

SUBJECT CODE	SUBJECT	PAPER																
A-17-02	PHYSICAL EDUCATION	II																
HALL TICKET NUMBER		QUESTION BOOKLET NUMBER																
<table border="1"> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>										<table border="1"> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>								
OMR SHEET NUMBER																		
<table border="1"> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>																		
DURATION	MAXIMUM MARKS	NUMBER OF PAGES	NUMBER OF QUESTIONS															
1 HOUR 15 MINUTES	100	16	50															

This is to certify that, the entries made in the above portion are correctly written and verified.

Candidate's Signature

Name and Signature of Invigilator

Instructions for the Candidates

- Write your Hall Ticket Number in the space provided on the top of this page.
- This paper consists of fifty multiple-choice type of questions.
- At the commencement of examination, the question booklet will be given to you. In the first 5 minutes, you are requested to **open the booklet and compulsorily examine it as below** :
 - To have access to the Question Booklet, tear off the paper seal on the edge of this cover page. Do not accept a booklet without sticker-seal and do not accept an open booklet.
 - Tally the number of pages and number of questions in the booklet with the information printed on the cover page. Faulty booklets due to pages/questions missing or duplicate or not in serial order or any other discrepancy should be got replaced immediately by a correct booklet from the invigilator within the period of 5 minutes. Afterwards, neither the Question Booklet will be replaced nor any extra time will be given.**
 - After this verification is over, the Test Booklet Number should be entered in the OMR Sheet and the OMR Sheet Number should be entered on this Test Booklet.
- Each item has four alternative responses marked (A), (B), (C) and (D). You have to darken the circle as indicated below on the correct response against each item.

Example : (A) (B) (C) (D)

where (C) is the correct response.
- Your responses to the items are to be indicated in the **OMR Answer Sheet given to you**. If you mark at any place other than in the circle in the Answer Sheet, it will not be evaluated.
- Read instructions given inside carefully.
- Rough Work is to be done in the end of this booklet.
- If you write your name or put any mark on any part of the OMR Answer Sheet, except for the space allotted for the relevant entries, which may disclose your identity, you will render yourself liable to disqualification.
- The candidate must handover the OMR Answer Sheet to the invigilators at the end of the examination compulsorily and must not carry it with you outside the Examination Hall.** The candidate is allowed to take away the carbon copy of OMR Sheet and used Question paper booklet at the end of the examination.
- Use only Blue/Black Ball point pen.**
- Use of any calculator or log table etc., is prohibited.**
- There is no negative marks for incorrect answers.**

అభ్యర్థులకు సూచనలు

- ఈ పుట పై భాగంలో ఇవ్వబడిన స్థలంలో మీ హాల్ టికెట్ నంబరు రాయండి.
- ఈ ప్రశ్న పత్రము యాభై బహుళైచ్ఛిక ప్రశ్నలను కలిగి ఉంది.
- సరికొద్ద ప్రారంభమున ఈ ప్రశ్నాపత్రము మీకు ఇవ్వబడుతుంది. మొదటి ఐదు నిమిషములలో ఈ ప్రశ్నాపత్రమును తెరిచి కింద తెలిపిన అంశాలను తప్పనిసరిగా **సరిచూసుకోండి.**
 - ఈ ప్రశ్న పత్రమును చూడడానికి కవర్ పేజీ అంచున ఉన్న కాగితపు సీలును చించండి. స్టికర్ సీలులేని మరియు ఇదివరకే తెరిచి ఉన్న ప్రశ్నాపత్రమును మీరు అంగీకరించవద్దు.
 - కవరు పేజీ పై ముద్రించిన సమాచారం ప్రకారం ఈ ప్రశ్నపత్రములోని పేజీల సంఖ్యను మరియు ప్రశ్నల సంఖ్యను సరిచూసుకోండి. పేజీల సంఖ్యకు సంబంధించి గానీ లేదా సూచించిన సంఖ్యలో ప్రశ్నలు లేకపోవుట లేదా నిజప్రతి కాకపోవుట లేదా ప్రశ్నలు క్రమపద్ధతిలో లేకపోవుట లేదా ఏదైనా తేడాలుండుట వంటి దోషపూరితమైన ప్రశ్న పత్రాన్ని చూచిన మొదటి ఐదు నిమిషాల్లో పరీక్షా పర్యవేక్షకునికి తిరిగి ఇచ్చివేసి దానికి బదులుగా సరిగ్గా ఉన్న ప్రశ్నపత్రాన్ని తీసుకోండి. తదనంతరం ప్రశ్నపత్రము మార్చబడదు అదనపు సమయం ఇవ్వబడదు.
 - పై విధంగా సరిచూసుకొన్న తర్వాత ప్రశ్నాపత్రం సంఖ్యను OMR పత్రము పై అధివిధంగా OMR పత్రము సంఖ్యను ఈ ప్రశ్నాపత్రము పై నిర్దిష్టస్థలంలో రాయవలెను.
- ప్రతి ప్రశ్నకు నాలుగు ప్రత్యామ్నాయ ప్రతిస్పందనలు (A), (B), (C) మరియు (D) లుగా ఇవ్వబడ్డాయి. ప్రతి ప్రశ్నకు సరైన ప్రతిస్పందనను ఎన్నుకొని కింద తెలిపిన విధంగా OMR పత్రములో ప్రతి ప్రశ్నా సంఖ్యకు ఇవ్వబడిన నాలుగు వృత్తాల్లో సరైన ప్రతిస్పందనను సూచించే వృత్తాన్ని బాల్ పాయింట్ పెన్ తో కింద తెలిపిన విధంగా పూరించాలి.

ఉదాహరణ : (A) (B) (C) (D)

(C) సరైన ప్రతిస్పందన అయితే
- ప్రశ్నలకు ప్రతిస్పందనలను ఈ ప్రశ్నపత్రముతో ఇవ్వబడిన OMR పత్రము పైన ఇవ్వబడిన వృత్తాల్లోనే పూరించి గుర్తించాలి. అలాకాక సమాధాన పత్రంపై వేరొక చోట గుర్తిస్తే మీ ప్రతిస్పందన మూల్యాంకనం చేయబడదు.
- ప్రశ్న పత్రము లోపల ఇచ్చిన సూచనలను జాగ్రత్తగా చదవండి.
- చిత్తుపనిని ప్రశ్నపత్రము చివర ఇచ్చిన ఖాళీస్థలములో చేయాలి.
- OMR పత్రము పై నిర్దేశ స్థలంలో సూచించవలసిన వివరాలు తప్పించి ఇతర స్థలంలో మీ గుర్తింపును తెలిపే విధంగా మీ పేరు రాయడం గానీ లేదా ఇతర చిహ్నాలను పెట్టడం గానీ చేసినట్లయితే మీ అనర్హతకు మీరే బాధ్యులవుతారు.
- సరికొద్ద పూర్తయిన తర్వాత మీ OMR పత్రాన్ని తప్పనిసరిగా సరికొద్ద పర్యవేక్షకుడికి ఇవ్వాలి. నాలుగే సరికొద్ద గది బయటకు తీసుకువెళ్ళకూడదు. సరికొద్ద పూర్తయిన తరువాత అభ్యర్థులు ప్రశ్న పత్రాన్ని, OMR పత్రం యొక్క, కార్బన్ కాపీని తీసుకువెళ్ళవచ్చు.
- నీలి/నల్ల రంగు బాల్ పాయింట్ పెన్ మాత్రమే ఉపయోగించాలి.
- లాగిథిమ్ టేబుల్స్, క్యాలిక్యులేటర్లు, ఎలక్ట్రానిక్ పరికరాలు మొదలగునవి పరీక్షగదిలో ఉపయోగించడం నిషిద్ధం.
- తప్పని సమాధానాలకు మార్కుల తగ్గింపు లేదు.



DO NOT WRITE HERE



PHYSICAL EDUCATION
Paper – II

1. Thyroid hormone primarily stored in
 - (A) Extracellular fluid
 - (B) Plasma
 - (C) Follicular cells
 - (D) Interstitial fluid

2. What was Plastana famous for in the Ancient Greece ?
 - (A) Wrestling school
 - (B) Music school
 - (C) Stadium
 - (D) Swimming pool

3. "Campus maritius" in the Ancient Rome was
 - (A) Place for grammar
 - (B) Military ground
 - (C) Place for bathing
 - (D) Place for Combatic fight

4. Amount of blood pumped out from the left ventricle per minute equal to
 - (A) Stroke volume
 - (B) Stroke volume \times Heart rate
 - (C) Heart rate
 - (D) End diastolic volume \times Blood pressure

5. Hyponatremia means
 - (A) Low potassium
 - (B) Anemia
 - (C) Low sodium
 - (D) Low nitrogen

6. The foundation of any organisation rests on
 - (A) Individual with good credentials
 - (B) Competent leaders
 - (C) Values that are known to everyone
 - (D) Objectives to be achieved

7. To verify the genuinity of a manuscript the researcher goes through a process of
 - (A) Scientific inquiry
 - (B) Internal criticism
 - (C) Interview
 - (D) External criticism



8. Priority of a sound physical education teacher is

- (A) Reputation of the institution
- (B) Health, wellbeing and safety of students
- (C) Sports performance of students
- (D) Pleasure of student participation

9. Sports training is the basic form of preparation of sportsmen is said by Matwejew in the year

- (A) 1991
- (B) 1981
- (C) 1961
- (D) 1951

10. Doping classes as per IOC Medical Commission includes

- I. Blood doping
- II. Stimulants
- III. Alcohol
- IV. Diuretics

Find the correct combination

- (A) I and II are correct
- (B) II and III are correct
- (C) II, III and IV are correct
- (D) II and IV are correct

11. Classification of levers is made based on the arrangement of

- I. Fulcrum
- II. Force arm
- III. Force
- IV. Resistance

Find the correct combination

- (A) I, II and IV are correct
- (B) II, III and IV are correct
- (C) I, III and IV are correct
- (D) I, II and III are correct

12. Elect the appropriate traditional schools of philosophy from the following :

- I. Naturalism
- II. Progressivism
- III. Pragmatism
- IV. Realism

Find the correct combination

- (A) I, II and III are correct
- (B) III, II and I are correct
- (C) I, III and II are correct
- (D) III, IV and I are correct



13. Physical Education and Sports Universities

in India are

- I. TNPES University
- II. LNIPE Gwalior
- III. LNUPE Gwalior
- IV. YMCA Madras

Find the correct combination

- (A) I and II are correct
- (B) I and III are correct
- (C) I, II and IV are correct
- (D) I and III are correct

14. Examples of non-probability samples are

- I. Physical Fitness
- II. Intelligence
- III. Height
- IV. Weight

Find the correct combination

- (A) I and II are correct
- (B) I and III are correct
- (C) I and IV are correct
- (D) II and III are correct

15. Test, measurement and evaluation are

used to perform the following factors

- I. Determining status
- II. Making comparison
- III. Making appreciation
- IV. Giving Warning

Find the correct combination

- (A) I and III are correct
- (B) II and III are correct
- (C) I and IV are correct
- (D) I and II are correct

16. Extramural competitions are more

beneficial to

- I. Champions
- II. Beginners
- III. Ordinary performer
- IV. Skilled performer

Find the correct combination

- (A) I and IV are correct
- (B) II and III are correct
- (C) III and II are correct
- (D) II and IV are correct



17. Which of the following foods are rich in carbohydrates ?

- I. Apple
- II. Lemon
- III. Baked potato
- IV. Jackfruit

Find the correct combination

- (A) I, III and IV are correct
- (B) II, III and IV are correct
- (C) I and III are correct
- (D) IV and III are correct

18. **Assertion (A)** : Professionalism in sports is a boon and also a curse to the sporting world.

Reason (R) : Professionalism in sports is one of the major reason for violation of sporting ideals.

Codes :

- (A) (A) is correct but (R) is wrong
- (B) Both (A) and (R) are correct and (R) is the true explanation of (A)
- (C) Both (A) and (R) are correct and (R) is not the true explanation of (A)
- (D) (R) is correct but (A) is wrong

19. **Assertion (A)** : An obese person has BMI more than 30 percent

Reason (R) : BMI indicates the nutritional status of the person.

Codes :

- (A) Both (A) and (R) are correct
- (B) Both (A) and (R) are wrong
- (C) Both (A) and (R) are correct but (R) is not the correct explanation of (A)
- (D) (A) is correct but (R) is wrong

20. **Assertion (A)** : Training load and recovery leads to adaptation in sportsmen.

Reason (R) : Adaptation is a fundamental feature of living organism.

Codes:

- (A) Both (A) and (R) are correct
- (B) (A) is correct but (R) is wrong
- (C) Both (A) and (R) are wrong
- (D) (A) is wrong but (R) is correct



21. Assertion (A) : High altitude training improves mitochondrial number in athletes.

Reason (R) : Increased mitochondrial number reflects on aerobic capacity of athletes.

Codes :

- (A) Both (A) and (R) are correct but (R) is the true explanation of (A)
- (B) (A) is wrong but (R) is correct
- (C) (A) is correct but (R) is wrong
- (D) Both (A) and (R) are wrong

22. Assertion (A) : All the synovial joints are freely movable joints

Reason (R) : Only few synovial joints are multi-axial joints

Codes :

- (A) Both (A) and (R) are correct but (R) is not the true explanation of (A)
- (B) Both (A) and (R) are wrong
- (C) Both (A) and (R) are correct but (R) is the true explanation of (A)
- (D) (A) is wrong but (R) is correct

23. Assertion (A) : The sensory organs provide an index of general health status.

Reason (R) : Colour of the skin is an important index of health.

Codes :

- (A) (A) is correct but (R) is wrong
- (B) (R) is correct but (A) is wrong
- (C) Both (A) and (R) are correct
- (D) Both (A) and (R) are wrong

24. Assertion (A) : Curriculum should contribute to the growth of all aspects of children's personality

Reason (R) : Physical activities makes children's school experience enjoyable and happy

Codes :

- (A) Both (A) and (R) are wrong
- (B) (A) is correct but (R) is wrong
- (C) (A) is wrong but (R) is correct
- (D) Both (A) and (R) are correct but (R) is the true explanation of (A)



25. Assertion (A) : Selection of the research problem itself is a problem to a researcher.

Reason (R) : Selection of the research problem involves certain procedures which are to be followed strictly.

Codes :

- (A) (A) is correct but (R) is wrong
- (B) (A) is wrong but (R) is correct
- (C) Both (A) and (R) are correct
- (D) Both (A) and (R) are wrong

26. Assertion (A) : Politics have become integral part of competitive sports in the world.

Reason (R) : Competitive sports are used at international level to demonstrate national supremacy in ideology and Economic sufficiency.

Codes :

- (A) Both (A) and (R) are correct and (R) is not the correct explanation of (A)
- (B) Both (A) and (R) are correct and (R) is the correct explanation of (A)
- (C) (A) is correct but (R) is wrong
- (D) (A) is wrong but (R) is correct

27. Assertion (A) : The school administration is expected to take proper initiatives for health care management of school children.

Reason (R) : The National Educational Policy (1986) recommended to integrate physical education and sports in learning process of school children.

Codes :

- (A) Both (A) and (R) are correct but (R) is not the correct explanation of (A)
- (B) Both (A) and (R) are correct but (R) is the correct explanation of (A)
- (C) (A) is correct but (R) is wrong
- (D) Both (A) and (R) are wrong

28. Arrange the following events in order of appearance in historical development of sports in India.

- I. Football : Indian super league
- II. Badminton : IBL
- III. Cricket : IPL
- IV. Volleyball : Volleyball league
- V. Kabaddi : Pro-Kabaddi

Codes :

- (A) IV I II III V
- (B) IV II III V I
- (C) III II V I IV
- (D) I II III IV V



29. Arrange the sequence of air passage to the lungs

- I. Larynx
- II. Pharynx
- III. Trachea
- IV. Nasal conchae

Codes :

- (A) IV II I III
- (B) I II III IV
- (C) IV I III II
- (D) II III IV I

30. Which one of the following pair is not correctly matched ?

- (A) Newton's First Law : Law of acceleration
- (B) Newton's Second Law : Law of acceleration
- (C) Newton's First Law : Law of inertia
- (D) Newton's Third Law : Law of Interaction

31. Select the correct sequence of cognitive process.

- (A) Perception, thinking, memorising, sensation
- (B) Sensation, perception, thinking, memorising
- (C) Thinking, memorising, sensation, perception
- (D) Memorising, sensation, perception, thinking

32. Find the correct sequence of chronological years of appearance of the following :

- I. NIS
- II. National Fitness Corp
- III. Rajkumari Amrit Kaur Coaching Scheme
- IV. All India Council of Sports

Codes :

- (A) 1954, 1953, 1961, 1965
- (B) 1953, 1954, 1961, 1965
- (C) 1961, 1965, 1953, 1954
- (D) 1961, 1965, 1954, 1953

33. Which one of the following pair is not correctly matched ?

- (A) Supplementary : Raw data material
- (B) Secondary data : Eye witness
- (C) Critical thinking : Continuum – Philosophical research
- (D) Inductive method : Philosophical research

34. Which of the following pair is not correctly matched ?

- (A) Physical exercises : Principal means of training
- (B) Load intensity : Movement intensity
- (C) Load volume : Movement duration
- (D) Cyclic sports : Boxing



35. Arrange the following types of management in ascending order as per their relative merit.

- I. Traditional management
- II. Democratic management
- III. Laissez Fair management
- IV. Authoritarian management

Codes :

- (A) I II III IV
- (B) IV II III I
- (C) III IV I II
- (D) II III IV I

36. Arrange the following in sequential order of disposal of refuse.

- I. Incineration
- II. Composting
- III. Dumping
- IV. Burial

Codes :

- (A) I II III IV
- (B) IV III II I
- (C) III I II IV
- (D) II IV I III

37. Match the following :

List – I

List – II

- a. Olympic games I. Honour of Apollo
- b. Pythian games II. Honour of God of sea
- c. Nameen games III. Honour of Zeus
- d. Isthmian games IV. Honour of Zeus at Argolis

Code : a b c d

- (A) III I IV II
- (B) II I IV III
- (C) I II III IV
- (D) IV III II I

38. Match the following :

List – I

List – II

- a. Purkinje fibers I. Decreasing Muscle size
- b. Antrophy II. Increasing Muscle size
- c. Hyperplasia III. McDowgal
- d. Alveoli IV. Lungs
- V. Heart

Code : a b c d

- (A) V II III IV
- (B) V I III IV
- (C) IV V III II
- (D) III IV II V



39. Match the following:

- | List – I | List – II |
|---------------------|-----------------------|
| a. Potential energy | I. $W \times h$ |
| b. Force | II. $\frac{1}{2}mv^2$ |
| c. Power | III. $\frac{W}{T}$ |
| d. Torque | IV. $m \times a$ |
| | V. $F \times D$ |

- Code :**
- | | a | b | c | d |
|-----|----------|----------|----------|----------|
| (A) | I | IV | III | V |
| (B) | V | III | IV | I |
| (C) | I | II | III | IV |
| (D) | III | I | V | II |

40. Match the following:

- | List – I | List – II |
|-----------------|-------------|
| a. Metaphysics | I. Truth |
| b. Epistemology | II. Reality |
| c. Axiology | III. Moral |
| d. Ethics | IV. Values |
| | V. Faith |

- Code :**
- | | a | b | c | d |
|-----|----------|----------|----------|----------|
| (A) | I | II | III | V |
| (B) | V | IV | II | I |
| (C) | II | I | IV | III |
| (D) | II | III | I | IV |

41. Match the following:

- | List – I | List – II |
|--|----------------------------------|
| a. Curriculum to be responsible to | I. Students only |
| b. The activity with maximum competitive element | II. Social technological changes |
| c. National Fitness Corps Syllabus was modified to | III. Professionals only |
| d. Codes are especially valuable to | IV. Small Chasing game |
| | V. Higher Secondary Schools |

- Code :**
- | | a | b | c | d |
|-----|----------|----------|----------|----------|
| (A) | I | II | III | IV |
| (B) | I | II | III | V |
| (C) | V | III | II | I |
| (D) | II | IV | V | III |

42. Match vitamins and recommended intake for athletes

- | List – I | List – II |
|----------------------------|-------------------------|
| a. B ₁₂ Vitamin | I. 800 g/day |
| b. C Vitamin | II. 5 to 15 mcg/day |
| c. A Vitamin | III. 700 to 900 mcg/day |
| d. D Vitamin | IV. 200 mg/day |
| | V. 2-4 to 2-5 mcg/day |

- Code :**
- | | a | b | c | d |
|-----|----------|----------|----------|----------|
| (A) | II | III | IV | V |
| (B) | V | II | III | IV |
| (C) | V | IV | III | II |
| (D) | III | I | II | IV |



43. Match the following :

- | List – I | List – II |
|--------------------------------|--------------------------------------|
| a. Hull scale | I. Most stringent scale |
| b. Six sigma scale | II. Kurtosis |
| c. Peakness of curve indicates | III. Skewness |
| d. Likert scale | IV. Can't accommodate all the scores |
| | V. 7 point scale |

- Code :**
- | | a | b | c | d |
|-----|----|-----|-----|-----|
| (A) | I | II | III | V |
| (B) | IV | III | II | I |
| (C) | I | IV | II | V |
| (D) | V | I | IV | III |

44. Match the following :

- | List – I | List – II |
|-----------------------|--|
| a. Flat foot | I. McDonald |
| b. Kraws Weber test | II. Measuring Basketball skill |
| c. Soccer skill test | III. Classifying groups |
| d. Johnson skill text | IV. Pedograph |
| | V. Measuring minimum muscular strength |

- Code :**
- | | a | b | c | d |
|-----|----|-----|-----|-----|
| (A) | V | I | IV | III |
| (B) | IV | V | I | II |
| (C) | IV | I | III | V |
| (D) | I | III | IV | II |

45. Match the List – I with List – II :

- | List – I | List – II |
|-----------------------------|-----------------------------------|
| a. Personal management | I. Disposal procedure |
| b. Instructional management | II. Audit and Accounts management |
| c. Financial management | III. Revision of curriculum |
| d. Material management | IV. Conflict resolution |

- Code :**
- | | a | b | c | d |
|-----|----|-----|-----|-----|
| (A) | II | I | IV | III |
| (B) | IV | II | III | I |
| (C) | IV | III | II | I |
| (D) | I | IV | III | II |

Read the following passage and answer the questions from **Q.No. 46 to 50**.

Quality Programming : The professional imperative

A basic principle of quality education has always been a focus on the individual. Quality education is appropriate education for every child. Instructions, not students, must be adoptable to individual differences. Only in this way can we provide appropriate physical education for all students. The first



step is a major one. It starts us on the course of increasing personalised instructional approaches to programming in physical education. Individualised instructions has long been singled out as a viable means of providing quality education for all children. In that they are unique individuals who differ only in the nature of their learning needs. Individual differences are described in terms that are directly relevant to instructions not labels. Individualization requires us to stop typecasting the learner with labels such as special education, disadvantaged, poor, gifted or typically average. This approach has set us in pursuit of how to provide and deliver individualized instructions to meet every child's need.

- 46.** The basic principles of quality education lies on
- (A) Teacher
 - (B) Leader
 - (C) Institutions
 - (D) Individuals

- 47.** Instructions shall be adapted to
- (A) Individual differences
 - (B) Time
 - (C) Class
 - (D) Students
- 48.** The quality education can be achieved through
- (A) Individual instructions
 - (B) Smart class
 - (C) Good infrastructure
 - (D) New approaches
- 49.** Individual differences should directly relevant to
- (A) Disadvantaged
 - (B) Typically average
 - (C) Poor and gifted
 - (D) Instructions
- 50.** The main theme of the passage
- (A) Individualized instructions
 - (B) Professional ethics
 - (C) Quality education
 - (D) Education for disadvantaged



Space for Rough Work



Space for Rough Work



Space for Rough Work