

Subject:	Physical Education/National Cadet Corps(NCC)/ Yoga
Set Name:	V2_SET3
Code:	321
Exam Date:	18-04-2026
SLOT:	1

Question ID	262524
Question Type	MCQ
Question	Mid-Day Meal scheme is now known as ____ scheme 1. PM POSHTIK AHAR 2. PM POSHAN 3. PM AHAR YOJNA 4. PM ANNPRASHAN
Options	
A	1
B	2
C	3
D	4

Question ID	262526
Question Type	MCQ
Question	Which of the following communicable disease can also be classified as a viral disease with respect to their causative organism ? 1. Typhoid 2. Dengue 3. Cholera 4. Tuberculosis
Options	
A	1
B	2
C	3
D	4

Question ID	262529
Question Type	MCQ
Question	Personality is defined as an “Individuals unique pattern of traits” by _____. 1. Eysenck 2. Guild ford 3. Allport 4. Baron
Options	
A	1
B	2
C	3
D	4

Question ID	262532
Question Type	MCQ
Question	Big five theory of personality model was offered by _____. 1. Came Rasta and Oceana 2. Robert A Baran 3. Paul costa and Robert McCrae 4. Allport and Eysenck
Options	

A	1
B	2
C	3
D	4

Question ID	262533
Question Type	MCQ
Question	Kodokan Judo Institute was established on _____. 1. May 1882 2. June 1882 3. May 1883 4. June 1883
Options	
A	1
B	2
C	3
D	4

Question ID	262536
Question Type	MCQ
Question	Please identify the hurdle event from the following in which womens do not participate ? 1. 100 m hurdle race 2. 110 m hurdle race 3. 400 m hurdle race 4. 60 m hurdle race
Options	
A	1
B	2
C	3
D	4

Question ID	262537
Question Type	MCQ
Question	Which of the following phase of pranayama is controlled inhalation? 1. Puraka 2. Rechaka 3. Kumbaka 4. Suchaka
Options	
A	1
B	2
C	3
D	4

Question ID	262543
Question Type	MCQ
Question	Which of the following is the fourth (position) asana in sun salutation? 1. Ashwa sanchalasana 2. Santulanasana 3. Bhujungasana 4. Parvatasana
Options	

A	1
B	2
C	3
D	4

Question ID	262546
Question Type	MCQ
Question	Fallen arches is a condition of foot, which is also known by the name of ____.
	1. Kyphosis
	2. Bow legs
	3. Pes planus
	4. Genu valgum
Options	
A	1
B	2
C	3
D	4

Question ID	262550
Question Type	MCQ
Question	Which of the following is a water soluble vitamin?
	1. Vitamin C
	2. Vitamin D
	3. Vitamin E
	4. Vitamin A
Options	
A	1
B	2
C	3
D	4

Question ID	262558
Question Type	MCQ
Question	Which of the following is not a key objective of NSP 2024?
	1. Ensure equitable access to sports infrastructure across the country.
	2. Strengthen governance and institution frame works in the sports sector.
	3. Discourage social development and inclusion through sports
	4. Establish sports as a viable career option for youth
Options	
A	1
B	2
C	3
D	4

Question ID	262565
Question Type	MCQ
Question	How many maximum points are awarded to a coach out of the following, when his trainee wins gold medal in Olympic games during last four years for a given discipline with specific reference to the selection process for the award of Dronacharya Award?
	1. 25
	2. 70
	3. 80
	4. 15
Options	

A	1
B	2
C	3
D	4

Question ID	262567
Question Type	MCQ
Question	Arjuna award given for out standing performance in sports & games was instituted in the year _____. 1. 1960 2. 1961 3. 1962 4. 1963
Options	
A	1
B	2
C	3
D	4

Question ID	262570
Question Type	MCQ
Question	Isokinetic method of exercise was introduced by _____. 1. H.C. Buck 2. Gwin and Ferris 3. Johnson and Methney 4. J.J Perrine
Options	
A	1
B	2
C	3
D	4

Question ID	262573
Question Type	MCQ
Question	In which one of the following methods of developing endurance, speed will remain uniform throughout the activity? 1. Fartlek 2. Interval 3. Fast continuous 4. Pace runs
Options	
A	1
B	2
C	3
D	4

Question ID	262576
Question Type	MCQ
Question	During modified Bass test, a subject can score a maximum of _____ points at each landing spot. 1. 10 2. 5 3. 2 4. 1
Options	

A	1
B	2
C	3
D	4

Question ID	262577
Question Type	MCQ
Question	How many blocks of wood are used in Shuttle Run test? 1. 5 2. 4 3. 3 4. 2
Options	
A	1
B	2
C	3
D	4

Question ID	262579
Question Type	MCQ
Question	Identify the type of lever shown in the image given below, where A (Axis), R(Resistance) and F (Force).  1. Second class 2. Third class 3. Fourth class 4. First class
Options	
A	1
B	2
C	3
D	4

Question ID	262583
Question Type	MCQ
Question	Calculate the force applied to a 2 pound object if resulting acceleration is 25 feet/sec? 1. 50 feet/ lbs. 2. 100 feet/ lbs. 3. 25 feet/ lbs. 4. 150 feet/ lbs.
Options	
A	1
B	2
C	3
D	4

Question ID	262590
Question Type	MCQ
Question	Arrange the following first day events of women's decathlon in a correct sequential order starting from the beginning to the end: (A) Javelin throw (B) 400 m

Question	(C) 100 m
	(D) Discuss throw
	(E) Pole vault
	Choose the correct answer from the options given below:
	1. (C), (B), (A), (E), (D) 2. (C), (A), (E), (D), (B) 3. (C), (D), (E), (A), (B) 4. (C), (E), (D), (A), (B)
Options	
A	1
B	2
C	3
D	4

Question ID	262602
Question Type	MCQ
Question	Arrange the steps of Kukkutasana in a correct sequential order starting form the beginning to the end:
	(A) Insert the arm between calves and thighs until the palms reach the floor.
	(B) While inhaling, lift the body up as high as possible in air support and balance the the body on the hands, keep neck straight
	(C) Maintain the position with normal breath comfortably for 5-10 second.
	(D) Release the posture, while exhaling bring the lower body to the floor, take inserted arms out and Sit in Padmasana
Options	(E) Sit in Padmasana, keep your hand on side.
	Choose the correct answer from the options given below:
	1. (E), (A), (C), (B), (D)
	2. (A), (B), (C), (D), (E)
	3. (E), (A), (B), (C), (D)
	4. (A), (E), (B), (C), (D)

Question ID	262606
Question Type	MCQ
Question	Arrange the following steps of chair sit and Reach test in a sequential order starting from the beginning to the end:
	(A) Participant then tries to touch the toe of that foot by bending at the hip and sliding hands toward the toe
	(B) Measurement will be taken between extended long finger and tip of the toe and minimum to 0.5 inches will be recorded as score
	(C) Participant sit on the chair with one foot flat on the floor and the other leg extended forward with the knee straight heel on the floor and ankle bent at 90 degree.
	(D) To clock score participant must hold the position for 2 seconds
Options	Choose the correct answer from the options given below:
	1. (A), (C), (B), (D)
	2. (B), (D), (C), (A)
	3. (C), (A), (D), (B)

	4. (D), (B), (A), (C)
Options	
A	1
B	2
C	3
D	4

Question ID	262612
Question Type	MCQ
Question	Identify the correct objective of adolescence education programme out of the following.
	(A) Identify the content and strategies for teaching of adolescence education is school.
	(B) Understand the aims, objective and guiding principles of the adolescence education programme.
	(C) Understand the evolution to reduce the impact of adolescence education programme in school.
	(D) Understand the present position / status of adolescence education in schools.
Choose the correct answer from the options given below:	
1. (A), (B) and (C) only	
2. (B), (C) and (D) only	
3. (A), (B) and (D) only	
4. (C), (B) and (D) only	
Options	
A	1
B	2
C	3
D	4

Question ID	262618
Question Type	MCQ
Question	Assertive behaviour is all about standing up for yourself and your values in an unthreatening manner, in this context identify from the following most suitable behaviours:
	(A) Assertive intent :- No harm
	(B) Assertive primary goal :- Harm or injury
	(C) Assertive process :- Legitimate
	(D) Assertive Emotion :- Unusual effort and energy expenditure
	(E) Assertive Explanation:- Self justification instead of apology
Choose the correct answer from the options given below:	
1. (A), (C) and (D) only	
2. (C), (B) and (E) only	
3. (B), (A) and (E) only	
4. (C) only	
Options	
A	1
B	2
C	3
D	4

Question ID	262624
Question Type	MCQ

Question	Which of the following are long term effects of exercise on cardio vascular system.
	(A) Normalise blood pressure rate.
	(B) Resting heart rate decreases.
	(C) Blood flow increases
	(D) Blood Pressure increases
Choose the correct answer from the options given below:	
1. (B) and (C) only	
2. (A) and (B) only	
3. (A) and (C) only	
4. (C) and (D) only	
Options	
A	1
B	2
C	3
D	4

Question ID

262630

Question Type

MCQ

Question

Match the sports given in **List-I** with the number of players in their playing side as given in **List-II**

List-I	List-II
Sports	Playing members in team
(A) Hand ball	(I) 9
(B) Volley ball	(II) 11
(C) Cricket	(III) 6
(D) Kho-Kho	(IV) 7

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

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

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

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

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

Options

A

1

B

2

C

3

D

4

Question ID	262637				
Question Type	MCQ				
	Match the minerals given is List-I with their function / sources as given in List-II				
	<table><tr><th>List-I</th><th>List-II</th></tr><tr><td>(A) Sulphur</td><td>(I) Found in Protein molecules</td></tr></table>	List-I	List-II	(A) Sulphur	(I) Found in Protein molecules
	List-I	List-II			
(A) Sulphur	(I) Found in Protein molecules				

Question		
	(B) Magnesium	(II) Important for healthy bones and teeth
	(C) Calcium	(III) Regulating alkalinity and acidity of body
	(D) Sodium	(IV) Healthy immune system

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

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

Options	
A	1
B	2
C	3
D	4

Question ID	262643
Question Type	MCQ

Match the training methods given **List-I** with the component they develop as given in **List-II**

List-I	List-II
Methods	Fitness Components
(A) PNF	(I) Speed
(B) Pace runs	(II) Strength
(C) Interval	(III) Endurance
(D) Iso-Kinetic	(IV) Flexibility

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

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

Options	
A	1
B	2
C	3
D	4