

PREVIOUS YEAR PAPER

UP TGT 2021 — Physical Education (Series A)

UP TGT · August 2021

125 questions · +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 August 2021. Each question is followed by its answer, and the answer key is repeated on the last page.

Take it as a timed practice test: exambharo.com/up-tgt/previous-year-papers/up-tgt-2021-physical-education-series-a/

Physical Education

1. For 'Long Jump' velocity of wind is measured for the duration of

- (a) 10 sec.
- (b) 5 sec.
- (c) 15 sec.
- (d) 20 sec.

Answer: (b)

2. Which of the following is called "Power House" of muscle cell ?

- (a) Mitochondria
- (b) Cytoplasm
- (c) Protoplasm
- (d) Nucleus

Answer: (a)

3. Explosive strength is associated with

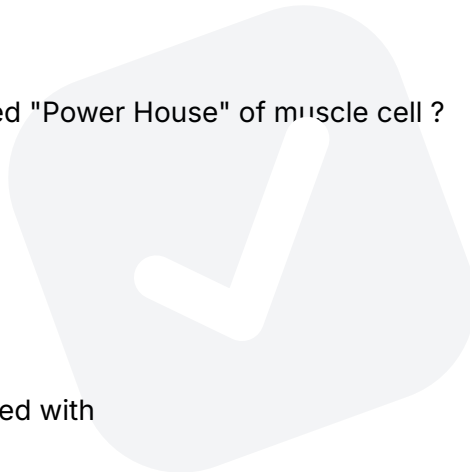
- (a) Resistance with speed
- (b) Speed against the resistance
- (c) Maximum resistance
- (d) Speed play

Answer: (b)

4. Increase in the thickness of muscle fiber is called

- (a) Inflation
- (b) Hypertrophy
- (c) Hypoxia
- (d) Endomorphy

Answer: (b)



5. Who was the First Principal of Y. M. C. A. College of Physical Education ?

- (a) G. D. Sondhi
- (b) H. C. Buck
- (c) B. P. Coubertain
- (d) C. A. John

Answer: (b)

6. The winner of 2020 French open

- (a) Roger Federer
- (b) Rafael Nadal
- (c) Novak Djokovic
- (d) Nadal Michal

Answer: (b)

7. Who was the promoter of "Surplus Energy Theory" of play ?

- (a) Carl Groos
- (b) G. Stanley Hall
- (c) Mc. Donald
- (d) V. Shiller and H. Spencer

Answer: (d)

8. What is the most effective method for encouraging of learning ?

- (a) Demonstration method
- (b) Lecture method
- (c) Observation method
- (d) Task method

Answer: (c)

9. Distance of Marathon race is

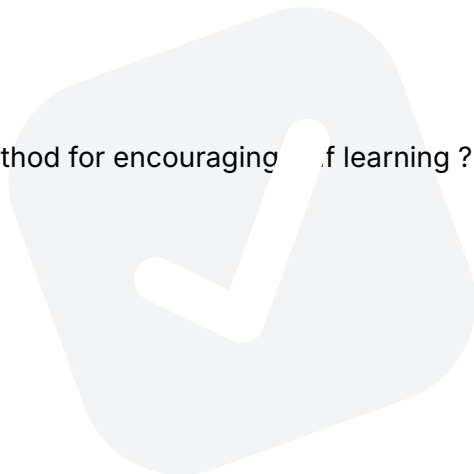
- (a) 43.195 Km
- (b) 42.195 Km
- (c) 41.185 Km
- (d) 40.165 Km

Answer: (b)

10. If the new skill to be learned is different than the already learnt skill, transfer of learning will be

- (a) Positive
- (b) Absolute
- (c) Negative
- (d) Zero

Answer: (d)



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

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

Answer: (c)

12. 'Sit and Reach Test' measures

- (a) Abdominal strength
- (b) Shoulder flexibility
- (c) Hamstring and back flexibility
- (d) Hyperextension of the back

Answer: (c)

13. The P.I.B. (Plastic Indicator Board) is related to

- (a) Shooting
- (b) Shot-put
- (c) Long jump
- (d) Basketball

Answer: (c)

14. What does the abbreviation "HIV" stands for ?

- (a) Human Immune Direct Virus
- (b) Human Immunodeficiency Virus
- (c) Human Immunotransmission Virus
- (d) Human Immuno Virus

Answer: (b)

15. Which of the following bind the muscle to the bone ?

- (a) Muscle fiber
- (b) Nerve
- (c) Tendon
- (d) Filament

Answer: (c)

16. The Olympic Flag was first hoisted in

- (a) Antwerp (1920)
- (b) Berlin (1916)
- (c) Paris (1924)
- (d) London (1908)

Answer: (a)

17. 'Radha Mohan Cup' is associated with

- (a) Football
- (b) Horse Race
- (c) Polo
- (d) Weightlifting

Answer: (c)

18. Which is the formula to calculate stagger distance of a lane ?

- (a) $w(n - 1) - .10 \times \pi$
- (b) $w(n - 1) - .10 \times 2\pi$
- (c) $w(n - 1) - .10$
- (d) $w(n) - .10$

Answer: (b)

19. 'Parietal bone' is situated in

- (a) Skull
- (b) Vertebral Column
- (c) Foot
- (d) Hand

Answer: (a)

20. The first Indian woman Gymnast to take part in Olympic Games

- (a) Kalpana Chawla
- (b) Anju Bobby George
- (c) P. T. Usha
- (d) Deepa Karmakar

Answer: (d)

21. Which one of the following is not a type of tournament ?

- (a) Elimination
- (b) Round Robin
- (c) Anticipatory
- (d) Bagnall-wild

Answer: (c)

22. Where is the Headquarter of International Olympic Committee located ?

- (a) Beijing
- (b) London
- (c) Switzerland
- (d) Germany

Answer: (c)

23. Which country postponed the organisation of Olympic Games due to Corona (Covid-19) ?

- (a) Japan
- (b) China
- (c) England
- (d) Korea

Answer: (a)

24. Pyramid tournament falls in the category of

- (a) Knock-out
- (b) League
- (c) Combination
- (d) Challenge

Answer: (d)

25. 'Trial and Error Theory' was proposed by

- (a) Newton
- (b) Pavlov
- (c) Thorndike
- (d) Homer

Answer: (c)

26. What is the width of lines in athletics track events

- (a) 5 cm
- (b) 5.1 cm
- (c) 5.2 cm
- (d) 5.3 cm

Answer: (a)

27. The ability to achieve maximum speed from stationary position is called

- (a) Reaction ability
- (b) Movement ability
- (c) Acceleration ability
- (d) Locomotor ability

Answer: (c)

28. Which Indian was the first to win World title in Badminton ?

- (a) Prakash Padukon
- (b) Syed Modi
- (c) Aparna Popat
- (d) P. Gopichand

Answer: (a)

29. How many officials are required for a volleyball match during Asian games ?

- (a) 4
- (b) 3
- (c) 8
- (d) 10

Answer: (c)

30. Longest muscle in human body is

- (a) Biceps
- (b) Sartorius
- (c) Triceps
- (d) Rectus femoris

Answer: (b)

31. Which of the following is not related to football ?

- (a) Penalty area
- (b) Umpire
- (c) Trapping
- (d) Off side

Answer: (b)

32. Which of the following is called the "Master Gland" ?

- (a) Pituitary gland
- (b) Hypothalamus gland
- (c) Thyroid gland
- (d) All of the above

Answer: (a)

33. Height of hurdles in 110 m. Hurdle race is

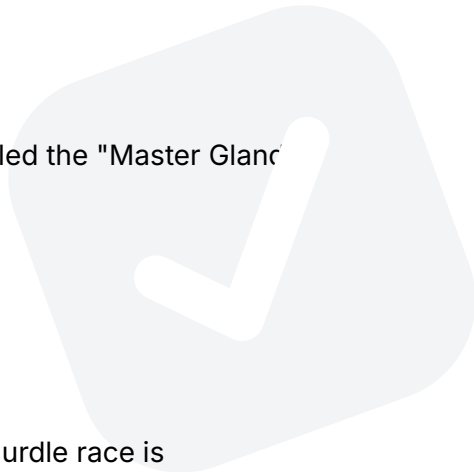
- (a) 1.07 m.
- (b) 0.914 m.
- (c) 0.840 m.
- (d) 1.00 m.

Answer: (a)

34. Which one is not a kind of Nervous System ?

- (a) Sensory
- (b) Central
- (c) Peripheral
- (d) Autonomic

Answer: (a)



35. Anatomy deals with the study of
- (a) Functions of human body
 - (b) Human nature
 - (c) Structure of human body
 - (d) Functions of human body parts

Answer: (c)

36. 'Interval Training Method' was developed by
- (a) W. Gerschler
 - (b) E. V. Aaken
 - (c) R. E. Morgan
 - (d) G. D. Admason

Answer: (a)

37. 'Kyphosis' is also called
- (a) Hollow back
 - (b) Round back
 - (c) Lateral back
 - (d) Back curve

Answer: (b)

38. Which of the following is not matched correctly ?
- (a) Beckham – Football
 - (b) Serena Williams – Tennis
 - (c) Dipika Patkja – Badminton
 - (d) Sania Mirza – Tennis

Answer: (c)

39. The word "Percussion" is associated with
- (a) Wrestling
 - (b) Judo
 - (c) Swimming
 - (d) Massage

Answer: (d)

40. Who said 'Sound mind in a Sound Body' ?
- (a) Descartes
 - (b) Rousseau
 - (c) Aristotle
 - (d) Plato

Answer: (c)

41. 'French short service test' is for the game of

- (a) Volleyball
- (b) Tennis
- (c) Badminton
- (d) Table-Tennis

Answer: (c)

42. The ability to adjust the movement effectively on the basis of changing situation is called

- (a) Adaptation ability
- (b) Coupling ability
- (c) Rhythm ability
- (d) Differentiation ability

Answer: (a)

43. Which disease is transmitted from infected mammals to man ?

- (a) Rabies
- (b) Malaria
- (c) Chickenpox
- (d) AIDS

Answer: (a)

44. How many times has India won Hockey Gold Medal in Olympics ?

- (a) 7 times
- (b) 8 times
- (c) 6 times
- (d) 4 times

Answer: (b)

45. 'Rangaswami Cup' is associated with the game of

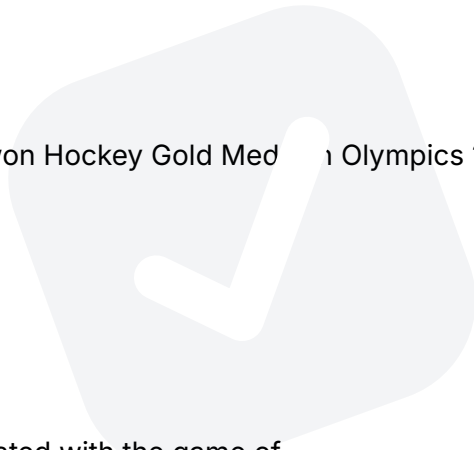
- (a) Hockey
- (b) Judo
- (c) Wrestling
- (d) Kho-Kho

Answer: (a)

46. 'Release and reverse' techniques are related to

- (a) Swimming
- (b) Shot-put
- (c) Baseball
- (d) Javelin

Answer: (b)



47. Study of 'joints' is called

- (a) Kinesiology
- (b) Biology
- (c) Anthropology
- (d) Arthrology

Answer: (d)

48. The angle of sector for Discus throw is

- (a) 40°
- (b) 45°
- (c) 34.92°
- (d) 35.50°

Answer: (c)

49. The ability of a muscle to contract forcefully in a quickest possible time is called

- (a) Strength
- (b) Power
- (c) Speed
- (d) Agility

Answer: (b)

50. Arrange the following factors that determine flight distance in the long jump in descending order :

1. Air resistance
2. Take-off velocity
3. Take-off height
4. Take-off angle

Codes :

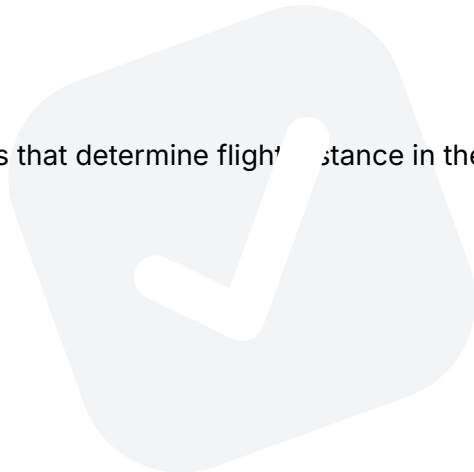
- (a) 4, 1, 2, 3
- (b) 4, 2, 3, 1
- (c) 2, 1, 3, 4
- (d) 2, 4, 3, 1

Answer: —

51. Which one is not a Endocrine gland ?

- (a) Pituitary
- (b) Peripheral
- (c) Adrenal
- (d) Pancreas

Answer: (b)



52. Osteology is the study of

- (a) Muscles
- (b) Bones
- (c) Joints
- (d) Nerves

Answer: (b)

53. In which year did India organise Asian Games in Second time ?

- (a) 1951
- (b) 2010
- (c) 1984
- (d) 1982

Answer: (d)

54. 'Reflex action' is controlled by

- (a) Cerebrum
- (b) Spinal cord
- (c) Cerebellum
- (d) Medulla oblongata

Answer: (b)

55. Which of the following is not a source of proteins

- (a) Egg
- (b) Meat
- (c) Edible oil
- (d) Milk

Answer: (c)

56. Goniometer measures

- (a) Strength
- (b) Endurance
- (c) Power
- (d) Flexibility

Answer: (d)

57. Which of the following is not the category of 'Crouch Start' ?

- (a) Short start
- (b) Medium start
- (c) Elongated start
- (d) Bunch start

Answer: (a)



58. Which of the following minerals are useful for bones and teeth ?

- (a) Calcium and phosphorus
- (b) Potassium and calcium
- (c) Sulphur and iron
- (d) Phosphorus and iron

Answer: (a)

59. How many match will be played when teams are 30 in knock out tournament ?

- (a) 28
- (b) 27
- (c) 29
- (d) 30

Answer: (c)

60. Which of the following Award is given by U. P. Government to sports person ?

- (a) Yash Bharatiya Award
- (b) Arjun Award
- (c) Laxman Award
- (d) Khel Ratna Award

Answer: (c)

61. 'Finish grip' is related to

- (a) Golf stick
- (b) Cricket bat
- (c) Hockey
- (d) Javelin

Answer: (d)

62. Individual differences are due to

- (a) Environmental impact
- (b) Heredity impact
- (c) Heredity and Environmental impact
- (d) None of the above

Answer: (c)

63. Which one is not a method of drawing fixture ?

- (a) Cyclic method
- (b) Tabular method
- (c) Circular method
- (d) Stair case method

Answer: (c)



64. The energy value of food is measured in the Unit of

- (a) Gram
- (b) Watt
- (c) Calories
- (d) Ampere

Answer: (c)

65. Which Asana from the following is performed in sitting position ?

- (a) Chakrasana
- (b) Ardha-Matsyendrasana
- (c) Mayurasana
- (d) Trikonasana

Answer: (b)

66. Which one of the following is not a theory of play ?

- (a) Psycho-analytic theory
- (b) Psycho-physical theory
- (c) Social-contact theory
- (d) Cathartic theory

Answer: (b)

67. 'Dead ball' is associated with

- (a) Softball
- (b) Basketball
- (c) Hockey
- (d) Cricket

Answer: (d)

68. 'Transition period' aims at

- (a) Stabilization of performance
- (b) Super compensation
- (c) Recreation
- (d) Recovery

Answer: (d)

69. Which one is not a technique of finish the race ?

- (a) Run through
- (b) Lung
- (c) Shoulder shrug
- (d) Torso finish

Answer: (d)



70. During the conduct of a penalty stroke in Hockey, the umpire takes position over

- (a) Centre line
- (b) 25 yard line
- (c) Striking circle
- (d) Goal line

Answer: —

71. AAHPERD youths fitness test is for measuring

- (a) General motor ability
- (b) Motor fitness
- (c) Motor educability
- (d) All of the above

Answer: (b)

72. 'Lady Ratan Tata Trophy' is associated with the game of

- (a) Football
- (b) Basketball
- (c) Hockey
- (d) Badminton

Answer: (c)

73. Which one of the following is not a component of health related physical fitness ?

- (a) Strength
- (b) Flexibility
- (c) Speed
- (d) Endurance

Answer: (c)

74. Devis Cup is related to which game ?

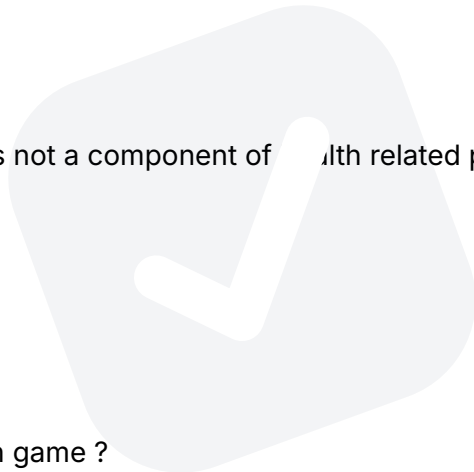
- (a) Badminton
- (b) Football
- (c) Basketball
- (d) Tennis

Answer: (d)

75. Which one is not the principle of sports training ?

- (a) Principle of overload
- (b) Principle of individuality
- (c) Principle of stop and go
- (d) Principle of specificity

Answer: (c)



76. 1. Optimum acceleration
2. Greater speed
3. Parallelogram of vectors
4. More optimum angle
5. A greater height of release

Codes :

- (a) (2), (4), (5)
- (b) (1), (3), (4)
- (c) (1), (3), (5)
- (d) (2), (3), (4)

Answer: (a)

77. Which of the following instrument measure 'Height' ?

- (a) Spirometer
- (b) Dynamometer
- (c) Stadiometer
- (d) Scoliometer

Answer: (c)

78. 'Speed' is indicated in

- (a) Kilometer/second
- (b) Centimeter/hour
- (c) Newton
- (d) Kilometer/hour

Answer: (d)

79. Which one is not a part of brain ?

- (a) Android
- (b) Cerebellum
- (c) Thalamus
- (d) Cerebrum

Answer: (a)

80. Which of the following is not a cognitive disability ?

- (a) Dyslexia
- (b) Hyperactivity
- (c) Memory disorder
- (d) Sensory impairment

Answer: —



81. The weight of men's Javelin is

- (a) 600 gm
- (b) 800 gm
- (c) 900 gm
- (d) 700 gm

Answer: (b)

82. The 'motto' of Asian Games is

- (a) Fast forward
- (b) Ever onward
- (c) Ever forward
- (d) Forward and forward

Answer: (b)

83. How many hurdles are required to be crossed by an Athlete in 400 m. Hurdle Race ?

- (a) 8
- (b) 10
- (c) 12
- (d) 20

Answer: (b)

84. In which game 'Antenna' is used ?

- (a) Basketball
- (b) Cricket
- (c) Rugby
- (d) Volleyball

Answer: (d)

85. Rehabilitation in sports is done using

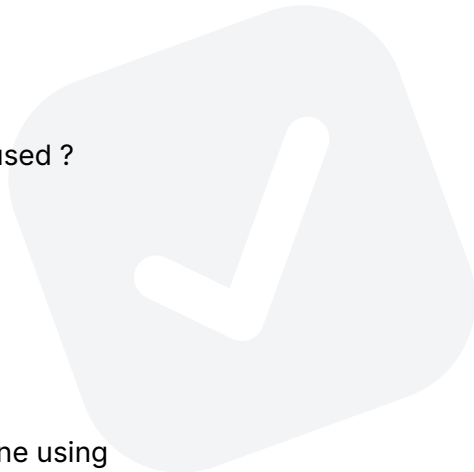
- (a) Hydrotherapy
- (b) Corrective exercises
- (c) Cryotherapy
- (d) Spinotherapy

Answer: (b)

86. Which one is not the part of small intestine ?

- (a) Duodenum
- (b) Jejunum
- (c) Ileum
- (d) Graneum

Answer: (d)



87. Which of the following is not related to field Hockey ?

- (a) Bully
- (b) Off-side
- (c) Free hit
- (d) Penalty corner

Answer: (b)

88. The Scapula bone is situated in

- (a) Leg
- (b) Hip
- (c) Upper back
- (d) Arm

Answer: (c)

89. Dynamic strength is also called

- (a) Isometric strength
- (b) Isotonic strength
- (c) Isokinetic strength
- (d) Absolute strength

Answer: (b)

90. 'Sergent Jump' measures

- (a) Explosive leg strength
- (b) Agility
- (c) Explosive arm strength
- (d) Flexibility

Answer: (a)

91. 'Uber Cup' is associated with

- (a) Table Tennis (Men)
- (b) Table Tennis (Women)
- (c) Badminton (Men)
- (d) Badminton (Women)

Answer: (d)

92. In 'flexion of elbow' biceps muscle acts as

- (a) Antagonist
- (b) Agonist
- (c) Stabilizer
- (d) Neutralizer

Answer: (b)



93. In which country did the game of Volleyball originate ?

- (a) U.S.A.
- (b) Japan
- (c) Russia
- (d) Australia

Answer: (a)

94. Match the terms of 'Food Source' with that of list 'Nutrient' and select the correct option using the codes given below :

Food Source — Nutrient

- a. Milk, cheese, yogurt — 1. Carbohydrates
- b. Meat, egg, fish — 2. Calcium
- c. Vegetable group — 3. Protein
- d. Bread, rice, cereal — 4. Vitamins

Codes : a b c d

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

Answer: (b)

95. Which of the following is called 'building block' of life ?

- (a) Genes
- (b) Cell
- (c) Muscle fiber
- (d) Chromosomes

Answer: (b)

96. How many hurdles are to be crossed in 3000 m. steeple chase race ?

- (a) 7 + 7
- (b) 14 + 7
- (c) 28 + 7
- (d) 10 + 7

Answer: (c)

97. In which country the first football World Cup was played ?

- (a) America
- (b) Brazil
- (c) China
- (d) Uruguay

Answer: (d)

98. Which of the following word is associated with the game of Hockey ?

- (a) Bully
- (b) Gully
- (c) Fly ball
- (d) Rolling ball

Answer: (a)

99. Who suggested the body types – Picnik, Athletic and Asthenic ?

- (a) Sheldon
- (b) Kretchmer
- (c) Jung
- (d) Hall

Answer: (b)

100. The final event in 'Decathlon' is always

- (a) Javelin throw
- (b) 1500 meter race
- (c) 110 meter hurdles
- (d) 800 meter race

Answer: (b)

101. Psychology is taught to the student of Physical Education because

- (a) It enhances performance
- (b) It is related to behaviour
- (c) It help in learning
- (d) It motivates athletes

Answer: (b)

102. Which one is not the category of drugs ?

- (a) Narcotics
- (b) Dependents
- (c) Depressants
- (d) Stimulants

Answer: (b)

103. 'Harvard step test' was constructed by

- (a) Harvard
- (b) Thomas Cureton
- (c) Lucien Brouha
- (d) Sergent

Answer: (c)

104. The main function of W. B. C. is to

- (a) Transport substances
- (b) Remove dead cells
- (c) Increase blood circulation
- (d) Fight against bacteria

Answer: (d)

105. The term "Fusiform" is related to

- (a) Skeletal muscle
- (b) Heart muscle
- (c) Smooth muscle
- (d) None of the above

Answer: (a)

106. Dr. B. C. Roy Trophy is associated with

- (a) Hockey
- (b) Badminton
- (c) Cricket
- (d) Football

Answer: (d)

107. Fundamental skill "Instep Kick" is associated with

- (a) Swimming
- (b) Football
- (c) Taekwondo
- (d) Kabaddi

Answer: (b)

108. Learning is a process of changing

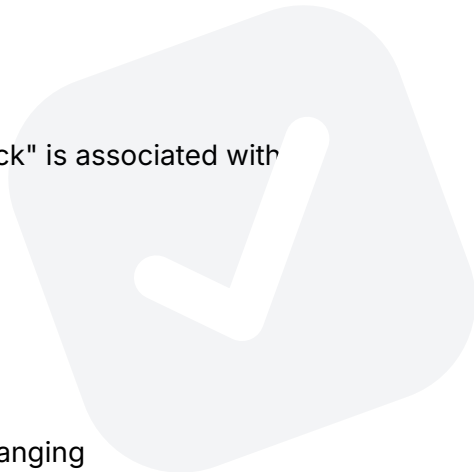
- (a) Knowledge
- (b) Attitude
- (c) Behaviour
- (d) Character

Answer: (c)

109. For what development is interval training used ?

- (a) Flexibility
- (b) Agility
- (c) Explosive strength
- (d) Endurance

Answer: (d)



110. The height of the blackboard of Hockey goal is

- (a) 12 Inches
- (b) 10 Inches
- (c) 18 Inches
- (d) 24 Inches

Answer: (c)

111. Which of the following is a water soluble vitamin ?

- (a) Vitamin – A
- (b) Vitamin – B
- (c) Vitamin – D
- (d) Vitamin – E

Answer: (b)

112. How many Byes will be given for seven teams playing on single knock out basis competition ?

- (a) Two
- (b) One
- (c) Three
- (d) No bye will be given

Answer: (b)

113. Who supervises the 'take over zone' during relay race ?

- (a) Referee
- (b) Umpire
- (c) Line men
- (d) Judge

Answer: (b)

114. Mental age of an individual is detected by

- (a) Year, month and days
- (b) Through X-ray
- (c) Functional efficiency of organs
- (d) Psychological tests

Answer: (d)

115. Obesity does not cause

- (a) Infertility
- (b) Cancer
- (c) Diabetes
- (d) Ischaemic heart disease

Answer: —

116. In which of the following exercise work done is not considered as work scientifically ?

- (a) Isotonic exercises
- (b) Isometric exercises
- (c) Isokinetic exercises
- (d) Calisthenic exercises

Answer: (b)

117. Pre-competition meal should be high in

- (a) Carbohydrate
- (b) Fat
- (c) Protein
- (d) Fiber

Answer: (a)

118. Which of the following is a disease caused by virus ?

- (a) Cholera
- (b) Tuberculosis
- (c) Leprosy
- (d) Chickenpox

Answer: (d)

119. Which of the following is the richest source of Vitamin 'C' ?

- (a) Banana
- (b) Apple
- (c) Guava
- (d) Tomato

Answer: (c)

120. Which of the following is not a component of AAHPER youth fitness test ?

- (a) Pull-ups
- (b) Sit-ups
- (c) Standing Broad Jump
- (d) German Drill

Answer: (d)

121. 'Pituitary Gland' is found in

- (a) Neck
- (b) Cranial Cavity
- (c) Pelvic Cavity
- (d) Skin

Answer: (b)

122. 'Round Robin' belongs to

- (a) Knock out Tournament
- (b) Double Knock out Tournament
- (c) Ladder Tournament
- (d) League Tournament

Answer: (d)

123. The Sternum is located in

- (a) Foot
- (b) Palm
- (c) Chest
- (d) Skull

Answer: (c)

124. When eight teams are participating in a round-robin tournament, how many rounds will be played ?

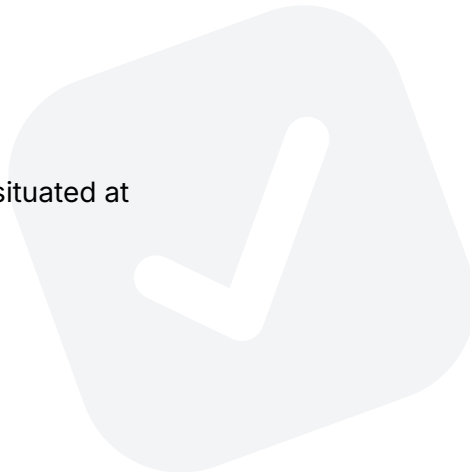
- (a) 28
- (b) 21
- (c) 14
- (d) 7

Answer: (d)

125. 'Gastrocnemius' muscle is situated at

- (a) Shoulder
- (b) Lower leg
- (c) Chest
- (d) Upper back

Answer: (b)



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	(a)	3	(b)	4	(b)	5	(b)	6	(b)	7	(d)	8	(c)
9	(b)	10	(d)	11	(c)	12	(c)	13	(c)	14	(b)	15	(c)	16	(a)
17	(c)	18	(b)	19	(a)	20	(d)	21	(c)	22	(c)	23	(a)	24	(d)
25	(c)	26	(a)	27	(c)	28	(a)	29	(c)	30	(b)	31	(b)	32	(a)
33	(a)	34	(a)	35	(c)	36	(a)	37	(b)	38	(c)	39	(d)	40	(c)
41	(c)	42	(a)	43	(a)	44	(b)	45	(a)	46	(b)	47	(d)	48	(c)
49	(b)	50	—	51	(b)	52	(b)	53	(d)	54	(b)	55	(c)	56	(d)
57	(a)	58	(a)	59	(c)	60	(c)	61	(d)	62	(c)	63	(c)	64	(c)
65	(b)	66	(b)	67	(d)	68	(d)	69	(d)	70	—	71	(b)	72	(c)
73	(c)	74	(d)	75	(c)	76	(a)	77	(c)	78	(d)	79	(a)	80	—
81	(b)	82	(b)	83	(b)	84	(d)	85	(b)	86	(d)	87	(b)	88	(c)
89	(b)	90	(a)	91	(d)	92	(b)	93	(a)	94	(b)	95	(b)	96	(c)
97	(d)	98	(a)	99	(b)	100	(b)	101	(b)	102	(b)	103	(c)	104	(d)
105	(a)	106	(d)	107	(b)	108	(c)	109	(d)	110	(c)	111	(b)	112	(b)
113	(b)	114	(d)	115	—	116	(b)	117	(a)	118	(d)	119	(c)	120	(d)
121	(b)	122	(d)	123	(c)	124	(d)	125	(b)						