PREVIOUS YEAR PAPER

UP PGT 2021 — Physical Education (Series A)

UP PGT · 17 or 18 August 2021

125 questions · +3.4 for a correct answer, −0 for a wrong one · 120 minutes

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Questions from the U.P. Secondary Education Services Selection Board's paper of 17 or 18 August 2021. Each question is followed by its answer, and the answer key is repeated on the last page.

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Physical Education

1. “Surplus Energy Theory” was propounded by
   (a) Carl Groos
   (b) Patric Handerson
   (c) Stanley Hall
   (d) V. Schiller and H. Spencer
   Answer: (d)

2. Which is the substance that begins digestion ?
   (a) Pancreas
   (b) Oesophagus
   (c) Salivary glands
   (d) Stomach
   Answer: (c)

3. The test of significance used for comparing two means is called
   (a) F-test
   (b) Chi-square
   (c) t-test
   (d) None of the above
   Answer: (c)

4. National Fitness Corps was introduced in
   (a) 1965
   (b) 1966
   (c) 1967
   (d) 1968
   Answer: (a)

5. Who proposed the “Recapitulatory theory” of play ?
   (a) Carl Groos
   (b) G. Stanley Hall
   (c) McDougal
   (d) Sigmund Freud
   Answer: (b)

6. Which one of the following is not the part of Hydrotherapy ?
   (a) Wax Bath
   (b) Cryotherapy
   (c) Whirlpool Bath
   (d) Contrast Bath
   Answer: (a)

7. In which Olympic “Tourch Ceremony” was introduced ?
   (a) Los Angeles (1932)
   (b) Amsterdam (1928)
   (c) Tokyo (1940)
   (d) Berlin (1936)
   Answer: (d)

8. For 100 m race, velocity of wind is measured for th uration of
   (a) 5 sec.
   (b) 10 sec.
   (c) 13 sec.
   (d) 15 sec.
   Answer: (b)

9. Indus Valley Civilization period in the History of Physical Education
   (a) 3500 BC – 250 BC
   (b) 3570 BC – 250 BC
   (c) 3600 BC – 250 BC
   (d) 3250 BC – 250 BC
   Answer: (d)

10. Which age is usually detected through psychological tests ?
   (a) Chronological age
   (b) Anatomical age
   (c) Mental age
   (d) Physiological age
   Answer: (c)

11. In 'Interval training' while developing speed-endurance, best recovery time is when pulse rate comes down to

(a) 140 to 150 beats/mts
(b) 110 to 120 beats/mts
(c) 150 to 160 beats/mts
(d) 120 to 140 beats/mts

Answer: (d)

12. The control centre of our respiratory process lies in

(a) Hypothalamus
(b) Brain stem
(c) Central cortex
(d) Medulla oblongata

Answer: (d)

13. Influence of gravity will be more when

(a) Weight of object is more
(b) Dimension of object is more
(c) Weight of object is less
(d) Dimension of object is less

Answer: (a)

14. Duration of Vedic period was from

(a) 2500 B.C. to 600 B.C.
(b) 600 B.C. to 320 A.D.
(c) 320 A.D. to 1000 A.D.
(d) 1000 A.D. to 1757 A.D.

Answer: (a)

15. Which is a master gland in the Human body ?

(a) Pituitary gland
(b) Thyroid gland
(c) Adrenal gland
(d) Gonads gland

Answer: (a)

16. Blood from the right ventricle of the heart is taken to the lungs for purification by

(a) Hepatic Artery
(b) Renal Artery
(c) Coronary Artery
(d) Pulmonary Artery

Answer: (d)

17. Total numbers of team or players in Pre-quarter Final
    (a) 14
    (b) 16
    (c) 18
    (d) 20
    Answer: (b)

18. Which one of the following is not a criteria of a good test ?
    (a) Objectivity
    (b) Subjectivity
    (c) Reliability
    (d) Validity
    Answer: (b)

19. Who is known as the Grandfather of German Gymnastic ?
    (a) Gutsmuth
    (b) Henrik Ling
    (c) Nachtegall
    (d) Basedow
    Answer: (a)

20. Name of the communicable disease known as "H en's disease" is
    (a) Leprosy
    (b) A.I.D.S.
    (c) H.I.V.
    (d) Smallpox
    Answer: (a)

21. International Olympic Committee (I.O.C.) was formed in the year
    (a) 1894
    (b) 1890
    (c) 1892
    (d) 1895
    Answer: (a)

22. Front muscles of the thigh are known as
    (a) Gluteal Muscles
    (b) Trapezius
    (c) Quadriceps
    (d) Soleus
    Answer: (c)

23. The 'Dendrites' are the part of
    (a) Neuron
    (b) Cell body
    (c) Axon
    (d) Vertebra
    Answer: (a)

24. The covering of the Lungs is called
    (a) Pericardium
    (b) Perichondrium
    (c) Pleura
    (d) Peritoneum
    Answer: (c)

25. Which type of contraction is "pushing the wall" ?
    (a) Concentric
    (b) Eccentric
    (c) Static
    (d) No contraction
    Answer: (c)

26. Who used the word Psychology for the first time a study of mind ?
    (a) Sigmund Freud
    (b) Rene Descarter
    (c) Mullar
    (d) Rudolf Goeckel
    Answer: (d)

27. Which of the following is not a type of Recreation ?
    (a) Community Recreation
    (b) Commercial Recreation
    (c) Institutional Recreation
    (d) Planning Recreation
    Answer: (d)

28. Which type of lever is most effective in sports movements ?
    (a) Second class
    (b) First and Second class
    (c) First class
    (d) Third class
    Answer: (d)

29. Which one of the following is not a part of massage ?
    (a) Slapping
    (b) Hacking
    (c) Capping
    (d) Tapping
    Answer: (c)

30. Dyer test is associated with
    (a) Tennis
    (b) Badminton
    (c) Athletics
    (d) Football
    Answer: (a)

31. 'Sweat Glands' are found in
    (a) Neck
    (b) Cranial cavity
    (c) Skin
    (d) Pelvic cavity
    Answer: (c)

32. Sigmund Freud is considered to be father of
    (a) Theory of Motivation
    (b) Theory of Connectionism
    (c) Theory of Psychoanalysis
    (d) Theory of Parallelism
    Answer: (c)

33. Which of the following is not graphic representation of data ?
    (a) Histogram
    (b) Frequency polygon
    (c) Ogive
    (d) Binomial
    Answer: (d)

34. Which one of the quality endomorphs have ?
    (a) They overestimate their abilities
    (b) They are courageous and clear minded
    (c) They are submissive and one track minded
    (d) They underestimate their abilities
    Answer: (a)

35. Turning the palm down-ward is called
    (a) Inversion
    (b) Exertion
    (c) Pronation
    (d) Supination
    Answer: (c)

36. Anabolic steroids affect directly on
    (a) Heart
    (b) Muscles
    (c) Lungs
    (d) Brain
    Answer: (b)

37. Wagnall-Wild tournament falls in the category of
    (a) Knock-out tournament
    (b) League tournament
    (c) Combination tournament
    (d) Challenge tournament
    Answer: (a)

38. Static strength is also called
    (a) Isometric strength
    (b) Isotonic strength
    (c) Isokinetic strength
    (d) Absolute strength
    Answer: (a)

39. Which philosophy consider experience as the key of life and success ?
    (a) Pragmatism
    (b) Idealism
    (c) Realism
    (d) Existentialism
    Answer: (a)

40. The word 'Green Stick' is related to
    (a) Nutrition
    (b) Drugs
    (c) Pollution
    (d) Fracture
    Answer: (d)

41. What award was given to the winners in the Ancient Olympic Games ?

(a) Coins
(b) Caps
(c) Wild Olive leaf crowns
(d) Medals

Answer: (c)

42. Harvard step test was developed in 1943 by

(a) Brouha
(b) McArdle
(c) Written
(d) Kurucz

Answer: (a)

43. If the new skill, which is learned, is totally different to the previously learnt skill. Transfer of learning will be

(a) Positive transfer
(b) Partial transfer
(c) Negative transfer
(d) Zero transfer

Answer: (d)

44. Which of the following reflects the varying degre of readiness to perform physically and intellectually ?

(a) Anxiety
(b) Aggression
(c) Arousal
(d) Concentration

Answer: (c)

45. In which country did the first Intramural Competition start ?

(a) U. S. S. R.
(b) United States of America
(c) England
(d) India

Answer: (b)

46. The study of muscles is called

(a) Osteology
(b) Anthropology
(c) Myology
(d) Physiology

Answer: (c)

47. Philosophical research is also known as
(a) Rational research
(b) Perceptual research
(c) Conceptual research
(d) Behavioural research
Answer: (c)

48. Which is not related with Johnson Basket ball test ?
(a) Field goal speed test
(b) Basket ball throw for accuracy
(c) Dribble
(d) Penny cup test
Answer: (d)

49. The angle of sector for Javelin throw is
(a) 34.92°
(b) 28.95°
(c) 35.50°
(d) 45.00°
Answer: (b)

50. Which of the following factors affect time table ?
(a) Number of students
(b) Equipment available
(c) Climatic conditions
(d) All the above
Answer: (d)

51. Which of the following is non-nutritive component of diet ?
(a) Fibre
(b) Calcium
(c) Phosphorus
(d) Minerals
Answer: (a)

52. 'Occipital' bone is situated in
(a) Skull
(b) Vertebral column
(c) Foot
(d) Hand
Answer: (a)

53. Which of the following yoga is related to purity ?
(a) Bhakti yoga
(b) Raj yoga
(c) Hatha yoga
(d) Karma yoga
Answer: (c)

54. Which is a biological process ?
(a) Environment
(b) Heredity
(c) Nutrition
(d) Psychic
Answer: (b)

55. Which of the following continent is represented by 'Yellow ring' in Olympic emblem ?
(a) America
(b) Africa
(c) Australia
(d) Asia
Answer: (d)

56. Hockey matches in the Olympics were organized for the first time on Astro turf at
(a) Los Angeles
(b) Montreal
(c) Moscow
(d) Seoul
Answer: (b)

57. When did the sports department of the Government of India Unanimously pass the proposal of sports authority of India ?
(a) 25-01-1984
(b) 25-02-1984
(c) 25-03-1984
(d) 25-04-1984
Answer: (a)

58. In which type of lever, the force is in between weight and fulcrum ?
(a) Type I and II
(b) Type I
(c) Type II
(d) Type III
Answer: (d)

59. Which of the following is not a kind of neuron ?
    (a) Intermediate
    (b) Motor
    (c) Static
    (d) Sensory
    Answer: (c)

60. The total number of days a player takes to complete the Decathlon event
    (a) 01
    (b) 02
    (c) 03
    (d) 04
    Answer: (b)

61. Which one is a water soluble Vitamin ?
    (a) Vitamin A
    (b) Vitamin C
    (c) Vitamin E
    (d) Vitamin K
    Answer: (b)

62. The 'stretch of a ligament' is called
    (a) Sprain
    (b) Strain
    (c) Abrasion
    (d) Contusion
    Answer: (a)

63. Emblem of Asian Games is
    (a) Full rising sun
    (b) Full rising sun with eleven rings
    (c) Five rings
    (d) Full rising sun with five rings
    Answer: (b)

64. What will be stagger distance for second lane team in 4 × 400 meters relay race ?
    (a) 7.04 meters
    (b) 10.54 meters
    (c) 10.57 meters
    (d) 10.56 meters
    Answer: (c)

65. Which of the following is Health related fitness component ?
    (a) Reaction Ability
    (b) Agility
    (c) Speed
    (d) Muscular Endurance
    Answer: (d)

66. How many 'water jumps' are to be crossed in 3000 m steeple chase race ?
    (a) 7
    (b) 14
    (c) 28
    (d) 10
    Answer: (a)

67. In which country "Franz Nachtegall" laid the foundation of Physical Education ?
    (a) Denmark
    (b) England
    (c) Germany
    (d) Sweden
    Answer: (a)

68. "Peristalsis" occurs in
    (a) Trachea
    (b) Stomach
    (c) Liver
    (d) Oesophagus
    Answer: (d)

69. Which tissue is to protect the body ?
    (a) Epithelial tissue
    (b) Muscle tissue
    (c) Connective tissue
    (d) Nervous tissue
    Answer: (a)

70. The outermost layer of the heart is called
    (a) Myocardium
    (b) Endocardium
    (c) Pericardium
    (d) None of the above
    Answer: (d)

71. "Continuous training method" was propounded by
(a) Woldemar Greschler
(b) Ernest V. Aaken
(c) R. E. Morgan
(d) G.D. Adamson
Answer: (b)

72. Which of the following test is for 'Cardiovascular fitness' ?
(a) Harvard step test
(b) Kraus-Weber test
(c) A. A. P. H. E. R. test
(d) J. C. R. test
Answer: (a)

73. Bones in Human Body are classified on the basis of
(a) Structure and Functions
(b) Location and Attachment
(c) Size and Shape
(d) Joint and Movement
Answer: (c)

74. Which institute has trained the maximum number of coaches in India ?
(a) L. N. C. P. E., Trivandrum
(b) N. S. N. I. S., Patiala
(c) L. N. C. P. E., Gwalior
(d) B. H. U., Varanasi
Answer: (b)

75. Heart and Lungs are controlled by
(a) Cerebrum
(b) Spinal cord
(c) Cerebellum
(d) Medulla oblongata
Answer: (d)

76. Which factor does not affect the objectivity of test ?
(a) Judgement criteria
(b) Order of performer
(c) Length of test
(d) Supervision of measuring procedure
Answer: (c)

77. In isometric contraction, the muscle
(a) Shortens
(b) Lengthens
(c) Neither shortens nor lengthens
(d) Shortens as well as lengthens
Answer: (c)

78. The headquarter of International Olympic Committee (IOC) is situated at
(a) Germany
(b) Greece
(c) Switzerland
(d) France
Answer: (c)

79. Fartlek training method was developed by
(a) Bikila
(b) Gosta Holmer
(c) Barro and McGee
(d) Harane
Answer: (b)

80. Which of the following hormones is secreted by p creas ?
(a) Insulin
(b) Pituitary
(c) Thyroid
(d) All the above
Answer: (a)

81. Method of training for increasing power is called
(a) Ballistic method
(b) Plyometric method
(c) Repetition method
(d) Fartlek method
Answer: (b)

82. Which is not a probability sampling method ?
(a) Systematic sampling
(b) Stratified sampling
(c) Convenience sampling
(d) Cluster sampling
Answer: (c)

83. Which of the following is not the fat soluble vitamin ?
(a) Vitamin 'A'
(b) Vitamin 'B'
(c) Vitamin 'E'
(d) Vitamin 'D'
Answer: (b)

84. Gluteus maximum muscle is situated in
(a) Upper Back
(b) Lower Leg
(c) Hips
(d) Heart
Answer: (c)

85. Physical fitness is the ability to
(a) Carry out daily task
(b) Measure fundamental skills
(c) Classify the groups
(d) None of the above
Answer: (a)

86. Which scale consists of standard deviation distan , of scores from the mean ?
(a) T-scale
(b) Z-scale
(c) Hull-scale
(d) σ–Sigma scale
Answer: (b)

87. Etymological meaning of kinesiology is
(a) Kinesiology is science of motion
(b) Kinesiology is the science of motion of human being
(c) Kinesiology is the science of motion of living being
(d) Kinesiology is the science of motion of human being during sports participation
Answer: —

88. Null hypothesis is also known as
(a) Research hypothesis
(b) Statistical hypothesis
(c) Alternative hypothesis
(d) No difference hypothesis
Answer: (d)

89. Which of the following not a role of muscle ?
    (a) Agonist
    (b) Antagonist
    (c) Neutralizer
    (d) Subsidiser

    Answer: (d)

90. Which test was developed for the diagnosis and treatment of Low Back Pain ?
    (a) Kraus-Weber Strength Test
    (b) Roger Strength Test
    (c) Bruce et al
    (d) Schneider Test

    Answer: (a)

91. The distance covered by an object depends upon
    (a) Initial velocity
    (b) Final velocity
    (c) Acceleration velocity
    (d) Constant velocity

    Answer: (a)

92. Which famous Hockey player has written the book "Golden Hat trick" ?
    (a) Ajit Pal
    (b) Dhyanchand
    (c) Balveer Singh
    (d) Surjeet Singh

    Answer: (c)

93. Obesity is measured by the following
    (a) Goniometer
    (b) Scoliometer
    (c) Spirometer
    (d) Skin fold caliper

    Answer: (d)

94. Experimental research method in Physical Education provides
    (a) Detail study
    (b) Deep study
    (c) Systematic and Logical study
    (d) Complete study

    Answer: (c)

95. What will be minimum length of runway of triple jump ?
(a) 40 meters
(b) 46 meters
(c) 35 meters
(d) 30 meters
Answer: (a)

96. Which level of 'Anxiety' is needed for better performance in sports ?
(a) Very high level
(b) High level
(c) Optimum level
(d) Low level
Answer: (c)

97. In which food Vitamin 'B' is not found ?
(a) Pea
(b) Meat
(c) Fruit
(d) Tomatoes
Answer: —

98. Which of the following controls the pattern of gro ?
(a) Cell
(b) Genes
(c) Chromosomes
(d) Mitochondria
Answer: (b)

99. The exponent of Modern Olympic Games B. P. Covbertein belongs to
(a) France
(b) England
(c) U.S.A.
(d) Denmark
Answer: (a)

100. Body composition is an important component of
(a) Health related fitness
(b) Motor fitness
(c) Ideal body density
(d) Best body image
Answer: (a)

101. The ability to combine the movements of different parts of the body for performing perfect sport movements, is called

(a) Rhythm ability
(b) Adaptation ability
(c) Reaction ability
(d) Coupling ability

Answer: (d)

102. Which is not the effect of exercise on muscular system ?

(a) Amount of protein increases
(b) Myoglobin content increases
(c) Fat free weight increases
(d) Body fat increases

Answer: (d)

103. Test, Measurement and Evaluation are related with one another in the following way

(a) Measurement and evaluation are parts of test
(b) Evaluation and test are parts of measurement
(c) Test and measurement are parts of evaluation
(d) Evaluation is a part of both test and measurement

Answer: (c)

104. Equilibrium depends on

(a) Wider base of the object
(b) More height of the object
(c) Light weight of object
(d) Narrow base of object

Answer: (a)

105. Which of the following is not a 'Extrinsic motivation' ?

(a) Reward
(b) Punishment
(c) Praise
(d) Desire

Answer: (d)

106. Theory of insight learning was propounded by

(a) Thorndike
(b) Pavlov
(c) Kohler
(d) Cattell

Answer: (c)

107. Total number of matches between 8 teams by cycle method under league competition

(a) 24
(b) 26
(c) 28
(d) 30

Answer: (c)

108. Netaji Subhash National Institute of Sports, Patiala was inaugurated by

(a) Jawaharlal Nehru
(b) G. C. Bagga
(c) Dr. K. L. Srimali
(d) Indira Gandhi

Answer: (c)

109. Turning the palm forward or upward is called

(a) Inversion
(b) Exertion
(c) Pronation
(d) Supination

Answer: (d)

110. Which one of the following is not a dimension of personality ?

(a) Physical
(b) Mental
(c) Religious
(d) Social

Answer: (c)

111. The word "Percussion" is associated with

(a) Wrestling
(b) Judo
(c) Boxing
(d) Massage

Answer: (d)

112. How many timeouts are allowed to a team in football match ?

(a) 2
(b) 3
(c) 4
(d) None of the above

Answer: (d)

113. Miller Wall -Volley test is related with
(a) Volley ball
(b) Hockey
(c) Badminton
(d) Cricket
Answer: (c)

114. Formula for giving a bye in the upper half if there are odd number teams in the competition
(a) (nb – 1)/2
(b) (nb + 1)/2
(c) (nb – 2)/n
(d) nb/2
Answer: (a)

115. The most important function of a first aid in a casualty is
(a) Taking the casualty to a doctor
(b) Treating the casualty
(c) Saving life using the means available
(d) Arranging transportation to carry the casualty to hospital
Answer: (c)

116. Heart rate is defined as
(a) Quantity of blood pumped away by heart in o minute
(b) Number of systolic contractions per minute
(c) Number of diastolic contractions pe
(d) Number of heart contractions per minute
Answer: (d)

117. Fundamental research is also called
(a) Applied research
(b) Action research
(c) Pure research
(d) Intensive research
Answer: (c)

118. The heart muscle is called
(a) Pericardium
(b) Endocardium
(c) Myocardium
(d) Epithelium
Answer: (c)

119. Largest gland in the body is

(a) Liver
(b) Pancreas
(c) Gastric Gland
(d) Adrenal Gland

Answer: (a)

120. Test designed to measure the minimum strength of the subject is

(a) Larzen – Methany Test
(b) Tuttle Pulse Ratio Test
(c) Wellington – Harvard Test
(d) Kraus – Weber Test

Answer: (d)

121. Which of the following is not a function of management ?

(a) Planning
(b) Union Leadership
(c) Directing
(d) Co-ordinating

Answer: (b)

122. Middle 50% scores, taken from the median is ca'

(a) Quartile deviation
(b) Mean deviation
(c) Standard deviation
(d) Least deviation

Answer: (a)

123. First step in Sport management is

(a) Budgeting
(b) Co-ordinating
(c) Planning
(d) Directing

Answer: (c)

124. Proprioceptive neuro-muscular facilitation technique is related to

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

Answer: (c)

125. What type of muscle fibres are suitable for long duration activity ?

(a) Deltoid muscle fibre

(b) Fast twitch muscle fibre

(c) Slow twitch muscle fibre

(d) Both (A) and (B)

Answer: (c)

Answer key

Answer key from the U.P. Secondary Education Services Selection Board's official answer key for this sitting. "—" means the key gave none.

Physical Education

1	**(d)**	2	**(c)**	3	**(c)**	4	**(a)**	5	**(b)**	6	**(a)**
7	**(d)**	8	**(b)**	9	**(d)**	10	**(c)**	11	**(d)**	12	**(d)**
13	**(a)**	14	**(a)**	15	**(a)**	16	**(d)**	17	**(b)**	18	**(b)**
19	**(a)**	20	**(a)**	21	**(a)**	22	**(c)**	23	**(a)**	24	**(c)**
25	**(c)**	26	**(d)**	27	**(d)**	28	**(d)**	29	**(c)**	30	**(a)**
31	**(c)**	32	**(c)**	33	**(d)**	34	**(a)**	35	**(c)**	36	**(b)**
37	**(a)**	38	**(a)**	39	**(a)**	40	**(d)**	41	**(c)**	42	**(a)**
43	**(d)**	44	**(c)**	45	**(b)**	46	**(c)**	47	**(c)**	48	**(d)**
49	**(b)**	50	**(d)**	51	**(a)**	52	**(a)**	53	**(c)**	54	**(b)**
55	**(d)**	56	**(b)**	57	**(a)**	58	**(d)**	59	**(c)**	60	**(b)**
61	**(b)**	62	**(a)**	63	**(b)**	64	**(c)**	65	**(d)**	66	**(a)**
67	**(a)**	68	**(d)**	69	**(a)**	70	**(d)**	71	**(b)**	72	**(a)**
73	**(c)**	74	**(b)**	75	**(d)**	76	**(c)**	77	**(c)**	78	**(c)**
79	**(b)**	80	**(a)**	81	**(b)**	82	**(c)**	83	**(b)**	84	**(c)**
85	**(a)**	86	**(b)**	87	—	88	**(d)**	89	**(d)**	90	**(a)**
91	**(a)**	92	**(c)**	93	**(d)**	94	**(c)**	95	**(a)**	96	**(c)**
97	—	98	**(b)**	99	**(a)**	100	**(a)**	101	**(d)**	102	**(d)**
103	**(c)**	104	**(a)**	105	**(d)**	106	**(c)**	107	**(c)**	108	**(c)**
109	**(d)**	110	**(c)**	111	**(d)**	112	**(d)**	113	**(c)**	114	**(a)**
115	**(c)**	116	**(d)**	117	**(c)**	118	**(c)**	119	**(a)**	120	**(d)**
121	**(b)**	122	**(a)**	123	**(c)**	124	**(c)**	12	**(c)**		