PREVIOUS YEAR PAPER

UP TGT 2016 — Physical Education (Series A)

UP TGT · 8 or 9 March 2019

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 8 or 9 March 2019. Each question is followed by its answer, and the answer key is repeated on the last page.

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Physical Education

1. In 3000 m steeple chase, the number of water jumps is
   (a) 6
   (b) 7
   (c) 8
   (d) 9
   Answer: (b)

2. Decathlon consists of
   (a) 6 track and 4 field events
   (b) 4 track and 6 field events
   (c) 3 track and 7 field events
   (d) 7 track and 3 field events
   Answer: (b)

3. In weightlifting competition the increase in weight between two attempts must not be less than
   (a) 2.5 kg
   (b) 5 kg
   (c) 10 kg
   (d) 2 kg
   Answer: (a)

4. 'Round Robin' is related to
   (a) Knock-out tournament
   (b) Ladder tournament
   (c) Combination tournament
   (d) League tournament
   Answer: (d)

5. IAAF stands for
   (a) International Association of Athletic Federation
   (b) Indian Amateur Athletic Federation
   (c) International Amateur Athletic Federation
   (d) Indian Athletic Amateur Federation
   Answer: (c)

6. The National Sports Day celebrated on
   (a) August 28
   (b) August 29
   (c) August 21
   (d) August 23
   Answer: (b)

7. The effectiveness of teaching can be judged by
   (a) Good subject contents
   (b) Strict discipline
   (c) Impact on the students
   (d) Liberty to students
   Answer: (c)

8. Sports Talent Search Scholarship Scheme was laur ed in
   (a) 1970-71
   (b) 1975-76
   (c) 1977-78
   (d) 1980-81
   Answer: (a)

9. Effective communication is essential in sports management to keep alive its
   (a) dynamics
   (b) characteristics
   (c) principle
   (d) foundation
   Answer: (a)

10. In which events, did India win gold medal in Beijing Olympics, 2008 ?
   (a) Shooting
   (b) Swimming
   (c) Boxing
   (d) Archery
   Answer: (a)

11. The first Olympic Games were held in Olympia in the year
    (a) 300 BC
    (b) 872 BC
    (c) 776 BC
    (d) 205 AD
    Answer: (c)

12. Who are the participants in Special Olympics ?
    (a) Physically handicapped
    (b) Mentally retarded children and adults
    (c) Both (A) and (B)
    (d) Veterans
    Answer: (c)

13. Identify the city in which Commonwealth Games will be held in 2022.
    (a) Gold Coast, Queensland
    (b) Kuala Lumpur
    (c) Edmonton
    (d) Duraban
    Answer: —

14. The First Asian Games were held in the year
    (a) 1949
    (b) 1951
    (c) 1950
    (d) 1952
    Answer: (b)

15. Professional ethics in Physical Education includes
    (a) Physical proficiency
    (b) Impartiality
    (c) Moral values
    (d) Emotional stability
    Answer: (c)

16. In India, National Fitness Corps was set up in
    (a) 1954
    (b) 1971
    (c) 1959
    (d) 1965
    Answer: (d)

17. What is the aim of physical education ?

(a) Physical development
(b) A wholesome development of an individual
(c) Growth and development
(d) All of the above

Answer: (b)

18. Who was the first person to receive "Rajiv Gandhi Khel Ratna" Award ?

(a) K. Malleshwari
(b) Baichung Bhutia
(c) Vishwanathan Anand
(d) Sachin Tendulkar

Answer: (c)

19. How many time keepers should check the performance before a world record can be considered in the track events ?

(a) 3 including one chief time keeper
(b) 2 including one chief time keeper
(c) 4 including one chief time keeper
(d) 5 including one chief time keeper

Answer: (a)

20. Generally the upper age limit for a boxer to compete in National Championships is

(a) 35 years
(b) 37 years
(c) 38 years
(d) 39 years

Answer: —

21. The term 'Nine Penal Offences' is associated with

(a) Hockey
(b) Soccer
(c) Judo
(d) Tackwondo

Answer: (b)

22. Adaptation to training load at high altitudes is known as

(a) Acclimatization
(b) Super compensation
(c) Thermoregulation
(d) None of the above

Answer: (a)

23. Aerobic fitness is best achieved through
    (a) Swimming
    (b) Circuit training
    (c) Short sprints
    (d) Long distance running

    Answer: (d)

24. What was the nickname of Indian legend hockey player 'Dhyanchand' ?
    (a) 'Hockey Wizard'
    (b) 'Hockey Man'
    (c) 'Hockey Jockey'
    (d) 'Little Master'

    Answer: (a)

25. Which style of Kabaddi is officially recognized ?
    (a) National
    (b) Sanjeevani
    (c) Circle
    (d) Samvahini

    Answer: (b)

26. The first vertebrae is called
    (a) Axis
    (b) Spinal cord
    (c) Atlas
    (d) Ribs

    Answer: (c)

27. 'Lean Body Mass' is
    (a) Muscle, bone and other non fat tissues of the body
    (b) Fatty tissues of the body
    (c) Total body weight
    (d) None of the above

    Answer: (a)

28. In which year was the First World Track and Field Championship held ?
    (a) 1981
    (b) 1982
    (c) 1983
    (d) 1984

    Answer: (c)

29. Sternum is the part of
    (a) Thorax
    (b) Pelvic girdle
    (c) Shoulder girdle
    (d) None of these
    Answer: (a)

30. Which of the following tests is not used to measure muscular endurance ?
    (a) Sit up
    (b) Flexed arm hang
    (c) 12 mts. run-walk
    (d) Long distance walk
    Answer: (c)

31. Which of the following planes of the body divide it into upper and lower parts ?
    (a) Sagittal
    (b) Transverse
    (c) Vertical
    (d) Frontal
    Answer: (b)

32. Which of the following is an intrinsic reward of sp s ?
    (a) Recognition
    (b) Status
    (c) Attention
    (d) Self esteem
    Answer: (d)

33. Who conceived the Asian games movement ?
    (a) Prof. G. D. Sondhi
    (b) Maharaja Yadvendra Singh of Patiala
    (c) M. C. Dhavan
    (d) Mrs. Prakash Dhavan
    Answer: (a)

34. Gluteus maximus muscle is situated in
    (a) Thigh
    (b) Arms
    (c) Lower leg
    (d) Hip
    Answer: (d)

35. Indian Hockey team won following Olympic medals
    (a) 8 Golds, 1 Silver, 1 Bronze
    (b) 7 Golds, 2 Silvers, 2 Bronzes
    (c) 8 Golds, 1 Silver, 2 Bronzes
    (d) 7 Golds, 1 Silver, 1 Bronze
    Answer: (c)

36. Legal criteria of classifying a person into child and adolescent is
    (a) Chronological age
    (b) Anatomical age
    (c) Physiological age
    (d) Mental age
    Answer: (a)

37. The factor that most adversely affects teacher education in physical education is
    (a) Government policy
    (b) Non-uniformity of curriculum
    (c) Lack of employability
    (d) Lack of leadership
    Answer: (b)

38. Sprain is an injury to
    (a) Ligaments
    (b) Muscles
    (c) Bones
    (d) Tissues
    Answer: (a)

39. Hyper extension occurs when the angle of extension is beyond
    (a) 60°
    (b) 90°
    (c) 180°
    (d) 80°
    Answer: (c)

40. Which of the following game does not provide time-out during play ?
    (a) Valleyball
    (b) Football
    (c) Handball
    (d) Basketball
    Answer: (b)

41. 2018 Asian Games was held at
    (a) Indonesia
    (b) Thailand
    (c) Singapore
    (d) Maldives
    Answer: (a)

42. Bonus line is marked in which of the following sports ?
    (a) Rugby
    (b) Kho-Kho
    (c) Kabaddi
    (d) Judo
    Answer: (c)

43. Cardiac output is the amount of blood pumped by a ventricle in one
    (a) Attempt
    (b) Minute
    (c) Contraction
    (d) Second
    Answer: (b)

44. Night blindness is caused due to deficiency of
    (a) Vitamin D
    (b) Vitamin A
    (c) Vitamin E
    (d) Vitamin K
    Answer: (b)

45. First Indian Woman Olympic Medal winner is
    (a) Saina Nehwal
    (b) M. C. Mary Kom
    (c) Karnam Malleshwari
    (d) Sakshi Malik
    Answer: (c)

46. Which of the following is called ‘Master Gland’ ?
    (a) Thyroid Gland
    (b) Hypothalamus Gland
    (c) Pituitary Gland
    (d) None of the above
    Answer: (c)

47. First Physical Education Teacher's Training College in India was started at
    (a) Lucknow
    (b) Kandivali
    (c) Chennai
    (d) Amravati
    Answer: (c)

48. High blood sugar level is controlled by
    (a) Glucose
    (b) Thyroxin
    (c) Insulin
    (d) Adrenalin
    Answer: (c)

49. Which of the following is not related to the School Health Programme ?
    (a) Career counselling
    (b) Keeping health records
    (c) Hygiene
    (d) Cure diseases
    Answer: (a)

50. Which of the following is health related fitness co[illegible]onent ?
    (a) Reaction ability
    (b) Agility
    (c) Speed
    (d) Body composition
    Answer: (d)

51. Which of the following qualities of a teacher will be liked most by the students ?
    (a) Idealistic philosophy
    (b) Compassion
    (c) Discipline
    (d) Entertaining
    Answer: (a)

52. A professional institution is judged by
    (a) Goodwill of society
    (b) Experience
    (c) Efficiency
    (d) Location
    Answer: (c)

53. The five interlinked rings of five different colours of the olympic flag reflects
    (a) Unity of the world
    (b) Brotherhood of man kind
    (c) International relations
    (d) Globalisation

    Answer: (a)

54. Which of the following cannot provide any energy ?
    (a) Carbohydrate
    (b) Fat
    (c) Vitamin
    (d) Protein

    Answer: (c)

55. The lateral deviation in spine are measured through
    (a) Vertrebro graph
    (b) Scolio meter
    (c) Infra scolio
    (d) Gonio spine

    Answer: (b)

56. Mesomorphy is characterised by
    (a) Short and thick neck
    (b) Chest with fatty breast
    (c) Strong and long neck
    (d) Long and slender neck

    Answer: (c)

57. Who invented the law of learning first ?
    (a) Hull
    (b) Thorndike
    (c) Pavlov
    (d) Kohler

    Answer: (b)

58. Which is area of 23 meters in Hockey field ?
    (a) 22.90 mt. × 55 mt.
    (b) 22.95 mt. × 55 mt.
    (c) 22.92 mt. × 55 mt.
    (d) 22.98 mt. × 55 mt.

    Answer: (a)

59. Goal Area of football ground is
(a) 6 yds. × 20 yds.
(b) 6 yds. × 18 yds.
(c) 18 yds. × 44 yds.
(d) 8 yds. × 20 yds.
Answer: (a)

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

61. Name the test to determine the cardio-vascular efficiency.
(a) Harvard test
(b) Coopers test
(c) Margaria step test
(d) Bench test
Answer: —

62. The first step in planning process is
(a) Determining goals
(b) Providing facilities
(c) Mobilisation of resources
(d) Identification of target groups
Answer: (a)

63. In hockey the corner hit is taken from the
(a) Back-line
(b) Centre-line
(c) 25 yds. line
(d) Goal-line
Answer: —

64. Distance of Marathon race is
(a) 43.195 km
(b) 42.195 km
(c) 41.185 km
(d) 40.165 km
Answer: (b)

65. Three second rule is applied in the game of
    (a) basketball
    (b) kabaddi
    (c) kho-kho
    (d) table tennis

    Answer: (a)

66. Sports top form depends on
    (a) Training
    (b) Physiological limits
    (c) Diet
    (d) Equipments

    Answer: (a)

67. Success and failure, in learning activities are related to the
    (a) Strength of the urge to achieve
    (b) Intention of progressively improve performance
    (c) Level of aspiration
    (d) Experience of satisfaction and annoyance

    Answer: (a)

68. Competitions conducted within the four walls of t nstitution are
    (a) Intramurals
    (b) Extramurals
    (c) Indoor competitions
    (d) Outdoor competitions

    Answer: (a)

69. The characteristics of athletic personality includes all except
    (a) Self confidence
    (b) Extroversion
    (c) Fighting spirit
    (d) Submission

    Answer: (d)

70. Which of the following is the first step in a sports programme ?
    (a) Directing
    (b) Staffing
    (c) Planning
    (d) Budgeting

    Answer: (c)

71. Intramural programme creates in students the sense of
    (a) achievement
    (b) involvement
    (c) humour
    (d) enjoyment
    Answer: (b)

72. Blue print of the competition plan is called
    (a) technique
    (b) tactics
    (c) strategy
    (d) skill
    Answer: (c)

73. Which Indian Captain mounted on the Victory stand for first time during Olympics ?
    (a) Dhyan Chand
    (b) Jaipal Singh
    (c) K. D. Singh Babu
    (d) Kapil Dev
    Answer: (b)

74. Which country hosted the first "Special Olympics"
    (a) America
    (b) England
    (c) India
    (d) Germany
    Answer: (a)

75. Who designed the Olympic emblem ?
    (a) Pierre de Coubertin
    (b) King George
    (c) Demetrius Vikelas
    (d) Henri de Baillet
    Answer: (a)

76. Who is the President of Indian Olympic Association ?
    (a) Narinder Dhruv Batra
    (b) Narayan Ramachandran
    (c) Raja Bhalindra Singh
    (d) Milkha Singh
    Answer: (a)

77. The city Olympia is in
(a) Rome
(b) Italy
(c) Greece
(d) Germany
Answer: (c)

78. Which philosophy of Education defines teacher as a role model of students ?
(a) Idealism
(b) Naturalism
(c) Realism
(d) Existentialism
Answer: (a)

79. "Physical education is a Fundamental Right to every citizen" is included in
(a) WHO Charter
(b) SNIPES Charter
(c) HRD Ministry Charter
(d) UNESCO Charter
Answer: (d)

80. How does Hockey match starts ?
(a) with back pass
(b) with forward pass
(c) with bully
(d) with hit
Answer: (d)

81. The Highest award given to sports coaches in India is
(a) Arjuna Award
(b) Khel Ratna Award
(c) Ati Vashista Jyoti
(d) Dronacharya Award
Answer: (d)

82. Ex-officio President of SAI is
(a) President of India
(b) Prime Minister of India
(c) Union Minister of Youth Affairs and Sports
(d) Director General
Answer: (c)

83. The Winter Olympics were introduced in the year
    (a) 1942
    (b) 1956
    (c) 1952
    (d) 1924
    Answer: (d)

84. Which of the following is not the types of artificial motivation ?
    (a) Praise and reproof
    (b) Award and punishment
    (c) Law of effect
    (d) Reflexes
    Answer: (d)

85. Immediate treatment provided to an athlete upon a sports injury is
    (a) Short wave diathermy
    (b) Cryotherapy
    (c) Contrast bath
    (d) Whirlpool
    Answer: (b)

86. Jogging, swimming and cycling are a parts of
    (a) Continuous training
    (b) Weight training
    (c) Interval training
    (d) Fartlek training
    Answer: (a)

87. 'Michael Ferriera' is associated with the game of
    (a) Chess
    (b) Billiards
    (c) Golf
    (d) Equestrian
    Answer: (b)

88. Lung capacity usually measured by
    (a) Bairometer
    (b) Thermometer
    (c) Spirometer
    (d) Animometer
    Answer: (c)

89. Who was the first athlete to be awarded Padmashree ?
    (a) P. T. Usha
    (b) G. S. Randhawa
    (c) V. S. Chauhan
    (d) Milkha Singh
    Answer: (d)

90. Which of the following is secondary source ?
    (a) Pictorial records
    (b) Mechanical records
    (c) Personal records
    (d) Text books
    Answer: (d)

91. Which of the following movement can not be performed by elbow joint ?
    (a) Flexion
    (b) Extension
    (c) Rotation
    (d) Pronation
    Answer: (c)

92. “Ergograph” measures
    (a) Muscular strength
    (b) Muscular endurance
    (c) Muscle length
    (d) Muscle size
    Answer: —

93. Who among the following gave the Olympic ‘Motto’ ?
    (a) Hitter
    (b) Coubertin
    (c) Henry Didion
    (d) Socrates
    Answer: (c)

94. In sports Ergogenic aids help to
I. Increase strength and endurance
II. Increase concentration
III. Increase pain
IV. Early onset of fatigue
Codes :

(a) I and II are correct
(b) II and III are correct
(c) I and IV are correct
(d) III and IV are correct

Answer: (a)

95. Who was the first woman player to receive 'Arjuna Award' ?

(a) M. D'souza
(b) K. Sandhu
(c) M. Shah
(d) S. D'souza

Answer: (c)

96. 'Smashing' in volleyball is also known as

(a) Lifting
(b) Spiking
(c) Service
(d) Blocking

Answer: (b)

97. Learning from one situation to another is

(a) Learning curve
(b) Negative learning
(c) Transfer of learning
(d) Plateau

Answer: (c)

98. An ectomorph individual has a

(a) Thin and slender frame
(b) Bulky and stocky body
(c) Muscular and athletic frame
(d) Body's beautiful image

Answer: (a)

99. Exercise related stress fractures occur in bones
(a) Below the knee
(b) In the spinal column
(c) Above the neck
(d) In the arm
Answer: (a)

100. With which game 'Bully' is associated ?
(a) Cricket
(b) Football
(c) Golf
(d) Hockey
Answer: (d)

101. In sprinting races, which is not the important factor ?
(a) Leg power
(b) Muscular endurance
(c) Leg length
(d) Type of muscle fibre
Answer: (b)

102. Which of the following is not the spinal injury ?
(a) Abrasion
(b) Fracture
(c) Dislocation
(d) Slip disc
Answer: (a)

103. Which of the following events is not included in heptathlon ?
(a) High jump
(b) 100 m sprint
(c) Javelin throw
(d) Discus throw
Answer: —

104. The award given for outstanding performance in sports is
(a) Bharat Ratna
(b) Padma Shri Award
(c) Arjuna Award
(d) Dronacharya Award
Answer: (c)

105. How many Gold medals has won by India in Commonwealth Game 2018 ?

(a) 25
(b) 26
(c) 23
(d) 20

Answer: (b)

106. Insulin is secreted by

(a) Liver
(b) Pituitary
(c) Pancreas
(d) Thyroid

Answer: (c)

107. Match List – I with List – II using the codes given below.
List – I : a. Javelin throw, b. Instep kick, c. Marching, d. Classroom teaching
List – II : 1. Demonstration method, 2. Sequential part method, 3. Oral method, 4. Whole-part-whole method
Codes : (a b c d)

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

Answer: (d)

108. When was the First International Yoga Day celebrated ?

(a) 21 June 2015
(b) 21 June 2016
(c) 23 July 2015
(d) 25 July 2016

Answer: (a)

109. National game of India is

(a) Cricket
(b) Football
(c) Kabaddi
(d) Hockey

Answer: (d)

110. 'Meena Shah' is associated with the game of

(a) Swimming
(b) Judo
(c) Table-tennis
(d) Badminton

Answer: (d)

111. Which of the following is considered as genetic endowment ?
(a) Endurance
(b) Flexibility
(c) Speed
(d) Strength
Answer: (c)

112. 'Neck joint' is an example of
(a) Hinge joint
(b) Gliding joint
(c) Pivot joint
(d) Ball and socket joint
Answer: (c)

113. Father of Naturalism is
(a) Plato
(b) John Dewey
(c) Aristotle
(d) Rousseau
Answer: (d)

114. The best method of sports administration is
(a) Autocratic
(b) Democratic
(c) Dictatorial
(d) Laissez faire
Answer: (b)

115. Internship programme of teacher education provides
(a) Content courses
(b) Practical courses
(c) Complete school environment
(d) Research courses
Answer: (c)

116. Which of the following drugs is not banned by the International Olympic Committee ?
(a) Cocaine
(b) Marijuana
(c) Alcohol
(d) Ephidrine
Answer: (c)

117. Newton's second law of motion is

(a) Law of inertia

(b) Law of counter force

(c) Law of acceleration

(d) Law of gravitation

Answer: (c)

118. During muscle contraction if there is no change in the size of muscles, this contraction is called

(a) Iso-tonic

(b) Iso-metric

(c) Iso-kinetic

(d) Kinetic

Answer: (b)

119. Who was the first Physical Educationist got Dronacharya Award ?

(a) Prof. Ajmer Singh

(b) Prof. Robson

(c) Prof. A. K. Uppal

(d) Prof. Karn Singh

Answer: (d)

120. Bonus point comes into effect only when there a _____ defenders on the Kabaddi mat/ ground.

(a) 5 defenders

(b) 4 defenders

(c) 6 defenders or more

(d) 3 defenders

Answer: (c)

121. How many total match will be played in League Tournament when teams are ten (10) ?

(a) 45

(b) 44

(c) 46

(d) 47

Answer: (a)

122. How many Byes will be given in lower half when teams are 11 (eleven) in Knockout Tournament ?

(a) 2

(b) 3

(c) 1

(d) 4

Answer: (b)

123. McDonalds soccer test involves

(a) Volleying the soccer ball against a backboard

(b) Volleying the soccer ball and also kicking a soccer ball for a distance

(c) Volleying the soccer ball, kicking a soccer ball for a distance and dribble for speed

(d) Kicking a soccer ball for a distance and dribble for speed

Answer: (a)

124. For men 110 m hurdle race, the height of the hurdle is

(a) 0.840 m

(b) 0.920 m

(c) 1.067 m

(d) 1.11 m

Answer: (c)

125. In soccer the penalty kick spot is marked at a distance of

(a) 12 yards

(b) 8 yards

(c) 10 yards

(d) 16 yards

Answer: (a)

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