

Subject:	Physical Education/National Cadet Corps(NCC)/ Yoga
Set Name:	V1_Set04
Code:	321
Exam Date:	17-04-2026
SLOT:	2

Question ID	1837
Question Type	MCQ
Question	Which of the following is a metabolic risk factor of non-communicable disease? 1. Physical inactivity 2. Obesity 3. Tobacco use 4. Alcohol use
Options	
A	1
B	2
C	3
D	4

Question ID	1838
Question Type	MCQ
Question	First National Health Policy was formulated in the year _____. 1. 1981 2. 1982 3. 1983 4. 1984
Options	
A	1
B	2
C	3
D	4

Question ID	1840
Question Type	MCQ
Question	Those who are thin and fine boned are said to fall under _____ personality type with specific reference to Sheldon's Personality types. 1. Endomorph 2. Mesomorph 3. Cerebrotonic 4. Somatotonic
Options	
A	1
B	2
C	3
D	4

Question ID	1841
Question Type	MCQ
Question	In which of the following year, William Herbert Sheldon classified people according to body types? 1. 1940 2. 1941 3. 1943 4. 1942

Options	
A	1
B	2
C	3
D	4

Question ID	1842
Question Type	MCQ
Question	FIBA (International Basket Ball Federation) was founded in which of the following year? 1. 1931 2. 1934 3. 1932 4. 1933
Options	
A	1
B	2
C	3
D	4

Question ID	1843
Question Type	MCQ
Question	Which of the following is the correct distance between two hurdles in women's 400 m hurdles' event? 1. 34 meters 2. 35 meters 3. 36 meters 4. 37 meters
Options	
A	1
B	2
C	3
D	4

Question ID	1845
Question Type	MCQ
Question	Which of the following asana is performed in prone lying position? 1. Viparita karani 2. Sarvangasana 3. Simhasana 4. Shalbhasana
Options	
A	1
B	2
C	3
D	4

Question ID	1846
Question Type	MCQ
Question	Which of the following is the Fifth Asana (Position) in Sun Salutation? 1. Hastotanasana 2. Parvatasana 3. Bhujangasana 4. Santulasana

Options	
A	1
B	2
C	3
D	4

Question ID	1848
Question Type	MCQ
Question	Which of the following is NOT a type of fracture? 1. Comminuted 2. Transcutaneous 3. Oblique 4. Green Stick
Options	
A	1
B	2
C	3
D	4

Question ID	1849
Question Type	MCQ
Question	_____ is a knee misalignment that turns the knees inwards. 1. Genu Varum 2. Genu Valgum 3. Pesplanus 4. Kyphosis
Options	
A	1
B	2
C	3
D	4

Question ID	1901
Question Type	MCQ
Question	_____ course is recognised and approved by NCTE. 1. B. P. Ed 2. M. A. (Yoga) 3. M. A. (Sports Psychology) 4. Ph.D in P. E.
Options	
A	1
B	2
C	3
D	4

Question ID	1905
Question Type	MCQ
Question	How many maximum points are awarded to a coach, out of the following, when his trainee wins gold medal in Asian Games during last four years for a given discipline with specific reference to the selection process for the award of Dronacharya award? 1. 30 2. 40 3. 70

4. 80

Options

A	1
B	2
C	3
D	4

Question ID 1906
Question Type MCQ

Question Major Dhyan Chand Khel Ratna Award was instituted in the year _____.

1. 1991-1992
2. 1993-1994
3. 1994-1995
4. 1995-1996

Options

A	1
B	2
C	3
D	4

Question ID 1909
Question Type MCQ

Question In the Fartlek method the heart rate usually ranges between ____ to 180 beats per minutes during the training.

1. 110
2. 120
3. 130
4. 140

Options

A	1
B	2
C	3
D	4

Question ID 1912
Question Type MCQ

Question _____ incorporate the method of running the set distance at a uniform speed.

1. Pace Runs
2. Acceleration Runs
3. Interval Runs
4. Fartlek Runs

Options

A	1
B	2
C	3
D	4

Question ID 1915
Question Type MCQ

Question Modified Bass Test was originally designed by Ruth. I. Bass in 1939, which was later modified by Johnson and Leach in _____.

1. 1967
2. 1968
3. 1969

4. 1970

Options	
A	1
B	2
C	3
D	4

Question ID 1917
Question Type MCQ

SEMO Agility test is suitable for both boys and girls aged ____ years and above.

1. 10
2. 11
3. 12
4. 9

Options	
A	1
B	2
C	3
D	4

Question ID 1920
Question Type MCQ

Identify the type of lever shown in the image given below, where F (Force), A(Axis)and R(Resistance) :



1. Fourth class
2. First class
3. Third class
4. Second class

Options	
A	1
B	2
C	3
D	4

Question ID 1924
Question Type MCQ

If a force of 100 feet/lbs. were applied to a two pound object, the resulting acceleration would be ____ feet/sec.

1. 100
2. 50
3. 25
4. 200

Options	
A	1
B	2
C	3
D	4

Question ID 1927
Question Type MCQ

Arrange the following sports in ascending order with respect to the number of players in the playing side:

Question	A. Handball
	B. Kho-Kho
	C. Volleyball
	D. Cricket
Choose the correct answer from the options given below:	
Options	1. B, D, A, C
	2. C, A, B, D
	3. D, B, C, A
	4. A, C, D, B
A	1
B	2
C	3
D	4

Question ID	1933
Question Type	MCQ
Question	Arrange the following steps of performing Sheetali Pranayama in a correct sequential order, from the beginning to the end:
	A. Roll the tongue from the sides to make it like a tube, the sides of the tongue should be curled up.
	B. Inhaling draw the air from the curled tongue and fill the lungs with air to the maximum.
	C. Sit in padmasana and keep the hands in Jnana mudra.
Question	D. Draw the tongue inside and close the mouth, then exhale through the nose making a sound similar to the rushing wind.
	E. Open the mouth, extend the tongue and bring it out as far as possible.
	Choose the correct answer from the options given below:
	1. A, B, C, D, E
Options	2. B, C, D, E, A
	3. C, E, A, B, D
	4. D, C, E, A, B
A	1
B	2
C	3
D	4

Question ID	1939
Question Type	MCQ
Question	Arrange the following steps of Arm Curl Test in a sequential order starting from the beginning to the end:
	A. The individual sits on the chair with back straight, feet on floor, holding dumbbells with dominant hand using handshake grip.
	B. In the Downward position dumbbell will return to handshake grip.
	C. On command "Go" the individual curls the arm with full range of motion, then return back to its initial position.
Question	D. Chair should be placed against the wall.
	Choose the correct answer from the options given below:
	1. C, B, D, A
	2. D, A, C, B
Options	3. A, C, B, D
	4. B, D, A, C
A	1
B	2
C	3
D	4

Options	
A	1
B	2
C	3
D	4

Question ID	1944
Question Type	MCQ
Question	Identify the correct statements out of the following with specific reference to Mid Day Meal program. A. National Programme of nutritional support to primary education launched on 15 August 1995. B. NP-NSPE objective to increase enrolment, attendance and retention. C. NP-NSPE was extended to upper primary classes. D. NP-NSPE in year 2010, the name of the scheme has been changed to 'National Program of Mid Day Meal in School.' Choose the correct answer from the options given below: 1. B, C, D Only 2. A, D, C Only 3. A, B, C Only 4. D Only
Options	
A	1
B	2
C	3
D	4

Question ID	1949
Question Type	MCQ
Question	Identify the correct statements in/with relation to hostile aggression out of the following: A. The term hostile refers to being 'opposed'. B. It refers to violent and angry behavior with a primary goal is to harm other. C. It refers to aggressive behavior meant or used to attain some non aggressive goal. D. Hostile is a type of aggression that is committed in response to a perceived threat or insult. Choose the correct answer from the options given below: 1. A Only 2. A, B, D Only 3. A, B, C Only 4. B Only
Options	
A	1
B	2
C	3
D	4

Question ID	1950
Question Type	MCQ
	Which of the following are long term effects of exercise on muscular system? A. Accumulation of lactate B. Hypertrophy of muscle fibre C. Increased blood supply D. Increase in glycogen storage

Question

Options

A

B

C

D

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

1. A and B Only
2. C and D Only
3. B and D Only
4. A and C Only

Question ID

Question Type

Question

Options

A

B

C

D

1954

MCQ

Match the throwing events equipment given in **LIST-I** with their weight as given in **LIST-II**

LIST-I Throwing Events Equipment		LIST-II Weight	
A.	Women's Shot	I.	800 grams
B.	Women's Discus	II.	4000 grams
C.	Men's Hammer	III.	1000 grams
D.	Men's Javelin	IV.	7260 grams

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

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

Question ID

Question Type

Question

Options

A

B

C

1957

MCQ

Match the Vitamins given in **LIST-I** with their need in human body as given in **LIST-II**

LIST-I Vitamins		LIST-II Need in Human Body	
A.	Vitamin A	I.	Need for blood clotting
B.	Vitamin B	II.	Need for restoration of cell membrane
C.	Vitamin E	III.	Need for better metabolism
D.	Vitamin K	IV.	Needed for healthy eyes

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

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

D4

Question ID

1960

Question Type

MCQ

Question

Match the Greek/Swedish terms given in **LIST-I** with their meaning given in **LIST-II**

LIST-I Greek/Swedish terms		LIST-II Meaning	
A.	Metria	I.	Movement
B.	Kinetic	II.	Tone
C.	Tonos	III.	Measuring
D.	Fartlek	IV.	Speed play

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

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

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

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

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

Options

A1

B2

C3

D4