CUET (UG) Exam Paper 2023

National Testing Agency

Held on 26th May 2023

PHYSICAL EDUCATION Solved

(This includes Questions pertaining to Domain Specific Subject only)

Max. Marks : 200 Time allowed : 45 Minutes

General Instructions:

- (i) This paper consists of 50 MCQs, attempt any 40 out of 50.
- (ii) Correct answer or the most appropriate answer: Five marks (+5).
- (iii) Any incorrect option marked will be given minus One mark (-1).
- (iv) Unanswered/Marked for Review will be given No mark (0).
- (v) If more than one option is found to be correct then Five marks (+5) will be awarded to only those who have marked any of the correct options.
- (vi) If all options are found to be correct then Five marks (+5) will be awarded to all those who have attempted the question .
- (vii) Calculator / any electronic gadgets are not permitted.
 - **1.** Arrange the following statements in their order of happening from oldest to latest:
 - (A) LNIPE was conferred the status of an "Autonomous College" of Jiwaji University,

 Gwalior
 - (B) LNIPE was brought into the fold of Jiwaji
 University, Gwalior
 - (C) LNIPE was an affiliated college of Vikram
 University
 - (D) LNIPE becomes a "Deemed University"

 Choose the correct answer from the options given below:
 - **(1)** (C), (B), (D), (A)
 - **(2)** (C), (B), (A), (D)
 - (3) (D), (A), (B), (C)
 - **(4)** (D), (A), (C), (B)

Ans. Option (2) is correct.

2. Match the Test Items listed in **List - I** with their purpose listed in **List - II**.

Pui.	pose iisted iii List - II	•		
	List -1		List - II	
	Test Items		Purpose	
(A)	Standing Broad (I Jump	[)	To determine running speed and acceleration	

- (B) 50 m Standing (II) To determine explosive leg strength
- (C) Partial Curl Up (III) To determine endurance
- (D) 600 Mts Walk (IV) To determine abdominal strength and endurance

Choose the **correct** answer from the options given below:

- (1) (A)-(IV), (B)-(III), (C)-(II), (D)-(I)
- (2) (A)-(II), (B)-(I), (C)-(IV), (D)-(III)
- (3) (A)-(IV), (B)-(II), (C)-(III), (D)-(I)
- (4) (A)-(I), (B)-(II), (C)-(IV), (D)-(III)

Ans. Option (2) is correct.

- **3.** Which of the following are Aims of First Aid?
 - (A) Preserve Life
 - (B) Promote Recovery
 - (C) Rest
 - (D) Prevent worsening of the situation
 - (E) Iceing

Choose the **correct** answer from the options given below:

- **(1)** (B), (C) and (D) only
- (2) (B), (C) and (E) only
- (3) (A), (B) and (D) only
- (4) (A), (B) and (E) only

Ans. Option (3) is correct.

Explanation: First aid refers to the immediate and temporary care provided to an injured or ill person until professional medical help arrives.

- **4.** Calisthenic and weight training are the examples of exercises.
 - (1) Aerobics
- (2) Isometric
- (3) Isotonic
- (4) Isokinetic

Ans. Option (3) is correct.

Explanation: Isotonic exercises are exercises that involve muscle contractions with a constant amount of resistance throughout the range of motion. These exercises typically involve both concentric and eccentric muscle contractions.

- **5.** is **not** caused by fungi.
 - (1) Athlete's Foot
- (2) Jock Itch
- (3) Ringworm
- (4) Asthma

Ans. Option (4) is correct.

Explanation: Fungi, on the other hand, are a group of microorganisms that include molds, yeasts, and mushrooms. While exposure to certain types of fungi can trigger allergic reactions or respiratory symptoms in some individuals, fungi are not a known direct cause of asthma.

- **6.** is **not** a communicable disease.
 - (1) HIV/AIDS
- (2) Osteoporosis
- (3) Tuberculosis
- (4) Ringworm

Ans. Option (2) is correct.

Explanation: Osteoporosis, on the other hand, is a non-communicable disease. It is not caused by an infectious agent and cannot be transmitted from person to person. Instead, osteoporosis is a chronic degenerative condition that develops over time due to various risk factors, as mentioned earlier.

- **7.** In which of the following methods of developing strength, the length of the muscle and the angle of joint do not change?
 - (1) Isotonic
- (2) Isokinetic
- (3) Isonomic
- (4) Isometric

Ans. Option (4) is correct.

Explanation: Examples of isometric exercises include holding a plank position, performing a wall sit, or pushing against an immovable object. These exercises help to develop strength and stability in specific muscle groups without causing joint movement or muscle lengthening or shortening.

8. Kinetic friction is an another name of friction.

- (1) Static
- (2) Rolling
- (3) Fluid
- (4) Sliding

Ans. Option (4) is correct.

Explanation: Kinetic friction refers to the frictional force that arises when two surfaces are in relative motion or sliding against each other. It represents the resistance encountered when an object is already in motion and sliding across a surface.

- **9.** LCCPE popularly known as Lucknow Christian College of Physical Education was established in the year:
 - **(1)** 1920
- **(2)** 1832
- (3) 1932
- (4) 1921

Ans. Option (3) is correct.

- **10.** was the first President of IOA.
 - (1) Sir Dorabji Tata
 - (2) Dr. Noehren
 - (3) Maharaja Bhupinder Singh
 - (4) Mr. Harry Crowe Buck

Ans. Option (1) is correct.

Explanation: IOA was formed in 1927 by Sir Dorab Ji Tata as it's first president, in 1928 Maharaja Bhupindra Singh was elected as a president of IOA.

- **11.** The Physical Education Teacher wants to assess the explosive leg strength of class XII students. Which test will be appropriate for assessing this fitness component?
 - (1) 50 m standing start
 - (2) Shuttle Run test
 - (3) Standing Broad Jump
 - (4) Partial Curl up

Ans. Option (3) is correct.

Explanation: By measuring the horizontal distance covered in the jump, the test provides a reliable indicator of an individual's explosive leg power and can help identify strengths for individuals.

- **12.** Which of the following statements are true with respect to flexion movement?
 - (A) The angle decreases at a joint joining two body parts
 - (B) The angle increases at a joint joining two body parts
 - (C) This movement takes place in sagittal plane
 - (D) This movement takes place in frontal plane
 - (E) This movement takes place around frontal axis Choose the **correct** answer from the options given below:
 - **(1)** (A), (B) and (E) only
 - **(2)** (B), (C) and (D) only

- (3) (A), (C) and (E) only
- (4) (A), (B) and (C) only

Ans. Option (3) is correct.

- **13.** is a method of training that involves multiple stations in which certain exercises of various kinds are performed with or without apparatus.
 - (1) Fast continuous training
 - (2) Weight training
 - (3) Circuit training
 - (4) Fartlek training

Ans. Option (3) is correct.

Explanation: Circuit training is a method of training that involves performing a series of exercises or activities in a specific order, known as stations or stations, with minimal rest in between. It is a popular and effective form of training that combines cardiovascular conditioning, muscular strength, and endurance.

- **14.** J. J. Perrine introduced isokinetic method of exercise in the year.
 - **(1)** 1978
- **(2)** 1986
- (3) 1968
- **(4)** 1987

Ans. Option (3) is correct.

Explanation: The isokinetic method of exercise provides a way to isolate and target specific muscle groups, as well as assess strength imbalances and weaknesses.

- **15.** Which of the following is **not** an objective of Extramural Tournament?
 - (1) To achieve high performance in Inter-class competition
 - (2) To provide opportunities for mass participation
 - (3) To provide an opportunity to participate in zonal competitions
 - (4) To provide opportunities to students to play at district level

Ans. Option (1) is correct.

Explanation: In Extramural tournament students get the opportunities of massparticipation, but Inter-class competitions were only her in International tournament.

16. Match the number of teams given in **List - I** with the number of byes to be allotted in Lower half given in **List - II** with respect to Knock-Out Tournament :

List - I List - II No. of Teams Byes in Lower half (A) 11 (I) 01 (B) 15 (II) 08 (C) 17 (III) 02 (D) 13 (IV) 03

Choose the **correct** answer from the options given below:

- **(1)** (A)-(III), (B)-(II), (C)-(I), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(I), (D)-(IV)
- (3) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)
- (4) (A)-(I), (B)-(IV), (C)-(II), (D)-(III)

Ans. Option (3) is correct.

Explanation:

Byes = next power of 2 - no. of teams

Byes in lower half = Total bye + $\frac{1}{2}$

- **17.** Arrange the following postural deformities in a sequential order starting from toe to head:
 - (A) Pes Planus
- (B) Hollow Back
- (C) Genu Varum
- (D) Hunch Back

Choose the **correct** answer from the options given below:

- (1) (A), (B), (D), (C)
- (2) (A), (B), (C), (D)
- (3) (A), (C), (B), (D)
- (4) (A), (C), (D), (B)

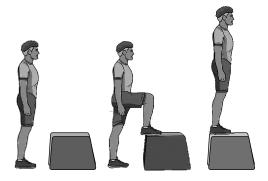
Ans. Option (3) is correct.

- **18.** Sports Psychologist Gill (2000) produced a four-part criterion, which aimed to help us, interpret whether an action is aggressive in sport or not. Which of the following statements is not a part of this criterion?
 - (1) There must be a physical or verbal behaviour
 - (2) It must be directed toward another living thing
 - (3) There must be an intention to cause harm or injury
 - **(4)** A verbal communication between the members of a team

Ans. Option (4) is correct.

Explanation: These criteria help in evaluating whether a particular action in sport can be classified as aggressive. However, the presence or absence of verbal communication between team members is not specifically mentioned as one of the criteria in Gill's framework.

19. Identify the test being administered in the picture given below:



- (1) 8 Foot up and Go Test
- (2) 2 minutes Step Test with dumb-bells
- (3) Harvard Step Test
- (4) Standing Broad Jump Test

Ans. Option (3) is correct.

Explanation: Harvard Step Test

- **20.** Which of the following example is related to extramural tournament?
 - (1) Gurpreet defeated Harpreet, who is a student of another school
 - (2) Ram defeated his classmates
 - (3) Rita won gold medal in Sports Day Events of her school
 - (4) Shyam's house won Kabaddi match in an Interhouse tournament

Ans. Option (1) is correct.

Explanation: Extramural tournaments are competitions that involve teams from different schools. In this example, Gurpreet and Harpreet are students from different schools, so their match is an extramural tournament.

- **21.** To determine abdominal strength and endurance of a student by Partial Curl Up Test, which one of the following is **not** required?
 - (1) Gym Mat
 - (2) Stopwatch
 - (3) Measuring Tape
 - (4) Magnesium Powder

Ans. Option (4) is correct.

Explanation: Magnesium powder is not required for the Partial Curl Up Test. Magnesium powder is typically used in activities such as weightlifting or gymnastics to improve grip by reducing moisture on the hands. It is not directly related to measuring abdominal strength and endurance during the Partial Curl Up Test.

- **22.** With respect to force, which of the following mathematical equation is correct?
 - (1) $1 \text{ M} = 1 \text{ kg } \frac{\text{m}}{\text{S}}$
 - (2) $1 \text{ N=1 kg } \frac{\text{m}}{\text{S}^2}$
 - (3) $1 \text{ N=1 kg } \frac{S^2}{m}$
 - (4) $1 \text{ N} = 1 \text{ kg} \frac{\text{m}}{\text{g}^2}$

Ans. Option (2) is correct.

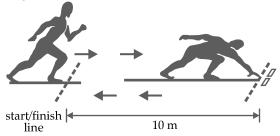
Explanation: The unit of force is the Newton (N), which is defined as the force required to accelerate a 1-kilogram mass by 1 meter per second squared (N = $kg * m/s^2$). Therefore, the equation IN = kg indicates that force (IN) is directly proportional to mass (kg), aligning with Newton's second law of motion.

- **23.** Four machines are shifting four objects from point A to point B by sliding them. If the force applied by all machines is the same, then which of the following machine will shift its object at point B on 3rd position in respect of time?
 - (1) Machine shifting an object of 55.12 pound
 - (2) Machine shifting an object of 26 kg
 - (3) Machine shifting an object of 24 kg
 - (4) Machine shifting an object of 59.52 pound

Ans. Option (2) is correct.

Explanation: According to Newton's second law, the acceleration of an object is inversely proportional to its mass. Therefore, the object with the lowest mass will experience the highest acceleration and reach point B on the 3rd position in the shortest time. In this case, the object being shifted by Machine II, with a mass of 26 kg, has the lowest mass among all the options. Hence, Machine II will likely shift its object to point B on the 3D position in the least amount of time compared to the other machines.

24. Identify the test being conducted in the picture given below?



- (1) Standing Broad Jump
- (2) Shuttle Run
- (3) 50 M Standing Start
- (4) 600 M Run/Walk

Ans. Option (2) is correct.

Explanation: Shuttle Run

- **25.** Which of the following are techniques of Motivation?
 - (A) Controlling
 - (B) Goal Setting
 - (C) Directing
 - (D) Positive Self-talk

Choose the **correct** answer from the options given below:

- (1) (B) and (C) only
- (2) (B) and (D) only
- (3) (A) and (C) only
- (4) (A) and (B) only

Ans. Option (2) is correct.

Explanation: These two techniques are widely recognized and employed to motivate individuals by providing them with clear goals and encouraging self-belief and positive mindset through self-talk.

- **26.** Arrange the steps of designing a sports apparel in a sequential order starting from Imagination to Ask:
 - (A) Improve
- (B) Plan
- (C) Create
- (D) Test

Choose the **correct** answer from the options given below:

- **(1)** (B), (A), (C), (D)
- **(2)** (B), (C), (D), (A)
- (3) (A), (B), (C), (D)
- (4) (C), (A), (D), (A)

Ans. Option (2) is correct.

- **27.** Arrange the following age levels as per their sleep needs in a sequential order, from lowest to highest:
 - (A) 3 to 5 years
 - (B) Newborn to 2 months
 - (C) 12 to 18 years
 - (D) Adults (18 +)

Choose the **correct** answer from the options given below:

- **(1)** (B), (A), (C), (D)
- (2) (A), (B), (C), (D)
- (3) (B), (C), (D), (A)
- (4) (D), (C), (A), (B)

Ans. Option (4) is correct.

Explanation: The decreasing sleep needs as individuals grow from newborns to adults.

- **28.**is **not** caused by Malnutrition.
 - (1) Scurvy
- (2) Night Blindness
- (3) Dengue
- (4) Kwashiorkar

Ans. Option (3) is correct.

Explanation: Dengue is a viral infection transmitted by mosquitoes and is not caused by malnutrition. It is primarily spread by the Aedes mosquito and does not have any direct connection to nutritional deficiencies.

- **29.** Hallucinogens include which of the following?
 - (A) Caffeine
- (B) LSD
- (C) Hashish
- (D) Cocaine
- (E) Marijuana

Choose the **correct** answer from the options given below:

- (1) (B), (C) and (D) only
- (2) (B), (C) and (E) only
- (3) (A), (B) and (D) only
- (4) (A), (C) and (D) only

Ans. Option (2) is correct.

Explanation: Hallucinogens are a class of drugs that can cause hallucinations, distortions in perception, and changes in thought processes. LSD, Hashish, and Marijuana are classified as hallucinogens, while caffeine and cocaine are not.

30. Match the Test items listed in **List** - **I** with their purposes listed in **List** - **II**

List - II Test Items Purpose

- (A) Chair sit and (I) Reach Test
- To determine lower body strength
- (B) 8 Foot Up and (II) Go Test
- To determine lower body flexibility
- (C) Chair Stand Test (III)
- To determine upper body flexibility
- (D) Back Scratch (IV) Test
- To determine physical mobility

Choose the **correct** answer from the options given below:

- (1) (A)-(IV), (B)-(I), (C)-(III), (D)-(II)
- (2) (A)-(III), (B)-(II), (C)-(IV), (D)-(I)
- (3) (A)-(I), (B)-(III), (C)-(II), (D)-(IV)
- (4) (A)-(III), (B)-(IV), (C)-(I), (D)-(III)

Ans. Option (4) is correct.

- **31.** In a knock-out tournament of 17 teams, winner of the tournament played maximum number of matches in the tournament. Which of the following team (Team 1-to-Team 17) was the winner of the tournament?
 - (1) Team 14 or 15
- (2) Team-7
- (3) Team-13
- (4) Team -5 or 6

Ans. Option (4) is correct.

Explanation: If Team 5 or Team 6 were the winners of the tournament, they would have played the maximum number of matches since they are positioned closer to the end of the tournament. In a knock-out tournament, the winner plays against progressively fewer teams until they reach the final match. Therefore, the team positioned closer to the end, like Team 5 or Team 6, will have played more matches than any other team.

- **32.** Stable and Unique Characteristics of an individual across different situations and varied period of time can be stated as.
 - (1) Aggression
- (2) Personality
- (3) Motivation
- (4) Social Cohesion
- Ans. Option (2) is correct.

Explanation: Personality refers to the stable and unique characteristics of an individual that remain relatively consistent across different situations and over time. It encompasses various traits, patterns of thinking, feeling, and behaving that distinguish one person from another.

- **33.** The word extrinsic is derived from the Latin word 'entrinsecus' that relates to which of the following terms?
 - (1) Inward
- (2) Forward
- (3) Backward
- (4) Outward
- Ans. Option (4) is correct.

Explanation: The word "extrinsic" is derived from the Latin word "extrinsecus," which means "outward" or "external.

- **34.** If 11 teams are participating in a knock-out tournament which round will have maximum number of matches?
 - (1) Round IV
- (2) Round-I
- (3) Round-II
- (4) Round -III

Ans. Option (3) is correct.

- **35.** In which of the following sport/event, Magnesium powder is used to increase friction?
 - (1) Shot put
- (2) Football
- (3) Cricket
- (4) Long jump

Ans. Option (1) is correct.

Explanation: Shot put is a throwing event where athletes push a heavy metal ball, and the use of magnesium powder.

- **36.** Fitness is most vital for an athlete as, it helps in performance and preventing injuries.
 - (1) Improvising
- (2) Improving
- (3) Decreasing
- (4) Peak

Ans. Option (2) is correct.

Explanation: Fitness plays a fundamental role in an athlete's ability to enhance their performance. By maintaining good physical fitness through regular exercise, conditioning, and training, athletes can improve their strength, endurance, speed, agility, and other physical attributes. Improved fitness levels contribute to better performance in terms of speed, power, accuracy, and overall athletic capabilities.

37. Match the eminent personalities listed in **List - I** with their proclamations listed in **List - II**.

	List -1		List - II
	Eminent Personalities		Proclamation
(A)	Pundit Jawahar Lal Nehru	(I)	India needs more of football fields and not temples
(B)	Aristotle	(II)	Man is a social animal
(C)	Jesse Feiring Williams	(III)	"The gymnasium & play ground are laboratories where standards such as 'Be Honest', 'Be Square' & 'Fair Play', may continually be illustrated in the face of the instinctive impulses to personal & selfish action.
(D)	Swami Vivekananda	(IV)	How smoothly would the life go on for us all if we "play the game in the spirit of the game".

Choose the **correct** answer from the options given below:

- (1) (A)-(III), (B)-(I), (C)-(II), (D)-(IV)
- (2) (A)-(I), (B)-(III), (C)-(II), (D)-(IV)
- (3) (A)-(II), (B)-(IV), (C)-(III), (D)-(I)
- (4) (A)-(IV), (B)-(II), (C)-(III), (D)-(I)

Ans. Option (4) is correct.

38. Match the Traits of Personality listed in **List - I** with their meaning listed in **List - II**.

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List -1		List - II	
Traits of Personality		Meaning	
Extraversion	(I)	Well organized, careful, responsible etc.	
Agreeableness	(II)	Anxious, insecure, nervous etc.	
Neuroticism	(III)	Active, optimistic, sociable etc.	
Conscientious- ness	(IV)	Good natured, friendly, cooperative etc.	
	List -1 Traits of Personality Extraversion Agreeableness Neuroticism Conscientious-	Traits of Personality Extraversion (I) Agreeableness (II) Neuroticism (III) Conscientious- (IV)	

Choose the **correct** answer from the options given below:

- (1) (A)-(IV), (B)-(II), (C)-(III), (D)-(I)
- (2) (A)-(III), (B)-(I), (C)-(II), (D)-(IV)
- (3) (A)-(III), (B)-(IV), (C)-(II), (D)-(I)
- (4) (A)-(IV), (B)-(III), (C)-(II), (D)-(I)

Ans. Option (3) is correct.

- **39.** Which of the following responsibilities are undertaken IOA?
 - (A) Conducting National Tournaments
 - (B) Deciding the Organisation of National Games
 - (C) Maintaining Liaison between Government of India and Member Federations
 - (D) Promoting and developing the "Olympic Movement"

Choose the **correct** answer from the options given below:

- (1) (B), (C) and (D) only
- (2) (B) and (C) only
- (3) (B) and (D) only
- (4) (A), (B) and (C) only

Ans. Option (1) is correct.

Explanation: The IOA (Indian Olympic Association) is responsible for conducting National Tournaments in India. This includes organizing and overseeing various national-level sporting events and competitions across different sports.

- **40.** Arrange the steps of allotment of byes for Knockout Tournament in a sequential order from first to last:
 - (A) Bye given to last team of upper half
 - (B) Bye given to first team of upper half
 - (C) Bye given to last team of lower half
 - (D) Bye given to first team of lower half

Choose the **correct** answer from the options given below:

- **(1)** (C), (B), (D), (A)
- **(2)** (B), (C), (D), (A)
- **(3)** (A), (D), (B), (C)
- (4) (D), (A), (B), (C)

Ans. Option (1) is correct.

Explanation: Step 1: Bye given to last team of lower half (C); Step 2: Bye given to first team of upper half (B); Step 3: Bye given to first team of lower half; Step 4: Bye given to last team of upper half (A).

41. Read the passage carefully and answer the question strictly as per the passage.

China is one of the ancient civilisation. Chinese up to the earlier part of 20th century kept themselves aloof from rest of the world. Chinese from the very ancient times have been trying to keep themselves aloof from the rest of the world, for this purpose Great Wall of China was built.

Main aim of education in China had been to prepare citizens for a secure Chinese society.

China did not have Government schools. All the schools were run by private bodies, where children of only rich class studied. Girls were not given any education. Children were imparted knowledge from religious books. They were taught about prevalent line of thinking to enable them to follow the footsteps of their ancestors and to adopt their pattern in each field. They were also taught to rewrite the thoughts of their ancestors.

Personality development of children, with this kind of education was therefore impossible.

Inspite of the fact, that there was no mention of Physical Education in Chinese education system, many health related programmes were prevalent amongst the people.

In Seventh century BC, wrestling and boxing were very popular in China. These games were mostly used for the training of Army.

From second century BC games like Foot ball and many other similar games gained popularity.

Which one of the following games were mostly used in 7th century BC for training of army?

- (1) Badminton
- (2) Basket Ball
- (3) Foot Ball
- (4) Boxing

Ans. Option (4) is correct.

Explanation: In Seventh century BC, wrestling and boxing were very popular in China. These games were mostly used for the training of Army." This indicates that boxing was one of the games used for training the army during that time period.

42. Read the passage carefully and answer the question strictly as per the passage.

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Inspite of the fact, that there was no mention of Physical Education in Chinese education system, many health related programmes were prevalent amongst the people. In Seventh century BC, wrestling and boxing were very popular in China. These games were mostly used for the training of Army.

From second century BC games like Foot ball and many other similar games gained popularity.

Why were Children taught about the prevalent line of thinking?

- (1) To develop children's personality
- (2) To adopt Ancestral pattern in each field
- (3) To prepare citizens for a secure society
- (4) To provide holistic education

Ans. Option (2) is correct.

Explanation: Preparing citizens for a secure society, or providing holistic education. While these aspects may be important in education, the primary focus mentioned in the passage is on imparting the ancestral knowledge and patterns of thinking.

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In Seventh century BC, wrestling and boxing were very popular in China. These games were mostly used for the training of Army.

From second century BC games like Foot ball and many other similar games gained popularity.

Personality development of Chinese Children in 20^{th} century was impossible because :

- (1) Wrestling and Boxing were very popular
- (2) Football and many other similar games gained popularity

- (3) Traditional practices of education were prevalent
- **(4)** Health related programmes were prevalent amongst the people

Ans. Option (3) is correct.

Explanation: According to the passage, the reason why personality development of Chinese children in the 20th century was impossible was because traditional practices of education were prevalent.

44. Read the passage carefully and answer the question strictly as per the passage.

China is one of the ancient civilisation. Chinese up to the earlier part of 20th century kept themselves aloof from rest of the world. Chinese from the very ancient times have been trying to keep themselves aloof from the rest of the world, for this purpose Great Wall of China was built.

Main aim of education in China had been to prepare citizens for a secure Chinese society.

China did not have Government schools. All the schools were run by private bodies, where children of only rich class studied. Girls were not given any education. Children were imparted knowledge from religious books. They were taught about prevalent line of thinking to enable them to follow the footsteps of their ancestors and to adopt their pattern in each field. They were also taught to rewrite the thoughts of their ancestors.

Personality development of children, with this kind of education was therefore impossible.

Inspite of the fact, that there was no mention of Physical Education in Chinese education system, many health related programmes were prevalent amongst the people.

In Seventh century BC, wrestling and boxing were very popular in China. These games were mostly used for the training of Army.

From second century BC games like Foot ball and many other similar games gained popularity.

What was the purpose of building the Great Wall of China?

- (1) To increase security
- (2) To make a bigger Castle
- (3) To keep Chinese people aloof from the rest of the world
- (4) To make Wrestling and Boxing popular in China

Ans. Option (3) is correct.

Explanation: The Chinese, from ancient times up until the earlier part of the 20th century, kept themselves aloof from the rest of the world. It states that the Chinese had been trying to maintain this separation, and the construction of the Great Wall of China was undertaken for this purpose. The wall served as a physical barrier and a symbol of their intention to isolate themselves from external influences and potential invasions.

45. Read the passage carefully and answer the question strictly as per the passage.

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In Seventh century BC, wrestling and boxing were very popular in China. These games were mostly used for the training of Army.

From second century BC games like Foot ball and many other similar games gained popularity.

China in 20th Century only had:

- (1) Private Schools
- (2) Government Schools
- (3) Semi Government Schools
- (4) Trust Schools

Ans. Option (1) is correct.

Explanation: China did not have government schools, and all the schools were run by private bodies where only children of the rich class studied.

46. Read the passage carefully and answer the question strictly as per the paragraph.

Avulsion Fractures: Avulsion fractures occur because of a sudden, forceful contraction of a muscle that

pulls the apophysis away from the bone; these injuries occur primarily in males from pre-teens to early 20s (Miller, 1982). The sites of avulsion fractures are at the origins of the hip's strong muscles. These locations include the ischium, ASIS, anterior inferior iliac spine, lesser trochanter, inferior pubic ramus, and iliac crest-the origin sites for the hamstrings, sartorius, rectus femoris, iliopsoas, adductors and abdominals, respectively. The greater trochanter rarely is a site of avulsion fractures.

The patient has pain with active movement and attempts to shorten the muscle's motion during ambulation. For example, if the ischium is fractured, the patient ambulates with a shortened stride length and keeps the leg from moving very far in front of the body to reduce pull on the ischium by the hamstrings. Resistance against the muscle is more painful than stretching the muscle, but both elicit significant pain responses. The site is very tender to palpation, and edema and discoloration are present. Treatment depends on the size of avulsion and its location. An open reduction and internal fixation may be necessary but often is not. Crutches with partial weight bearing to tolerance are used for the first three to six weeks until the patient is able to walk normally. Pain-free isometric exercises and active range-of-motion exercises are used early in the therapeutic exercise program in phase II. Modalities for modulation of pain, edema, and muscle spasm are used initially. Strength exercises progress from isometric to isotonic in phase III. Aquatic exercises can be used after the first or second week. Isometric exercises progress as the patient tolerates them pain-free, moving to

antigravity resistance and weight-resistance activities as tolerated. When the patient is able to bear total body weight on the extremity during phase III, he or she can perform stork standing and other static balance activities and then advance to dynamic balance activities and agility exercises.

From this point, the typical progression into phase IV includes plyometrics and then functional exercises before activity-specific exercises that precede a return to full sport participation.

Rehabilitation may take up to three months following an avulsion fracture. The time required for full recovery depends on the site of the fracture, type of treatment (surgical or non-surgical), and the individual patient's ability to progress.

What will be the treatment in the second phase of Avulsion fracture?

- (1) Crutches
- (2) Painless Isometric Exercises
- (3) Isotonic Exercises

(4) PNF Exercises

Ans. Option (2) is correct.

Explanation: Isometric exercises are exercises in which the muscles are contracted without joint movement. These exercises help to strengthen the muscles without causing excessive strain or movement at the fracture site.

47. Read the passage carefully and answer the question strictly as per the paragraph.

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Rehabilitation may take up to three months following an avulsion fracture. The time required for full recovery depends on the site of the fracture, type of treatment (surgical or non-surgical), and the individual patient's ability to progress.

Which of the following is rarely a site of avulsion fracture?

(1) Adductors

(2) Iliopsors

(3) Iliac Crust

(4) Greater trochanter

Ans. Option (4) is correct.

Explanation: The passage states that avulsion fractures occur at the origins of the hip's strong muscles, including the ischium, ASIS, anterior inferior iliac spine, lesser trochanter, inferior pubic ramus, and iliac crest. However, the passage specifically mentions that the greater trochanter is rarely a site of avulsion fractures.

48. Read the passage carefully and answer the question strictly as per the paragraph.

Avulsion Fractures: Avulsion fractures occur because of a sudden, forceful contraction of a muscle that pulls the apophysis away from the bone; these injuries occur primarily in males from pre-teens to early 20s (Miller, 1982). The sites of avulsion fractures are at the origins of the hip's strong muscles. These locations include the ischium, ASIS, anterior inferior iliac spine, lesser trochanter, inferior pubic ramus, and iliac crest-the origin sites for the hamstrings, sartorius, rectus femoris, iliopsoas, adductors and abdominals, respectively. The greater trochanter rarely is a site of avulsion fractures.

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antigravity resistance and weight-resistance activities as tolerated. When the patient is able to bear total body weight on the extremity during phase III, he or she can perform stork standing and other static balance activities and then advance to dynamic balance activities and agility exercises.

From this point, the typical progression into phase IV includes plyometrics and then functional exercises before activity-specific exercises that precede a return to full sport participation.

Rehabilitation may take up to three months following an avulsion fracture. The time required for full recovery depends on the site of the fracture, type of treatment (surgical or non-surgical), and the individual patient's ability to progress.

While recovering from avulsion fracture, which of the following exercises will help a sports person in returning to full sport participation?

- (1) Isometric Exercises
- (2) Range of Motion Exercises
- (3) Activity Specific Exercises
- (4) Cardio-respiratory exercises

Ans. Option (3) is correct.

Explanation: These activity-specific exercises are designed to target the specific movements and demands of the sport in which the person participates. They aim to prepare the individual for the specific actions, skills, and requirements of their sport, helping them regain their full capability and readiness to participate fully.

49. Read the passage carefully and answer the question strictly as per the paragraph.

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Rehabilitation may take up to three months following an avulsion fracture. The time required for full recovery depends on the site of the fracture, type of treatment (surgical or non-surgical), and the individual patient's ability to progress.

If Preetu is suffering from Avulsion fracture, his age normally should be:

(1) 21 year

(2) 28 year

(3) 35 year

(4) 42 year

Ans. Option (1) is correct.

Explanation: The passage states that avulsion fractures primarily occur in males from preteens to early 20s. Since Preetu is mentioned in the context of avulsion fractures, it can be inferred that his age would fall within this age range 21 years.

50. Read the passage carefully and answer the question strictly as per the paragraph.

Avulsion Fractures: Avulsion fractures occur because of a sudden, forceful contraction of a muscle that pulls the apophysis away from the bone; these injuries occur primarily in males from pre-teens to early 20s (Miller, 1982). The sites of avulsion fractures are at the origins of the hip's strong muscles. These locations include the ischium, ASIS, anterior inferior iliac spine, lesser trochanter, inferior pubic ramus, and iliac crest-the origin sites for the hamstrings, sartorius, rectus femoris, iliopsoas, adductors and abdominals, respectively. The greater trochanter rarely is a site of avulsion fractures.

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Rehabilitation may take up to three months following an avulsion fracture. The time required for full recovery depends on the site of the fracture, type of treatment (surgical or non-surgical), and the individual patient's ability to progress.

Exercises progress from Isometric to Isotonic in which of the following treatment phase?

- (1) Phase One
- (2) Phase Two
- (3) Phase Three
- (4) Phase Four

Ans. Option (3) is correct.

Explanation: The passage states that "strength exercises progress from isometric to isotonic in phase III". This means that isometric exercises are used first, followed by isotonic exercises. Isometric exercises are those in which the muscle contracts but does not change length, while isotonic exercises are those in which the muscle contracts and shortens.



CUET Question Paper 2022

NATIONAL TESTING AGENCY

19th July 2022 - Slot-2

PHYSICAL EDUCATION

[This Includes Questions Pertaining to Domain Specific Subject only]



Time Allowed: 45 Mins. Maximum Marks: 200

General Instructions:

- (i) This paper consists of 50 MCQs, attempt any 40 out of 50
- (ii) Correct answer or the most appropriate answer: Five marks (+5)
- (iii) Any incorrect option marked will be given minus one mark (-1)
- (iv) Unanswered/Marked for Review will be given no mark (0)
- (v) If more than one option is found to be correct then Five marks (+5) will be awarded to only those who have marked any of the correct options
- (vi) If all options are found to be correct then Five marks (+5) will be awarded to all those who have attempted the question.
- (vii) Calculator / any electronic gadgets are not permitted.
- **1.** Which of the below mentioned statement is not true?
 - (A) Regular exercising enables people to enjoy high level of health and fitness.
 - (B) Sports and Games are great sources of recreation.
 - (C) Sports provides opportunities to exhibit your talent.
 - (D) Sport does not promote brotherhood.

Sol. Option (D) is correct

- **2.** Which amongst the following is not a fitness component?
 - (A) Endurance
- (B) Reasoning
- (C) Agility
- (D) Speed
- Sol. Option (B) is correct

Explanation: There are six skill-related fitness components: agility, balance, coordination, speed, power, and reaction time.

- **3.** In which of the following types of exercise. "The muscle maintains equal tone while shortening inverted comes?
 - (A) Isotonic Exercise
- (B) Isokinetic Exercise
- (C) Isometric Exercise
- (D) Isonomic Exercise

Sol. Option (A) is correct

Explanation: The word isotonic is from Greek and roughly translates to equal or same tone. According to a medicine.net article, the muscle maintains equal tone while shortening during isotonic exercise. That means your muscles maintain

- the same tension throughout the exercise.
- **4.** In which of the following types of exercise. "The length of the muscle and the angle of point do not change though contraction strength may be varied"?
 - (A) Isotonic Exercise
- (B) Isokinetic Exercise
- A) Isotoffic Exercise
- (C) Isometric Exercise (D) Isonomic Exercise

Sol. Option (C) is correct

Explanation: The term "isometric" combines the Greek words isos and -metria, meaning that in these exercises the length of the muscle and the angle of the joint doesnot change, though contraction strength may be varied.

- **5.** Fartlek a Training Method to develop which of the following fitness component?
 - (A) Agility
- (B) Endurance
- (C) Speed
- (D) Flexibility

Sol. Option (C) is correct

Explanation: Fartlek is a Swedish term that means "speed play."

- **6.** In which of the following types of Training Method rest is taken during the training?
 - (A) Fartlek Training Method
 - (B) Interval Training Method
 - (C) Continuous Training Method
 - (D) Short term Endurance Method

Sol. Option (B) is correct

Explanation: Interval training consists of a series of repeated rounds of exercise, ranging from several minutes to just a few seconds. During