PREVIOUS YEAR PAPER

DSSSB Physical Education Teacher 2021 — 2 August 2021, sitting 2

DSSSB Other Posts · 2 August 2021

161 of the paper's 200 questions · +1 for a correct answer, −0.25 for a wrong one · 120 minutes

Left out of the original paper: 39 (any question that needs a figure, a symbol or formatting we cannot show, or whose text did not read back cleanly from the booklet).

Questions from the Delhi Subordinate Services Selection Board's paper of 2 August 2021. Each question is followed by its answer, and the answer key is repeated on the last page.

Take it as a timed practice test: exambharo.com/dsssb-other-posts/previous-year-papers/dsssb-other-posts-2021-physical-education-teacher-2-aug-2/

Mental Ability

1. A series is given with one term wrong. Select that wrong term from the given alternatives.
ANK, XLJ, UJI, RGH, OFG

(a) XLJ
(b) ANK
(c) OFG
(d) RGH

Answer: (d)

2. A series is given with one term missing. Select th orrect alternative from the given ones that will complete the series.
P16R, U23K, Z32D, E43W, ?

(a) P54J
(b) J56P
(c) K56P
(d) P54K

Answer: (b)

3. In the following question, select the odd word from the given alternatives.

(a) Tailor
(b) Driver
(c) Car
(d) Professor

Answer: (c)

4. In the following question, select the related words from the given alternatives.
Red : Colour :: Teacher : ?

(a) Profession

(b) School

(c) Education

(d) Chalk

Answer: (a)

5. In the following question, a group of letters is given. The letters of each group are related with the letters of the same group by some Logic/Rule/Relation. From the given alternatives, select a group of letters which follows the same Logic/Rule/Relation.
(JRP, SUM, PXV)

(a) (MNB, ERP, SUH)

(b) (AZR, UCD, GFX)

(c) (PRC, FUS, UXI)

(d) (DPA, DSG, JWG)

Answer: (b)

6. In a certain code language, 'I have a dream' is written as 'lq po nz wy', 'You and I have work' is written as 'zp dl lq po uw'. What is the code for 'have, i' in that code language?

(a) po lq

(b) uv wy

(c) nz lq

(d) po uv

Answer: (a)

7. Pointing towards a person in a photograph, Ranjana said, "He is the only son of my father". How is that person related to Ranjana?

(a) Brother

(b) Father

(c) Nephew

(d) Uncle

Answer: (a)

8. Seven persons P1, P2, P3, P4, P5, P6 and P7 are to be allotted a room in a hotel. There are seven rooms numbered 101, 102, 103, 104, 105, 106 and 107. One person is to be allotted one room. P3 is to be allotted room numbered 106. Room numbered 102 and 107 are not allotted to P1 and P7. P4 and P6 are to be allotted room numbered 104 and 101 respectively. Room numbered 105 is not to be allotted to P5 and P7. P2 is to be allotted odd numbered room. Which of the following statement is NOT correct?

(a) P1 is to be allotted room numbered 105

(b) P5 is to be allotted room numbered 107

(c) P7 is to be allotted room numbered 103

(d) P5 is to be allotted even numbered room

Answer: (b)

9. Seven boys A, B, C, D, E, F and G are sitting in a row facing towards the north (not necessarily in the same order). D is fifth to the right of A. D is not at any of the ends of the row. Only two boys are between G and E. F is third to the left of B. F is exactly in the middle of the row. G is not the immediate neighbour of F.
Which of the following statement is correct?

(a) Only two boys are sitting between A and C.

(b) Only three boys are sitting between G and B.

(c) D is to the immediate right of B.

(d) C is second to the right of A.

Answer: (d)

10. In the following question below are given some statements followed by some conclusions based on those statements. Taking the given statements to be true even if they seem to be at variance from commonly known facts. Read all the conclusions and then decide which of the given conclusion logically follows the given statements.
Statements:
I. Some mobile are watch.
II. No watch is laptop.
Conclusions:
I. No laptop is mobile.
II. Some laptop are not watch.

(a) Only conclusion I follows

(b) Only conclusion II follows

(c) Both conclusions I and II follows

(d) Neither conclusion follows

Answer: (b)

11. In the following question below are given some statements followed by some conclusions based on those statements. Taking the given statements to be true even if they seem to be at variance from commonly known facts. Read all the conclusions and then decide which of the given conclusion logically follows the given statements.
Statements:
I. All F are M.
II. No V is M.
Conclusions:
I. Some F are not V.
II. Some M are F.
III. All V are F.

(a) Both conclusions II and III follows

(b) Both conclusions I and II follows

(c) Only conclusion I follows

(d) All conclusion follows

Answer: (b)

12. In the following question, four number pairs are given. The number on left side of (–) is related to the number of the right side of (–) with some Logic/Rule/Relation. Three are similar on basis of same Logic/Rule/Relation. Select the odd one out from the given alternatives.

(a) 71 – 17

(b) 83 – 38

(c) 64 – 46

(d) 61 – 18

Answer: (d)

13. A series is given with one term wrong. Select that wrong term from the given alternatives.
17, 33, 64, 128, 246

(a) 128

(b) 17

(c) 138

(d) 246

Answer: (a)

16. A car goes 7 km in north. It turns right and goes 24 km. It finally turns left and goes 3 km. How far is finishing point from starting point?

(a) 26 km

(b) 28 km

(c) 22 km

(d) 24 km

Answer: (a)

17. L is 20 km to the south of B. J is 28 km to t[illegible]h of T. A is 10 km to the west of B. J is 25 km to the east of L. If R is 31 km to the east of B, then how far is T from R and J is in which direction from A?

(a) 10 km, North-West

(b) 10 km, South-East

(c) 12 km, North-West

(d) 12 km, South-East

Answer: (b)

General Awareness

21. Onam belongs to the state of _____.

(a) Kerala

(b) Karnataka

(c) Telangana

(d) Maharashtra

Answer: (a)

22. Which of the following monument(s) is/are located in Jaisalmer?
I. Junagarh fort
II. Gagron fort

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (d)

23. Which of the following statement(s) is/are NOT correct regarding World trade Organisation (WTO)?
I. The objective of the WTO is to establish a rule based trade regime to ensure optimum utilisation of world resources.
II. The WTO was founded in 1985.

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (b)

24. Which of the following statement(s) is/are correct regarding the role of RBI in Indian economy?
I. It is the controller of money supply.
II. RBI acts as a banker to the Government of India.

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

25. Which base is found in lime water?

(a) Ammonium Hydroxide
(b) Calcium Hydroxide
(c) Sodium Hydroxide
(d) Potassium Hydroxide

Answer: (b)

26. Which of the following statement(s) is/are correct?
I. Speed of sound in solids > Speed of sound in liquids II. Speed of sound in liquids > Speed of sound in gases

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

27. Which of the following statement is correct?
I. Prokaryotic cells lack nuclear membrane.
II. Plant cells have a number of small vacuoles.

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (a)

28. Narmada basin covers the part of _____.
I. Gujarat
II. Madhya Pradesh

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

29. Which of the following statement is correct?
I. Average height of troposphere is 13 km.
II. Fog and hailstorm occur in troposphere.

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

30. In _____, rows of trees are planted to check the wind movement to protect soil cover.

(a) Shelter belts
(b) Contour ploughing
(c) Intercropping
(d) Contour barriers

Answer: (a)

31. Sati was banned in the year _____.

(a) 1825
(b) 1827
(c) 1829
(d) 1831

Answer: (c)

32. In which of the following city/cities fire altars was/were found?
I. Kalibangan
II. Lothal

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

33. Which of the following pair(s) of Governor General and their time period is/are correct?
I. Lord Dalhousie – 1848-1856
II. Warren Hastings – 1773-1785

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

34. Who has written the book 2014: The Election that changed India?

(a) Sudhir Chaudhary
(b) Prannoy Roy
(c) Rajdeep Sardesai
(d) Ravish Kumar

Answer: (c)

35. Headquarters of Asian Development Bank is located in which country?

(a) Thailand
(b) Indonesia
(c) Malaysia
(d) Philippines

Answer: (d)

36. Which Indian state has launched the Namma Cargo Services in February 2021?

(a) Tamil Nadu
(b) Karnataka
(c) Kerala
(d) Andhra Pradesh

Answer: (b)

37. Which of the following pair of article – contents of Indian constitution is correct?
I. 153 – governors of state
II. 156 – appointment of governor

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (a)

38. Which article of Indian constitution is related to seat of supreme court?

(a) 108
(b) 130
(c) 148
(d) 164

Answer: (b)

39. Who won the mens single title at US open 2020?

(a) Alexander Zverev
(b) Dominic Thiem
(c) Rafel Nadal
(d) Roger Federer

Answer: (b)

40. Which of the following pair of sportsperson – sp .s is correct?
I. Manika Batra – Table Tennis
II. Deepika Kumari – Shooting

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (a)

Arithmetic Ability

42. What is the smallest three digits number, which when divided by 6, 12 and 15 leaves no remainder?

(a) 120
(b) 150
(c) 180
(d) 210

Answer: (a)

43. What is the value of (6.5 × 6.5 + 45.5 + 3.5 × 3.5)?

(a) 10
(b) 50
(c) 100
(d) 150

Answer: (c)

44. Which of the following numbers is completely divisible by 99?

(a) 330768
(b) 111537
(c) 131769
(d) 244944

Answer: (c)

46. What is the average of first 8 multiples of 3?

(a) 13.5
(b) 15
(c) 12
(d) 14

Answer: (a)

47. If 15 percent of N + 80 = 31 percent of N, then what is the value of N?

(a) 400
(b) 450
(c) 500
(d) 550

Answer: (c)

48. Radius of a sphere is increased by 20 percent. What will be the percentage increase in its volume?

(a) 60 percent
(b) 70 percent
(c) 72.8 percent
(d) 90 percent

Answer: (c)

50. If x : y = 5 : 2, then what is the value of (5x + 2y) : (5x – 2y)?

(a) 30 : 19
(b) 31 : 19
(c) 29 : 21
(d) 19 : 9

Answer: (c)

51. The ratio of the expenditure and savings of a person is 5 : 4. His expenditure increases by 1/5 of his initial savings and his income increases by Rs. 32. If his savings remains the same, then what is his initial expenditure?

(a) Rs. 80
(b) Rs. 200
(c) Rs. 160
(d) Rs. 120

Answer: (b)

52. If a certain sum of money becomes thrice of itself in 7 years 4 months at simple interest, then what will be the annual rate of interest?

(a) 26.68 percent
(b) 27.28 percent
(c) 30.26 percent
(d) 29.28 percent

Answer: (b)

53. A train of length 375 metres crosses a tree in 25 seconds and crosses another train of the same length travelling in opposite direction in 30 seconds. What is the speed of the second train?

(a) 10 m/s
(b) 20 m/s
(c) 15 m/s
(d) 12 m/s

Answer: (a)

54. Sumit rides his vehicle at the speed of 45 [illegible]but stops for 18 minutes, to change parts at the end of every 15 km. How much time will be taken by him to cover a distance of 225 km?

(a) 6 hour 18 minutes
(b) 9 hours 12 minutes
(c) 5 hours 9 minutes
(d) 4 hours 27 minutes

Answer: (b)

55. L alone can do a work in 30 days. M alone can do the same work in 45 days. With help of N, they finish the same work in 15 days. In how many days can N alone do the same work?

(a) 45
(b) 60
(c) 90
(d) 120

Answer: (c)

56. Length of one diagonal of a rhombus is 10 cm. If side of rhombus is 13 cm, then what will be length of another diagonal?

(a) 36 cm

(b) 18 cm

(c) 12 cm

(d) 24 cm

Answer: (d)

General English

61. Find the part of the given sentence that has an error in it. If there is no error, choose 'No error'.
We are looking (1)/ forward to have (2)/ a picnic together. (3)/No error (4)

(a) We are looking

(b) forward to have

(c) a picnic together.

(d) No error

Answer: (b)

62. Find the part of the given sentence that has an error in it. If there is no error, choose 'No error'.
Many are of the view that (1)/ monetary policy should give (2)/ greater weightage to growth. (3)/ No error (4)

(a) Many are of the view that

(b) monetary policy should give

(c) greater weightage to growth.

(d) No error

Answer: (d)

65. A sentence has been given with a blank to be filled with an appropriate word. Choose the correct alternative.
Scientists have limited knowledge of the _____ causes of the hangover.

(a) meeting

(b) leading

(c) creating

(d) superior

Answer: (b)

66. A sentence has been given with a blank to be filled with an appropriate word/words. Choose the correct alternative.
Vrinda is looking forward to _____ you.

(a) meets

(b) met

(c) meeting

(d) meet

Answer: (d)

67. Rearrange the parts of the sentence in correct order.
Research has
P: to a longer
Q: coffee consumption
R: also linked moderate
S: life span

(a) QPSR
(b) SQRP
(c) SPQR
(d) RQPS

Answer: (d)

68. Rearrange the parts of the sentence in the correct order.
P: perhaps in no other form of art has the creator become to such an extent prisoner Q: of his creation, to which he may be locked for his lifetime; it becomes in a real R: be continued by other artists if its originator should die or lose interest in it S: sense independent of his own existence, for the successful strip will almost always

(a) PQSR
(b) PSQR
(c) QRSP
(d) SQRP

Answer: (a)

69. Choose the word that means the same as the gi word.
Encourage

(a) Criticize
(b) Urge
(c) Condemn
(d) Constitute

Answer: (b)

70. Choose the word that is opposite in meaning to the given word.
Apprehensible

(a) Discernible
(b) Fathomable
(c) Appreciable
(d) Inexplicable

Answer: (d)

71. In the given question, four words are given out of which one word is correctly spelt. Choose the correctly spelt word.

(a) Prelemenary
(b) Preliminary
(c) Preliminery
(d) Prileminary

Answer: (b)

72. In the given question, four words are given out of which one word is incorrectly spelt. Choose the incorrectly spelt word.

(a) Inheritance
(b) Orientation
(c) Regardlees
(d) Translation

Answer: (c)

73. In the following question, out of the given four alternatives, select the alternative which best expresses the meaning of the Idiom/Phrase.
Money to burn

(a) Above materialistic desires
(b) Money in great abundance
(c) To be in a zen state
(d) To become free from

Answer: (b)

74. In the following question, out of the given four alternatives, select the alternative which best expresses the meaning of the Idiom/Phrase.
To crook an elbow

(a) A conman
(b) To cheat somebody
(c) A naive person
(d) To drink excessively

Answer: (d)

75. Choose the word that can substitute the given sentence.
Having qualities or characteristic of ox or cow

(a) Canine
(b) Feline
(c) Bovine
(d) Herd

Answer: (c)

Discipline1

101. Which of the following is/are the objective(s) of the Gymnasium and Playground?
I. Motor education that shall function in promoting physical vigor
II. An awakening and expression of mental, moral and social feelings and states that shall lead towards fine qualities of citizenship

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

102. 'What physical activities are suited and may be beneficially used by the girls?' For the given statement which of the following factor(s) is/are considered?
I. Structure of their body
II. Nature of their development

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

103. Which of the following statement(s) is/are correct regarding physical education teacher?
I. Physical education teacher must have adaptability and willingness to cooperate and work with others II. The posture of the physical education teacher is extremely important because good posture is so highly valued in school children

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

104. 'Overuse Syndrome' can cause which of the following?
I. Irritability
II. Feeling of malaise
III. Can affect eating pattern
IV. Sleep disturbances

(a) II, III and IV
(b) I, II and III
(c) II and IV
(d) I, II, III and IV

Answer: (d)

105. By which of the following way(s) prevention of Blisters is not possible?
I. Hygiene of the vulnerable parts should be meticulously maintained II. Sensitive skin areas can be protected with adhesive plaster

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (d)

106. Which of the following statement is not correct about Rehabilitation?

(a) Rehabilitation should not commence until the heart rate and body temperature have returned to normal resting levels

(b) Rehabilitation includes both physical modalities and therapeutic exercises

(c) Early Rehabilitation maximises the effect of injury

(d) Rehabilitation should include exercises to promote strength, endurance, speed and coordination

Answer: (c)

107. _____ is not the component of cytoplasm.
I. Golgi apparatus
II. Mitochondria

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (d)

108. During exercise, the blood flow switches to about _____ percentage to the muscles depending upon the intensity of exercise.

(a) 20 to 30

(b) 15 to 25

(c) 70 to 90

(d) 40 to 50

Answer: (c)

109. The pathophysiology of obesity includes which of the following factor(s)?
I. Genetic
II. Behavioural
III. Psychological

(a) II and III

(b) I, II and III

(c) Only III

(d) Only II

Answer: (b)

110. Food consists of nutrients like _____.
I. Vitamins
II. Water
III. Minerals

(a) II and III

(b) I and II

(c) I, II and III

(d) I and III

Answer: (c)

111. Which of the following combination(s) is/are correct?
I. Potatoes - Simple Carbohydrates II. Honey - Simple Carbohydrates III. Maize - Complex Carbohydrates IV. Beans - Complex Carbohydrates

(a) II, III and IV

(b) I, II, III and IV

(c) I, III and IV

(d) I, II and III

Answer: (a)

112. Which of the following food(s) is/are rich in water content?
I. Tomato
II. Orange
III. Cucumber

(a) I, II and III

(b) II and III

(c) I and II

(d) Only III

Answer: (a)

113. Which of the following factor(s) determine the energy requirement of sportsman?
I. Type of sports
II. Body composition

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

114. According to rules established by International Olympic Committee, only _____ are allowed to bid for and host the Olympic games.
I. Cities
II. Countries

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (a)

115. In ancient Olympics, the first Olympics were held in 776 BC. In that Olympics there was only one event. What was that event?

(a) Discus

(b) Javelin

(c) Wrestling

(d) Stade (Footrace)

Answer: (d)

116. Which of the following statement(s) is/are not correct?
I. Anatomy is about function
II. Physiology is about structure

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

117. Glucose is made up of three elements. Which of the following is not among those elements?

(a) Phosphorus
(b) Hydrogen
(c) Oxygen
(d) Carbon

Answer: (a)

118. Atoms are made up of even smaller subatomic particles. Which of the following is/are those particles?
I. Proton
II. Neutron
III. Electron

(a) I, II and III
(b) II and III
(c) I and II
(d) Only III

Answer: (a)

119. On the basis of shape, Flat bone is one of the types of bone. Which of the following statement(s) is/are correct about Flat bone?
I. They are thin and curved
II. They are the protectors of internal organs
III. Femur, Carpals and Fibula are flat bones

(a) I and II
(b) II and III
(c) I and III
(d) I, II and III

Answer: (a)

120. Bone formation is the function of which of the following Bone Cell?

(a) Osteogenic cells
(b) Osteocytes
(c) Osteoclasts
(d) Osteoblasts

Answer: (d)

Discipline2

121. Which of the following statement(s) is/are correct about Ribs?
I. Each rib is a curved, flattened bone that contributes to the wall of the thorax II. There are 12 pairs of ribs
III. Each rib ends in a costal cartilage

(a) I, II and III

(b) II and III

(c) Only III

(d) I and II

Answer: (a)

122. During physical activity, the circulatory system serves some important functions. Which of the following is/are those function(s)?
I. Delivers oxygen to active tissues
II. Transports heat, a byproduct of cellular metabolism, from the body's core to the skin III. Aerates blood returned to the lungs

(a) I, II and III

(b) II and III

(c) I and II

(d) I and III

Answer: (a)

123. Pulmonary Ventilation is the act of breathing. It is dependent on three types of pressure. Which of the following statement(s) is/are correct about the pressure?
I. 'Atmospheric pressure' is the amount of force that is exerted by gases in air surrounding any given surface, such as the body II. Intra – alveolar pressure is the pressure of air within the alveoli, which changes during the process of breathing III. Intrapleural pressure is the pressure of air within the pleural cavity, between the visceral and parietal pleurae

(a) I, II and III

(b) II and III

(c) Only II

(d) Only I

Answer: (a)

124. Which of the following is/are the principle(s) of sports training?
I. The principle of Cyclicity
II. The principle of continuity
III. The principle of variety

(a) I and III

(b) Only II

(c) I, II and III

(d) II and III

Answer: (c)

125. Strength is a part and parcel of _____.
I. Motor abilities
II. Technical skills
III. Tactical actions

(a) I, II and III
(b) I and II
(c) I and III
(d) II and III

Answer: (a)

126. Which of the following is/are the factor(s) of Interval method of endurance training?
I. Intensity of stimulus (speed of work)
II. Density of stimulus (interval of recovery)
III. Duration of stimulus (duration of work)

(a) I and III
(b) I, II and III
(c) II and III
(d) Only III

Answer: (b)

127. Which of the following is/are not the type(s) of training load?
I. Inner load
II. Outer load

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (d)

128. _____ is the principle governing the performance of Asanas.
I. Stability
II. Control

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

129. Which of the following is/are the most important Bandhas?
I. Jalandhara
II. Uddiyana
III. Mula

(a) II and III
(b) Only I
(c) Only II
(d) I, II and III

Answer: (d)

130. Which of the following is/are not the way(s) to determine the fitness of an officiating official?
I. Body-mass index
II. Fitness or exercise programme

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (d)

131. Which of the following is/are the role(s) of a sports coach?
I. Providing an objective view to help teams and individuals enhance performance II. Teaching rules, techniques and tactics to beginners

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

132. The relationship between coach and athlete must not be _____.
I. strong
II. built on mutual trust and respect
III. unprofessional

(a) Only III
(b) Only II
(c) I and II
(d) II and III

Answer: (a)

133. Which of the following combination is not correct?

(a) Professional responsibility - General code ethics for sports officiating
(b) Competence - General code ethics for sports officiating
(c) Accurate and responsible - Basic code of ethics for sports officiating
(d) Concern for other's welfare - Basic code of ethics for sports officiating

Answer: (d)

134. Which of the following is/are the role(s) of a coach on and off the field?
I. Advisor
II. Facilitator
III. Demonstrator
IV. Motivator

(a) I, II and IV
(b) I, II, III and IV
(c) II, III and IV
(d) I, II and III

Answer: (b)

135. Which of the following is/are the principle(s) of officiating?
I. Keen observations
II. Physical and Mental Presence
III. Healthy atmosphere
IV. Absolute Integrity

(a) I, III and IV
(b) I, II, III and IV
(c) III and IV
(d) II and III

Answer: (b)

136. "Psychology involves a lot of psychometric testing pertaining to a variety of processes and procedures in learning, perfection etc." This statement is related to which of the following topic of the content of educational psychology?

(a) Memory
(b) Perception
(c) Statistics, Measurement and Evaluation
(d) Learning theory

Answer: (c)

137. Human behaviour is often categorized into which of the following?
I. Unlearnt and innate behaviour
II. Learnt or acquired behaviour

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

138. Simple reflexes are natural responses to _____.
I. Light
II. Sound

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

139. Which of the following is/are the stage(s) of growth?
I. Infancy
II. Childhood
III. Juvenile
IV. Adolescence

(a) I, II, III and IV
(b) II and III
(c) II, III and IV
(d) I, II and IV

Answer: (a)

140. 'Law of effect' is a law of learning. Which of the following statement(s) is/are correct about law of effect?
I. The principle of effect (outcome or consequence of activity) is based on the emotional reaction of the student II. It has a direct relationship with motivation

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

Discipline3

141. Several motivational techniques and strategies are used by athletic coaches, physical educators to keep sportspersons motivated. Which of the following is/are that/those technique(s)?
I. Goal – setting
II. Positive self talk
III. Motivational music
IV. Using Intrinsic – Extrinsic motivation

(a) II, III and IV
(b) Only III
(c) I, II and III
(d) I, II, III and IV

Answer: (d)

142. Which of the following is/are the type(s) of sports anxiety?
I. State anxiety
II. Specific anxiety
III. Trait anxiety
IV. Manifest anxiety

(a) I, II, III and IV
(b) II, III and IV
(c) I and IV
(d) Only IV

Answer: (a)

143. Colleges and universities should provide instruction in physical education program that meets the management criteria. Which of the following are those management criteria?
I. The program should stress knowledge and understanding of the value of physical activity and its relationship to the environment II. The program should focus on lifetime activities
III. The program should be available to all students
IV. The program should include innovative features to meet the needs of students

(a) I, II, III and IV
(b) II and IV
(c) I, III and IV
(d) I, II and III

Answer: (a)

144. Before an event or game, which of the following things must be thoroughly checked?
I. Equipment
II. Medical supervision
III. Ticketing

(a) I and III
(b) II and III
(c) I and II
(d) I, II and III

Answer: (d)

145. Which of the following combination is not correct?

(a) Capital expenditure - Financial nature of budget
(b) Production - Nonmonetary nature of budget
(c) Profits - Operational nature of budget
(d) Balance sheet - Nonmonetary nature of budget

Answer: (d)

146. Which of the following is/are the common basis of control?
I. Quantity - expressed in number (units) or any physical term II. Quality - of products, services, benefits, utility III. Time - as an essence of economy and effectiveness

(a) I and III

(b) II and III

(c) Only II

(d) I, II and III

Answer: (d)

147. Management in action is probably most clearly identified in _____.
I. Leadership
II. Directing

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

148. Which of the following element(s) describes leadership?
I. Influencing people
II. Attainment of goals which are common

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

149. Which of the following statement(s) is/are correct about Biomechanics?
I. It is the study of the airflow in the athlete's lungs and the strength of athlete's tissues.
II. It is the study of forces and their effects on living systems

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

150. Most of the joints of appendicular skeleton are _____.
I. Synovial joints
II. Fibrous joints
III. Cartilaginous joints

(a) Only II

(b) Only I

(c) Only III

(d) Neither I nor II nor III

Answer: (b)

151. When _____, then concentric muscle action occurs.
I. the flexor muscles are active and flexion occurs II. the extensor muscles are active and extension occurs III. the adductor muscles are active and abduction occurs IV. the internal rotator muscles are active and internal rotation occurs

(a) I, II, III and IV

(b) I, II and III

(c) I, II and IV

(d) III and IV

Answer: (c)

152. During a leap, the jumper's head stays at the same level but the center of gravity follows a _____.

(a) hyperbolic path

(b) parabolic path

(c) elliptical path

(d) circular path

Answer: (b)

153. Which of the following statement(s) is/are correct about Angular Inertia?
I. The property of an object to resist changes in its angular motion is known as angular inertia II. Angular inertia is inversely proportional to the mass of the object

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (a)

154. Which of the following statement(s) is/are not correct?
I. Displacement is a straight line distance in a specific direction from initial position to final position
II. Displacement is a scalar quantity
III. Velocity is the rate of motion in a specific direction

(a) II and III

(b) Only I

(c) I and II

(d) Only II

Answer: (d)

155. With which of the following displacement(s), direction is associated?
I. Angular Displacement
II. Linear Displacement

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

156. Which of the following statement(s) is/are correct about Testing Procedure for chin-ups?
I. The contestant must start from the straight arm position II. The chinning over the bar must be observed carefully III. Feet must not be allowed to touch the ground in any case

(a) I and III

(b) Only III

(c) II and III

(d) I, II and III

Answer: (d)

157. Which of the following involves agility of highest order?
I. Gymnastics
II. Diving
III. Kho Kho

(a) I and III

(b) Only II

(c) I, II and III

(d) II and III

Answer: (c)

158. Environmental sanitation is one of the measures that help in prevention and control the spread of communicable diseases. Which of the following statement(s) is/are correct about environmental sanitation?
I. Throw waste in dustbins to avoid breeding of flies
II. Regularly check the places where water is collect and has the possibilities of mosquito breeding

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

159. Which of the following combination is not correct?
I. Avulsion - Skin injury
II. Strain - Soft tissue injury

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (d)

160. Who wrote the 'origin of species'?

(a) Henry Thoreau

(b) Charles Darwin

(c) John Muir

(d) Ralph Emerson

Answer: (b)

Discipline4

161. Which of the following is/are the function(s) of forests?
I. Absorption of solar heat during evapo-transpiration II. Holding soil (by preventing rain from directly washing soil away) III. Maintenance of soil nutrients and structure IV. Prevent flash floods and soil erosion

(a) I, II, III and IV
(b) II and IV
(c) I, II and III
(d) Only IV

Answer: (a)

162. What can you do to save electricity?
I. Keep the bulbs and tubes clean. Dust on tubes and bulbs decreases lightning levels by 20 to 30 percentage II. Turn off lights and fans as soon as you leave the room

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

163. Which of the following is a Non-degradable pollutant?

(a) Discarded vegetables
(b) Domestic sewage
(c) DDT
(d) Mercury

Answer: (d)

164. Which of the following is/are the point source(s) of pollution?
I. Municipal and Industrial discharge pipes II. Acid rain
III. Agricultural runoff

(a) II and III
(b) I and III
(c) Only I
(d) Only III

Answer: (c)

165. Which of the following is/are the major consideration(s) in the modern educational process?
I. Man
II. Material
III. Method

(a) I and III
(b) I, II and III
(c) Only II
(d) II and III

Answer: (b)

166. Which of the following statement(s) is/are not correct?
I. A method of teaching is a general way of guiding a learning experience.
II. A technique is the method of performance of a skill or part of it.

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (d)

167. Which of the following material(s) is/are used in physical education?
I. Blackboard
II. Bulletin boards

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

168. Which of the following statement is not correct about Audio – Visual aids?

(a) The aid should be used merely because it is available

(b) The aid should be timely used towards particular point of the concerned lesson rather than keeping it vague

(c) The aid should aim towards the purpose

(d) The aid may be selected only after the objec es for which it is needed is known

Answer: (a)

169. Project method helps physical education teachers in organising _____.
I. Maths test
II. Picnics
III. Treks
IV. Athletic meets

(a) I, III and IV

(b) II and IV

(c) II, III and IV

(d) I, II and III

Answer: (c)

170. Which of the following principle(s) may be helpful to a teacher in respect to 'Anticipation'?
I. Anticipate the need for motivation. This principle applies to the introduction of new activities as well as to the on-going learning situations.
II. Anticipate the need for facilities and equipment because they contribute quite a lot to making teaching-learning a success.
III. Anticipate accidents which might occur in the showers, lockers, dressing rooms, fields and pools and provide safety measures.

(a) I, II and III

(b) Only II

(c) Only III

(d) II and III

Answer: (a)

171. Which of the following is not a fundamental maxim of teaching which must necessarily be followed by every teacher?

(a) Make yourself familiar with the general age characteristics of your pupils

(b) Blend the formal and informal elements

(c) Constant evaluation smoothens the way to progress

(d) Proceed from simple to complex, concrete to abstract, unknown to known

Answer: (d)

172. Which of the following is/are the special feature(s) of teaching individual sports that must remain under the focus of all physical education teachers?
I. Skill practices in individual sports (boxing, wrestling, gymnastics etc.) can be organized in groups also. This will require matching individuals on ability, strength or skill level to ensure fair play.
II. Complete understanding of activity, its r[illegible]ing and sustained practice and proper analysis are the three basic procedural pillars of efficient le[illegible]g of individual sports.

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

173. 'Players need to take decisions in different conditions and situations; that ability helps them to improve their thinking.' This statement describes which of the following importance of Physical education?

(a) Emotional Development

(b) Intellectual Development

(c) Physical Fitness

(d) Constructive use of leisure time

Answer: (b)

174. The outstanding development of physical education in pre-independence India goes to the Y.M.C.A, college of Physical Education Madras.
YMCA was founded by _____.

(a) H. C. Buck

(b) Jawahar Lal Nehru

(c) Robert Clive

(d) Mahatama Gandhi

Answer: (a)

175. Which of the following statement(s) is/are correct?
I. In Rigveda the usage of the word 'Yunjate' suggest an idea of yog for sense control II. Vishwamitra taught Ram and Lakshmana the art of yog and pranayama

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

176. 'The different sciences contribute variously to the determination of principles.' Which of the following statement(s) satisfies the given statement?
I. Anatomy provides information regarding the use of foot in walking
II. Physiology presents the facts of respiratory need
III. Anthropology offers an explanation for movements climbing and hanging

(a) I, II and III

(b) Only II

(c) II and III

(d) I and II

Answer: (a)

177. Which of the following statement(s) is/are correct?
I. Physical education should stress the development of a strong abdominal musculature II. Physical education should watch the conditions of athletes in order to detect staleness III. Physical education should require an adequate medical examination of all participants

(a) I, II and III

(b) II and III

(c) I and II

(d) Only III

Answer: (a)

178. Which of the following is/are the example(s) of projectile(s) in sports?
I. A squash ball in flight
II. A basketball in flight

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

179. Which of the following is/are the attribute(s) of an organisation?
I. Instrumentality
II. Permanency
III. Delegation of power
IV. Identity

(a) I, II, III and IV
(b) II and III
(c) I, II and III
(d) Only IV

Answer: (a)

180. Which of the following combination(s) is/are correct?
I. Mott-Lockhart Test – Table Tennis II. Russell-Lange Test – Volleyball

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

Discipline5

181. In long jump, distance is measured from _____.

(a) end of takeoff board to the nearest mark made by the jumper in the pit
(b) start of takeoff board to the nearest mark made by the jumper in the pit
(c) end of takeoff board to the farthest mark made by the jumper in the pit
(d) start of takeoff board to the farthest mark made by the jumper in the pit

Answer: (a)

182. In high jump, competitors jump unaided over a _____ metre long horizontal bar.

(a) 4
(b) 3.5
(c) 5
(d) 2.5

Answer: (a)

183. Which of the following is NOT a position in 3 position shooting events?

(a) Standing
(b) Sitting
(c) Kneeling
(d) Prone

Answer: (b)

184. In gymnastics, the width of vaulting table is _____ cm.

(a) 85
(b) 105
(c) 120
(d) 95

Answer: (d)

185. How many players are present on the court at a time in a handball team?

(a) 8
(b) 9
(c) 10
(d) 7

Answer: (d)

186. Which of the following is a sprint?
I. 100 meters
II. 200 meters

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

187. What is the height of each hurdle in the women's 100 meters hurdle race?

(a) 94.2 cm
(b) 83.8 cm
(c) 91.2 cm
(d) 88.6 cm

Answer: (b)

188. How many games are there in a table tennis match?

(a) 3
(b) 5
(c) 7
(d) Any number of odd games

Answer: (d)

189. Which of the following is correct regarding badminton?
I. The side winning a rally serves in the next point II. Player must serve diagonally

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

190. In tennis, during a tie-break game, players shall change ends after every _____ points.

(a) 3
(b) 5
(c) 6
(d) 8

Answer: (c)

191. Which generation of computers used the transistors?

(a) First
(b) Second
(c) Third
(d) Fourth

Answer: (b)

192. Which of the following is a secondary storage c computer?
I. Hard disks
II. Compact disks

(a) Only I
(b) Only II
(c) Both I and II
(d) Neither I nor II

Answer: (c)

193. Which of the following is a type of view of an MS Word document?
I. Read mode
II. Print Layout
III. Outline

(a) I and II
(b) II and III
(c) I and III
(d) I, II and III

Answer: (d)

194. Which the following shortcut is used to bold the selected cells in MS Excel?

(a) Ctrl + B
(b) Ctrl + H
(c) Ctrl + A
(d) Ctrl + G

Answer: (a)

195. Which of the following shortcut is used to add a new slide to an MS Powerpoint presentation?

(a) Shift + M
(b) Ctrl + M
(c) Ctrl + N
(d) Shift + N

Answer: (b)

196. Which of the following shortcut key is used to print in MS Powerpoint?

(a) Ctrl + P
(b) Ctrl + J
(c) Shift + P
(d) Shift + J

Answer: (a)

197. Which of the following is correct regarding a wre[illegible]g match?

(a) Three periods of 3 minutes
(b) Three periods of 2 minutes
(c) Two periods of 5 minutes
(d) Two periods of 3 minutes

Answer: (d)

198. AIBA mens light weight category has over _____ kg to _____ kg.

(a) 52; 56
(b) 56; 60
(c) 49; 52
(d) 60; 64

Answer: (b)

199. What is the duration of a men's kabaddi match?

(a) 4 quarters of 15 minutes each
(b) 2 halves of 20 minutes each
(c) 2 halves of 15 minutes each
(d) 4 quarters of 10 minutes each

Answer: (b)

200. How many substitutions per team are allowed in a hockey match?

(a) 3

(b) 7

(c) 10

(d) No limit

Answer: (d)

Answer key

Answer key from the Delhi Subordinate Services Selection Board's official answer key for this sitting. "—" means the key gave none.

Mental Ability

1	**(d)**	2	**(b)**	3	**(c)**	4	**(a)**	5	**(b)**	6	**(a)**	7	**(a)**	8	**(b)**
9	**(d)**	10	**(b)**	11	**(b)**	12	**(d)**	13	**(a)**	16	**(a)**	17	**(b)**		

General Awareness

21	**(a)**	22	**(d)**	23	**(b)**	24	**(c)**	25	**(b)**	26	**(c)**	27	**(a)**	28	**(c)**
29	**(c)**	30	**(a)**	31	**(c)**	32	**(c)**	33	**(c)**	34	**(c)**	35	**(d)**	36	**(b)**
37	**(a)**	38	**(b)**	39	**(b)**	40	**(a)**								

Arithmetic Ability

42	**(a)**	43	**(c)**	44	**(c)**	46	**(a)**	47	**(c)**	48	**(c)**	50	**(c)**	51	**(b)**
52	**(b)**	53	**(a)**	54	**(b)**	55	**(c)**	56	**(d)**						

General English

61	**(b)**	62	**(d)**	65	**(b)**	66	**(d)**	67	**(d)**	68	**(a)**	69	**(b)**	70	**(d)**
71	**(b)**	72	**(c)**	73	**(b)**	74	**(d)**	75	**(c)**						

Discipline1

101	**(c)**	102	**(c)**	103	**(c)**	104	**(d)**	[illegible]	**(d)**	106	**(c)**	107	**(d)**	108	**(c)**
109	**(b)**	110	**(c)**	111	**(a)**	112	[illegible]	113	**(c)**	114	**(a)**	115	**(d)**	116	**(c)**
117	**(a)**	118	**(a)**	119	**(a)**	120	**(d)**								

Discipline2

121	**(a)**	122	**(a)**	123	**(a)**	124	**(c)**	125	**(a)**	126	**(b)**	127	**(d)**	128	**(c)**
129	**(d)**	130	**(d)**	131	**(c)**	132	**(a)**	133	**(d)**	134	**(b)**	135	**(b)**	136	**(c)**
137	**(c)**	138	**(c)**	139	**(a)**	140	**(c)**								

Discipline3

141	**(d)**	142	**(a)**	143	**(a)**	144	**(d)**	145	**(d)**	146	**(d)**	147	**(c)**	148	**(c)**
149	**(c)**	150	**(b)**	151	**(c)**	152	**(b)**	153	**(a)**	154	**(d)**	155	**(c)**	156	**(d)**
157	**(c)**	158	**(c)**	159	**(d)**	160	**(b)**								

Discipline4

161	**(a)**	162	**(c)**	163	**(d)**	164	**(c)**	165	**(b)**	166	**(d)**	167	**(c)**	168	**(a)**
169	**(c)**	170	**(a)**	171	**(d)**	172	**(c)**	173	**(b)**	174	**(a)**	175	**(c)**	176	**(a)**
177	**(a)**	178	**(c)**	179	**(a)**	180	**(c)**								

Discipline5

181	**(a)**	182	**(a)**	183	**(b)**	184	**(d)**	185	**(d)**
186	**(c)**	187	**(b)**	188	**(d)**	189	**(c)**	190	**(c)**
191	**(b)**	192	**(c)**	193	**(d)**	194	**(a)**	195	**(b)**
196	**(a)**	197	**(d)**	198	**(b)**	199	**(b)**	200	**(d)**