

Total Marks 200

518

PHYSICAL EDUCATION

(English Medium)

Category

A

518-PHYSICAL EDUC.

A51800296

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Seat No. of the Candidate

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Block No. of the Candidate

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Signature of the Candidate

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Signature of the Block Supervisor

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Important Instructions for Candidates

- (1) Please do not open the question booklet until you are told to do so.
- (2) During examination, if a candidate is found having any literature guide, guide, piece of paper, handwritten or printed paper, mobile phone, calculator, spy camera, headphone or any other equipments then the candidate will be considered as disqualified.
- (3) During the examination if candidates are found conversing with each other, making noise or not following supervisor's instructions then they will be considered as disqualified.
- (4) After receiving question paper please write your seat number in **OMR SHEET** at the correct given place.
- (5) Please do not write your seat number at any other place than the allotted one in the **OMR SHEET** and if any sign of your identity or recognition is found then you will be considered totally disqualified for the examination.
- (6) Signatures of both the supervisor and the candidate in the certificate of **OMR SHEET** are compulsory without which **OMR SHEET** will not be evaluated, so it is compulsory for the candidate to get signature of the supervisor.
- (7) Candidates can use blue/black ball pen. They cannot use pens or pencils of any other colour and also whitener.
- (8) No marks should be made on any of the options in the question paper.
- (9) There are total 200 questions in this question paper. There is only one answer to each question from the options A, B, C and D. Four options are given for each question. All the questions are compulsory. Example: What is the capital of Gujarat?
(A) Ahmedabad (B) Gandhinagar (C) Vadnagar (D) Patan
Here, if option (B) Gandhinagar is correct then option (B) in the **OMR SHEET** will have to be darkened with pen. (A) (B) (C) (D)
- (10) One(1) mark is allotted to each correct answer. For each wrong answer 0.25 marks will be deducted. If a candidate does not want to answer any question then he/she will have to select option E. Negative marking will not be applicable for option E.
- (11) Cross marked answers, answers given on more than one option and answers re-marked after use of blade, eraser or whitener will be given **Negative 0.25 marks**.
- (12) Please hand over the **OMR SHEET** to the block supervisor after completion of examination before leaving the classroom. Any candidate failing to do so will be considered as disqualified for the examination.
- (13) Maximum time allotted for the examination is 180 minutes.
- (14) Most appropriate option will be considered as answer of the question.

- (1) How many Indian languages have been declared endangered by UNESCO
(A) 195 (B) 196 (C) 189 (D) 197
- (2) The National Education Policy (NEP) 2020, integrates ____ to root education in ancient knowledge of India and its contribution in modern India.
(A) Knowledgeable India (B) Indian Knowledge System
(C) Modern India (D) Ancient India
- (3) The full form of PARAKH is _____.
(A) Private Assessment, Report and Analysis of Knowledge for Holistic
(B) Performance Assessment, Review and Analysis of Knowledge for Holistic development
(C) Performance Assistant, Review and Analysis of knowledge for Holistic development
(D) Personal Assistant, Review and Analysis of Knowledge for Holistic development.
- (4) A scientist of Indian origin who made groundbreaking contribution in the study of DNA was _____.
(A) Radha Krushnan (B) Amartya Sen
(C) Hargovind Khurana (D) Dr. A.P.J. Abdul Kalam
- (5) The Three Tier Panchayati Raj System was recommended by _____.
(A) Mactapl Committee (B) British Committee
(C) Sevak Committee (D) Balwantrai Mehta Committee
- (6) Commonwealth Games were previously known as _____.
(A) European Games (B) Euro – Asian Games
(C) Common Games (D) British Empire Games
- (7) Who appoints CAG?
(A) Prime Minister (B) President
(C) Vice-President (D) Chief – Minister
- (8) The battle between Porus and Sikander was fought on the bank of _____ river.
(A) Chenab (B) Ravi
(C) Satluj (D) Jhelum

- (9) "Who among the following reigned during the Anno Domini Period?"
- (A) Chandragupt Maurya (B) King Ashok
(C) Khilji Dynasty and Tughlaq Dynasty (D) Bindusara
- (10) _____ is the most renowned form of dance of Maharashtra.
- (A) Ghumar (B) Kalbeliya
(C) Kachhighodi (D) Laavani
- (11). _____ was invented by Michael Faraday?
- (A) Penicillin
(B) Periodic Table
(C) Precious Metal - Radium
(D) Conversion of Kinetic Energy into Electric energy
- (12) _____ among the following was written by Manubhai Pancholi (Darshak)
- (A) Upanas (B) Socrates
(C) Anunay (D) Hayaati
- (13) Anup Kumar is a renowned _____ player.
- (A) Kho – Kho (B) Kabaddi
(C) Cricket (D) Football
- (14) _____ was Suggested by Swami Vivekanand to Promote nationalism in India.
- (A) Pride of the nation
(B) Public awareness and upliftment of the poor
(C) Inclusive Vision
(D) Cultural Pride
- (15) _____ is not a renewable energy resource.
- (A) Forest (B) Wind
(C) Natural Gas (D) Sunlight

- (16) _____ was considered as the "Soul of Indian constitution" by Dr. B. R. Ambedkar.
- (A) Right to Education
 - (B) Cultural and Educational Right
 - (C) Right to go against exploitation
 - (D) Right to the Constitutional Remedies
- (17) Panchayati Raj Institutions came to exist on _____ in Gujarat.
- (A) 1st May, 1960
 - (B) 20th April, 1993
 - (C) 15th August, 1947
 - (D) 1st April, 1963
- (18) _____ is not founded by the Government to implement the recommendations of Mudaliar Commission 1953.
- (A) Rural Higher Education Committee
 - (B) University Grants Commission
 - (C) All India Education Council
 - (D) All India Council of Sports
- (19) Astronaut Sunita Williams has an ancestral link with _____.
- (A) Karnal, Haryana
 - (B) Vadodara, Gujarat
 - (C) Mahesana, Gujarat
 - (D) Kurukshetra, Haryana
- (20) _____ hosted the Kabaddi World Cup 2025.
- (A) India
 - (B) England
 - (C) South Korea
 - (D) Malaysia
- (21) Open and Distance Learning (ODL) is included in _____ education.
- (A) Formal
 - (B) Informal
 - (C) Non-formal
 - (D) None of the above
- (22) "I never teach my pupils; I only attempt to provide the conditions in which they can learn" who quoted it?
- (A) Maharshi Arvind
 - (B) Albert Einstein
 - (C) Pestology
 - (D) Eric Crome

- (23) "A person must use the development of his individuality by aligning it to the social needs and ideals." This is _____ aim of education.
- (A) an Individual (B) a Social
(C) a Peculiar (D) a Sovereign
- (24) _____ described education as a tri-polar process consisting of the teacher the learner the social environment or syllabus as a third pole".
- (A) John Dewey (B) John Adams
(C) Herbert Spencer (D) Benjamin S. Bloom
- (25) Idealism is also known as _____.
- (A) Idealism (B) Realism
(C) Naturalism (D) Pragmatism
- (26) John Dewey, Kilpatrick, and Mahatma Gandhi advocated _____.
- (A) Existentialism (B) Naturalism
(C) Idealism (D) Pragmatism
- (27) Social and National Integration can be attained through _____.
- (A) Joint Family (B) Requirement of Food
(C) Democracy (D) Population growth
- (28) What kind of education enables human to utilize free time more joyful and productive activities?
- (A) Non-formal Education
(B) Continuing Education
(C) Life-long Education
(D) Education through correspondence
- (29) The cultural objective of education emphasizes on _____.
- (A) to enrich a person with knowledge
(B) to inculcate ideals and morals in life
(C) to Transfer Knowledge, Art, Literature, Music from generation to generation.
(D) to enable a person to earn livelihood

- (30) "Human bears the competency of adapting to the situation and adapting one's needs to the situation" ____ form of pragmatism supports it.
- (A) Nominalistic Pragmatism (B) Experimental Pragmatism
(C) Biological Pragmatism (D) Humanistic Pragmatism
- (31) A person with IQ score 100, is placed in ____ category.
- (A) Average Intelligence (B) High Intelligence
(C) Lower Intelligence (D) Superior Intelligence
- (32) ____ type of Psychological conflict do Students Face when they neither want to stay at home nor go to school?
- (A) Approach – Avoidance (B) Approach – Approach
(C) Avoidance – Avoidance (D) Dual Approach Avoidance
- (33) A Psychologist who believed that "Motivation is cyclic"
- (A) Lipid (B) C.T. Morgan
(C) Lewin (D) Emilicuma
- (34) Which test is used to detect mental retardation among children?
- (A) Achievement Test (B) Reading Test
(C) Through General Observation (D) Intelligence Test
- (35) The full form of GATB is ____.
- (A) Great Attitude Test Box
(B) Global Attitude Test Book
(C) Global Aptitude Test Book
(D) General Aptitude Test Battery
- (36) ____ is placed the first among eight stages of Robert Gagne's approach.
- (A) Stimulus – Response Approach
(B) Verbal – Association Approach
(C) Problem – Solving Approach
(D) Chaining Approach

- (37) "Trial and Error Principle" of Thorndike is known as _____.
 (A) Stimulus – Response Approach
 (B) Theory of operant conditioning
 (C) Cognitive Learning Theory
 (D) Principle of motivation
- (38) After fulfilling basic Physiological need, the next level in Maslow's Hierarchy of needs is _____.
 (A) Love and Belongingness
 (B) Esteem Needs
 (C) Self – Actualization needs
 (D) Safety Needs
- (39) The measurement of intelligence was first successfully introduced by _____.
 (A) Garrett and Menttest
 (B) Binet and Simon
 (C) Crow and Crow
 (D) Thurston and Speareman
- (40) The learning graph remains extended and horizontal during ____ temporary stage.
 (A) Learning
 (B) Maturity
 (C) Plateau
 (D) End
- (41) To counsel a student towards the most suitable field of learning and future profession, educator usually rely on ____ test.
 (A) Intelligence Test
 (B) Personality Measurement Test
 (C) Aptitude Test
 (D) Diagnostic Test
- (42) To enable a student to develop their creativity fully and completely, maximum importance should be given to _____.
 (A) Process
 (B) Idea
 (C) Excellence
 (D) Creativity
- (43) While framing the teaching method in curriculum development, _____ state of students require prior consideration.
 (A) Mental
 (B) Physical
 (C) Emotional
 (D) Holistic

- (44) _____ is Pre-requisite in order to promote concentration in Students.
- (A) Proficiency of Teacher
(B) Selection of proper method, congruent to the unit
(C) Age level
(D) Mental level
- (45) Any action that is derived from internal motivation and different from temptation is called ____.
- (A) Improper (B) Motivation
(C) Eligibility (D) Distress
- (46) Classroom behaviour generally observes total _____ types of interactions.
- (A) Five (B) Two
(C) Three (D) One
- (47) Bakum developed an evaluation process to measure _____ development of student.
- (A) Physical (B) Mental
(C) Holistic (D) Social
- (48) _____ has released an education from the bandage of Time, Collection and number.
- (A) Internet (B) Technology
(C) Website (D) Open University
- (49) The research that scientifically studies the daily problems of the school is called, _____ research.
- (A) Pragmatic (B) Action
(C) Conditioning (D) Visiting
- (50) To find out the mid-point of the given group, _____ is calculated
- (A) Median (B) Mode
(C) Mean (D) Any of the above
- (51) _____ is also known as Skinnerian Instruction.
- (A) Branchial Instruction (B) Linear Instruction
(C) Mathematical Instruction (D) All of the above

(52) Ned Flanders' Interaction analysis categories comprises Ten main categories, out of that three are..

(i) Teacher's Talk

(ii) Pupil's Talk

(iii) Silence

Which of the following shows the correct order?

(A) (i) 7 (ii) 1 (iii) 2

(B) (i) 4 (ii) 4 (iii) 2

(C) (i) 6 (ii) 3 (iii) 1

(D) (i) 7 (ii) 2 (iii) 1

(53) _____ is a correct formula for calculating Percentile Rate.

(A) $PR = 100 - \frac{(100R - 50)}{N}$

(B) $PR = 100 \frac{(100R - 50)}{N}$

(C) $PR = 100 - \frac{(50R - 100)}{N}$

(D) $PR = 1 - \frac{(100R - 50)}{N}$

(54) _____ is a correct mean of 6, 9, 10, 12, 16, 17.

(A) 10

(B) 11

(C) 17

(D) 12

(55) "Teacher uses the change in gestures, modulation of voice and hands' movement so that students stay focused" – This is mainly applied in _____ skill.

(A) Introductory

(B) Illustration

(C) Learning aids Experiment Skill

(D) Stimulus change

(56) _____ will replace the (?)

3000, 1500, 500, 125, (?)

(A) 100

(B) 50

(C) 25

(D) 20

(57) 'A' is the sister of 'B'. 'C' is the mother of 'B'. 'D' is the father of 'C'. Then D is the _____ of A.

(A) Maternal Uncle (Mama)

(B) Father

(C) Maternal Uncle (Maasa)

(D) Maternal Grandfather

(58) _____ among the following cannot be framed by using the letter of word

“I N D E P E N D E N C E”

(A) NICE

(B) PINE

(C) PENDING

(D) INDEED

(59) Kavya begins to walk to the south from point A. She turns left after walking 30 metres. Then she walks 40 metres straight and reaches the point 'B'. Now find the distance between 'A' and 'B'.

(A) 50 metres

(B) 35 metres

(C) 70 metres

(D) 120 metres

(60) If $B=2$, $BAG = 10$ then find the value of BOX .

(A) 11

(B) 12

(C) 41

(D) 42

(61) Find the correct odd one from the following.

(A) DEGJ

(B) MNPS

(C) PQTX

(D) TUWZ

(62) Five friends are sitting in a line, A is sitting right to B, but not sitting the first. C is sitting left to D. If B is sitting right to E then who is exactly in the middle?

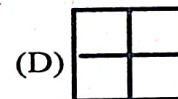
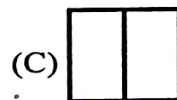
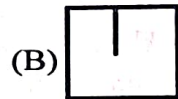
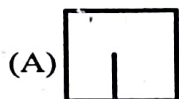
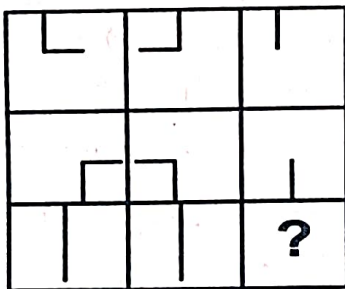
(A) A

(B) B

(C) D

(D) E

(63) Figure is given. _____ among the option correctly replaces (?).



- (64) 34, 18, 10, 6, 4, _____.
 (A) 0 (B) 1 (C) 2 (D) 3
- (65) If DOG is coded as '4157' Then LION will be _____.
 (A) 1271514 (B) 1291514
 (C) 1291312 (D) 1181514
- (66) There are total 65 students in a line. A stands 36th from the left, B Stands 36th from the right then total _____ students must be standing between both A and B.
 (A) 9 (B) 13
 (C) 15 (D) 11
- (67) _____ will replace the (?)
-
- (A) 91 (B) 610
 (C) 691 (D) 587
- (68) Thermometer : Temperature :: Earthquake : _____.
 (A) Scale (B) Seismograph
 (C) Anemometer (D) Odometer
- (69) The angle formed by the minute and hour hands at 4:00 pm is _____.
 (A) 120° (B) 100°
 (C) 80° (D) 60°
- (70) _____ among the following will stay first if arranged in alphabetical order.
 (A) Overbid (B) Outstanding
 (C) Oval (D) Outstep

- (71) કયા વાક્યમાં અવ્યયનો ઉપયોગ થતો નથી ?
- (A) તે પાસ થયો કેમ કે તેણે ખૂબ મહેનત કરેલી. (B) શાબાશ છે એ બહાદૂર જુવાનને !
- (C) એ પ્રાણપાતક અકસ્માતથી તે મરી જાત. (D) એ ચોરની પેઠે ઘરમાં ધૂસ્યો.
- (72) કયું વાક્ય કર્મણિ પ્રયોગમાં નથી ?
- (A) તને વિમાન દેખાય છે ? (B) મેં શીર્ષસિન કર્યું.
- (C) મને વાત સમજાય છે. (D) મારે આસને બેસવું છે.
- (73) A સાથે Bનાં સાચાં જોડકાં દર્શાવતો વિકલ્પ કયો છે ?
- | A | B |
|--------------------------|-------------------|
| (a) લખવાનું આપોને | (i) ભવિષ્યકૃદંત |
| (b) માગ્યા મેહ વરસે નહીં | (ii) સંબંધ ભૂ.કૃ. |
| (c) લખી લખીને ઠાક્યો | (iii) હેત્વર્થ |
| (d) વાંચવા આવજો | (iv) ભૂતકૃદંત |
- (A) (a) i, (d) ii, (b) iii, (c) iv (B) (b) i, (c) ii, (d) iii, (a) iv
- (C) (c) i, (b) ii, (d) iii, (a) iv (D) (a) i, (c) ii, (d) iii, (b) iv
- (74) કયા જોડકામાંના શબ્દો એક પ્રકારનો જ સમાસ દર્શાવે છે ?
- (A) તપોધન, પાઠચેતર (B) ધનશ્યામ, કાપુરુષ
- (C) કલ્પલતા, શ્રીયુત (D) શેષશાપી, સ્વચ્છંદ
- (75) એ શબ્દ શોધો કે જેનો અર્થ અન્ય કરતાં ભિન્ન છે.
- (A) પુંડરિક (B) પર્યંક (C) રાજીવ (D) શતદલ
- (76) સાચી જોડણી પસંદ કરો.
- (A) હિમસૂતા (B) હીમસુતા
- (C) હીમસૂતા (D) હિમસુતા
- (77) એ, થી, થકી, વડે વગેરે પ્રત્યયો કઈ વિભક્તિમાં આવે છે ?
- (A) સંપ્રદાન (B) અપાદાન
- (C) સંબંધ (D) કરણ
- (78) પોતાની વાતને કે વિષયને સ્પષ્ટ કરવાનો પ્રયત્ન કરતા ગદ્યને કયા પ્રકારનું ગદ્ય કહેવામાં આવે છે ?
- (A) વાદાત્મક (B) વિવરણાત્મક
- (C) વર્ણનાત્મક (D) ભાવાત્મક

- (79) તમતમારે, જુદાજુદા, દૂરદૂરથી વગેરે કયા પ્રકારના શબ્દો છે ?
- (A) નામયોગી શબ્દો (B) સંયુક્ત શબ્દો
(C) સામાસિક શબ્દો (D) દ્વિરુક્તિવાળા શબ્દો
- (80) નીચેનામાંથી પરિમાણવાચક વિશેષણ જણાવો.
- (A) આટલું (B) આવું
(C) કડવું (D) પહેલું
- (81) નીચેનામાંથી કયા વિકલ્પમાં તમામ શબ્દોની જોડણી વ્યાકરણની દૃષ્ટિએ સંપૂર્ણ સાચી છે ?
- (A) શારીરિક, આશીર્વાદ, જિજ્ઞવિષા, સુશ્રૂષા
(B) શારીરિક, આશીર્વાદ, જિજ્ઞવિષા, શુશ્રૂષા
(C) શારીરિક, આશિર્વાદ, જિજ્ઞવિષા, શુશ્રૂષા
(D) શારીરિક, આશિર્વાદ, જિજ્ઞવીષા, શુશ્રૂષા
- (82) નીચેનામાંથી કયો શબ્દ 'અન્ધ'નો પર્યાયવાચી શબ્દ નથી ?
- (A) હાય (B) વાજી
(C) તોખાર (D) કુંજર
- (83) વાક્યશુદ્ધિના નિયમ અનુસાર નીચેનામાંથી વ્યાકરણની દૃષ્ટિએ શુદ્ધ વાક્ય પસંદ કરો.
- (A) મેં આજે એક ગાય અને એક બળદને આવતી જોઈ.
(B) મેં આજે એક ગાય અને એક બળદ આવતાં જોયાં.
(C) મેં આજે એક ગાય અને એક બળદ આવતા જોયો.
(D) મેં આજે એક ગાય અને બળદને આવતી જોઈ.
- (84) નીચેના વાક્યમાં વ્યાકરણીય રીતે કયો શબ્દપ્રયોગ ખોટો છે ? “તેણે મને સહૃદયતાપૂર્વક આવકાર આપ્યો.”
- (A) તેણે
(B) સહૃદયતાપૂર્વક
(C) આવકાર
(D) આપ્યો
- (85) લેખનકાર્ય કરતી વખતે વાક્યના અંતે કે વચ્ચે કોઈ વિગત લખવાની બાકી રહી ગઈ હોય, ત્યારે તેને ઉમેરવા માટે કયા ચિહ્નનો ઉપયોગ થાય છે ?
- (A) લોપચિહ્ન (') (B) કાકપદ / હંસપદ (^)
(C) લઘુરેખા (-) (D) કુદડી (*).

(86) Pair the words with their antonyms.

Words	Antonyms
(a) lazy	(i) diligent
(b) active	(ii) blunt
(c) sharp	(iii) inert
(d) fertile	(iv) barren
(A) (c) i, (d) ii, (a) iii, (b) iv	(B) (a) ii, (c) iii, (b) i, (d) iv
(C) (c) ii, (d) i, (b) iii, (a) iv	(D) (a) i, (d) iii, (c) ii, (b) iv

(87) Which word has no suffix.

(A) Health	(B) Library
(C) Embrace	(D) Marriage

(88) Find out the odd pair.

(A) proud - pride	(B) bond - bind
(C) grieve - grief	(D) lose - loss

(89) Arrange these sentences in proper order to describe an accident-scene.

- (i) Passengers were told to be ready to quit the ship.
- (ii) Everyone knew there was fire on board.
- (iii) Smoke oozed up between the planks.
- (iv) Flames broke out here and there.
- (v) Most people bore the shock bravely.

(A) iii, ii, v, iv, i	(B) i, ii, iv, iii, v
(C) iv, iii, ii, v, i	(D) iii, iv, ii, i, v

(90) Select the sentence with almost similar meaning to the sentence "At the moment the duck looked exhausted."

(A) The duck looked dreadful	(B) The duck was looking for a place to hide
(C) The duck looked very tired.	(D) The duck seemed unhappy.

(91) Put proper preposition in the blank. He was looking his lost keys.

(A) at	(B) for
(C) after	(D) into

- (92) he finds a job, his family will starve. Fill in the blank with proper word. (D) However
 (A) It (B) Unless (C) As
- (93) The harder you work, the result you will get.
 (A) good (B) best
 (C) better (D) lower
- (94) Select the similar word for Inventory.
 (A) Summary (B) Schedule
 (C) Index (D) Questionnaire
- (95) All the crows are black. We find a white crow, put proper adverb to complete the sentence.
 (A) frequently (B) usually
 (C) rarely (D) always
- (96) Which expression best conveys the idea ?
 (A) During the curfew, the streets wearing desolate look.
 (B) During the curfew, the streets wore a desolate look.
 (C) During the curfew, the streets have had worn desolate looks
 (D) During the curfew, the streets has been wearing desolation looks
- (97) What is the correct noun form of the verb 'compel' ?
 (A) Compelation (B) Compulsion
 (C) Compulsory (D) Compellment
- (98) Fill in the blank with the correct preposition : "The committee is totally opposed the new proposal."
 (A) for (B) against
 (C) to (D) with
- (99) Fill in the blanks with appropriate articles : "He is heir to the throne and honest man."
 (A) a, a (B) an, a (C) an, an (D) the, a
- (100) Identify the correct verb according to subject-verb Agreement : "Neither the principal nor the teachers present at the meeting yesterday."
 (A) was (B) were (C) are (D) is

- (101) Which organ of the body is affected by Trataka kriya?
- (A) Cleanse all the organs of stomach
 - (B) Cleanse eyes and makes them bright
 - (C) Purifies respiratory system
 - (D) Purifies upper part of body
- (102) Which karma (cleansing technique) is used to purify the lowest part of the digestive system?
- (A) Neti
 - (B) Dhauti
 - (C) Basti
 - (D) Trataka
- (103) Which of the following is the type of Nauli Kriya?
- (A) Vama Nauli
 - (B) Kapalbhathi
 - (C) Trataka
 - (D) Neti
- (104) What are the benefits of Gyan Mudra?
- (A) Decreases body weight
 - (B) Causes weakness in the body
 - (C) Improves concentration and memory
 - (D) Improves digestion
- (105) Which finger is used along with the thumb to perform Prithvi Mudra?
- (A) Tarjani
 - (B) Madhyama
 - (C) Anamika
 - (D) Kanishthika
- (106) For how many minutes you should wait for eating after practicing yoga?
- (A) 5 minutes
 - (B) 10 minutes
 - (C) 20 minutes
 - (D) 30 minutes
- (107) Why is Sarvangasana called "Sarvangasana"?
- (A) It uses only the legs
 - (B) It benefits all parts of the body
 - (C) It is done while sitting
 - (D) It is only done for breathing

- (108) Which asana strengthens the nervous system and helps maintain youthfulness?
(A) Trikonasana (B) Sarvangasana
(C) Tadasana (D) Sinhasana
- (109) Which sports is specifically known for exercises that strengthen both the legs and the shoulders?
(A) Chess (B) Carrom
(C) Badminton (D) Ludo
- (110) In which person's thought does transience arise?
(A) Restless (B) Unstable
(C) Emotional (D) Ignorant
- (111) How many calories are required for 16 to 18 year old boys and girls respectively?
(A) Boys 2500 Kcal / Girls 2000 Kcal
(B) Boys 3000 Kcal / Girls 2800 Kcal
(C) Boys 2800 Kcal / Girls 2600 Kcal
(D) Boys 2600 Kcal / Girls 2050 Kcal
- (112) From how many years has the extent of Water Pollution increased?
(A) Last 5 years (B) Last 20 years
(C) Last 30 years (D) Last 10 years
- (113) Which is the best system of disposal of excreta, where there is no facility of drainage?
(A) Septi Tank System (B) Pit Latrine
(C) Bucket Latrine (D) Sewerage System
- (114) In the Sedimentation Process, what is the approximate speed of water flow?
(A) 10 cm per second (B) 20 cm per second
(C) 30 cm per second (D) 40 cm per second
- (115) From 1 kilogram of Animal Dung, how many cubic feet gas is produced approximately?
(A) 1 cubic foot (B) 2 cubic foot
(C) 0.5 cubic foot (D) 3 cubic foot

- (116) What is the cause of Dysentery?
(A) Mosquito bite
(B) Red cells get destroyed
(C) Affected by cold
(D) Micro-organisms named amoeba entering human body.
- (117) In long distance running, by how many degrees should the trunk be slightly bent forward?
(A) 5° to 9° (B) 10° to 12°
(C) 25° to 30° (D) 40° to 50°
- (118) Who was the first person to demonstrate the Hop-Step-Jump Method?
(A) F.A.M. Weber (B) Dan Ahearn
(C) Christian Olsson (D) Jonathan Edwards
- (119) Which of the following grips is commonly used in the Javelin Throw?
(A) Hook Grip (B) Palm Grip
(C) Closed Grip (D) American Grip
- (120) Initially, Volleyball was known by which name?
(A) Handball (B) Netball
(C) Mintonette (D) Throwball
- (121) Credit goes to _____ for starting softball in India.
(A) Dashrath Mal Mehta (B) George Hancock
(C) James Naismith (D) William G. Morgan
- (122) Which of the following is not a skill used in softball?
(A) Fitching (B) Dribbling
(C) Fielding (D) Batting
- (123) In which year was the first World Table Tennis Championship held?
(A) 1924 (B) 1926
(C) 1928 (D) 1930

- (124) From which language is the word wrestling derived?
(A) Hindi (B) Urdu
(C) Farsi (D) Arabic
- (125) What was the traditional name of the armed and unarmed combat system practiced in Japan before the 18th Century?
(A) Karate (B) Taekwondo
(C) Judo (D) Jujutsu
- (126) What kind of Phenomenon is considered growth?
(A) Mental (B) Social
(C) Spiritual (D) Physical
- (127) What has amazing effects on our health?
(A) Anger (B) Passion
(C) Laughter (D) Compassion
- (128) Which asana is being done by sleeping on the abdomen?
(A) Sinhasana (B) Makarasana
(C) Matsyasana (D) Baddha Padmasana
- (129) Which Pranayama is effective for pregnant women?
(A) Bhramari Pranayam (B) Ujjayi Pranayam
(C) Agnisar Pranayam (D) None of these
- (130) Which fabric should officially be used to make the national flag?
(A) Khadi (B) Silk
(C) Nylon (D) Cotton
- (131) When is National week celebrated?
(A) 25th to 31st March
(B) 10th to 15th December
(C) 15th to 20th May
(D) 06th to 12th April

- (132) Children below what age can participate in the junior division of the all India Summer Games?
(A) Below 18 years
(B) Below 19 years
(C) Below 17 years
(D) None of these
- (133) Which award is given by the Government of India to promote sports and sporting activities in the country?
(A) Eklavya
(B) Arjun
(C) Dronacharya
(D) Dhyanchand
- (134) In which year was the first Olympic Games held in Athens?
(A) 1876
(B) 1886
(C) 1896
(D) 1866
- (135) By whom was the slogan "खेलेगा भारत, तो खिलेगा भारत" coined?
(A) Rajiv Gandhi
(B) Bhupendra Patel
(C) Narendra Modi
(D) Rahul Gandhi
- (136) When is the World Health Day celebrated?
(A) April 7th
(B) April 9th
(C) April 5th
(D) December 1st
- (137) What is the width of a Football field?
(A) 54 to 65 meters
(B) 75 to 85 meters
(C) 64 to 75 meters
(D) 90 to 100 meters
- (138) Since when the Adivasi Mahotsav is held every year in the state of Gujarat?
(A) 1989-90
(B) 1991-92
(C) 1990-91
(D) 1987-88
- (139) When was WHO established?
(A) 1945
(B) 1948
(C) 1950
(D) 1955

- (140) By whom is this definition 'ततो द्रन्द्रानभिधान' of Asana given?
(A) Raman Maharshi
(B) Swami Atmananda
(C) Swami Vivekananda
(D) Maharshi Patanjali
- (141) What is the function of water in the human body?
(A) Producing bones
(B) Transporting nutrients and regulating body temperature
(C) Forming hair only
(D) Increasing fat in the body
- (142) The deficiency of Vitamin B1 causes which disease?
(A) Scurvy
(B) Rickets
(C) Night blindness
(D) Beri - Beri
- (143) Which disease is caused by the bite of a female culex mosquito?
(A) Malaria
(B) Dengue
(C) Filariasis
(D) Cholera
- (144) The Pole Vault competition was first included in which Olympic Games?
(A) 1900 Olympic Games
(B) 1908 Olympic Games
(C) 1896 Olympic Games
(D) 1912 Olympic Games
- (145) In the Pole Vault, the 16 step plan refers to which phase of the event?
(A) Pole Planting
(B) Take off
(C) Approach run
(D) Landing
- (146) What is the diameter of the throwing circle used in the Hammer Throw?
(A) 2.000 m
(B) 2.500 m
(C) 2.125 m
(D) 2.135 m

- (147) In which year was the International Cricket Council originally founded (as the Imperial Cricket Conference)
- (A) 1896 (B) 1925
(C) 1948 (D) 1909
- (148) What is the distance of the penalty mark from the goal line on a Football Field?
- (A) 9.15 m (B) 11 m
(C) 10 m (D) 12 m
- (149) In Basketball, within how many seconds must the ball be taken to the opponents' court?
- (A) 5 seconds (B) 8 seconds
(C) 10 seconds (D) 24 seconds
- (150) In Kho-Kho, what is the height of the pole from the ground?
- (A) 1.00 m (B) 1.10 m
(C) 1.20 m (D) 1.50 m
- (151) How many feathers are there in a shuttle cock?
- (A) 12 feathers (B) 14 feathers
(C) 16 feathers (D) 20 feathers
- (152) Which of the following is not a skill in Badminton?
- (A) Heading (B) Net shot
(C) Clear (D) Smash
- (153) Performing which asana does increase the activity of the hormonal glands?
- (A) Matsyasana (B) Shavasana
(C) Vrushchikasana (D) Bhujangasana
- (154) Which one of the following diseases is caused due to taking Gutka and Tabacco?
- (A) T.B. (B) Cancer
(C) Disease of teeth (D) All of the above

- (155) Which of the following skills is incorrect among the skills of passing the victory line?
(A) Chest thrust at the finish line
(B) Shoulder thrust at the finish line
(C) Running straight through the line
(D) Stopping before reaching the finish line
- (156) When was the National Training Scheme introduced in the country?
(A) 1965
(B) 1960
(C) 1958
(D) 1955
- (157) Who emphasized on expanding the scope of sports activities to the grass root level and rural level?
(A) Shri Gopala Swami
(B) Shri Rama Swami
(C) Shri Bhaskar Swami
(D) Shri Mahavir Swami
- (158) The National Sports talent contest is fully organized by which of the following?
(A) SAI
(B) NSTC
(C) SGFI
(D) FIFA
- (159) How many constituents are there in food?
(A) Four
(B) Eight
(C) Six
(D) Five
- (160) What should be used to clean the ear?
(A) Cotton bud
(B) Stick of matches
(C) Hair pin
(D) Cotton wicks
- (161) In the national flag the width (diameter) of the Ashoka Chakra should be equal to how many parts of the white stripe?
(A) 1/2
(B) 1/4
(C) 2/4
(D) 3/4
- (162) When was "Jana Gana Mana" first sung?
(A) 27th Decemeber, 1911
(B) 8th March, 1909
(C) 15th August, 1912
(D) 26th January, 1925

- (163) In which year was 'Basketball Federation of India' established?
(A) 1949 (B) 1950
(C) 1948 (D) 1951
- (164) What is the height of post from the ground in Kho-Kho?
(A) 1.20 to 1.25 metres
(B) 1.00 to 1.10 metres
(C) 1.20 to 1.22 metres
(D) 1.00 to 1.15 metres
- (165) What is the duration of the break between two halves in Football game?
(A) 7 minutes (B) 8 minutes
(C) 10 minutes (D) 5 minutes
- (166) What is the weight of the hammer used in the hammer throwing competition?
(A) 6.285 to 6.295 kg
(B) 8.265 to 8.285 kg
(C) 5.285 to 5.295 kg
(D) 7.265 to 7.285 kg
- (167) How many types are there crossing the finish line?
(A) One (B) Two
(C) Three (D) Four
- (168) In which year was wrestling included in the Olympic games?
(A) 1876 (B) 1896
(C) 1886 (D) 1906
- (169) What is the height of the hurdles in the 100 meter hurdles of women?
(A) 0.840 meters
(B) 1.067 meters
(C) 0.762 meters
(D) 0.91 meters

- (170) In Basketball the orange ring is placed on the board at how many meters above the ground?
 (A) 2.75 meters (B) 2.85 meters
 (C) 2.95 meters (D) 3.05 meters
- (171) How many grams does a cricket ball weigh?
 (A) 145 gm to 152 gm
 (B) 153 gm to 155 gm
 (C) 164 gm to 170 gm
 (D) 156 gm to 163 gm
- (172) Who among the following is known as the magician of Hockey?
 (A) Major Dhyanchand (B) Pargat Singh
 (C) Milkha Singh (D) Shakil Ahmed
- (173) Which food contains Vitamin – B12?
 (A) Milk / meat (B) Fish
 (C) Eggs (D) Carrot
- (174) When was the Khel Mahakumbh held first?
 (A) 2011 (B) 2014
 (C) 2010 (D) 2012
- (175) For the children of the age 4 to 12 years, _____ hours sleep is needed for optimal health and development.
 (A) 14 to 16 hours (B) 10 to 12 hours
 (C) 12 to 14 hours (D) 8 to 9 hours
- (176) Which Gas is not there in Gobar (dung) Gas?
 (A) Oxygen (B) Methane
 (C) Nitrogen (D) Carbon dioxide
- (177) To whom should the prescribed application form for the recognition of a world record be sent with complete details?
 (A) Y.M.C.A. Bureau (B) I.A.A.F. Bureau
 (C) I.C.C. Bureau (D) F.I.F.A. Bureau

- (178) In which year was the first Karate competition held in Japan?
(A) 1935 (B) 1945
(C) 1940 (D) 1950
- (179) Which organization started the game of Volleyball in India?
(A) F.I.F.A. (B) Y.M.C.A.
(C) B.C.C.I. (D) I.C.C.
- (180) From which world Olympic Games did the competition of bamboo jumping start?
(A) 1900 (B) 1904
(C) 1896 (D) 1908
- (181) Who among the following is the pioneer of supervised learning method?
(A) H.C. Buck
(B) J. P. Thomas
(C) K. Coccidia
(D) Prof. A. L. Holk vest
- (182) The systematic process of knowing to what extent the student has achieved the academic objectives can be called evaluation. Whose concept is this?
(A) A. A. Pher (B) J. B. Nash
(C) Ground Land (D) J. R. Sherman
- (183) Which method is used when the behavior of any two groups or two individuals is to be compared?
(A) Participant observation
(B) Social observation
(C) Comparative observation
(D) None of these
- (184) Which method is mainly used to show the correct performance of a skill before practice?
(A) Lecture method
(B) Demonstration method
(C) Command method
(D) Discussion mehod

- (185) In which method does the teacher give orders and student perform immediately?
- (A) Project method
 - (B) Problem-Solving method
 - (C) Discovery method
 - (D) Command method
- (186) Which method first teaches the whole skill, then breaks into parts, and finally performs the whole skill again?
- (A) Distribute Practice
 - (B) Whole-Part-Whole-Method
 - (C) Progressive Part Method
 - (D) Variable Practice
- (187) Quality physical education mainly concerns the development of:
- (A) Only physical development
 - (B) Only cognitive development
 - (C) Physical, affective, social, and cognitive development
 - (D) Only social development
- (188) Quality physical education exposes student to:
- (A) Negative learning experience
 - (B) Positive individual and collective learning experiences
 - (C) Only theoretical knowledge
 - (D) Limited learning experience
- (189) Which international organization is mentioned as supporting the importance of physical education?
- (A) FIFA
 - (B) WTO
 - (C) UNESCO
 - (D) IMF
- (190) Which of the following is included in pedagogical knowledge?
- (A) Ignoring student progress
 - (B) Avoiding teaching methods
 - (C) Evaluating learning
 - (D) Limited classroom activity

- (191) Which aspect of human movement is emphasized in disciplinary knowledge?
- (A) Financial Aspect
 - (B) Anatomical Aspect
 - (C) Political Aspect
 - (D) Industrial Aspect
- (192) Psychological aspects of human performance include:
- (A) Weather conditions
 - (B) Industrial production
 - (C) Financial planning
 - (D) Motivation and drive
- (193) Which of the following is essential for making physical education teaching effective?
- (A) Limiting cooperation among institutions
 - (B) Creation of systematic and sustainable collaborations
 - (C) Avoiding communication with teachers
 - (D) Focusing only on theoretical instruction.
- (194) The national governing body for physical education should function on the lines of organisation such as:
- (A) UNESCO and WHO
 - (B) FIFA and ICC
 - (C) AICTE, MCI and NCTE
 - (D) RBI and SEBI
- (195) According to the teachers code of Ethics teacher should respect the:
- (A) Rights, dignity and worth of every human being.
 - (B) Only academic performance of students.
 - (C) Only institutional rules
 - (D) Only sports achievements.

- (196) Reciprocal style allows more:
- (A) Teacher dominance
 - (B) Decision-making of students
 - (C) No participation
 - (D) Strict discipline only
- (197) Using armbands or a float while learning to swim is an example of:
- (A) Verbal guidance
 - (B) Visual guidance
 - (C) Tactical guidance
 - (D) Manual guidance
- (198) Which domain is mainly developed through Physical Education?
- (A) Cognitive
 - (B) Affective
 - (C) Psychomotor
 - (D) Linguistic
- (199) Which learning theory emphasizes reinforcement?
- (A) Cognitive Theory
 - (B) Behaviourism
 - (C) Humanism
 - (D) Constructivism
- (200) Students are given different tasks based on their ability level, this teaching approach is _____.
- (A) Uniform Teaching
 - (B) Strict Discipline
 - (C) Differentiated Instruction
 - (D) Free Play

