the subject. (A) 1 (B) 2 (C) 3 (D) 4	4.0
Q.Type : Objective Question			
26	6646	In Shuttle Run Test, two parallel lines are marked on the floor _____ yards apart. (1) 5 (2) 15 (3) 20 (4) 10 (A) 1	4.0

(B) 2

(C) 3

(D) 4

Q.Type : Objective Question

27 6647

The power of legs is measured by which of the following tests ?

- (1) Medicine Ball Throw
- (2) Shuttle Run
- (3) Standing Broad Jump
- (4) Modified Bass Test

(A) 1

(B) 2

(C) 3

(D) 4

4.0

Q.Type : Objective Question

28 6648

Which of the following tests measures static balance ?

- (1) Modified Bass Test
- (2) Nelson Beam Test
- (3) Standing Broad Jump Test
- (4) Stork Stand Test

(A) 1

(B) 2

(C) 3

(D) 4

4.0