

CUET (UG) Exam Paper 2025

National Testing Agency PHYSICAL EDUCATION

(Solved)

[This includes Questions pertaining to Domain Specific Subject only]

Time Allowed: 60 Mins.

Maximum Marks: 250

General Instructions :

- (i) This Test contains 50 questions.
- (ii) Five (5) marks will be given for each correct answer.
- (iii) One (1) mark will be deducted for each incorrect answer.
- (iv) If more than one option is chosen, then it will be considered as an incorrect answer.
- (v) Unanswered questions will be given no mark.

1. Match List-I with List-II.

List-I Food products		List-II Adulterants	
(A)	Sugar	(I)	Artificial color
(B)	Coffee	(II)	Chalk
(C)	Red chilli powder	(III)	Chicory
(D)	Turmeric powder	(IV)	Saw dust

Choose the correct answer from the options given below :

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

Ans. Option (3) is correct.

Explanation: Chalk powder (calcium carbonate) is mixed with sugar to increase its weight. Chicory powder (from the root of the chicory plant) is often mixed with coffee to reduce cost. While not toxic, it's an adulterant if not declared. Sawdust or brick powder is mixed with red chili powder to bulk it up. Adulterators sometimes add lead chromate, a bright yellow artificial color, to turmeric to make it look more vibrant.

2. Who defined speed as 'the capacity of an individual to perform successive movements of the same pattern at a fast rate'?

- (1) Theiss and Schnabel (2) Barrow and McGee
- (3) Johnson and Nelson (4) Harre

Ans. Option (2) is correct.

Explanation: Barrow and McGee, were prominent figures in the field of physical education and motor learning. They defined various motor abilities, and this specific definition of speed reflects its role as a basic motor ability used in sports and physical activities.

3. Which of the statements is NOT correct in regard to Major Dhyanchand Khel Ratna award?

- (1) The government of India forms a committee of 12 members who evaluate the performance of a sportsperson.
- (2) The recipients receive ₹ 5 lakhs in cash and a medal.
- (3) The evaluation is done for international sporting events such as the Olympic Games, Asian Games, Commonwealth Games and Paralympic Games.
- (4) Once the committee decides they submit their recommendation to the Union Minister of Youth Affairs and Sports for further approval.

Ans. Option (2) is correct.

Explanation: The Major Dhyan Chand Khel Ratna Award, which is India's highest sporting honor, currently includes a cash prize of ₹ 25 lakh, along with a medallion and a certificate—an amount that was revised from ₹ 7.5 lakh to ₹ 25 lakh in 2020.

4. For the 200 m track event, what is the minimum time allowed between the last heat of any round and the first heat of a subsequent round or final?

- (1) 45 Minutes (2) 50 Minutes
- (3) 75 Minutes (4) 90 Minutes

Ans. Option (1) is correct.

Explanation: According to World Athletics (formerly IAAF) competition rules: For track events up to and including 200 meters, the minimum time allowed between the last heat of any round and the first heat of the next round (including the final) is 45 minutes.

5. In which of the following pranayamas the practitioner makes a sound which resembles the buzzing sound of a black bee?

- (1) Anuloma-viloma (2) Sheetli
- (3) Sheetkari (4) Bhramari

Ans. Option (4) is correct.

Explanation: Bhramari Pranayama is a calming breathing technique in yoga named after the "Bhramara", a black Indian bee. It involves producing a gentle humming sound during exhalation, which helps to calm the mind and nervous system.

6. Match the fitness components in List-I with their examples in List-II.

List-I Fitness Components		List-II Examples	
(A)	Agility	(I)	A football player running towards the ball to receive the pass
(B)	Speed	(II)	Volleyball player lifting their body high into the air
(C)	Balance	(III)	Sudden change of direction to hit a tennis ball
(D)	Power	(IV)	Handstand in gymnastics

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

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

Ans. Option (1) is correct.

Explanation: Agility is the ability to change direction quickly. (Sudden change of direction to hit a tennis ball)

Speed is how fast you move. (A football player running towards the ball to receive the pass)

Balance is maintaining body control. (Handstand in gymnastics)

Power is explosive strength used in quick, strong movements. (Volleyball player lifting their body high into the air)

7. Which of the following statement is **NOT** correct in regard to the game of Badminton?

- (1) The shuttlecock contains 15 feathers
- (2) Games are up to 21 points: the match goes to the side that wins the best three games
- (3) The shuttlecock has a cork base covered by a thin layer of leather, 1 to 1.13 inches in diameter
- (4) At the beginning of the game or the game or when the score is even, the server serves from the right service court

Ans. Option (1) is correct.

Explanation: A standard feather shuttlecock used in badminton contains 16 feathers.

8. pushes down the accumulated waste matter in the colon and there by relieves constipation.

- (1) Sarvangasana
- (2) Yogmudrasana
- (3) Makrasana
- (4) Trikonasana

Ans. Option (2) is correct.

Explanation: Yogmudrasana, also known as the Psychic Union Pose, is a yoga posture where the practitioner bends forward from a seated position, ideally in Padmasana (Lotus Pose) or Siddhasana, with the forehead touching the ground. It is a refined or advanced form of Padmasana. The pose is believed to stimulate the digestive organs, improve digestion, and relieve constipation.

9. Which of the following prohibited substances does not come under the category of Diuretics?

- (1) Acetazolamide
- (2) Amiloride
- (3) Chlortalidone
- (4) Calusterone

Ans. Option (4) is correct.

Explanation: Calusterone is a 17-alkylated orally active androgenic steroid. Calusterone may alter the metabolism of estradiol and reduce estrogen production. Calusterone has been investigated for possible antitumor properties.

10. Which of the statement is **NOT** correct in regard to the Modified Bass Test?

- (1) This test is used to measure one's ability to jump accurately and to maintain balance during repeated jumping
- (2) The test was originally designed by Ruth 1. Bass in 1939 was later modified by Johnson and Keach in 1968.
- (3) The maximum points which may be scored at each landing spot are 10 points. Proper landing is 5 points and 1 points for holding 5 seconds at the spot.
- (4) This test is suitable for both boys and girls aged 12 years and above.

Ans. Option (3) is correct.

Explanation: The maximum points which may be scored at each landing spot are 10 points. Proper landing 5 points and 5 points for holding 5 seconds at the spot.

11. Which of the following statements are related to instrumental aggression?

- (A) It is used to gain advantage or win and not because of anger or enmity
- (B) It is committed in response to a perceived threat
- (C) Non legitimate behaviour without anger
- (D) Primary goal is to harm others

Choose the correct options given below:

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

Ans. Option (3) is correct.

Explanation: Instrumental aggression is a type of aggressive behavior that is goal-oriented and premeditated, rather than being driven by immediate anger or emotion. In essence, it is an aggression used as a means to an end to achieve a specific desired outcome.

12. Which of the following is a fracture, in which a bone is broken, splinted, or crushed into a number of pieces?

(1) Greenstick (2) Comminuted
(3) Stress (4) Transverse

Ans. Option (2) is correct.

Explanation: A comminuted fracture is a particularly severe type of broken bone where the bone shatters into three or more pieces. The word "comminuted" comes from the Latin word "comminuere," meaning "to break into small pieces."

13. is the ability to move the body parts swiftly while applying the maximum force of the muscles.

(1) Speed (2) Power
(3) Agility (4) Balance

Ans. Option (2) is correct.

Explanation: Power is the ability to move the body parts swiftly while applying the maximum force of the muscles.

It is essentially a combination of strength (the ability to exert force) and speed (the ability to move quickly). In sports and physical fitness, power is often referred to as explosive strength.

14. Arrange the steps of first aid for strain in a sequential order starting from first to last.

(A) Apply ice packs
(B) Elevate the injured part
(C) Compress the injured part
(D) Rest the injured part

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

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

Ans. Option (3) is correct.

Explanation: The RICE method is a widely recognized first-aid protocol for managing acute musculoskeletal injuries, such as sprains, strains, bruises, and other soft tissue damage. It stands for:

- Rest
- Ice
- Compression
- Elevation

The primary goals of RICE are to reduce pain, minimize swelling and inflammation, and promote healing in the initial stages after an injury.

15. Match the different types of career given in List-I with their relevant examples given in List-II.

List-I Types of Careers		List-II Examples	
(A)	Teaching	(I)	Sports activity organizer

(B)	Coaching	(II)	Mass Media
(C)	Administrative	(III)	Sports researcher
(D)	Journalism	(IV)	Training academies

Choose the correct answer from the options given below :

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

Ans. Option (1) is correct.

Explanation: Teaching-Sports Researcher
Coaching- Training academies
Administrative- Sports activity organizer
Journalism- Mass Media

16. Which of the following is **NOT** a preventive strategy for Malaria?

(1) Sleep in fully air-conditioned or screened accommodation and use knockdown insecticide in room each evening
(2) If room cannot be made safe, under bed nets; impregnation with pyrethrum enhances the efficacy of nets
(3) Electrical pyrethroid vapouriser in room may also be useful
(4) Wear short-sleeved garments and short trousers between dusk and dawn

Ans. Option (4) is correct.

Explanation:

- **Use Mosquito Nets:** Sleep under insecticide-treated mosquito nets (ITNs), especially at night when mosquitoes are most active.
- **Eliminate Stagnant Water:** Prevent mosquito breeding by removing or covering stagnant water sources like puddles, pots, and open containers.
- **Apply Mosquito Repellents:** Use mosquito repellents on exposed skin and clothing, especially during dusk and dawn.
- **Wear Protective Clothing:** Wear long-sleeved shirts and long pants to reduce skin exposure to mosquito bites.
- **Indoor Spraying:** Use indoor residual insecticide sprays (IRS) to kill mosquitoes resting on walls and furniture.

17. Match the names of asanas given in List-I with their relevant names given in List-II.

List-I Asanas		List-II Relevant names	
(A)	Simhasana	(I)	Locust posture
(B)	Mandukasana	(II)	Frog posture
(C)	Bhujangasana	(III)	Lion posture
(D)	Shalabhasana	(IV)	Cobra posture

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

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

Ans. Option (3) is correct.

Explanation:

- (A) Simhasana- Lion Posture
- (B) Mandukasana- Frog Posture
- (C) Bhujangasana- Cobra posture
- (D) Shalabhasana- Locust Posture

18. With specific reference to Basket-Ball court and equipment, which of the following statements are correct?

- (1) The court shall have a flat, hard surface free from obstructions with dimensions of 28 m in length by 15 m in width
- (2) Weight of the ball should be 450 gm-550 gm; circumference should be 60 cm to 65 cm
- (3) All lines should be of same colour in white or other contrasting colour, 5 cm width
- (4) Weight of the ball should be 567 gm-650 gm and circumference should be 74.9 cm - 78 cm.

Choose the correct answer from the options given below:

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

Ans. Option (3) is correct.

Explanation: The standard circumference for a men's official basketball, like those used in the NBA, is 29.5 inches (75 cm). For women's basketball, the official size is 28.5 inches (72 cm).

19. Which of the following statements is **NOT** correct in regard to 50 M Sprint Test?

- (1) Measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 60 meters is required for conducting the test
- (2) Time taken for completion of the test is the score of an individual
- (3) The test determines the agility and power of an individual
- (4) Start from a stationary position, with one foot in front of the other. The front must be behind the starting line. This starting position should be static.

Ans. Option (3) is correct.

Explanation: The aim of this test is to determine acceleration and speed.

20. Which one of the following statements is **NOT** correct in regard to performing Kapalbhathi kriya?

- (1) It stimulates the nerves in the abdominal region, tones up the abdominal muscles and improves digestion

(2) Kapalbhathi expels more carbon-dioxide and other waste gases from the lungs than the normal breathing

(3) Kapalbhathi kriya is beneficial for those who are suffering from cardio-vascular problems and high blood pressure

(4) It energises the body and removes lethargy

Ans. Option (3) is correct.

Explanation: Kapalbhathi, a forceful breathing technique in yoga, is generally not recommended for individuals with high blood pressure (hypertension) due to its potential to significantly increase blood pressure during and immediately after the practice.

21. What decision will be given by a referee for a foul by an attacker or for an unintentional foul by a defender outside the shooting circle in Field Hockey?

- (1) Penalty Stroke (2) Penalty Corner
- (3) Center pass (4) A free hit

Ans. Option (4) is correct.

Explanation: Foul by an Attacker (Outside the Shooting Circle):

- **Decision:** Free hit to the defending team from the spot of the foul.

Unintentional Foul by a Defender (Outside the Shooting Circle):

- **Decision:** Free hit to the attacking team from the spot of the foul.

22. Which of the statements is correct in regard to the general rules of the game of cricket?

- (A) A batter can be given a run out on a No-Ball
- (B) A batter cannot be given a run out on a Wide-Ball
- (C) A batter can not be bowled out on a No-Ball
- (D) No fielder other than the wicket-keeper shall be permitted to wear gloves or external leg guards

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

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

Ans. Option (3) is correct.

Explanation:

- If a batter leaves the crease and a fielder breaks the stumps while the ball is still in play—even if it's a wide ball—the batter can be run out.
- A wide ball is only an extra run to the batting team, but it does not protect the batter from being dismissed by run out.

23. Which of the following is an activity related to the fitness variable Agility?

- (1) Dodging in rugby
- (2) Spiking in volleyball
- (3) A tennis player moving forward to get to a drop shot
- (4) Basketball player making a fast break to perform a lay-up

Ans. Option (1) is correct.

Explanation: Dodging in Rugby requires quick change in direction. Quick and efficient change in direction refers in agility.

- 24.** As per the Kilo Calories requirement per hour for following sports activities arrange them in a sequential order starting from minimum to maximum.

- (A) Table tennis (B) Tennis
(C) Volleyball (D) 4km Walk

Choose the correct answer from the options given below:

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

Ans. Option (1) is correct.

Explanation: Activity Calories per Hour

Table Tennis 250 – 350 kcal

Tennis (Singles) 500 – 700 kcal

Volleyball 200 – 300 kcal

Walking (4 km/hr) 200 – 250 kcal

- 25.** Which of the following is NOT a skill related fitness component?

- (1) Speed (2) Agility
(3) Flexibility (4) Balance

Ans. Option (3) is correct.

Explanation: Flexibility is a health-related component of fitness.

- 26.** Which of the following asanas cannot be performed in a prone position?

- (1) Bhujangasana (2) Shalabhasana
(3) Halasana (4) Makarasana

Ans. Option (3) is correct.

Explanation: Halasana (Plow Pose) is performed in a supine position.

- 27.** What is the weight of Medicine ball for boys in backward medicine ball throw test?

- (1) 3 Kgs (2) 4 Kgs
(3) 5 Kgs (4) 6 Kgs

Ans. Option (1) is correct.

Explanation: The medicine ball throw test typically uses a 3 kg medicine ball for males and a 1 kg medicine ball for females.

- 28.** Who is responsible for creating national policies, providing financial and operational support,

establishing regulatory standards, and offering advisory guidance?

- (1) Union Government (2) State Government
(3) Sports Federations (4) Sports Directors

Ans. Option (1) is correct.

Explanation: The Union Government (also called the Central Government) is primarily responsible for:

- Create national policies for sports development
- Provide financial and operational support to athletes and federations
- Establish regulatory standards (e.g., doping control, training norms)
- Offer advisory guidance to all stakeholders in sports

- 29.** Arrange the institutes of physical education in regard to their respective states, starting from north to south.

- (A) YMCA (B) LNUPE
(C) HVPM (D) NSNIS

Choose the correct answer from the options given below:

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

Ans. Option (1) is correct.

Explanation:

YMCA College of Physical Education

- Location: Nandanam, Chennai
- District: Chennai District
- State: Tamil Nadu

LNUPE – Lakshmibai National University of Physical Education

- Location: Shakrinagar, Gwalior
- District: Gwalior District
- State: Madhya Pradesh

HVPM – Hanuman Vyayam Prasarak Mandal

- Location: Amravati
- District: Amravati District
- State: Maharashtra

NSNIS – Netaji Subhas National Institute of Sports









- Location: Patiala
- District: Patiala District
- State: Punjab





- 30.** Which of the following is the fifth asana in the steps of Suryanamaskar?

- (1) Bhujangasana
(2) Parvatasana
(3) Hastottanasana
(4) Ashwasanchalanasana

Ans. Option (2) is correct.

Explanation:

1. Namaskar Mudra  <i>Exhale</i>	7. Bhujangasana  <i>Inhale</i>
2. Hastauttanasana  <i>Inhale</i>	8. Shashankasana  <i>Exhale</i>
3. Pada Hastasana  <i>Exhale</i>	9. Parvatasana  <i>Exhale</i>
4. Ardha Chandrasana  <i>Inhale</i>	10. Ardha Chandrasana  <i>Inhale</i>

5. Parvatasana  <i>Exhale</i>	11. Pada Hastasana  <i>Exhale</i>
6. Ashtangasana  <i>Hold</i>	12. Hastauttanasana  <i>Inhale</i>

31. After the badminton match, observing the performance of Ruchi, the coach asked her to practice some ladder drills and shuttle runs. On which fitness component/s the coach wants Ruchi to focus on?

- (1) Strength and endurance
- (2) Explosive power
- (3) Strength and Balance
- (4) Agility and speed

Ans. Option (4) is correct.

Explanation: Ladder drills and shuttle runs are commonly used to improve:

- Agility (quick changes in direction) and speed
- Foot speed
- Coordination
- Explosiveness

32. What is the Sanskrit meaning of Uddiyana Bandha?

- (1) In Sanskrit, uddiyana means 'raising up' and bandha means 'contraction' of any part of the body.
- (2) In Sanskrit, uddiyana means 'standing up' and bandha means 'contraction' of any part of the body.
- (3) In Sanskrit, uddiyana means 'raising up' and bandha means 'locking of any part of the body.'
- (4) In Sanskrit, uddiyana means 'standing up' and bandha means 'locking' of any art of the body.

Ans. Option (1) is correct.

Explanation: It is a yogic internal lock involving:

- Pulling the abdomen inward and upward under the rib cage
- Usually performed on an empty stomach and after exhalation

33. Arrange the grand slams of lawn tennis in a sequential order, in regard to their occurrence in a calendar year, starting from first to last.

- (A) Wimbledon (B) Australian open
(C) French open (D) US Open

Choose the correct answer from the options given below:

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

Ans. Option (1) is correct.

Explanation: Sequence of Grand Slam Tournaments in a Calendar Year (January to December):

1. Australian Open – January
 - Location: Melbourne, Australia
 - Surface: Hard court
2. French Open (Roland Garros) – May to June
 - Location: Paris, France
 - Surface: Clay court
3. Wimbledon – June to July
 - Location: London, England

- Surface: Grass court
- 4. US Open – August to September
- Location: New York, USA
- Surface: Hard court

34. The Stork Stand Test is used to measure which of the following fitness variable?

- (1) Power (2) Balance
(3) Speed (4) Coordination

Ans. Option (2) is correct.

Explanation: Stork Stand Test measures static balance — the ability to maintain the body in a fixed posture with minimal movement.

35. Who among the following does not win the Arjuna Awards for outstanding performance in Sports and Games 2024 for the game of Hockey?

- (1) Ms. Salima Tete
(2) Shri Abhishek
(3) Shri Jarmarpreet Singh
(4) Ms. Annu Rani

Ans. Option (4) is correct.

Explanation: Annu Rani is the one who did not win the Arjuna Award in 2024 for hockey.

- Salima Tete, Shri Abhishek, and Jarmarpreet Singh all received the Arjuna Award in the hockey category in 2024
- Annu Rani, on the other hand, was awarded in athletics, not hockey, in the same session.

36. Which is the correct statement regarding the availability of resources in administering the 50 M Sprint test?

- (1) 2 officials at the start, 1 official at the finish.
(2) 2 officials at the start, 1 official for each lane at the finish.
(3) 1 officials at the start, 1 official at the finish.
(4) 1 official at the start, 1 official for each lane at the finish.

Ans. Option (4) is correct.

Explanation: 1 Official at the Start:

- Responsible for giving the starting command ("On your mark, get set, go").
- Ensures proper starting position and timing.

1 Official for Each Lane at the Finish:

- Ensures accurate recording of the finishing order and time.
- Prevents errors or disputes regarding placement, especially in close finishes.

37. Match the macro minerals in List-I with their sources in List-II.

List-I Macro minerals		List-II Sources	
(A)	Calcium	(I)	Table salt, pickles and soya sauce
(B)	Potassium	(II)	Chesse, eggs, yogurt

(C)	Sodium	(III)	Meat, brown rice, seafood
(D)	Magnesium	(IV)	Banana, tomatoes, peanuts, citrus fruits and beans

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

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

Ans. Option (1) is correct.

Explanation:

Mineral	Role in the Body
Calcium	Builds strong bones and teeth, aids muscle function
Potassium	Maintains fluid balance, nerve signals, and muscle contractions
Sodium	Regulates blood pressure, fluid balance, and nerve function
Magnesium	Supports muscle and nerve function, energy production

38. Which of the following physical education courses is offered by Indira Gandhi Physical Education and sports sciences?

- (A) B.P. Ed (four semester) course, Bachelor of Physical Education
(B) Ph. D. Doctor of Philosophy (Physical Education)
(C) B.A. (Program) Sport and Performance
(D) P.G. Diploma in Sports Coaching

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

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

Ans. Option (3) is correct.

Explanation: IGIPSS offers B.P.Ed, Ph.D. in Physical Education, and a PG Diploma in Sports Coaching.

BA in Sports & Performance—broad sports studies are offered under the B.Sc. PE/HE&S degree, not a BA.

39. Arrange the test of various fitness components, in regard to the distance covered in performing the test, in a sequential order from minimum to maximum.

- (A) Shuttle run test (B) SEMO agility test
(C) 50 M Srint (D) Modified bass test

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

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

Ans. Option (3) is correct.

Explanation:

1. Modified Bass Test (Balance)

- Distance Covered: Minimal (~a few meters only)

2. SEMOAgility Test

- Distance Covered: ~ 36 meters total

3. Shuttle Run (4 × 10 m)

- Distance Covered: 40 meters total

4. 50 Meter Sprint

- Distance Covered: 50 meters

40. Which of the following statements regarding volleyball are correct?

- (A) The ball should be spherical, made of a flexible leather or synthetic leather case with a bladder inside, made of rubber or a similar material.
(B) The top of the net is 2.43 m high for men and 2.24 m high for women.
(C) Its circumference is 65-67 cm and its weight is 260-280 g.
(D) The inside pressure of the ball will be 0.40 to 0.325 kg/cm² (4.26 to 4.61 si).

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

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

Ans. Option (3) is correct.

Explanation: The inside pressure of the ball is between 0.30 to 0.325 kg/cm² (equivalent to 4.26 and 4.61 psi).

Comprehension:

Read the passage carefully and answer the questions based on the passage:

The increasing threat of the HIV/AIDS pandemic/ epidemic with greater number of adolescents becoming HIV/AIDS positive, growing incidence of smoking, use of alcohol and other substances among adolescents and a lack of opportunities to equip themselves with the needed life skills has made the situation critical for adolescents. Although some attempts were made during the 1970s and the 1980s to develop material related to growing up issues, it was during 1990 that concerted efforts were made. The National Seminar on 'Adolescence Education', organised in April 1993 by the National Council of Educational Research and Training, supported the concept of 'Adolescence Education' after extensive discussion (NCERT, 1994). As a follow-up to the seminar's recommendations, adolescence education has been conceptualised as an educational intervention about adolescence, focusing on important aspects of adolescent reproductive and sexual health, as well as HIV/AIDS and substance abuse. The NCERT formulated the General Framework of Adolescence Education, focusing on three key areas namely process of development, substance addiction and HIV/AIDS. It was widely popularised and accepted as the core component of the National Population Education Project (NPEP). In 2002, NPEP became a part of the 'Quality Improvement' in schools. The erstwhile Ministry of Human Resources Development (now Ministry of Education) integrated governmental programmes on adolescence education in 2005

under the title 'Adolescence Education'. It was initiated based on the decisions made at an inter-Ministerial Meeting held in 2004.

41. In which year, NPEP became a part of the 'Quality Improvement' in schools?

- (1) 1994 (2) 2002
(3) 2004 (4) 2005

Ans. Option (2) is correct.

Explanation: 2002

42. The National Seminar organized in April 1993 that supported the concept of 'Adolescence Education' was organized by which organization?

- (1) NPEP
(2) NCERT
(3) Ministry of Human Resources Development
(4) CBSE

Ans. Option (2) is correct.

Explanation: National Council of Education Research and Training

43. When were the concerted efforts made to develop materials related to growing up issues among adolescents?

- (1) 1990 (2) 1993
(3) 1994 (4) 2002

Ans. Option (1) is correct.

Explanation: 1990

44. Which one of the following is NOT a key area of the NCERT formulated General Framework of Adolescence Education?

- (1) Process of development
(2) Substance addiction
(3) Development of opportunities to equip adolescent with the needed life skills
(4) HIV/AIDS

Ans. Option (3) is correct.

Explanation: Development of opportunities to equip adolescent with the needed life skills

45. The initial name of the Ministry of Human Resources Development has been changed to

- (1) National Council of Educational Research and Training
(2) National Population Education Project
(3) Central board of secondary education
(4) Ministry of Education

Ans. Option (4) is correct.

Explanation: Ministry of Education

Comprehension:

Read the passage carefully and answer the questions based on the passage:

In addition to personal benefits, sports also have economic and social impacts. Sports can generate employment and income, promote tourism and investment, unity communities and foster national identity, and address social issues and promote

social justice. Sports can generate employment and income by creating jobs in various sectors, such as coaching, administration, media and hospitality. Sports events can also attract tourists and generate revenue for local businesses.

Sports can promote tourism and investment by showcasing cities and countries as desirable destinations for sports fans and investors. Sports facilities and infrastructure can also attract investment and boost economic growth.

Uniting communities and fostering national identity sports can provide a common ground for people to come together and celebrate their shared values and traditions. National sports teams can also promote patriotism and national pride.

Sports can address social issues and promote social justice by raising awareness of societal challenges, such as discrimination, inequality and poverty. Incorporating sports into daily life can benefit physical, mental and social well-being. Set realistic goals for your sports or physical activity. Gradually increase the intensity and duration of your workouts as your fitness level improves. Consistency is key to reaping the benefits of sports and physical activity. Set a regular schedule for your workouts and stick to it, even if it means starting with just a few minutes a day.

- 46.** In addition to personal benefits, How sports also have economic and social impacts?
- (1) By incorporating sports into daily life
 - (2) By numerous benefits for physical activity
 - (3) By generating employment and income
 - (4) By fostering national identity

Ans. Option (3) is correct.

Explanation: By generating employment and income

- 47.** How sports can promote tourism?
- (1) By providing a common ground for people to come together
 - (2) By showcasing cities and countries as desirable destinations for sports fans and investors

- (3) By raising awareness of societal challenges
- (4) By promoting patriotism and national pride

Ans. Option (2) is correct.

Explanation: By showcasing cities and countries as desirable destinations for sports fan and investors

- 48.** How sports can unify communities and foster national identity?
- (1) By showcasing cities and countries as desirable destinations for sports fans.
 - (2) By providing a common ground for people to come together and celebrate their shared values.
 - (3) By promoting discrimination, inequality and poverty in sports events.
 - (4) By setting regular schedule for workouts and sticking to it.

Ans. Option (2) is correct.

Explanation: By providing a common ground for people to come together and celebrate their shared values.

- 49.** How sports can address social issues and promote social justice?
- (1) By maintaining motivational level.
 - (2) By reaping the benefits of sports and physical activity.
 - (3) By raising awareness of societal challenges, such as discrimination, inequality and poverty
 - (4) By choosing a sport or physical activity that suits your interests, abilities and lifestyle

Ans. Option (3) is correct.

Explanation: By raising awareness of societal challenges, such as discrimination, inequality and poverty.

- 50.** Which of the following is key to reaping the benefits of sports and physical activity?
- (1) Realistic goals
 - (2) Motivation
 - (3) Strength training
 - (4) Consistency

Ans. Option (4) is correct.

Explanation: Consistency

