

FINAL ANSWER KEY

Question 17/2023/OL

Paper Code:

Category 405/2022

Code:

Exam: Instructor in Physical Education

Date of Test 03-04-2023

Department Technical Education Govt. Polytechnics

Question1:-Joints are classified into which of the following categories ?

- i) Synarthroses
- ii) Amphiarthroses
- iii) Fibroarthrosis
- iv) Diarthroses

Find the correct combination.

A:-i and iv only

B:-ii and iii only

C:-i, ii and iii only

D:-i, ii and iv only

Correct Answer:- Option-D

Question2:-All-Play-All tournament is also known as

A:-Single elimination tournament

B:-Double elimination tournament

C:-Round-Robin tournament

D:-Knockout-cum-league tournament

Correct Answer:- Option-C

Question3:-Which plane divides the body or any of its parts into anterior and posterior portions ?

A:-Axial plane

B:-Coronal plane

C:-Sagittal plane

D:-Cranial plane

Correct Answer:- Option-B

Question4:-Which are all the examples in sport psychology when cognitive psychology approach applied ?

- i) Skill acquisition
- ii) Team cohesion
- iii) Imagery
- iv) Anxiety

Find the correct combination.

A:-i and ii only

B:-i and iii only

C:-i, ii and iii only

D:-iii and iv only

Correct Answer:- Option-B

Question5:-Which of the following factors determining strength ?

- i) Physiological cross-section of the muscle
- ii) Morphology of the muscle
- iii) Body weight
- iv) Stride cadence

Find the correct combination.

A:-i and iii only

B:-i, ii and iii only

C:-i and ii only

D:-i, ii and iv only

Correct Answer:- Option-B

Question6:-Which of the following are the performance symptoms of overload in training ?

- i) Increased error in technique
- ii) Decreased differentiation ability
- iii) Increased sensitivity towards criticism
- iv) Loss of sleep

Find the correct combination.

A:-i, ii and iii only

B:-i and ii only

C:-i and iii only

D:-i, iii and iv only

Correct Answer:- Option-B

Question7:-The relative amount of percentage of different types of body tissue that are related to health is termed as

A:-Muscular strength

B:-Body mass index

C:-Body composition

D:-Anthropometry

Correct Answer:- Option-C

Question8:-When intensity, density is reduced the degree of adaptation brought about by the training loads will gradually weaken is the principle of

A:-Specificity

B:-Overload

C:-Reversibility

D:-Recovery

Correct Answer:- Option-C

Question9:-Which of the following uses the principles of mechanics for solving problems related to the structure and function of living organisms ?

A:-Kinesiology

B:-Biomechanics

C:-Anthropometry

D:-Ergonomics

Correct Answer:- Option-B

Question10:-Which of the following procedures and methods are related to human body center of gravity ?

- i) Reaction board
- ii) Bod Pod
- iii) Skinfold Calliper
- iv) Segmental method

Find the correct combination.

A:-i and iii only

B:-ii and iii only

C:-i and iv only

D:-ii, iii and iv only

Correct Answer:- Option-C

Question11:-Which of the following statements are true about vitamins ?

- i) Vitamins are organic substances essential for normal metabolism.
- ii) Vitamins cannot be manufactured by the body.
- iii) Vitamins can only be obtained through the balanced diet.
- iv) Vitamins are classified in to four types based on the solubility.

Find the correct combination.

A:-i and iii only

B:-i, iii and iv only

C:-ii and iv only

D:-i, ii and iii only

Correct Answer:-**Question Cancelled**

Question12:-Which of the following are the psychological symptoms of Anxiety ?

- i) Difficulty in concentration
- ii) Irritability
- iii) Nausea
- iv) A sense of dread

Find the correct combination.

A:-i and ii only

B:-i, ii and iii only

C:-iii and iv only

D:-i, ii and iv only

Correct Answer:- Option-D

Question13:-Which of the following statements about nutrients is not correct ?

A:-Carbohydrates provide about 4 calories per gram

B:-Proteins provide about 4 calories per gram

C:-Fats provide about 9 calories per gram

D:-Vitamins provide about 3 calories per gram

Correct Answer:- Option-D

Question14:-Where does aerobic metabolism occur ?

A:-The mitochondrion

B:-The cytosol

C:-Ribosomes

D:-Chromatin

Correct Answer:- Option-A

Question15:-Which one represents the body's most plentiful source of potential energy ?

A:-Carbohydrate

B:-Protein

C:-Stored fat

D:-Amino acids

Correct Answer:- Option-C

Question16:-Skeletal muscle is also known as :

i) Voluntary muscle

ii) Smooth muscle

iii) Striated muscle

iv) Non-striated muscle

Find the correct combination.

A:-i and iii only

B:-i and iv only

C:-ii and iii only

D:-ii and iv only

Correct Answer:- Option-A

Question17:-Volume of blood pumped out by a ventricle with each beat is known as

A:-Cardiac output

B:-Stroke volume

C:-Systolic volume

D:-Diastolic volume

Correct Answer:- Option-B

Question18:-Which one of the following supplies the entire body with oxygenated

blood ?

A:-Systemic circuit

B:-Pulmonary circuit

C:-Coronary circuit

D:-Diastolic circuit

Correct Answer:- Option-A

Question19:-Which of the following factors that control the range of a projectile ?

i) Weight of an object

ii) Speed of release

iii) Angle of projection

iv) Height of release

Find the correct combination.

A:-i, ii and iii only

B:-i, ii and iv only

C:-ii, iii and iv only

D:-ii and iii only

Correct Answer:- Option-C

Question20:-The air passages of the respiratory system are divided into which of the functional zones ?

i) Conducting zone

ii) Respiratory zone

iii) Exchange zone

iv) Pulmonary zone

Find the correct combination.

A:-i and ii only

B:-ii and iii only

C:-i, ii and iii only

D:-ii, iii and iv only

Correct Answer:- Option-A

Question21:-An object that has been given an initial velocity and then allowed to move in free fall under the influence of gravity is a _____

A:-Acceleration

B:-Projectile

C:-Gravitational force

D:-Stagnant

Correct Answer:- Option-B

Question22:-Which one of the following system integrates and regulates bodily functions to stabilize the body's internal environment ?

A:-Excretory system

B:-Integumentary system

C:-Respiratory system

D:-Endocrine system

Correct Answer:- Option-D

Question23:-What hormone stimulates red blood-cell production ?

A:-Cortisol

B:-Erythropoietin

C:-Melatonin

D:-Estrogen

Correct Answer:- Option-B

Question24:-The total volume of air voluntarily moved in one breath, from full inspiration to maximum expiration represents which of the following

A:-Inspiratory volume

B:-Expiratory volume

C:-Total lung capacity

D:-Vital capacity

Correct Answer:- Option-D

Question25:-What is the basic cellular unit of the nervous system ?

A:-A cell body

B:-An axon

C:-A neuron

D:-Dendrites

Correct Answer:- Option-C

Question26:-Which are all the indirect modes of transmission of infectious agents ?

- i) Airborne
- ii) Vehicle borne
- iii) Vector borne
- iv) Droplet spread

Find the correct combination.

A:-i, ii and iii only

B:-iii and iv only

C:-ii, iii and iv only

D:-ii and iv only

Correct Answer:- Option-A

Question27:-What does MERS stand for ?

A:-Moderate Emergent Respiratory Syndrome

B:-Mild Elevated Respiratory Syndrome

C:-Middle East Respiratory Syndrome

D:-Mild Exigent Respiratory Syndrome

Correct Answer:- Option-C

Question28:-Subject matter taught in schools that provides students with opportunities to learn and have meaningful content and appropriate instruction is defined as

A:-Physical activity

B:-Physical education

C:-Physical fitness

D:-Exercise

Correct Answer:- Option-B

Question29:-Yoga defines 'Samadhi' as

A:-Harmony

B:-Integration of Personality

C:-Positive Mental Health

D:-Attain Devine

Correct Answer:- Option-B

Question30:-Which one is the fourth anga of Ashtanga Yoga ?

A:-Asana

B:-Pratyahara

C:-Dharana

D:-Pranayama

Correct Answer:- Option-D

Question31:-How many rounds will be there in a knock-out tournament of 18 teams ?

A:-3

B:-4

C:-5

D:-6

Correct Answer:- Option-C

Question32:-Total number of matches in a single league tournament containing 8 teams.

A:-7

B:-28

C:-56

D:-4

Correct Answer:- Option-B

Question33:-Most of the chess tournaments are conducted in _____ format.

A:-Knock out

B:-League

C:-Swiss system

D:-League cum knock out

Correct Answer:- Option-C

Question34:-In Athletics meet _____ shall be responsible for ensuring that all equipment and implements are in accordance with the World Athletics rules.

A:-Competition director

B:-Meet manager

C:-Technical manager

D:-Referee

Correct Answer:- Option-C

Question35:-Whose responsibility is to ensure that the rules are observed and decide upon any matters arising during the Athletics Competition ?

A:-Referee

B:-Judge

C:-Track umpire

D:-Jury of appeal

Correct Answer:- Option-A

Question36:-Number of byes given in a knock out tournament containing 24 teams.

A:-Nil

B:-4

C:-8

D:-12

Correct Answer:- Option-C

Question37:-Which is not correct about recreational activity ?

A:-Voluntary

B:-Enjoyment

C:-Competition

D:-Leisure

Correct Answer:- Option-C

Question38:-The format of the FIFA world cup football championship.

A:-Knock-out

B:-League

C:-Knock-out cum league

D:-League cum knock-out

Correct Answer:- Option-D

Question39:-Intra-mural competitions are organized for _____ competitions.

A:-Inter-class

B:-Inter-school

C:-Inter-district

D:-Interstate

Correct Answer:- Option-A

Question40:-Which is not very essential for a technical official ?

A:-Communicate effectively with other officials and athletes

B:-Develop decision-making skills

C:-Becoming a past athlete

D:-None of these

Correct Answer:- Option-C

Question41:-How many false starts are allowed in Athletics in accordance with World Athletics rules ?

A:-1

B:-2

C:-3

D:-None of these

Correct Answer:- Option-D

Question42:-Greco-Roman is style oriented with which game ?

A:-Wushu

B:-Judo

C:-Taekwondo

D:-Wrestling

Correct Answer:- Option-D

Question43:-A practice match with a neighboring institution comes under _____

A:-Intra-mural

B:-Inter-mural

C:-Extra mural

D:-None of these

Correct Answer:- Option-C

Question44:-Conducting victory ceremony belongs to _____

A:-Post-meet work

B:-Meet work

C:-Pre-meet work

D:-None of these

Correct Answer:- Option-B

Question45:-Name the competition which is limited to a particular type of institution ?

A:-Practice matches

B:-Open competition

C:-Closed competition

D:-None of these

Correct Answer:- Option-C

Question46:-Diameter of the centre circle in the football field is

A:-9.10 Mts

B:-9.15 Mts

C:-9.00 Mts

D:-9.18 Mts

Correct Answer:- Option-B

Question47:-When the students practice the activity the teacher goes around observing and rectifying the mistakes is

A:-Evaluation

B:-Exploration

C:-Discussion

D:-Supervision

Correct Answer:- Option-D

Question48:-The best method of taking roll call is

A:-Reading the names

B:-Calling the roll numbers

C:-Squad system

D:-None of these

Correct Answer:-**Question Cancelled**

Question49:-Number of feathers in a shuttlecock is

A:-14

B:-15

C:-16

D:-17

Correct Answer:- Option-C

Question50:-Landing area of the high jump competition shall not be smaller than

A:-6 M × 4 M × 0.7 M

B:-6 M × 3 M × 0.6 M

C:-5 M × 3 M × 0.6 M

D:-5 M × 4 M × 0.7 M

Correct Answer:- Option-A

Question51:-Someone who plans, organizes, leads staff, makes decisions, motivates, assesses and controls organizational resources is

A:-Director

B:-Manager

C:-CEO

D:-None of these

Correct Answer:- Option-B

Question52:-Name the type of leader who gives little guidance and frequently leaves decision-making to group members

A:-Authoritarian

B:-Democratic

C:-Equalitarian

D:-Laissez faire

Correct Answer:- Option-D

Question53:-_____ is a field of education and vocation concerning the business aspect of a sport.

A:-Education management

B:-Event management

C:-Sports management

D:-Facility management

Correct Answer:- Option-C

Question54:-Which dimension of sports management deals with communications, correspondents, logistic support, recording minutes and proceedings, report and budget preparation, etc. ?

A:-Equipment management

B:-Facility management

C:-Fiscal management

D:-Office management

Correct Answer:- Option-D

Question55:-Name the method in which the students are given an opportunity to perform the activity in their own time and rhythm ?

A:-Imitation method

B:-Set drill method

C:-At will method

D:-Dramatization method

Correct Answer:- Option-C

Question56:-_____ is a social process involving working with people.

A:-Leadership

B:-Management

C:-Organizing

D:-Planning

Correct Answer:-**Question Cancelled**

Question57:-Which among the following is not a principle of management ?

A:-Division of work

B:-Discipline

C:-Centralization

D:-Education

Correct Answer:- Option-D

Question58:-The sum total of managerial efforts that are applied for guiding and inspiring the working terms to make better accomplishments in the organization is

A:-Supervision

B:-Direction

C:-Staffing

D:-None of these

Correct Answer:- Option-B

Question59:-According to the cardinal principles of secondary education, which among the following are not the goals of Physical Education ?

A:-Health for all

B:-Worthy home and civic citizenship

C:-Vocational competence

D:-Food service

Correct Answer:- Option-D

Question60:-_____ is the first and most important element of leadership.

A:-Innovation

B:-Insight

C:-Initiative

D:-Integrity

Correct Answer:- Option-D

Question61:-Which form of the tournament is the most economical from the standpoint of time in determining the winning player and team ?

A:-League

B:-League cum knockout

C:-Single elimination

D:-Double elimination

Correct Answer:- Option-C

Question62:-_____ is merely an estimate of probable income and expenditure.

A:-Revenue

B:-Money management

C:-Budget

D:-None of these

Correct Answer:- Option-C

Question63:-Name the playing field which is constructed in an East-West direction.

A:-Rugby

B:-Kho kho

C:-Kabaddi

D:-Cricket

Correct Answer:- Option-B

Question64:-Who should have knowledge of weather, soils, turf and other ingredients of the ground ?

A:-Stadium manager

B:-Umpire

C:-Grounds man

D:-Captain of the team

Correct Answer:- Option-C

Question65:-_____ of the pools should be governed by the type of activity to be conducted there.

A:-Drainage

B:-Lighting

C:-Deck

D:-Depth

Correct Answer:- Option-D

Question66:-In sports _____ is the information that the trainees receive about their performance.

A:-Motivation

B:-Feedback

C:-Recovery

D:-Load

Correct Answer:- Option-B

Question67:-Which of the following does not come under the purview of constraint identification in sports management ?

A:-Geographical

B:-Physiological

C:-Economical

D:-Social

Correct Answer:- Option-B

Question68:-The last link of sports management is

A:-Control and evaluation

B:-Finance and budget

C:-Public relations

D:-None of the above

Correct Answer:- Option-A

Question69:-The first step in the planning process is

A:-Identification of target groups

B:-Determination of goals

C:-Mobilization of resources

D:-Provision of facilities

Correct Answer:- Option-B

Question70:-Terms administration and management are

A:-Synonyms to each other

B:-Entirely different from each other

C:-Somewhat similar to each other

D:-All the above

Correct Answer:- Option-B

Question71:-The degree of uniformity is known as

A:-Reliability

B:-Validity

C:-Objectivity

D:-Norms

Correct Answer:- Option-C

Question72:-For testing significance of two means _____ is used.

A:-Chi-square test

B:-T test

C:-F test

D:-Z test

Correct Answer:- Option-B

Question73:-Lockhart McPherson test is used to assess skills of

A:-Basketball

B:-Lawn Tennis

C:-Football

D:-Badminton

Correct Answer:- Option-D

Question74:-Test, Re-test is connected with which of the following ?

A:-Reliability

B:-Objectivity

C:-Evaluation

D:-Validity

Correct Answer:- Option-A

Question75:-Intellectual guess is termed as

A:-Research proposal

B:-Hypothesis

C:-Test statistic

D:-Significance of study

Correct Answer:- Option-B

Question76:-Positive self-talk is used as a technique of

A:-Motivation

B:-Aggression

C:-Self-concept

D:-Self-efficacy

Correct Answer:- **Question Cancelled**

Question77:-Musculo-skeletal robustness is termed as

A:-Ectomorph

B:-Mesomorph

C:-Endomorph

D:-Ectomorphic endomorph

Correct Answer:- Option-B

Question78:-Upper convexity of spine is known as

A:-Kyphosis

B:-lordosis

C:-Scoliosis

D:-Thrombosis

Correct Answer:- Option-A

Question79:-From which of the following skin fold measurement is not taken ?

A:-Subscapular

B:-Biceps

C:-Abdomen

D:-Chin

Correct Answer:- Option-D

Question80:-The ability to change direction without losing speed is known as

A:-Plyometric

B:-Flexibility

C:-Agility

D:-All of the above

Correct Answer:- Option-C

Question81:-Which is not included in Rogers strength test ?

A:-Sit ups

B:-Push ups

C:-Leg lift

D:-Lung capacity

Correct Answer:- Option-A

Question82:-Cohesion is a term associated to know _____ of team mates.

A:-Cooperation

B:-Co-existence

C:-Distal bonding

D:-Close bonding

Correct Answer:- Option-D

Question83:-New York state test is used to assess

A:-Health fitness

B:-Strength fitness

C:-Physical fitness

D:-Cardiac fitness

Correct Answer:- Option-C

Question84:-Motor Educability is derived by

A:-Larson

B:-Johnson

C:-Scott

D:-Kraus Weber

Correct Answer:- Option-B

Question85:-If the test measures, what is the purpose to measure, it is called

A:-Reliability

B:-Feasibility

C:-Objectivity

D:-Validity

Correct Answer:- Option-D

Question86:-Which of the following is not included in performance related Physical Fitness ?

A:-Speed

B:-Flexibility

C:-Agility

D:-Body composition

Correct Answer:- Option-D

Question87:-Lateral curvature of the spine is known as

A:-Scoliosis

B:-Osmosis

C:-Lordosis

D:-Kyphosis

Correct Answer:- Option-A

Question88:-The 50th percentile is also known as

A:-SD

B:-Mean

C:-Median

D:-Central value

Correct Answer:- Option-C

Question89:-In negative skewness, mean will be _____ to that of Median.

A:-Lower

B:-Higher

C:-Equal

D:-Slightly higher

Correct Answer:- Option-A

Question90:-SCAT is a test related to assess _____ components.

A:-Physical

B:-Physiological

C:-Sociological

D:-Psychological

Correct Answer:- Option-D

Question91:-Running air technique is known as

A:-Hitch kick

B:-Hang technique

C:-Floating kick

D:-Somer sault

Correct Answer:- Option-A

Question92:-VAR is a technology which is widely used nowadays in

A:-Soccer

B:-Volleyball

C:-Athletics

D:-Cricket

Correct Answer:- Option-A

Question93:-_____ is called brain of computer.

A:-Chip board

B:-Processor

C:-RAM

D:-Software

Correct Answer:- **Question Cancelled**

Question94:-_____ is the most widely used operating system for PCs.

A:-Mac

B:-SPSS

C:-Windows

D:-Linux

Correct Answer:- Option-C

Question95:-For local networking purposes _____ is used.

A:-Wi-Fi

B:-WAN

C:-Bluetooth

D:-LAN

Correct Answer:- Option-D

Question96:-The two kinds of memory for computers are

A:-Direct and indirect

B:-DVD and CD

C:-RAM and ROM

D:-Primary and Binary

Correct Answer:- Option-C

Question97:-FIFA permitted to play on artificial grass in the year

A:-2014

B:-2004

C:-2006

D:-2010

Correct Answer:- Option-B

Question98:-Biological passport is used mainly for

A:-Emigration purposes

B:-Performance analysis

C:-Result analysis

D:-Doping tests

Correct Answer:- Option-D

Question99:-Hawk Eye is a smart technology for

A:-Replay

B:-Helicopter view

C:-Finishing camera

D:-Scanning software

Correct Answer:- Option-A

Question100:-Third umpire in cricket implemented in the year

A:-1992

B:-1988

C:-2000

D:-1996

Correct Answer:- Option-A