PREVIOUS YEAR PAPER

DSSSB Physical Education Teacher 2021 — 2 August 2021, sitting 3

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-3/

Mental Ability

1. Arrange the given words in the sequence in which they occur in the dictionary.
1. Mcguffay
2. Mcguffin
3. Mccauley
4. Mccarthy
5. Mcmaster

(a) 43152

(b) 43125

(c) 42315

(d) 42351

Answer: (b)

2. A series is given with one term wrong. Select that wrong term from the given alternatives.
MORY, SWYH, YEFQ, ENMZ, KUTI

(a) KUTI

(b) YEFQ

(c) SWYH

(d) ENMZ

Answer: (d)

3. In the following question, select the odd letter/letters from the given alternatives.

(a) RUX

(b) ADG

(c) EHK

(d) ORV

Answer: (d)

4. In the following question, select the related letters from the given alternatives.
AP : YN : RB : ?

(a) QZ

(b) PY

(c) PZ

(d) QY

Answer: (c)

5. In the following question, select the related letter pair from the given alternatives.
MONT : KEFD :: ?

(a) GRAN : FRIX

(b) LPXD : UNGC

(c) NGTR : IKXF

(d) ACDL : CUTR

Answer: (d)

6. In a certain code language, 'WALTON' is written as '23112201514', 'INFANY' is written as '914611325'. What is the code for 'LAGGER' in that code language?

(a) 12178721

(b) 12177519

(c) 12177518

(d) 12177719

Answer: (c)

8. Speed of six bikes B1, B2, B3, B4, B5 and B6 are compared. Speed of B6 is more than only three bikes. No two bikes have same speed. Speed of B4 is more than B2 but less than B6. Speed of B3 is not less than B5. Speed of B2 is not least. If speed of B5 is not less than B2, then which of the following pair of bikes have more speed than B4?

(a) B5, B3

(b) B1, B5

(c) B2, B3

(d) B6, B1

Answer: (a)

9. Eight persons I, J, K, L, M, N, P and Q are sitting around a circular table facing towards the centre (not necessarily in the same order). J is second to the right of L. L is third to the right of N. K is second to the left of I. I is second to the left of N. P is third to the right of M.
Which of the following statement(s) is/are correct?
I. N is second to the left of L.
II. N is fourth to the right of K.
III. K is the immediate neighbour of L.
IV. Q is to the immediate left of L.

(a) I, II, III and IV

(b) II and IV

(c) II and III

(d) Only II

Answer: (c)

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 P are R.
II. No L is R.
Conclusions:
I. All P are L.
II. Some P are not L.

(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 pink are red.
II. No paper is red.
Conclusions:
I. No red is paper.
II. No pink is paper.
III. Some red are pink.

(a) Both conclusions II and III follows

(b) Both conclusions I and II follows

(c) Both conclusions I and III follows

(d) All conclusion follows

Answer: (d)

12. In the following question, select the related number from the given alternatives.
39 : 156 :: ?

(a) 63 : 246
(b) 61 : 244
(c) 65 : 248
(d) 67 : 250

Answer: (b)

13. By Interchanging the given two numbers which of the following equation will be incorrect?
8 and 3

(a) 9 × 5 ÷ 8 + 3 – 4 = 19
(b) 3 × 6 ÷ 4 + 8 – 5 = 10
(c) 9 × 5 ÷ 3 + 8 – 6 = 17
(d) 3 × 5 ÷ 2 + 4 – 8 = 21

Answer: (c)

16. If South-west becomes north and East becomes South-west, then what will North-west become?

(a) South
(b) East
(c) North-east
(d) South-east

Answer: (b)

17. Umesh walks 12 km in north direction. He turns r[illegible]t and walks 36 km. He rotates by 192 degrees in anticlockwise direction. He again rotates [illegible]340[illegible]grees in anticlockwise direction. He finally rotates by 492 degrees in clockwise direction[illegible]ch direction is he facing now?

(a) South-east
(b) North-east
(c) South-west
(d) North-west

Answer: (b)

20. Pairs of opposite faces of a big cube are painted with red, yellow and blue colour. Now 3 equal cuts are made on each axis of this cube and some small cubes are obtained. How many small cubes will have one face painted with yellow colour, one face painted with red or blue colour and all other faces unpainted?

(a) 12
(b) 16
(c) 24
(d) 32

Answer: (b)

General Awareness

21. Kuchipudi belongs to which state of India?

(a) Maharashtra

(b) Chhattisgarh

(c) Andhra Pradesh

(d) Jharkhand

Answer: (c)

22. Which of the following pair of dance – part is correct?
I. Chhau – Southern India
II. Kathak – Eastern India

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (d)

23. Which image is on the back of 20 Rs. note of Mahatma Gandhi (New) series?

(a) Ellora Caves

(b) Sanchi Stupa

(c) Rani ki Vav

(d) Red Fort

Answer: (a)

24. In India, Planning Commission was set up in yea ____.

(a) 1965

(b) 1960

(c) 1955

(d) 1950

Answer: (d)

25. The process of depositing a layer of zinc on iron is called _____.

(a) rusting

(b) crystallisation

(c) galvanisation

(d) deposition

Answer: (c)

26. Which of the following is true?
I. Acid turns blue litmus red.
II. Bases turns red litmus blue.

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

27. Which of the following pair is correct?
I. Isotopes – different mass number II. Isobars – same mass number

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

Answer: (c)

28. Which continent produces more than half of worlds tin?

(a) Asia
(b) Europe
(c) North America
(d) South America

Answer: (a)

29. Which of the following pair is correct?
I. Stratosphere – extends upto 80 km II. Mesosphere – extends upto 50 km

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

Answer: (d)

30. Which of the following pair of river - tributary is correct?
I. Tapi – Mahi
II. Narmada – Wardha

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

Answer: (d)

31. Widow remarriage act was passed in the year _____.

(a) 1856
(b) 1860
(c) 1852
(d) 1848

Answer: (a)

32. _____ was the capital of Chalukyas.

(a) Vaishali
(b) Aihole
(c) Patliputra
(d) Sarnath

Answer: (b)

33. Which of the following statement(s) is/are correct?
I. Spinning jenny was invented in 1764.
II. By 1900, over 84 cloth mills started operating in Mumbai.

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

Answer: (c)

34. Which company has bagged the contract for construction of Mumbai – Ahmedabad bullet train?

(a) Larsen and Toubro
(b) Tata Projects
(c) GMR
(d) Hindustan Construction Company

Answer: (a)

35. Which state has become the 5th state to complete Urban Local Bodies Reference in January 2021?

(a) West Bengal
(b) Rajasthan
(c) Punjab
(d) Tamil Nadu

Answer: (b)

36. Who has been awarded with CERAWee[illegible] Globa[illegible]ergy and Environment Leadership award in March 2021?

(a) Jacinda Ardern
(b) Scott Morrison
(c) Justin Trudeau
(d) Narendra Modi

Answer: (d)

37. Which of the following pair of part – contents of Indian constitution is correct?
I. Part VI – The states
II. Part VIII – The union territories

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

Answer: (c)

38. Which article of Indian constitution is related with control over subordinate courts?

(a) 217
(b) 235
(c) 251
(d) 279

Answer: (b)

39. Pankaj Advani is associated with which sport?

(a) Snooker
(b) Cricket
(c) Boxing
(d) Table Tennis

Answer: (a)

40. Which of the following pair of tournament – sport is correct?
I. Vijay Hazare Trophy – Cricket
II. Irani Trophy – Cricket

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

Answer: (c)

Arithmetic Ability

41. What is the value of 18 – 3 × 4 + 2?

(a) 6
(b) 8
(c) 12
(d) 14

Answer: (b)

42. What is the value of (2.5) 3 – (1.5) 3 – 3 × 2.5 × 1.5?

(a) 0.5
(b) 1
(c) 1.5
(d) 2

Answer: (b)

45. The sum of two numbers is 150 and their difference is 48. What is the product of the two numbers?

(a) 5049
(b) 5089
(c) 5149
(d) 5189

Answer: (a)

46. The selling price and marked price of an article is in ratio 13 : 15. What is the discount percentage?

(a) 15
(b) 14.28
(c) 13.33
(d) 12.65

Answer: (c)

47. If P = 150 and Q = 235, then Q is how much percent more than P?

(a) 56.66
(b) 45.55
(c) 33.33
(d) 62.22

Answer: (a)

48. A's salary is firstly increased by 25 percent and then again increased by 20 percent. What is the overall percentage increase in A's salary?

(a) 45
(b) 55
(c) 50
(d) 35

Answer: (c)

49. A person buys three spectacles at the rate of Rs 3000 per spectacle. He sells first spectacles at a profit of 40 percent, sells second spectacles at a loss of 20 percent and sells third spectacles at a loss of 20 percent. What is the total percentage of profit earned in the whole transaction?

(a) 20
(b) 16.66
(c) 0
(d) 12.5

Answer: (c)

50. Three numbers A, B and C are in the ratio of 2 : 3 : 2 respectively. If C is 12 less than the sum of A and B, then what is the value of B?

(a) 8
(b) 12
(c) 4
(d) 16

Answer: (b)

51. The ratio of ages of two students is 6 : 5. The difference between their ages is 6 years. What is the age of the younger student?

(a) 30 years
(b) 36 years
(c) 24 years
(d) 18 years

Answer: (a)

52. A certain sum of money becomes triple of itself in 8 years at simple interest. In how many years it will becomes five times of itself?

(a) 15 years
(b) 20 years
(c) 16 years
(d) 12 years

Answer: (c)

53. A train moving with the speed of 40 km [illegible] a platform in 15 minutes. If the length of the train and the platform is same, then what is [illegible] of the platform?

(a) 5000 metres
(b) 6000 metres
(c) 4000 metres
(d) 8000 metres

Answer: (a)

54. 95 trees are planted in a straight line such that distance between any two consecutive trees is same. A car starts from first tree and it takes 39 seconds to reach the 27th tree. How much more time will it take to reach the last tree?

(a) 96 seconds
(b) 102 seconds
(c) 108 seconds
(d) 124 seconds

Answer: (b)

55. A alone can do (1/10) part of a work in 3 days. B alone can do (1/8) part of same work in 6 days. In how many days together can they do (11/12) part of the same work?

(a) 165/13

(b) 275/13

(c) 330/13

(d) 220/13

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'. Statistics are a (1)/ means to understand the (2)/ growth of the company. (3)/ No error (4)

(a) Statistics are a

(b) means to understand the

(c) growth of the company.

(d) No error

Answer: (a)

62. Find the part of the given sentence that has an error in it. If there is no error, choose 'No error'. The law should mandate that every (1)/ pregnancy be registered and should receive (2)/ a most unique identity number. (3)/ No error (4)

(a) The law should mandate that every

(b) pregnancy be registered and should receive

(c) a most unique identity number.

(d) No error

Answer: (c)

65. A sentence has been given with a blank to be filled with an appropriate word. Choose the correct alternative.
In the United States, drinking alcohol is largely _____ by mainstream culture.

(a) snubbed

(b) obtained

(c) embraced

(d) terminated

Answer: (c)

66. A sentence has been given with a blank to be filled with an appropriate word/words. Choose the correct alternative.
The boys sang _____ the girls danced.

(a) while

(b) unless

(c) to

(d) whence

Answer: (a)

67. Rearrange the parts of the sentence in correct order.
In 2016, the
P: World Health Organization (WHO) removed Q: coffee from the list of possible carcinogens because R: association between coffee consumption and cancer S: multiple studies had debunked a possible causative

(a) PQSR
(b) RQSP
(c) PQRS
(d) SQRP

Answer: (a)

68. Rearrange the parts of the sentence in the correct order.
P: the conventional view has been that newspaper comic Q: strips must not offend any conceivable readership or R: strict conservative codes of morality and decorum S: commercial-interest group and therefore must observe

(a) RQSP
(b) SRPQ
(c) PQSR
(d) QSPR

Answer: (c)

69. Choose the word that means the same as the given word.
Burst

(a) Tear
(b) Pop
(c) Apart
(d) Create

Answer: (b)

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

(a) Humor
(b) Incense
(c) Coax
(d) Coerce

Answer: (b)

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

(a) Tecnecian
(b) Technecean
(c) Technician
(d) Tecnician

Answer: (c)

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

(a) Reasoneble
(b) Anticipate
(c) Frequently
(d) Phenomenon

Answer: (a)

73. In the following question, out of the given four alternatives, select the alternative which best expresses the meaning of the Idiom/Phrase.
A bull's eye

(a) To attack an animal
(b) The centre of the target
(c) To lament over the past
(d) To be in love with

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.
Under the knife

(a) Under a surgical operation
(b) Under suspicion
(c) At a wrong place
(d) In a bad company

Answer: (a)

75. Choose the word that can substitute the given sentence.
To renounce allegiance to one's native country

(a) Repatriate
(b) Migrate
(c) Expatriate
(d) Herbour

Answer: (c)

78. Choose the correct synonym of the word 'faulty'?

(a) Imprecise
(b) Useless
(c) Distorted
(d) Colossal

Answer: (b)

79. Which of the following is not one of the medications given to a patient during a severe bout of depression?

(a) Antidepressants

(b) Anticonvulsants

(c) Anxiolytics

(d) Dopamine

Answer: (d)

Discipline1

101. What characteristics must an exercise have to be hygienic?
I. It should be the wholesome activity of the circulatory system II. It should be the wholesome activity the excretory system

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

102. Which of the following is/are not the important value(s) to be kept in mind in organizing a department for girl's work in physical education?
I. Women should teach girl's classes and should coach girl's athletic teams.
II. The activities in the gymnasium, on the playground athletic field should be organized around the idea of girl's specific standards and accomplishments.

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (d)

103. Which of the following combination is not correct regarding the divisions of educational hygiene?

(a) Nurses and Doctors – Medical Supervision

(b) Posture and Correctional Exercises – Physical Education

(c) Oculist, Surgeons – Physical Education

(d) Hygienic toilet seats – School Sanitization

Answer: (c)

104. Which of the following individuals are unable to pursue the general school curriculum in Physical Education?
I. Individual with chronic heart disease
II. Individual with orthopedic defect
III. Physically handicapped individuals

(a) I and III

(b) II and III

(c) I and II

(d) I, II and III

Answer: (d)

105. Which of the following are the important factors in prevention of Sports Injuries?
I. Helmets
II. Clothing
III. Footwear

(a) II and III

(b) I and II

(c) I, II and III

(d) I and III

Answer: (c)

106. Which of the following factor(s) is/are responsible for muscle ruptures?
I. Weak muscle
II. Fatigued muscle
III. Prolonged exposure to cold

(a) I, II and III

(b) II and III

(c) I and II

(d) Only II

Answer: (a)

107. Which of the following statement is not correct about strengthening exercises?

(a) These exercises can be done if the limb is immobilised in a cast

(b) These exercises weakens the muscles of the joint angle at which the contraction is performed

(c) The frequency and duration of these exercises depend on the state of musculature

(d) These exercises include isometric, isotonic and isokinetic techniques

Answer: (b)

108. Which of the following is/are the function(s) of the skeletal system?
I. Supports and protects the body
II. Locomotion
III. Production of blood cells

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

Answer: (a)

109. While giving massage which of the following is not the important consideration?

(a) The pressure should be in line with venous flow
(b) Massage should not begin and end with effleurage
(c) Massage should be painless
(d) Direction of force should be in the direction of muscle fibres

Answer: (b)

110. Abdominal obesity is associated with increased risks of _____.
I. Diabetes
II. Hypertension
III. Coronary Heart Disease

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

Answer: (a)

111. Body Mass Index can be calculated by which formulae?

(a) [Height(Metres) 2 /Weight(Kg)]
(b) [Weight(Kg)/Height(Metres) 3]
(c) [Weight(Kg)/Height(Metres) 2]
(d) [Height(Metres) 3 /Weight(Kg)]

Answer: (c)

112. Which of the following technique(s) is/are associated with dehydration and affect athletic performance?
I. Use of diuretics
II. Sauna bath
III. Cathartics or Induced Vomiting

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

Answer: (d)

113. Which of the following is/are some important guideline(s) for a pre competition meal?
I. It should be high in carbohydrate and low in fat and should be digestable II. Avoid sweet drinks within one hour before the competition
III. Allow adequate time for food digestion. It is 3 to 4 hours for a large meal and 2 to 3 hours for a small meal

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

Answer: (a)

114. Which of the following is the source of saturated fats?

(a) Eggs
(b) Olive oil
(c) Milk
(d) Corn oil

Answer: (c)

115. Which of the following is/are the reason(s) behind the cities engaging in the Mega-event strategy?
I. City leaders see the Olympic games in strategic terms, providing opportunities to gain regional, national and international media exposure at low cost.
II. Hosting the Olympics can be justified as a boon to ırism and tourism revenues.

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

Answer: (c)

116. During ancient Olympics, a Olympic truce was called. Which of the following was/were the rule(s) of that truce?
I. All wars must stop for three months during Olympic training and the games.
II. Armies and men with weapons cannot enter the Olympic grounds.
III. There is no death penalty during the Olympics.

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

Answer: (d)

117. Anatomy is divided into two parts. Which of the following is/are that/those part(s)?
I. Gross Anatomy
II. Microscopic Anatomy

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

Answer: (c)

118. There are many elements in a human body. Which of the following is most abundant?

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

Answer: (b)

119. _____ is the energy transformer of the cell.

(a) Centriole
(b) Mitochondria
(c) Filament
(d) Lysosomes

Answer: (b)

120. Which of the following is/are the type(s) of tiss s?
I. Epithelial tissue
II. Nervous tissue
III. Connective tissue

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

Answer: (a)

Discipline2

121. Which of the following statement(s) is/are correct about Joints?
I. Amphiarthrosis joint has limited mobility
II. The immobile nature of synarthrosis joint provide for a strong union between the articulating bones III. On the basis of structural classification, Fibrous, Cartilaginous and Synovial are three types of joints

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

Answer: (c)

122. Proprioceptive Neuromuscular Facilitation Stretching increases range of motion by augmenting prior muscle relaxation through spinal reflex mechanisms using few techniques. Which of the following is/are that/those techniques?
I. Contract – relax stretch
II. Contract – relax with agonist contraction

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

Answer: (c)

123. Which of the following is/are the type(s) of muscle action?
I. Concentric action
II. Eccentric action
III. Isometric action

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

Answer: (c)

124. Which of the following equipment(s) is/are used for plyometric exercises?
I. Dumbbells
II. Hurdles
III. Stairsteps

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

Answer: (b)

125. Which of the following factors determine speed?
I. Regulating procedure of nervous system II. Psychic factors
III. Technique
IV. Elasticity and Relaxing Capacity of the muscles

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

Answer: (b)

126. _____ of skills of sports with the aim of attaining highest proficiency in competition is called technical training.
I. Conscious improvement
II. Strengthening

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

Answer: (c)

127. Various individual practices coupled with the term yoga are _____.
I. Lauliki yoga
II. Neti yoga
III. Dhyana yoga

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

Answer: (c)

128. Innumerable varieties of cultural asanas are performed in which of the following position(s)?
I. Sitting
II. Standing
III. Lying

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

Answer: (d)

130. Which of the following is/are the Post-game duties of an official?
I. To thank other officials of the game
II. To welcome the winning team and boost the loosers III. To handover equipment like the playing ball, stop watch etc. to the organisers

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

Answer: (b)

131. Which of the following caution(s) should be noted regarding the philosophy of officiating?
I. The philosophy does not apply to all rules or even to most rules.
II. When the philosophy does apply, then the official must know and understand the correct rule interpretation so that the decisions rendered are as consistent as possible.

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

Answer: (c)

132. Which of the following statement is not correct?

(a) The lines of the lanes of a standard track are 5 cms/2 inches in width
(b) The scratch line in javelin throw is 7 cm/approximately 3 inches wide
(c) Standard track consists of maximum 12 lanes
(d) Standard track consists of minimum 6 lanes

Answer: (c)

133. Relay races are of two types. Which of the following is/are that/those type(s)?
I. 4 × 100 m
II. 4 × 400 m

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

Answer: (c)

134. In Amsterdam Olympics, women discus throw was introduced. In which year amsterdam olympics took place?

(a) 1904
(b) 1916
(c) 1920
(d) 1928

Answer: (d)

135. Within the athlete's sport, by which of the following commitment can be undermined?
I. A perceived lack of progress or improvement
II. Lack of enjoyment
III. Becoming bored
IV. Anxiety about performance – Competition

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

Answer: (d)

136. By keeping what objective(s) in mind, psychology in physical education addresses important areas such as growth and development, motor skill acquisition, heredity and environment etc.?
I. To understand the real springs of activity behaviour
II. To optimize benefits of physical activity in terms of growth and development
III. To ensure harmonious development of child's personality

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

Answer: (d)

137. Which of the following is/are the two-fold aim(s) of sport psychologists?
I. To understand the effects of psychological factors on physical performance II. To evaluate the effect of participation in sports activities on a person's psychological development, health and well being

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

Answer: (c)

138. Growth has several aspects. Which of the following is/are that/those aspect(s)?
I. Intellectual
II. Emotional
III. Social

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

Answer: (a)

139. Learning has a significant impact on individual behaviour as it doesn't influence _____.
I. abilities
II. role perceptions

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

Answer: (d)

140. Which of the following is/are the general assumption(s) about learning?
I. Learning is a function of the characteristics of environmental settings.
II. Learning, regardless of capacity, is due to either classical conditioning, operant conditioning or both.

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

Answer: (c)

Discipline3

141. Most traditional theories of transfer of learning have emerged from rational experience and limited experimentation. Which of the following is/are the traditional theory(ies) of Transfer effect?
I. The two factor theory
II. Formal discipline theory
III. Identical element theory

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

Answer: (c)

142. Which of the following statement is not correct about Extrinsic motivation?

(a) Motivation that comes from outside of the performer is extrinsic motivation
(b) It is geared toward external rewards such forces
(c) Coercion and threat of punishment are also common extrinsic motivations
(d) Money is not one of the examples of external motivation

Answer: (d)

143. 'An intercollegiate athletic director who holds regular staff meetings in which items that affect the department and student-athletes are discussed.' The above statement describes which traditional theory of philosophical and theoretical managerial orientation?
I. Autocratic
II. Laissez-faire
III. Democratic

(a) Only III
(b) Only II
(c) Only I
(d) Neither I nor II nor III

Answer: (a)

144. Which of the following are the common goals of sport often espoused by high school officials?
I. Promoting physical excellence
II. Engendering an appreciation of competition and the will to win III. Instilling morale
IV. Group loyalty

(a) I, II and III

(b) III and IV

(c) I, II, III and IV

(d) II and III

Answer: (c)

145. Which of the following is not the criteria for a good budget?

(a) Key and representative persons in the organisation have been consulted.

(b) Budget reflects equitable allocations to boy's and girl's physical education, recreation and sports programs.

(c) Budget requests are padded, not realistic.

(d) The budget clearly presents the financial needs of the entire program in relation to the objectives sought. Goals and objectives drives the budget.

Answer: (c)

146. Which of the following is/are the function(s) of sports management?
I. Planning for sports
II. Organizing in sports

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

147. Which of the following may be the qualitie(s) of a good leader?
I. Decisiveness
II. Foresighted
III. Progressive mind

(a) I, II and III

(b) II and III

(c) Only II

(d) I and II

Answer: (a)

148. Which of the following is/are not the advantage(s) of Budgetary Control?
I. Maximises efficiency by eliminating all wastages and losses II. Ensures coordination and centralised control but not at the cost of delegation of authority

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (d)

149. Which of the following is/are the goals(s) of Sport and Exercise Biomechanics?
I. Performance improvement in exercise or sport II. Injury Prevention and Rehabilitation

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

Answer: (c)

150. In the 1968 Olympics held in Mexico, a new technique 'Fosbury Flop' in the high jump was introduced. Which athlete introduced this technique?

(a) John Carlos
(b) Mike Fosbury
(c) Dick Fosbury
(d) Tommie Smith

Answer: (c)

151. Which of the following statement(s) is/are correct?
I. The synovial fluid excreted by the synovial membrane is a viscous fluid similar in appearance to egg whites.
II. The articular cartilage is a sleeve of ligamentous tissue that surrounds the joint.
III. The articular capsule is the bearing surface between moving bones.

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

Answer: (d)

152. What is the SI unit of force?

(a) Joule
(b) Watt
(c) Newton
(d) Candella

Answer: (c)

153. In which of the following, soles of the shoes have smaller coefficients of friction?
I. Cricket
II. Dancing
III. Bowling

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

Answer: (a)

154. Which of the following statement(s) is/are not correct?
I. Newton's first law of motion provides the basis for the principle of conservation of momentum (If we consider only objects whose mass is constant) II. Linear momentum is the product of an object's mass and its linear velocity
III. The faster an object moves, the less momentum it has

(a) I, II and III

(b) II and III

(c) Only III

(d) Only II

Answer: (c)

155. Which of the following statement(s) is/are correct about Angular Displacement?
I. Angular displacement is the angular analog of linear displacement II. Angular displacement is called the change in absolute angular position experienced by a rotating line

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

156. The unit or yardstick chosen for the measurement should have which of the following essential qualities or properties?
I. The unit should be clear, well-defined
II. The unit should yield the necessary precision to th neasurement function III. The unit should be uniform and homogeneous (inelastic) throughout th easurement process

(a) Only III

(b) I, II and III

(c) Only II

(d) II and III

Answer: (b)

158. Based on the depth of skin damage, in which of the following type(s) burns are categorised?
I. Superficial burn
II. Partial thickness burn
III. Full thickness burn

(a) I and II

(b) I, II and III

(c) II and III

(d) Only III

Answer: (b)

159. Which of the following is/are the measure(s) to be taken for the better management of world's water resources?
I. Develop small catchment dams and protect wetlands
II. Building several small reservoirs instead of few mega projects

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

Answer: (c)

160. When soil is used more intensively by farming, then the soil is eroded more rapidly by _____.
I. wind
II. rain

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

Answer: (c)

Discipline4

161. In which year, the Central Pollution Control Board initiated its own National Ambient Air Quality Monitoring (NAAQM) program?

(a) 1985
(b) 1960
(c) 1993
(d) 1997

Answer: (a)

162. Water that is found in _____ is known as surface water.
I. rivers
II. lakes
III. wetlands

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

Answer: (b)

163. Which of the following statement(s) is/are correct?
I. Physical education teaching is an open book, having wider dimensions in activity organisation and teaching methods II. Physical education teacher makes use of a variety of methods to achieve the desired ends of health, fitness, recreation and achievement

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

164. Which of the following factors influences the methods of teaching in physical education?
I. Skill of a teacher
II. Nature of school
III. Teacher's personality

(a) I and III

(b) I and II

(c) II and III

(d) I, II and III

Answer: (d)

165. Which model(s) is/are available in the market and can be easily procured for teaching anatomy – physiology and biomechanics?
I. Heart
II. Liver
III. Brain

(a) I and III

(b) Only II

(c) Only III

(d) I, II and III

Answer: (d)

166. Which of the following is not an advantage of a lesson plan?

(a) The lesson plan helps the teacher to organise his subject matter properly and makes it easy for the students to understand the subject within time limits imposed by the school time table

(b) When lessons are planned, wastage of resources is checked and there is economy of effort

(c) Goals and objectives of teaching are achieved through lesson plans by taking recourse to any extraneous measure

(d) With this, the teacher plans a series of activities with an objective to bring about modification in children's attitudes, habits and behaviours

Answer: (c)

167. 'Limbering Down' is an important step of lesson planning. Which of the following exercises are useful for this purpose?
I. Long-breathing
II. Stretching
III. Shaking limbs
IV. Head-dropping

(a) I, II and IV

(b) II and IV

(c) I and III

(d) I, II, III and IV

Answer: (d)

168. Which of the following statement is not correct about Team games?

(a) In team games, it is sailing and sinking together

(b) Team games involve a great deal of positional and strategic play

(c) Team games are not fraught with variety of dangers such as collision among players, spectator's interference etc.

(d) Team games require frequent and varied change of movement pattern

Answer: (c)

169. Class management is influenced by various factors. Which of the following is/are those factor(s)?
I. Strength of class
II. Student's previous experience

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

170. After anticipating and planning, the teacher prepares to deliver goods. Which of the following is/are not the kind(s) of preparation?
I. Personal Preparation
II. Technical Preparation

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (d)

171. ‘A particular match incident gives you the maturity to execute yourself as a tough player.’ This given statement describes which of the following importance of physical education?

(a) Economic Value

(b) Emotional Development

(c) Intellectual Development

(d) Physical Fitness

Answer: (b)

172. In books like ‘Mahabharata’ and ‘Ramayana’ which of the following sport(s) are described?
I. Wrestling
II. Archery

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

173. In 1914, Vyayam Prasarak Mandal was set up in _____.

(a) Amaravati

(b) Surat

(c) Gujarat

(d) Masulipatnam

Answer: (a)

174. Which of the following combination(s) is/are not correct?
I. Yog of knowledge – Jnana Yog
II. Yog of devotion – Karma Yog

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (b)

175. Which of the following statement(s) is/are not correct?
I. Physical education should meet the biological needs of children and youth for vigorous activities, adequate time and instruction in skills II. Physical education in the selection of activities should recognize that man is prepared by nature to engage in certain kinds of activity

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (d)

176. Which of the following statement(s) is/are correct?
I. Physical education should recognize the principle of readiness of the individual to engage in certain kinds of movements II. Physical education in methods and materials of instruction should reflect modern psychology

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

177. Linear motion can happen in two ways. Which of the following is/are that/those way(s)?
I. Rectilinear Translation
II. Curvilinear Translation

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

178. Which of the following procedural points should be covered through staff orientation in the school or college sport programme?
I. Financial
II. Health care
III. Travel
IV. Public relations

(a) I, II and IV

(b) II, III and IV

(c) I and III

(d) I, II, III and IV

Answer: (d)

179. For effective evaluation, physical education teachers must perform which of the following task(s)?
I. Establish the process of evaluation and also its workable procedure II. Formulate objectives of evaluation as precisely as possible with the utmost care, caution and clarity

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

180. Which of the following is NOT a phase in the triple jump?

(a) Hop
(b) Step
(c) Fly
(d) Jump

Answer: (c)

Discipline5

181. In the high jump, _____ consecutive failures at the same height or combination of heights, cause a competitor's elimination.

(a) 2
(b) 3
(c) 4
(d) 6

Answer: (b)

182. In gymnastics, the length of parallel bars is _____ cm.

(a) 200
(b) 350
(c) 250
(d) 300

Answer: (b)

183. According to the FIBA rules, there are ·art of _____ minutes each in a basketball match.

(a) 15
(b) 10
(c) 20
(d) 8

Answer: (b)

184. During a netball match, a minimum of _____ and maximum of _____ players from a team may be on the court at any one time.

(a) 5; 7
(b) 6; 8
(c) 5; 8
(d) 6; 7

Answer: (a)

185. In the hammer throw, the put must land inside a designated _____ degree sector for it to be a valid put.

(a) 45

(b) 35

(c) 40

(d) 50

Answer: (b)

186. How many hurdles are there in a 400-metre hurdle race?

(a) 10

(b) 9

(c) 11

(d) 8

Answer: (a)

187. How many water jumps are there in a 3000 metres steeplechase?

(a) 5

(b) 6

(c) 7

(d) 8

Answer: (c)

188. In a doubles game of squash each game is play .o _____ points.

(a) 11

(b) 12

(c) 9

(d) 15

Answer: (a)

189. In a doubles table tennis match, at each change of service _____.

(a) the previous receiver shall become the server and the previous server shall become the receiver

(b) the partner of previous receiver shall become the server and the partner of the previous server shall become the receiver

(c) the previous receiver shall become the server and the partner of the previous server shall become the receiver

(d) the partner of previous receiver shall become the server and the previous server shall become the receiver

Answer: (c)

190. Tennis can be played to the best of _____ or _____ sets.

(a) 1; 3

(b) 3; 7

(c) 3; 5

(d) 5; 7

Answer: (c)

191. An input system of a computer performs which of the following functions?
I. It accepts instructions and data from outside world II. It converts data in computer acceptable form

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

192. Which of the following shortcut is used to cut the selected text in MS Word?

(a) Ctrl+X

(b) Ctrl+C

(c) Shift+X

(d) Shift+C

Answer: (a)

193. Which of the following is a shortcut to centre ali the selected text in MS Word?

(a) Shit+P

(b) Ctrl+P

(c) Shift+E

(d) Ctrl+E

Answer: (d)

194. Which of the following is a valid extension of a MS Powerpoint filename?
I. pptx
II. pptm

(a) Only I

(b) Only II

(c) Both I and II

(d) Neither I nor II

Answer: (c)

195. Which of the following is a function of memory management?
I. Gives memory to each application and device as needed II. Protects applications and their data from each other

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

Answer: (c)

196. Which of the following is a gesture that can be made by referee in Judo?
I. Ippon
II. Waza-ari

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

Answer: (c)

197. What is the maximum number of substitutions that can be made during a kabaddi match?

(a) 2
(b) 3
(c) 4
(d) 5

Answer: (d)

198. Which of the following is a type of malla
I. Pole mallakhamb
II. Rope mallakhamb

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

Answer: (c)

199. In Epee fencing the target area is _____.

(a) Head and arms
(b) Entire body
(c) Only head
(d) Only torso

Answer: (b)

200. Which of the following is correct about the duration of a handball match?

(a) 2 halves of 20 minutes each

(b) 4 quarters of 15 minutes each

(c) 4 quarters of 10 minutes each

(d) 2 halves of 30 minutes each

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	**(b)**	2	**(d)**	3	**(d)**	4	**(c)**	5	**(d)**	6	**(c)**
8	**(a)**	9	**(c)**	10	**(b)**	11	**(d)**	12	**(b)**	13	**(c)**
16	**(b)**	17	**(b)**	20	**(b)**						

General Awareness

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

Arithmetic Ability

41	**(b)**	42	**(b)**	45	**(a)**	46	**(c)**	47	**(a)**	48	**(c)**
49	**(c)**	50	**(b)**	51	**(a)**	52	**(c)**	53	**(a)**	54	**(b)**
55	**(d)**										

General English

61	**(a)**	62	**(c)**	65	**(c)**	66	**(a)**	67	**(a)**	68	**(c)**
69	**(b)**	70	**(b)**	71	**(c)**	72	**(a)**	73	**(b)**	74	**(a)**
75	**(c)**	78	**(b)**	79	**(d)**						

Discipline1

101	**(c)**	102	**(d)**	103	**(c)**	104	**(d)**	[illegible]	**(c)**	106	**(a)**
107	**(b)**	108	**(a)**	109	**(b)**	110	**(a)**	111	**(c)**	112	[illegible]3 **(a)**
114	**(c)**	115	**(c)**	116	**(d)**	117	**(c)**	118	**(b)**	119	**(b)**
120	**(a)**										

Discipline2

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

Discipline3

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

Discipline4

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

Discipline5

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