PREVIOUS YEAR PAPER

DSSSB PGT Physical Education 2021 — 29 June 2021

DSSSB PGT · 29 June 2021

269 of the paper's 300 questions · +1 for a correct answer, −0.25 for a wrong one · 180 minutes

Left out of the original paper: 31 (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 29 June 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-pgt/previous-year-papers/dsssb-pgt-2021-physical-education-29-jun/

Mental Ability

1. Find the missing term in the following letter series:
DMN, _____, FQR, GST

(a) EOP
(b) AOP
(c) EFG
(d) STU

Answer: (a)

2. Find the missing term in the following series:
A9D, _____, I81L, M243P

(a) F45G
(b) E27H
(c) F28H
(d) E45G

Answer: (b)

3. Out of the given options, three are similar in a certain manner. However, one option is NOT like the other three. Select the option which is different from the rest.

(a) Lion
(b) Fox
(c) Spider
(d) Tiger

Answer: (c)

4. Out of the given options, three are similar in a certain manner. However, one option is NOT like the other three. Select the option which is different from the rest.

(a) Doctor : Stethoscope
(b) Painter : Paint brush
(c) Farmer : Field
(d) Writer : Pen

Answer: (c)

5. Select the option that is related to the third term on the same basis as the second term is related to the first term India : New Delhi :: Australia : ?

(a) New York

(b) Melbourne

(c) Canberra

(d) Paris

Answer: (c)

6. Select the pair that is related on the same basis to the pair given in the question.
Christians : Christmas :: ?

(a) Sikhs : Holi

(b) Muslims : Eid ul fitr

(c) Hindu : Gurunanak Jayanti

(d) Muslims : Raksha Bandhan

Answer: (b)

7. In a certain code language, if SECTOR = 82, TANKER = 93, how will PLASTER be coded as?

(a) 98

(b) 91

(c) 95

(d) 93

Answer: (a)

8. In a certain code language, if chlorine is called fl ne, fluorine is called iodine, iodine is called oxygen, oxygen is called nitrogen, and nitr n is ed hydrogen, then what do humans breathe in and which is carried by the red blood cells?

(a) Nitrogen

(b) Iodine

(c) Hydrogen

(d) Oxygen

Answer: (a)

9. A team of five has to be selected from among five boys Ross, Joey, Chandler, Mark, and Richard and four girls Phoebe, Monika, Rachel and Janice.
Some selection criteria are:
1. Ross and Janice have to be together.
2. Phoebe will not be in the same team as Rachel.
3. Mark and Monika will not be in the same team.
4. Chandler and Richard have to be together.
5. Rachel cannot be with Joey.
If Rachel is one of the members, the other members of the team will be:

(a) Phoebe, Janice, Ross, Mark

(b) Monika, Janice, Ross, Mark

(c) Monika, Janice, Chandler, Richard

(d) Janice, Ross, Chandler and Richard

Answer: (d)

10. The father of Pradeep is the son of Rahul. Mohan is the paternal uncle of Pradeep and Rahul is the brother of Nilesh. How is Nilesh related to Mohan?

(a) Brother

(b) Son

(c) Paternal uncle

(d) Father

Answer: (c)

11. In the question, two statements are given, followed by three conclusions, I, II and III. You have to consider the statements to be true even if it seems to be at variance from commonly known facts. You have to decide which of the given conclusions, if any, follows from the given statements.
Statement 1: Some dancers are singers.
Statement 2: All singers are actors.
Conclusion I: Some actors are dancers.
Conclusion II: All actors are singers.
Conclusion III: Some singers are dancers.

(a) Only I and III follows

(b) Only II follows

(c) All the three follows

(d) Only II and III follows

Answer: (a)

12. In this question, a statement has been followed by o assumptions numbered I and II. You have to decide which of the assumption is implicit.
Statement: If he is hardworking, he will get succes
Assumptions:
I. To get success, he must work hard.
II. He will get success.

(a) Only I is implicit

(b) Only II is implicit

(c) Both I and II are implicit

(d) None is implicit

Answer: (a)

13. Select the option that is related to the third term on the same basis as the second term is related to the first term 12 : 121 :: 19 : ?

(a) 289

(b) 192

(c) 324

(d) 234

Answer: (c)

14. On reversing the given numbers, which of the following will be the middle digit of the second highest new number?
235, 589, 156, 947, 522

(a) 8
(b) 4
(c) 3
(d) 5

Answer: (b)

General Awareness

21. _____ is a typical ballad of Bundelkhand which narrates the heroic deeds of two warrior brothers who served Raja Parmal of Mahoba.

(a) Barhamasa
(b) Alha
(c) Mando
(d) Lotia

Answer: (b)

22. Which among the following monuments was built by Sawai Pratap Singh?

(a) Mehrangarh Fort
(b) Hawa Mahal
(c) Purana Quila
(d) India Gate

Answer: (b)

23. _____is defined as excess of total budget expenditure over total budget receipts excluding borrowings during a fiscal year.

(a) Primary Deficit
(b) Fiscal Deficit
(c) Revenue Deficit
(d) Fiscal Surplus

Answer: (b)

24. As announced in the Budget 2021, Deposit Insurance and Credit Guarantee Corporation (DICGC) is permitted to increase deposit insurance coverage from Rs 1 lakh to Rs _____.

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

Answer: (d)

25. Which among the following layers of atmosphere rises due to the presence of ozone?

(a) Mesosphere
(b) Stratosphere
(c) Exosphere
(d) Ionosphere

Answer: (b)

26. Sonalika and Kalyan Sona, introduced in 1963, are High Yielding Variety (HYV) seeds of which of the following crops?

(a) wheat
(b) maize
(c) barley
(d) rice

Answer: (a)

27. Which among the following rivers is also known as the 'twin' or 'handmaid' of the Narmada?

(a) Mahi
(b) Tapti
(c) Sabarmati
(d) Luni

Answer: (b)

28. Which among the following oceans includes the ...tic Sea?

(a) Atlantic Ocean
(b) Indian Ocean
(c) Arctic Ocean
(d) Pacific Ocean

Answer: (a)

29. When did the Khilafat Movement start?

(a) 1918
(b) 1919
(c) 1920
(d) 1921

Answer: (b)

30. _____ was succeeded by Chakravarti Rajagopalachari who became the first Indian Governor-General of Independent India.

(a) Lord Wellesley
(b) Lord Curzon
(c) Lord Hastings
(d) Lord Mountbatten

Answer: (d)

31. Who among the following Governor Generals opened first telegraph line from Calcutta to Agra in 1853?

(a) Lord Hastings
(b) Lord Dalhousie
(c) Lord Wellesley
(d) Lord Curzon

Answer: (b)

32. Who is the Chief Minister of Puducherry as of 8th May 2021?

(a) N. Rangasamy
(b) Velu Narayanasamy
(c) Tamilisai Soundararajan
(d) Kiran Bedi

Answer: (a)

33. Who among the following won the Best Actor (Male) award at the 11th Dadasaheb Phalke Film Festival 2021?

(a) Ajay Devgn
(b) Amitabh Bachchan
(c) Akshay Kumar
(d) Rajkummar Rao

Answer: (c)

34. Union Minister of Education, Ramesh Pokhriyal, [illegible]s launched 'Nishank' world's first affordable and long-lasting hygiene product DuroKea[illegible]ies i[illegible]pril 2021. It was developed by _____ researchers.

(a) Indian Institutes of Technology, Hyderabad
(b) Indian Institutes of Management, Bangalore
(c) Indian Institutes of Technology, Kharagpur
(d) Indian Institutes of Management, Calcutta

Answer: (a)

35. The first-ever electric tractor in the country has been tested at the Central Farm Machinery Training and Testing Institute in _____ in April 2021.

(a) Tamil Nadu
(b) Madhya Pradesh
(c) Delhi
(d) Maharashtra

Answer: (b)

36. Government of Himachal Pradesh reiterated its commitment to achieve 'Har Ghar Jal' target by _____.

(a) May 2023
(b) August 2024
(c) June 2025
(d) July 2022

Answer: (d)

37. The Panchayati Raj was introduced by the _____ Constitutional Amendment Act of 1992.

(a) 68th
(b) 73rd
(c) 82nd
(d) 56th

Answer: (b)

38. The first Union Budget of Independent India was presented by _____.

(a) Chintaman Dwarkanath Deshmukh
(b) Jawaharlal Nehru
(c) John Matthai
(d) Ramasamy Chetty Kandasamy Shanmukham Chetty

Answer: (d)

39. Asian Boxing Confederation (ASBC) has decided to conduct the upcoming 2021 edition of the ASBC Asian Elite Men and Women Boxing Championships in _____.

(a) Hong Kong
(b) Dubai
(c) Delhi
(d) Bangkok

Answer: (b)

40. Who among the following won the 2021 Rolex Monte Carlo Masters singles title?

(a) Stefanos Tsitsipas
(b) Daniil Medvedev
(c) Roger Federer
(d) Rafael Nadal

Answer: (a)

Arithmetic Ability

41. What is the least number that should be added to 2000 such that the number is exactly divisible by 7, 9, 20 and 24?

(a) 160
(b) 320
(c) 520
(d) 640

Answer: (c)

42. Find the value of: √(9+√(33+√(225+√961)))

(a) 3
(b) 4
(c) 5
(d) 6

Answer: (b)

43. A jogger jogs for 6 kms in 30 minutes on one day and for 15 kms in 1 hour and 30 minutes on the second day. Find his average jogging speed of the 2 days.

(a) 10.5 kmph
(b) 9.6 kmph
(c) 12.6 kmph
(d) 15 kmph

Answer: (a)

44. The tax rate on an item was 18% and the price after tax was Rs 6608. By how much should the price be increased so that the price after tax does not change if the new tax rate is 12%?

(a) Rs 280
(b) Rs 320
(c) Rs 400
(d) Rs 300

Answer: (d)

45. A good costs Rs 100 to make. It is sold to a retailer at a profit of 50% on cost and then the retailer sells it to the customer at a profit of 25% on the selling price. What is the price at which the customer buys it?

(a) Rs 200
(b) Rs 240
(c) Rs 160
(d) Rs 250

Answer: (a)

46. A vendor expects a profit of 32% on cost. If his weekly sales were Rs 29,700, then find his profit?

(a) Rs 3600
(b) Rs 5400
(c) Rs 10800
(d) Rs 7200

Answer: (d)

47. The cost price of 28 toys is equal to the selling price of 20 toys. Find the profit percent.

(a) 33.33%
(b) 40%
(c) 44.44%
(d) 50%

Answer: (b)

48. A sum of money is to be distributed among W, X, Y and Z in the ratio of 17:18:19:20. If Y gets Rs 500 more than W, then how much does Z receive?

(a) Rs 5000
(b) Rs 4000
(c) Rs 4500
(d) Rs 3500

Answer: (a)

49. X can cover a distance in 20 minutes and Y can cover the same distance in 36 minutes. Find the ratio of their speeds.

(a) 9:5
(b) 8:5
(c) 5:8
(d) 5:9

Answer: (a)

50. A sum of money is lent at 25% per annum on compound interest. What is the ratio of increase in amount from the 8th year to 9th year?

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

Answer: (c)

51. X invested Rs 20,000 in a company that gives out 10% returns and X decided to re-invest the returns in the company. What is the value of his investment at the end of the 2nd year after receiving the interest for the 2nd year?

(a) Rs 24,200

(b) Rs 24,000

(c) Rs 24,400

(d) Rs 26,400

Answer: (a)

52. The speed of a police van is 30 kmph faster than a car. The car takes 2 hours to cover same distance while the police van requires 90 minutes.
Find the speed of the car.

(a) 90 kmph

(b) 75 kmph

(c) 60 kmph

(d) 120 kmph

Answer: (a)

53. A man travels from X to Y which are 450 kms apart in 8 hours. He travels back at the speed of 45 kmph. Find his average speed of the journey.

(a) 45 kmph

(b) 50 kmph

(c) 54 kmph

(d) 60 kmph

Answer: (b)

54. A garden can be planted by A, B & C in 40, 50 & 200 days respectively. They start working together and B left the job after working on the 10th day and C left after working on the 15th day. How many days will A require to plant the remaining garden?

(a) 14

(b) 15

(c) 17.5

(d) 20

Answer: (a)

55. A and B can together finish a task in 120 days. Find the number of days B would take to do the task alone if A alone takes 72 days to complete 50% of the task.

(a) 144

(b) 288

(c) 576

(d) 720

Answer: (d)

56. How many cones of radius 7 cm and height 14 cm can be carved out of a cylinder of radius 14 cm and height 28 cm?

(a) 24

(b) 32

(c) 25

(d) 36

Answer: (a)

57. A park is in the shape of a trapezium. The area of the park is 4500 sq m and the perpendicular height is 20 m. Find the size of the smaller one of parallel sides of the park if one of the parallel sides is 50% more than the other?

(a) 150 m

(b) 180 m

(c) 216 m

(d) 225 m

Answer: (b)

General English

61. The sentence below has been divided into three parts. Select the part of the sentence that has an error. If the sentence has no error, select the option 'No Error'.
An overseas bank account in the company name cont ed a balance of one million dollars which were raised through illegal means.

(a) An overseas bank account in the company n e

(b) contained a balance of one million d llars

(c) which were raised through illegal mea.

(d) No error

Answer: (c)

62. The sentence below has been divided into three parts. Select the part of the sentence that has an error. If the sentence has no error, select the option 'No Error'.
For most of the century, the Everest had been the ultimate symbol of human endeavour.

(a) For most of the century, the

(b) Everest had been the ultimate

(c) symbol of human endeavour.

(d) No error

Answer: (a)

63. Select the word segment that substitutes (replaces) the bracketed word segment correctly and completes the sentence meaningfully. Select the option 'no correction required' if the sentence is correct as given.
Alex climbed (into the car besides Carmen and placed his arm protectively on the back) of the seat behind her neck.

(a) in to the car besides Carmen and placed his arm protectively at the back

(b) into the car beside Carmen and placed his arm protectively on the back

(c) into the car besides Carmen and placed his arm protectively over the back

(d) No correction required

Answer: (b)

64. Select the word segment that substitutes (replaces) the bracketed word segment correctly and completes the sentence meaningfully. Select the option 'no correction required' if the sentence is correct as given.
She taught me many things like (how to achieve congruence with your work, your home and your personal needs).

(a) how to achieve congruence between my work, my home and my personal needs

(b) how to achieve congruence in your work, your home and your personal needs

(c) how to achieve congruence as my work, my home and my personal needs

(d) No correction required

Answer: (a)

65. Fill in the blank with the most appropriate choice.
The other also dates from the Caesarean period; it m[illegible]tions many interesting details, and concludes with a fine _____ of the Lord's Pr[illegible].

(a) contusion

(b) exposition

(c) suffrage

(d) hubris

Answer: (b)

66. Fill in the blank with the most appropriate choice.
Photographing the _____ qualities of the moon requires a few tools to make use of the moon's available light source, as well as minimize camera shake or blur.

(a) sanguine

(b) cession

(c) denigrate

(d) luminescent

Answer: (d)

67. Some parts of a sentence have been jumbled up, and labelled P, Q, R and S. Select the option that gives the correct sequence in which these parts can be rearranged to form a meaningful and grammatically correct sentence.
This led to the circulation of
P. malicious stories to the effect that Great Britain
Q. was not doing her share, and
R. that she was preserving her soldiers
S. at the expense of those
furnished from overseas.

(a) PQRS
(b) PQSR
(c) PRSQ
(d) PSQR

Answer: (a)

68. Select the word that is opposite in meaning (ANTONYM) to the word given below Paltry
(a) Substantial
(b) Trivial
(c) Measly
(d) Pathetic

Answer: (a)

69. Select the word that is opposite in meaning (ANTONYM) to the word given below Imminent
(a) Impending
(b) Menacing
(c) Threatening
(d) Remote

Answer: (d)

70. Four words are given, out of which only one word is spelt correctly. Choose the correctly spelt word.
(a) Detriment
(b) Datriment
(c) Deterimenet
(d) Deteriment

Answer: (a)

71. Four words are given, out of which only one word is spelt correctly. Choose the correctly spelt word.
(a) Amorpious
(b) Ammorphous
(c) Amarphous
(d) Amorphous

Answer: (d)

72. Select the most appropriate meaning of the given idiom.
Helter Skelter

(a) Contrary the principles of fairness

(b) Do something exactly right or say something exactly right

(c) Go to bed or go to sleep

(d) Here and there

Answer: (d)

73. Select the most appropriate meaning of the given idiom.
Level playing field

(a) Material interests

(b) Make all possible efforts

(c) To share a secret that wasn't suppose to be shared

(d) A fair competition where no side has an advantage

Answer: (d)

74. Select the most appropriate 'one word ' for the expressions given below.
Belonging to a particular place rather than coming to it from somewhere else

(a) Tenet

(b) Alien

(c) Celestial

(d) Indigenous

Answer: (d)

75. Select the most appropriate 'one word ' for the expressions given below.
Back in which the spine is curved in an abnormal way

(a) Untoward

(b) Debauchery

(c) Vice

(d) Hunchback

Answer: (d)

76. What is the most serious threat to tigers?

(a) Humans

(b) Environment

(c) Natural predators

(d) Climate

Answer: (a)

77. Which is the largest land carnivore?

(a) Polar bear

(b) Brown Bear

(c) Lion

(d) Tiger

Answer: (a)

78. What does the line "Well, if size has anything to do with the matter, the tiger would win" infer?

(a) Lions are larger than tigers.

(b) Tigers are larger than lions.

(c) Tigers are stronger than lions.

(d) Tiger's are the largest cat species.

Answer: (b)

Discipline1

101. The psychologists usually study on which of the following?

(a) Monkeys

(b) Guinea Pigs

(c) Dogs

(d) People

Answer: (d)

102. The contemporary definition of psychology is:

(a) The science of behaviour and mental processes

(b) The science of mind and it illnesses

(c) The study of how a mind works and its effect on the body

(d) The study of motivation , emotion, and abnormality

Answer: (a)

103. _____ regularly play sports which don consist of teamwork and competitive situations. Instead, they play individual sp er a ities.

(a) Type A Personality

(b) Type B Personality

(c) Introverts

(d) Extroverts

Answer: (c)

104. Alderfer’s theory categorizes needs into three categories. The most important is_____.

(a) Growth needs

(b) Relatedness need

(c) Knowledge needs

(d) Existence need

Answer: (a)

105. Psycho- sexual developmental takes place during_____.

(a) Young age

(b) Adulthood

(c) Adolescence

(d) Infancy

Answer: (a)

106. Ida, Pingala, Sushumna are related to _____.

(a) Chakras
(b) Nadi
(c) Prana
(d) Karma

Answer: (b)

107. Trataka is related to gazing, while nauli is related to_____.

(a) Nostril thread pull
(b) Vastra Dhauti
(c) Abdominal Churning
(d) Rechaka and Puraka

Answer: (c)

108. Which of the following Mudras helps to relive pain after heart attack and any chronic complaints?

(a) Varuna Mudra
(b) Prithvi Mudra
(c) Shunya Mudra
(d) Apan Vayu Mudra

Answer: (d)

109. Which is the main asana to be avoided by peop uffering from slipped disc or sciatica?

(a) Makarasana
(b) Advasana
(c) Paschimothasana
(d) Vajrasana

Answer: (c)

110. Which of the following Asanas help to reduce Menstruation cramps?

(a) Sarvangasana
(b) Shirshasana
(c) Karnapidasana
(d) Balasana

Answer: (d)

111. Which Pranayama is called Frontal brain cleansing breath?

(a) Ujjain Pranayama
(b) Kapalabathi Pranayama
(c) Bhramari Pranayama
(d) Bhastrika Pranayama

Answer: (b)

112. Natural motivation is also known as _____.

(a) Intrinsic motivation
(b) Self assertion
(c) Self actualization
(d) Extrinsic motivation

Answer: (a)

113. Individual differences are due to_____.

(a) Environment Impact
(b) Heredity and Environment Impact
(c) Heredity Impact
(d) Community Impact

Answer: (b)

114. Instinct theory of motivation was propounded by_____.

(a) Benedic
(b) Clark Hall
(c) Kurt Levin
(d) McDougall

Answer: (d)

115. Goal setting research suggests that people will ex higher levels of effort when goals are _____.

(a) Task and Moderate
(b) Difficult
(c) Easy and General
(d) Challenging and Specific

Answer: (d)

116. The ability to makes successive movements in different directions efficiently and rapidly refers to_____.

(a) Co-Ordination
(b) Balance
(c) Power
(d) Agility

Answer: (d)

117. Range of movement present at body joints refers to _____.

(a) Muscular endurance
(b) Muscular strength
(c) Agility
(d) Flexibility

Answer: (d)

118. Assessments of flexibility is done with the help of_____.

(a) Goniometry
(b) Tens meter
(c) Dynamometer
(d) Cyber

Answer: (a)

119. What is the full form of AAHPERD?

(a) American and Australian Health, Physical Education, Recreation and Dance
(b) American Alliance for Health, Physical Education, Recreation and Dance
(c) American Association for Health, Physical Education, Recreation and Dance
(d) Austria Australian Health, Physical Education, Recreation and Dance

Answer: (b)

120. The test used for body composition which is to quantify an individual's obesity level is _____.

(a) Height/Weight tables
(b) Skin fold measurement
(c) Body mass index
(d) Hydrostatic weighing.

Answer: (c)

Discipline2

121. Name the best way out of the following to determine the cardio-vascular efficiency.

(a) Bench Test
(b) Margarida test
(c) Harvard test
(d) Coopers test

Answer: (c)

122. What is the time duration of field goal speed test in Johnson test?

(a) 2 Minutes
(b) 30 seconds
(c) 1 Minutes
(d) 2 Minutes 30 seconds

Answer: (b)

123. Tests like SAT are used to measure_____.

(a) Intelligence
(b) Achievement
(c) Aptitude
(d) Performance

Answer: (c)

124. The direct measurement of fat deposit subcutaneously is done by_____.

(a) Harvard instrument
(b) Skin fold Calliper
(c) Dynamometer
(d) Hydrostatic weighing.

Answer: (b)

125. One part out of many where skin fold test measurement of the fat in human body is taken at the mid-chest, just forward of the armpit. This test is called _____ skin fold test.

(a) Abdomen
(b) Midaxilla
(c) Sub scapular
(d) Pectoral

Answer: (d)

126. The measurement of the size and proportion of the human body is called_____.

(a) Plyometry
(b) Corrective
(c) Anthropometry
(d) Observative

Answer: (c)

127. What is not possessed by fast twitch muscles in mparison to slow twitch muscles?

(a) Less resistant to fatigue
(b) High AT pase activity
(c) Less Myosin cross bridges
(d) Fat contraction speed

Answer: (a)

128. Increase in the blood lactate is due to_____.

(a) Anaerobic
(b) Anaerobic threshold
(c) Aerobic Potential
(d) oxygen absence

Answer: (a)

129. Which system is not a part of the aerobic system for producing ATP?

(a) Aerobic glycolysis
(b) Krebs cycle
(c) Electron transport cycle
(d) Phosphate system

Answer: (d)

130. Which of the following is the best measure of variability ?

(a) Range

(b) Standard Deviation

(c) Mean Deviation

(d) Mode

Answer: (b)

131. The type of research method involving in depth study and execution of available information in an attempt to explain complex phenomena is known as _____.

(a) Philosophical Research

(b) Developmental Research

(c) Action Research

(d) Analytical Research

Answer: (d)

132. Which of the following is one of the types of quantitative method of data collection?

(a) Observation

(b) Correlation

(c) Interviews'

(d) Biographical Analysis

Answer: (a)

133. What is the independent variable in experimental research?

(a) A variable which no body controls or change

(b) The variable which is manipulated in the experiment

(c) The variable which is measured, to see results of an experiment

(d) A variable which is held steady

Answer: (b)

134. 'Sit and reach test' measures_____.

(a) Abdominal strength

(b) Shoulder flexibility

(c) Hamstring and back flexibility

(d) Hyperextension of the back

Answer: (c)

135. Cardiac output refers to_____.

(a) The volume of blood pumped by each ventricle per minute

(b) The proportion of blood pumped out of each ventricle during systole

(c) The product of the ejection fraction and heart rate

(d) The electrical output of the cardiac conduction system during a single cardiac cycle

Answer: (a)

136. Constriction of blood vessels to reduce blood flow is achieved by_____.

(a) Increased parasympathetic activity
(b) Reduced parasympathetic activity
(c) Increased sympathetic activity
(d) Reduced sympathetic activity

Answer: (b)

137. Treatment in which water is used is called _____.

(a) Thermo therapy
(b) Hydro therapy
(c) Cryo therapy
(d) Friction

Answer: (b)

138. Smooth muscle is under control of_____.

(a) PPNS
(b) CNS
(c) PNS
(d) ANS

Answer: (d)

139. Myosin heads are called_____.

(a) Cross Bridges
(b) Z-Lines
(c) I-Bands
(d) A-Bands

Answer: (a)

140. Which day is celebrated as 'International Day of Yoga'?

(a) June 20
(b) June 21
(c) June 22
(d) June 23

Answer: (b)

Discipline3

141. Which gland/s is benefitted by rotational movements of the neck in yoga?

(a) Pancreas
(b) Thyroid
(c) Hypothalamus
(d) Sweat Glands

Answer: (b)

142. The name marjariasana is derived from natural movements and position of which animal?

(a) Deer
(b) Tiger
(c) Cat
(d) Cobra

Answer: (c)

143. What is the meaning of the word 'Hatha' ?

(a) Earth and Wind
(b) Fire and Water
(c) Yin and Yang
(d) Sun and Moon

Answer: (d)

144. Test used to measure Cardio-respiratory endurance is _____ test.

(a) Thread mill
(b) Tense meter
(c) Dynamometer
(d) Cyber

Answer: (a)

145. Assessment of flexibility is done with the help of _____.

(a) Dynamometer
(b) Tense meter
(c) Cyber
(d) Goniometry

Answer: (d)

146. Which one of the following instruments comes under the preview of Anthropometry?

(a) Ultrasound
(b) Skin Fold Calliper
(c) Dynamometer
(d) Treadmill

Answer: (b)

147. Queens college step test is used to measure_____.

(a) Cardio-vascular
(b) Endurance
(c) Flexibility
(d) Heart Rate

Answer: (a)

148. Ergometry is a process by which we measure_____.

(a) Brain Activity

(b) Cardiac output

(c) Muscle Potential

(d) Lung capacity

Answer: (c)

149. Tennis skill is measured by which of the following tests?

(a) Miller Wall Volley Test

(b) Mc Donald's Test

(c) Dyers Test

(d) Kraus Weber Test

Answer: (c)

150. Name the test to determine the cardio-vascular efficiency.

(a) Harvard test

(b) Cooper Test

(c) Margaria Step Test

(d) Bench Test

Answer: (a)

151. Modern technology has been said to increase pa[illegible]pation in sport. Which one of the following has had the greatest impact?

(a) The design of sports clothing

(b) The use of composite materials tha[illegible]rts equipment lighter and stronger

(c) The development of climate chambers tha[illegible]an mimic different environment conditions

(d) The provision of sporting facilities

Answer: (d)

152. The efforts to control the use of performance enhancing drugs in sports will only be effective if they:

(a) Recognize that most use of drugs is a form of deviant over conformity

(b) Appeal to personal values of athletes themselves

(c) Provide education programmers emphasizing the dangers of drug abuse

(d) Appeal for fair play within sports

Answer: (a)

153. The Athlete Biological Passport is part of modern technology. What is its main function in elite sport?

(a) It is an excellent alternative to ensure fair outcomes

(b) It profiles biological markers of doping and results of doping tests

(c) It is administered to establish whether an athlete is manipulating his/her physiological variables

(d) It serves as a platform for an ethical Rule of Sport

Answer: (b)

154. Sports entertainment in the twenty first century has seen the emergence of the sports pundit. Identify from one of the following, the key role of a sports pundit:

(a) To provide spectator interest and excitement

(b) To communicate results to an audience

(c) To offer his or her opinion or commentary on a particular subject area

(d) To provide for rest breaks during a sporting contest

Answer: (c)

155. Video review was introduced to which sport in 2009 to review foul ball and homeruns?

(a) Football

(b) Baseball

(c) Cricket

(d) Rugby

Answer: (b)

156. Which technological development in Paralympics' sport is a type of prosthetic?

(a) Propone

(b) Game analysis software

(c) Cambered wheels

(d) Running blades

Answer: (d)

157. Root mean square deviation is also called_____ _.

(a) Mean Deviation

(b) Standard Deviation

(c) Variance

(d) Correlation

Answer: (b)

158. The average amount by which the quartiles differ from the median is represented by the _____.

(a) Range

(b) Inter - Quartile Range

(c) Quartile Deviation

(d) Mean Deviation

Answer: (c)

159. Product moment coefficient of correlation measures which particular type of relationship between two variables?

(a) Linear

(b) Curvilinear

(c) Parabolic

(d) Circular

Answer: (a)

160. The formula 3 median - 2 mean is used to compute:

(a) Arithmetic Mean
(b) Weighted Mean
(c) Median
(d) Mode

Answer: (d)

Discipline4

161. The sampling method chosen when the members of a special population are difficult to locate is:

(a) A Variability sampling
(b) Purposive sampling
(c) Snowball Sampling
(d) Dimensional Sampling

Answer: (c)

162. 'Hunch back' is also known as_____.

(a) Back pain
(b) Scoliosis
(c) Lordosis
(d) Kyphosis

Answer: (d)

163. When the pivot is at the elbow and the [illegible] acts as the lever arm, it is which class of lever?

(a) Class 3
(b) Class 1
(c) Class 2
(d) Class 4

Answer: (a)

164. Bending forward of the trunk is an example of movement in the_____.

(a) Frontal plane
(b) Transverse plane
(c) Sagittal plane
(d) Longitudinal axis

Answer: (c)

165. An angle between the line of the muscle fiber alignment and the longitudinal axis of the muscle is:

(a) Angle of Pull
(b) Absolute angle
(c) Resultant angle
(d) Pennation angle

Answer: (d)

166. Any external resistance that remains constant throughout the movement is_____.

(a) Isoinertial Resistance
(b) Isokinetic Resistance
(c) Isometric Resistance
(d) Isotonic Resistance

Answer: (d)

167. When a concave joint surface moves on a convex stationary joint surface, its roll and slides occurs in _____.

(a) Same Direction
(b) Opposite Direction
(c) All Direction
(d) Horizontal Direction

Answer: (a)

168. What does PNF stand for?

(a) Proprioceptive Neuromuscular Facilitation
(b) Proprioceptive Neuromuscular Facilitate
(c) Proprioception Neuromuscular Facilitate
(d) Proprioception Neuromuscular Facilitation

Answer: (a)

169. The "C" in the acronym R.I.C.E. stands for:

(a) Constant
(b) Consistent
(c) Complement
(d) Compression

Answer: (d)

170. Speed Play Means_____.

(a) Interval Training
(b) Fartlek Training
(c) Cross Training
(d) Speed Training

Answer: (b)

171. All of the following are advantages of open chain exercise, except_____.

(a) Exercise for non weight bearing positional
(b) Able to isolate muscle
(c) Interval joint compression
(d) Able to exercise through increased ROM

Answer: (d)

172. Where is the largest tendon in the body?

(a) Pelvis
(b) Heel
(c) neck
(d) Shoulder

Answer: (b)

173. In which Olympic did women participate for the first time?

(a) 1896 Athens
(b) 1900 Paris
(c) 1920 Antwerp
(d) 1928 Amsterdam

Answer: (b)

174. Mass Media legitimize the audience's :

(a) Family relation
(b) Power structure
(c) Political connection
(d) Prestige and status

Answer: (d)

175. Communication sustainable for development foc s on:

(a) Transformation learning
(b) Participatory Rejection
(c) Decision Making
(d) Application for Corporate Technique

Answer: (a)

176. Which is the largest cricket stadium in the world?

(a) Eden Garden
(b) Motera Stadium
(c) Lord's Cricket Stadium
(d) Melbourne Cricket Stadium

Answer: (b)

177. Since which year the nature of sports and mass media relationship has been distinctly shaped by American Capitalism?

(a) 1831
(b) 1931
(c) 1830
(d) 1930

Answer: (c)

178. Who is the first Indian Woman to win an Olympic medal for India?

(a) Saina Nehwal
(b) Karman Malleshwari
(c) Sakshi Malik
(d) P.V. Sindhu

Answer: (b)

179. Which is the highest sporting award in India?

(a) Rajiv Gandhi Khel Ratna Award
(b) Dhyanchand Award
(c) Dronacharya Award
(d) Arjuna Award

Answer: (a)

180. Kinetic Energy Recovery System (KERS) belongs to which sport?

(a) Kayaking
(b) Rugby
(c) Ice Hockey
(d) Auto Racing

Answer: (d)

Discipline5

181. The fund constituted to assist sports persons d ester years who had brought glory to the Country in sports but are now living in indi t c mstances is_____ for Sportspersons.

(a) Rural Sports Program
(b) National Welfare fund
(c) National Sports Development Fund
(d) Indian Retirement Fund

Answer: (b)

182. Intramural program creates in students a sense of _____.

(a) Discipline
(b) Humour and Respect
(c) Involvement and Achievement
(d) Achievement

Answer: (c)

183. Effective communication is essential in sports management to keep live its_____.

(a) Character
(b) Principle
(c) Foundation
(d) Dynamics

Answer: (d)

184. Which of the following is the first step in sports Management?

(a) Directing
(b) Planning
(c) Budgeting
(d) Staffing

Answer: (b)

185. An outline of the topics of a subject to be covered in specific time is called :

(a) Syllabus
(b) Course
(c) Semester
(d) Programmed

Answer: (a)

186. Leadership is a behavioural process which focuses on _____.

(a) Developing and maintaining good relationship
(b) Situational characteristics of the group
(c) Influencing individuals and group towards set goals
(d) Setting goals and getting job done

Answer: (c)

187. The 1st AIMS International Congress of Sports Me[illegible]ine was held during the IXth Summer Olympic Games held in Amsterdam, The Netherland[illegible] August _____.

(a) 1938
(b) 1928
(c) 1948
(d) 1958

Answer: (b)

188. Soft tissue injuries are classified as injuries to which of the following ____.

(a) Muscles, ligaments, tendons, and Skins
(b) Bone and Skin
(c) Bone and Teeth
(d) Muscle and bone

Answer: (a)

189. 'Zygomatic' bone is present in _____.

(a) Vertebral Column
(b) Upper Limb
(c) Lower Limb
(d) Skull

Answer: (d)

190. Incomplete recovery is vital in _____.

(a) Cross Country
(b) Fartlek Training
(c) Interval Training
(d) Continuous Method of Training

Answer: (c)

191. The World Health Day is celebrated on _____.

(a) 1 February
(b) 6 October
(c) 7 April
(d) 26 December

Answer: (c)

192. Carbohydrates are converted into sugar in the _____.

(a) Liver
(b) Large Intestine
(c) Duodenum
(d) Digestive Tract

Answer: (d)

193. For energy and strength dominating sports, the d should be rich in _____.

(a) Fats
(b) Carbohydrates
(c) Vitamins
(d) Minerals

Answer: (b)

194. Which vitamin may interact with the anticoagulant Warfarin and increase the risk of excessive bleeding?

(a) Vitamin A
(b) Vitamin E
(c) Vitamin B12
(d) Vitamin K

Answer: (d)

195. During starvation, for about how long do the body's carbohydrate (glycogen) stores last?

(a) 24 Hours
(b) 72 Hours
(c) 3 Days
(d) 4 Days

Answer: (a)

196. Kinetic Energy Recovery System is used in _____.

(a) Javelin throw
(b) Pole vault
(c) Car racing
(d) Volleyball

Answer: (c)

197. Who invented Hawk-Eye technology?

(a) Dr Paul Hawkins
(b) Tony Lewis
(c) Jaap Haartsen
(d) Ross Tucker

Answer: (a)

198. Goal line technology (GLT) is used in _____.

(a) Basketball
(b) Handball
(c) Hockey
(d) Football

Answer: (d)

199. The equipments foil and saber belongs to which ne following sports?

(a) Rowing
(b) Kayaking
(c) Fencing
(d) Skating

Answer: (c)

200. In which year was the first televised sports game featuring instant replay introduced?

(a) 12 November 1960
(b) 7 December 1963
(c) 4 June1955
(d) 27 June 1951

Answer: (b)

Discipline6

201. The SEMO agility test is suitable for which of the following?

(a) Weight lifting
(b) 400 Mts Sprint
(c) Badminton
(d) Archery

Answer: (c)

202. Which skill/ability is most important out of the given options for long-distance swimming?

(a) Agility
(b) Speed
(c) Muscular Endurance
(d) Flexibility

Answer: (c)

203. A well balanced _____ is necessary for a sportsperson to replenish her vitamins, minerals and protein needs.

(a) Food and Nutrition
(b) Routine and Schedule
(c) Environment
(d) Fitness

Answer: (a)

204. A beep test score of 14 would suggest what level of fitness for an athlete in 18 to 25 age group?

(a) Average
(b) Poor
(c) Good
(d) Excellent

Answer: (d)

205. All of the following are the benefits of an effecti ifestyle management programme, except:

(a) Improve productivity
(b) Reduce the incidence and severity (nealth conditions.
(c) Reduce medical and healthcare costs
(d) Guaranteed long life

Answer: (d)

206. There are five components of physical fitness that you need to consider. Which of the following is NOT one of these 5 components of health- related physical fitness?

(a) muscular flexibility
(b) strong self image
(c) endurance
(d) body composition

Answer: (b)

207. Diabetes is a _____ characterized by high blood sugar levels.

(a) Metabolic disorder
(b) Decrease in physical activity
(c) Disease that primarily affects women
(d) Dietary issue

Answer: (a)

208. Wellness for a student includes all of the following EXCEPT:

(a) Physical health

(b) Environmental health

(c) Occupational health

(d) Spiritual health

Answer: (c)

209. Psychological skill training maximizes the combination of _____ skills.
1) Technical 2) Tactical 3) Psychological 4) Physical

(a) 1 and 4

(b) 2 and 3

(c) Only 3

(d) 1,2,3, and 4

Answer: (d)

210. Mental development is an important aspect of growth. Mental development is mostly concerned with which of the following?

(a) External and Internal Organs

(b) Reasoning and thinking

(c) Ethical and Moral systems

(d) Emotional Maturity

Answer: (b)

211. The Law of Effect principle developed by Edwa[illegible]horndike is also known as _____.

(a) Law of use and disuse

(b) Law of Satisfaction

(c) Law of regency

(d) Law of Frequency

Answer: (b)

212. Motor skills are movements and actions of the muscles. Motor skills are learnt best by_____.

(a) Practice

(b) Memorization

(c) Imitation

(d) Observation

Answer: (a)

213. Plato is known as, 'Father of _____'.

(a) Naturalism

(b) Pragmatism

(c) Realism

(d) Idealism

Answer: (d)

214. In the Data View in the SPSS Data Editor, each row represents what?

(a) A data point

(b) A missing value

(c) A variable

(d) A Case

Answer: (d)

215. SPSS uses the term 'Scale' to refer to_____.

(a) Both nominal and ordinal level data

(b) Categorical data

(c) Both interval and ratio level data

(d) Only Ratio Level Data

Answer: (c)

216. After importing data into SPSS, and at the Data View screen, to begin the calculation of chi square we have to do the steps in which order?

(a) Click on Analyze > Crosstabs > Descriptive Statistics

(b) Click on Analyze > Descriptive Statistics > Crosstabs

(c) Click on Crosstabs > Descriptive Statistics > Analyze

(d) Click on Crosstabs > Analyze > Descriptive Statistics

Answer: (b)

217. All those types of computer memories that are d ctly accessed by the processor using data bus are called _____.

(a) Primary storage

(b) Internal memory

(c) Primary memory

(d) Secondary memory

Answer: (c)

218. All of the following can be easily accomplished using SPSS and cannot be easily accomplished using excel?

(a) PLUM regression

(b) Multi-dimensional scaling

(c) Pivot Tables

(d) Descriptive Ratio Analysis

Answer: (c)

219. Bullet start is also known as_____.

(a) Elongated start

(b) Sitting Start

(c) Bunch Start

(d) Medium Start

Answer: (c)

220. Weight of cross bar in high jump is _____.

(a) 2 Kg

(b) 3.5 Kg

(c) 4 Kg

(d) 2.5 Kg

Answer: (a)

Discipline7

221. What is the standard width of track marking ?

(a) 0.15 m

(b) 0.2 m

(c) 0.05 cm

(d) 0.05 m

Answer: (d)

222. In 110 meters hurdle race, the distance between the starting line and the first hurdle is _____.

(a) 12.72 m

(b) 11.72 m

(c) 10.72 m

(d) 13.72 m

Answer: (d)

223. In a track event, when is an athlete ju[illegible] as [illegible]winner?

(a) When the toe crosses the finishing line

(b) When the torso crosses the finishing line

(c) When the knee crosses the finishing line

(d) When the head crosses the finishing line

Answer: (b)

224. Which of the following are the 3 parts and the correct sequence of actions taken in a Triple jump?

(a) Run-leap-Land

(b) Jump-skip-Land

(c) Hop-step-Jump

(d) Hop-jump-Step

Answer: (c)

225. IAAF (International Association of Athletics Federations, formerly International Amateur Athletic Federation) was formed in the year of_____.

(a) 1972
(b) 1952
(c) 1932
(d) 1912

Answer: (d)

226. For the Tokyo Olympics 2020 in the freestyle swimming events will be for all of the following distances, except _____.

(a) 1000m
(b) 1500m
(c) 50m
(d) 800m

Answer: (a)

227. Winning the Thomas Cup, trophy signifies world supremacy in the sport of _____.

(a) Hockey
(b) Chess
(c) Badminton
(d) Tennis

Answer: (c)

228. The term 'Home Run' is generally used in whic f the following sports?

(a) Relay Races
(b) Football
(c) Baseball
(d) Rugby

Answer: (c)

229. When was the first official international football match played? It was played between the national teams of Scotland and England.

(a) 1870
(b) 1872
(c) 1902
(d) 1929

Answer: (b)

230. Who amongst the following is a recipient of both these awards: the Arjuna award and Dronacharya award?

(a) Tarundeep Rai
(b) Sanjeeva Singh
(c) Arjun Munda
(d) Purnima Mahato

Answer: (b)

231. _____ is a postural deformity in which the legs are bent inward and knees strike each other while walking or running.

(a) Scoliosis
(b) Lordosis
(c) Kyphosis
(d) Genu Velgum

Answer: (d)

232. Obesity can be the cause of all of the following diseases, except:

(a) Osteoarthritis
(b) Diabetes
(c) Ischaemic Heart disease
(d) Cancer

Answer: (d)

233. Night blindness is one of the first signs of vitamin _____ deficiency.

(a) A
(b) C
(c) D
(d) E

Answer: (a)

234. Percussion-oriented massage involving striking soft tissues with repetitive blows, using both hands in a rhythmic, gentle and rapid fashion is call _____.

(a) Petrissage
(b) Tapotement
(c) Traction
(d) Deep Friction

Answer: (b)

235. Which of the following joints in the human body has a Ball and Socket type joint?

(a) knee
(b) ankle
(c) shoulder
(d) elbow

Answer: (c)

236. _____ means how far a joint moves without assistance. This motion consists of how far you can move your joint in any given direction.

(a) RST
(b) Static
(c) PROM
(d) AROM

Answer: (d)

237. After a fracture, _____ can restore the position of a bone during the early stage of healing or temporarily ease the pain.

(a) Traction
(b) Effleurage
(c) Tapotement
(d) Petrissage

Answer: (a)

238. The another name of Shuttlecock used in badminton is_____.

(a) Flower
(b) Birdie
(c) Eagle Blad
(d) Kokkubra

Answer: (b)

239. With which sport is a shot clock usually associated?

(a) Basketball
(b) Wrestling
(c) Boxing
(d) Weightlifting

Answer: (a)

240. A snickometer is utilised in which of the followi sports?

(a) Boxing
(b) Cricket
(c) Equestrians Sport
(d) Hiking

Answer: (b)

Discipline8

241. A stimpmeter is used in which of the following sports?

(a) Track and Field
(b) Golf
(c) Horse Racing
(d) Air pistol shooting

Answer: (b)

242. The number of elements in the obtained sample is called_____.

(a) Sample Design
(b) Sampling frame
(c) Sample Size
(d) Sampling Unit

Answer: (c)

243. Sampling in which elements are grouped together because they share certain characteristics is_____.

(a) Cluster Sampling
(b) Stratified Sampling
(c) Systematic Sampling
(d) Random Sampling

Answer: (b)

244. Which of the following is Probability sampling ?

(a) Dimensional Sampling
(b) Snowball Sampling
(c) Purposive Sampling
(d) Cluster Sampling

Answer: (d)

245. Which of the following is Non-Probability sampling ?

(a) Cluster Sampling
(b) Stratified Sampling
(c) Voluntary response
(d) Dimensional Sampling

Answer: (c)

246. The sampling method chosen when the membe of a special population are difficult to locate is_____.

(a) Dimensional Sampling
(b) Snowball Sampling
(c) Purposive Sampling
(d) Systematic Sampling

Answer: (b)

247. Which of the following is not an advantage of Sampling?

(a) Sampling saves time and money
(b) Sampling saves labour
(c) Sampling coverage permits a level of adequacy
(d) Sampling can be a perfect substitute for census

Answer: (d)

248. One standard deviation on either side of the mean for the normal distribution accounts for _____ of the set.

(a) 78.27 percent
(b) 88.27 percent
(c) 98.27 percent
(d) 68.27 percent

Answer: (d)

249. In statistics, _____ is a type of data that is used to label variables without providing any quantitative value.

(a) Nominal Data
(b) Ordinal Data
(c) Interval Data
(d) Ratio Data

Answer: (a)

250. The range of the values -3, -8, -1, 0, 6, 1 is:

(a) 14
(b) 0
(c) 8
(d) 6

Answer: (a)

251. Which of the following is not the feature of symbols assigned to categories on a nominal scale?

(a) No Quantitative Measures
(b) Nothing more than Labels or Names
(c) May be ordered according to magnitude
(d) Cannot be subjected to arithmetic operations

Answer: (d)

252. Which is the preferred measure of dispersion th can be computed in case of open - end classes ?

(a) Standard Deviation
(b) Quartile Deviation
(c) Coefficient of variation
(d) Range

Answer: (b)

253. The standard deviation is independent of:

(a) Change of origin
(b) Change of origin and scale of measurement
(c) Change of scale of measurement
(d) Neither change of origin nor change of scale

Answer: (a)

254. _____ distribution is a discrete frequency distribution which gives the probability of a number of independent events occurring in a fixed time.

(a) Poisson
(b) Normal
(c) Binomial
(d) chi square

Answer: (a)

255. What will be the probability of getting odd numbers if a dice is thrown?

(a) 1\2

(b) 2

(c) 4\2

(d) 5\1

Answer: (a)

256. A digraph that has no self-loop or parallel edges is called a _____.

(a) Simple Diagraph

(b) Bi Diagraph

(c) Complete Diagraph

(d) Regular Diagraph

Answer: (a)

257. The binary of the decimal number 23 is _____.

(a) 11111

(b) 10011

(c) 11011

(d) 10111

Answer: (d)

258. Which of the following programming languages is an architectural neutral language because it is capable of running on any given processor?

(a) Python

(b) Java

(c) Ruby

(d) Blocky

Answer: (b)

259. The shortcut key to select a row in an excel file is _____

(a) Shift+Space

(b) Ctrl+Space

(c) Shift+F2

(d) Ctrl+F2

Answer: (a)

260. What is the full form of USB?

(a) Unshielded System Board

(b) Universal System Board

(c) Unidentified System Bus

(d) Universal Serial Bus

Answer: (d)

Discipline9

261. A gigabyte is _____. Choose the best option.

(a) 1,073,741,824 bytes
(b) 1,048,576 bytes
(c) 1,024 bytes
(d) 1,099,511,627,776 bytes

Answer: (a)

262. Which of the following languages does a computer understand?

(a) Java Language
(b) C Language
(c) Binary Language
(d) Object Language

Answer: (c)

263. The cache memory works between _____.

(a) ROM and CPU
(b) RAM and ROM
(c) CPU and RAM
(d) Secondary Memory

Answer: (c)

264. A Range of motion in and around the joints is k vn as _____.

(a) Strength
(b) Flexibility
(c) Speed
(d) Balance

Answer: (b)

265. An _____ contraction results in the elongation of a muscle while the muscle is still generating force; in effect, resistance is greater than force generated.

(a) Eccentric
(b) Concentric
(c) Isotonic
(d) Isometric

Answer: (a)

266. Pushing against the stationary wall is an example of _____.

(a) Isokinetic contraction
(b) Isometric Contraction
(c) Isotonic Contraction
(d) Eccentric Exercise

Answer: (b)

267. Which flexibility training methods tricks the receptor organs in the muscles and joints allowing the limbs to increase their range of movements?

(a) Active stretching
(b) Passive Stretching
(c) PNF Stretching
(d) Static Stretching

Answer: (c)

268. Which intense stretching method uses bouncing movements to push your body beyond its normal range of motion?

(a) Relaxation Method
(b) Ballistic Method
(c) Slow Method
(d) Slow Stretching and Holding Method

Answer: (b)

269. Who first propounded the theory of social evolution?

(a) Herbert Spencer
(b) Charles Darwin
(c) Aristotle
(d) Montesquieu

Answer: (a)

270. Embarrassment, shame, ridicule, sarcasm, crit m, disapproval, social discrimination, and exclusion are all _____ sanctior

(a) Informal
(b) Formal
(c) Positive
(d) Negative

Answer: (d)

271. Autogenic training is a technique_____.

(a) to identify causes of mental stress
(b) to identify areas of physical strain in the body
(c) to bring about relaxation in body
(d) to adjust abnormality

Answer: (c)

272. _____ are standards of social behaviour derived from social interaction and accepted as constituent facts of social structure

(a) Patterns
(b) Values
(c) Roles
(d) Actions

Answer: (b)

273. _____ is the doctrine that actions are right if they are useful or for the benefit of a majority.

(a) Deontology
(b) Moral relativism
(c) Natural Law
(d) Utilitarianism

Answer: (d)

274. _____ is a painful condition that affects the small, fluid-filled sacs that cushion the bones, tendons and muscles near your joints.

(a) Sclerosis.
(b) Arthritis
(c) Psoriasis
(d) Bursitis

Answer: (d)

275. The force experienced by a spinning ball as it moves through the air is called _____.

(a) Magnus Force
(b) Contract Force
(c) Tensile Force
(d) Compressive Force

Answer: (a)

276. When a person performs a somersault, they rotate around the _____.

(a) Transverse Plane
(b) Sagittal Plane
(c) Vertical axis
(d) Frontal axis

Answer: (d)

277. Carpo Metacarpal joint is an example of _____.

(a) Gliding Joint
(b) Ball and Socket Joint
(c) Saddle Joint
(d) Condyloid Joint

Answer: (c)

278. _____ branch of classical mechanics that concerns the effect of forces and torques on the motion of bodies having mass

(a) Kinetics
(b) Kinematics
(c) Biomechanics
(d) Fluid Mechanics

Answer: (a)

279. _____ is a movement away from the midline of the body. This occurs at the hip and shoulder joints during a jumping jack movement.

(a) Abduction
(b) Adduction
(c) Circumduction
(d) Dorsiflexion

Answer: (a)

280. Muscle which cause the joints to bend are called _____.

(a) Flexors
(b) Extensors
(c) Abductors
(d) Adductors

Answer: (a)

Teaching Methodology

281. Who is well known for the concept of Zone of Proximal Development ?

(a) Ivan Pavlov
(b) Burrhus Frederic Skinner
(c) Albert Bandura
(d) Lev Vygotsky

Answer: (d)

282. In 1931, who wrote a thesis entitled, 'T[illegible]t of the Reflex in Description of the Behaviour' ?

(a) Burrhus Frederic Skinner
(b) Edward Lee Thorndike
(c) Ivan Pavlov
(d) Sigmund Freud

Answer: (a)

283. Who conducted the 'Bobo Doll' experiment?

(a) Ivan Pavlov
(b) Louis Lee Thurstone
(c) Albert Bandura
(d) Robert J.Stenberg

Answer: (c)

284. _____ has two components which are knowledge about cognition and regulation of cognition.

(a) Schema
(b) Speech
(c) Metacognition
(d) Language

Answer: (c)

285. Name the function of Language which encompasses the expression of ideas, concepts and thoughts.

(a) Cognitive
(b) Affective
(c) Descriptive
(d) Directive

Answer: (a)

286. In which feature of Discussion there is an interaction among the various members where they see, hear and communicate orally by paying attention to each other?

(a) participation
(b) interface
(c) conflict
(d) interpersonal attraction

Answer: (b)

287. The social and cultural definitions of m and men are called _____.

(a) Sex
(b) Identity
(c) Gender
(d) Society

Answer: (c)

288. _____ is a cross-country measure of discrimination against women in social institutions.

(a) Social Institution and Gender Index (SIGI)
(b) Gender Inequality Index (GII)
(c) Gender Parity Index
(d) Gender Gap Index

Answer: (a)

289. Which one of the following is a numerical concept concerned with the relative equality in terms of numbers and proportions of women, men, girls and boys?

(a) Gender mainstreaming
(b) Gender parity
(c) Gender equality
(d) Gender analysis

Answer: (b)

290. In which step of test construction, method of scoring is decided?

(a) Planning for the test

(b) Preparing the test

(c) Analysing the test

(d) Revising the test

Answer: (b)

291. _____ has to do with the consistency, or reproducibility, or an examinee's performance on the test.

(a) Validity

(b) Reliability

(c) Fairness

(d) Legal Defensibility

Answer: (b)

292. From which stage did the National Policy on Education, 1986 emphasized on continuous and comprehensive evaluation and the introduction of semester system ?

(a) Primary stage

(b) Elementary Stage

(c) Secondary stage

(d) Higher secondary stage

Answer: (c)

293. Which government programme aims at improv and providing quality primary education for all children?

(a) Secondary Service Area

(b) Sub Service Area

(c) Safe School Act

(d) Sarva Shiksha Abhiyaan

Answer: (d)

294. Under which model, students with special needs spend most or all of their time with non-disabled students?

(a) Inclusion

(b) Exclusion

(c) Integration

(d) Mainstreaming

Answer: (a)

295. A student with cerebral palsy may not have the ability to grasp and turn a traditional doorknob. Which factor of inclusion is affected here?

(a) Mis-information

(b) Accessibility

(c) Cooperation

(d) Educational modification

Answer: (b)

296. According to Sigmund Freud, _____ is 'the libidinous compliments of egoism'.

(a) Repression

(b) Semantics

(c) Sociometry

(d) Narcissism

Answer: (d)

297. _____ reasoning transcends perception and memory and deals with things not in the realm of direct experience.

(a) Hypothetical

(b) Analogical

(c) Deductive

(d) Transductive

Answer: (a)

298. Which approach explains personality in terms changes in behaviour that takes place throughout one's life?

(a) Trait Approach

(b) Psychoanalytic Approach

(c) Life-span approach

(d) Humanistic Approach

Answer: (c)

299. What utilizes skills across the range of dramatic activity, everything from teacher-in-role to normal theatrical conventions of audience and spectator?

(a) Educational Drama

(b) Image theatre

(c) Formal theatre

(d) Invisible Theatre

Answer: (a)

300. Inclusion of Art and Drama in education is well supported by _____ theory of Multiple Intelligence.

(a) Burrhus Frederic Skinner

(b) Howard Gardner

(c) Albert Bandura

(d) Lev Vygotsky

Answer: (b)

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	**(a)**	2	**(b)**	3	**(c)**	4	**(c)**	5	**(c)**	6	**(b)**
7	**(a)**	8	**(a)**	9	**(d)**	10	**(c)**	11	**(a)**	12	**(a)**
13	**(c)**	14	**(b)**								

General Awareness

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

Arithmetic Ability

41	**(c)**	42	**(b)**	43	**(a)**	44	**(d)**	45	**(a)**	46	**(d)**
47	**(b)**	48	**(a)**	49	**(a)**	50	**(c)**	51	**(a)**	52	**(a)**
53	**(b)**	54	**(a)**	55	**(d)**	56	**(a)**	57	**(b)**		

General English

61	**(c)**	62	**(a)**	63	**(b)**	64	**(a)**	65	**(b)**	66	**(d)**
67	**(a)**	68	**(a)**	69	**(d)**	70	**(a)**	71	**(d)**	72	**(d)**
73	**(d)**	74	**(d)**	75	**(d)**	76	**(a)**	77	**(a)**	78	**(b)**

Discipline1

101	**(d)**	102	**(a)**	103	**(c)**	104	**(a)**	105	**(a)**	106	**(b)**
107	**(c)**	108	**(d)**	109	**(c)**	110	**(d)**	111	**(b)**	112	**(a)**
113	**(b)**	114	**(d)**	115	**(d)**	116	**(d)**	117	**(d)**	118	**(a)**
119	**(b)**	120	**(c)**								

Discipline2

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

Discipline3

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

Discipline4

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

Discipline5

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

Discipline6

201	**(c)**	202	**(c)**	203	**(a)**	204	**(d)**	205	**(d)**	206	**(b)**	207	**(a)**	208	**(c)**
209	**(d)**	210	**(b)**	211	**(b)**	212	**(a)**	213	**(d)**	214	**(d)**	215	**(c)**	216	**(b)**
217	**(c)**	218	**(c)**	219	**(c)**	220	**(a)**								

Discipline7

221	**(d)**	222	**(d)**	223	**(b)**	224	**(c)**	225	**(d)**	226	**(a)**	227	**(c)**	228	**(c)**
229	**(b)**	230	**(b)**	231	**(d)**	232	**(d)**	233	**(a)**	234	**(b)**	235	**(c)**	236	**(d)**
237	**(a)**	238	**(b)**	239	**(a)**	240	**(b)**								

Discipline8

241	**(b)**	242	**(c)**	243	**(b)**	244	**(d)**	245	**(c)**	246	**(b)**	247	**(d)**	248	**(d)**
249	**(a)**	250	**(a)**	251	**(d)**	252	**(b)**	253	**(a)**	254	**(a)**	255	**(a)**	256	**(a)**
257	**(d)**	258	**(b)**	259	**(a)**	260	**(d)**								

Discipline9

261	**(a)**	262	**(c)**	263	**(c)**	264	**(b)**	[illegible]	**(a)**	266	**(b)**	267	**(c)**	268	**(b)**
269	**(a)**	270	**(d)**	271	**(c)**	272	**(b)**	3	**(d)**	274	**(d)**	275	**(a)**	276	**(d)**
277	**(c)**	278	**(a)**	279	**(a)**	280	[illegible]								

Teaching Methodology

281	**(d)**	282	**(a)**	283	**(c)**	284	**(c)**	285	**(a)**	286	**(b)**	287	**(c)**	288	**(a)**
289	**(b)**	290	**(b)**	291	**(b)**	292	**(c)**	293	**(d)**	294	**(a)**	295	**(b)**	296	**(d)**
297	**(a)**	298	**(c)**	299	**(a)**	300	**(b)**								