



Booklet Series

**A**

No. of Printed Pages : 16

Serial Number of the  
Test Booklet

629015

**PAPER CODE**  
**PAPER/II-06/PET**

Roll No. : \_\_\_\_\_

Name of the Candidate : \_\_\_\_\_

Test Duration : 03 Hours

Total Questions : 100

Total Maximum Marks : 200

**INSTRUCTIONS TO CANDIDATES**

1. Candidates will be admitted to the Examination Hall/Room on production of their Admit Card and Original ID such as **EPIC/Aadhaar/Driving License** with a view to establish the true identity of the candidate.
2. Candidates shall reach the venue of examination at least 30 minutes in advance and admission will be refused to a candidate who is late by 10 minutes from the start of the examination.
3. No candidate shall be permitted to leave the Examination Hall/Room until the time for the examination is over or until permitted to do so but not until the half of the allotted time.
4. Candidates must use a **BLUE/BLACK** ball point pen **ONLY** to make entries on the OMR Answer Sheet.
5. The candidates should not bring any articles (other than those specified above) such as books, notes, loose sheets, mobile phones, pagers, digital diaries, calculators, smart watches, etc. inside the Examination Hall/Room. Any candidate found in possession of the said articles will be liable to be de-barred from applying all future examinations to be conducted by the Board.
6. After receiving the Test Booklet with OMR inserted, the candidates may pull out the OMR Answer Sheet and fill in the necessary details. However the candidates are not allowed to break open the seal of the Test Booklet until the invigilator informs them to do so.
7. Mark carefully your Roll Number, Question Booklet Code and Booklet Series on the OMR Answer Sheet and append signature at the appropriate place. Write your Roll Number and **Name in the Question Booklet**. In the absence of the Roll Number and Question Booklet Series on the OMR Answer Sheet, it may NOT be evaluated.
8. The entire Test is of Objective Type Questions comprising 100 questions.
9. Candidates must check that the Question Booklet contains 100 multiple choice questions. If any discrepancy found, report to the invigilator immediately.
10. Every question carries a total of 2 marks each. Candidates will also keep in mind that there is negative marking of  $1/3^{rd}$  for every wrong answer.
11. Rough work may be done on the space provided in this Question Booklet, but not on the OMR Answer Sheet.
12. In the event of a mistake made in marking the Roll Number in the OMR Answer Sheet or the OMR Series the candidates will not be given a new OMR Answer Sheet but he/she will be allowed to use whitener or correcting fluid for correction of the Roll Number and the Booklet Series only.
13. **Change of answer will not be permitted in the OMR Answer Sheet. Using of correcting fluid (of any sort) will be treated as wrong attracting negative marking.**
14. The candidates must abide by such instructions as may be specified on the cover of the Answer Paper or instructions to candidates given at the back of the Admit Card. If a candidate fails to do so or indulges in improper conduct, he/she will render himself/herself liable to expulsion from the examination or such other punishment as the Board deemed fit to impose.
15. At the end of the Test, candidates must submit the OMR Answer Sheet to the invigilator on duty. Candidates shall be allowed to take their Question Booklet only after the end of the examination session.
16. Any candidate found to be intoxicated with alcohol and/or psychotropic substances will be expelled from the Examination Hall/Room.
17. Examination centre once opted cannot be changed.

**PLEASE REFER THE BACKSIDE OF THE QUESTION BOOKLET FOR MORE INSTRUCTIONS.**

**SEAL**





1. How should the legs be positioned in Bhujangasana ?

- (A) Spread apart widely
- (B) Crossed at the ankles
- (C) Legs together
- (D) Bent at knees

2. What is the Sanskrit meaning of "Vajra" in Supta Vajrasana ?



- (A) Thunderbolt
- (B) Fire
- (C) Mountain
- (D) Water



3. What is the purpose of tactical training in sports ?

- (A) To build muscle mass
- (B) To improve technical equipment
- (C) To develop strategies against opponents
- (D) To reduce game time

4. Which of the following is not a method of sports training ?

- (A) Circuit Training Method
- (B) Interval Training Method
- (C) Puzzle Solving Method
- (D) Fartlek Training Method

5. Which circuit pumps blood to the lungs and back to the heart ?

- (A) Systemic Circuit
- (B) Coronary Circuit
- (C) Pulmonary Circuit
- (D) None of the above

6. Which of the following equipment is commonly used in the Set-Drill Method ?

- (A) Dumb-bells, clubs, wands, poles
- (B) Treadmills and stationary bikes
- (C) Heavy weightlifting machines
- (D) Swimming pools

7. Occupational wellness is primarily about



- (A) Earning a high salary
- (B) Holding a top position in a company
- (C) Avoiding stress by quitting work
- (D) Balancing work and leisure and addressing workplace stress

8. Which term is used to describe a temporary slip up with a quick return to action or maintenance ?

- (A) Preparation
- (B) Maintenance
- (C) Relapse
- (D) Lapse

9. In a Knock-Out Tournament, a player or team continues to play matches until



- (A) They run out of time
- (B) They are defeated
- (C) They are injured
- (D) None of the above



10. In sports tournaments, the term "bye" refers to
- (A) A team is not required to participate in the primary round due to allotment of draws
  - (B) The number of players or teams eliminated in the first round
  - (C) A team that plays two matches in a day
  - (D) A match that is cancelled due to weather conditions
11. Which of the following is a water-soluble vitamin ?
- (A) Vitamin A
  - (B) Vitamin D
  - (C) Vitamin C
  - (D) Vitamin K
12. Which coenzyme is formed from Thiamine (Vitamin B1) ?
- (A) FAD (Flavin Adenine Dinucleotide)
  - (B) FMN (Flavin Mononucleotide)
  - (C) TPP (Thiamine Pyrophosphate)
  - (D) NADP (Nicotinamide Adenine Dinucleotide Phosphate)
13. Which among the following is known as Voice Box ?
- (A) Larynx
  - (B) Trachea
  - (C) Pharynx
  - (D) Alveoli



14. Which of the following muscles is involuntary and helps to change the size of the iris in the eye ?
- (A) Smooth muscles
  - (B) Skeletal muscles
  - (C) Cardiac muscles
  - (D) Voluntary muscles
15. Which of the following is not a level of biological diversity ?
- (A) Genetic variability within a species
  - (B) Variety of species within a community
  - (C) Ecosystem diversity
  - (D) Climate diversity in different regions
16. What is the main chemical reaction involved in incineration ?
- (A) Oxidation
  - (B) Neutralization
  - (C) Condensation
  - (D) Precipitation
17. What does the name "Ardha Matsyendrasana" mean in Sanskrit ?
- (A) Full Lord of the Fish
  - (B) Half Lord of the Fish Pose
  - (C) Lord of the Ocean Pose
  - (D) Twisting Pose of the Lord







18. What is a sprain ?
- (A) A break in the bone
  - (B) Dislocation of a joint
  - (C) Stretching or tearing of ligaments
  - (D) None of the above
19. Social wellness is best defined as
- (A) The ability to control others' opinions
  - (B) Interacting positively with people of different cultures, ages, gender, religion
  - (C) Avoiding communication to prevent conflict
  - (D) Spending time alone to recharge
20. Which of the following is not a component of wellness ?
- (A) Social wellness
  - (B) Physical wellness
  - (C) Emotional wellness
  - (D) Cosmetic wellness
21. Why is neuro-muscular coordination important in Physical Education ?
- (A) It develops control and balance among different body parts
  - (B) It helps improve memory retention
  - (C) It reduces the need for physical activity
  - (D) It only supports brain training exercises

22. Which of the following is not an emotion typically managed through Physical Education ?
- (A) Pleasure
  - (B) Fear
  - (C) Curiosity
  - (D) Anger



23. What is another name for the freestyle stroke in swimming ?
- (A) Dolphin
  - (B) Crawl
  - (C) Dog Paddle
  - (D) Glider
24. Where was the game of basketball originally developed in 1891 ?
- (A) Harvard University, USA
  - (B) Springfield College of Physical Education, Massachusetts, USA
  - (C) Boston Sports Academy
  - (D) None of the above
25. What is the correct grip used for holding a badminton racket in a forehand shot ?
- (A) Claw grip
  - (B) Shake hand grip
  - (C) Reverse grip
  - (D) Double-hand grip
26. What position does the body take at the top of the swing in the Roman Rings skill ?
- (A) Supine position
  - (B) Pike position
  - (C) Upright stance
  - (D) Lying flat





27. What is the formula to calculate Body Mass Index (BMI) ?

(A)  $BMI = (\text{Weight in pounds} \times 703) / \text{Height in inches}$

(B)  $BMI = \text{Body mass (kg)} / \text{Stature (m}^2\text{)}$

(C)  $BMI = \text{Stature (m)} / \text{Body mass (kg)}$

(D)  $BMI = \text{Body fat percentage} / \text{Age}$

28. Which somatotype is associated with a higher percentage of body fat and a rounded or pear-shaped body ?

(A) Ectomorph

(B) Mesomorph

(C) Endomorph

(D) Polymorph

29. What is the meaning of the word "Yoga" ?

(A) Union

(B) Breath control

(C) Stretching

(D) None of these

30. Which of the following is not one of the five Yamas ?

(A) Ahimsa

(B) Satya

(C) Aparigraha

(D) Shavasana

31. What does measurement primarily refer to ?

(A) A personal opinion

(B) A set of interview questions

(C) A quantitative form of assessment and also refers to score obtained through test

(D) The process of making a final decision

32. Which scale of measurement is used to name or label things or to depict categories ?

(A) Ordinal

(B) Interval

(C) Ratio

(D) Nominal

33. A balanced diet should include which of the following ?

(A) Only carbohydrates and fats

(B) Only proteins and sugars

(C) Salt, sugar and oil

(D) Proteins, fats, carbohydrates, fibres, vitamins and minerals

34. What is the Trans-theoretical model also called ?

(A) Stages of change model

(B) Stages of chance model

(C) Stages of conclusion model

(D) Stages of finish model

35. In which of the following functions of sports event management "recruitment process" take place ?

(A) Planning

(B) Staffing

(C) Controlling

(D) Directing





36. In the organization of a sports event, committees are formed based on
- (A) The budget of the event
  - (B) The three levels of management : top, middle and lower levels
  - (C) The number of participants only
  - (D) The location of the event

37. Slow twitch (Type I) fibres are best suited for
- (A) Sprinting
  - (B) Powerlifting
  - (C) Long-distance running
  - (D) High jump

38. Which of the following is not a property of skeletal muscles ?
- (A) Contractility
  - (B) Elasticity
  - (C) Extensibility
  - (D) Volatility

39. What is considered as one of the basic swings on the pommel horse ?
- (A) Backflips
  - (B) Leg swings
  - (C) Shoulder rolls
  - (D) None of these

40. Judo originated from which ancient Japanese martial art ?
- (A) Karate
  - (B) Kendo
  - (C) Aikido
  - (D) Ju-jitsu

41. Which of the following is not a component of health-related physical fitness ?



- (A) Muscular Strength
- (B) Flexibility
- (C) Agility
- (D) Cardiorespiratory Endurance

42. What is the primary nutrient provided by nuts and oil seeds ?

- (A) Carbohydrates
- (B) Vitamin C
- (C) Fat
- (D) None of these

43. Formal education is characterized by

- (A) Learning through imitation and observation
- (B) A flexible and unstructured process
- (C) Learning only at home
- (D) Institutionalization and structured grading

44. According to Philip Coombs, non-formal education



- (A) Must follow the formal school structure
- (B) Is a rigid form of learning
- (C) Is systematic education activity carried on outside the framework of the formal system
- (D) Involves only adults



45. Which style of wrestling is known as "Pehlwani" or "Kushti" ?

- (A) Freestyle Wrestling
- (B) Greco-Roman Wrestling
- (C) Indian Style of Wrestling
- (D) Sumo Wrestling

46. Which part of the pharynx extends from the internal nares of nasal cavity to the level of the uvula ?

- (A) Oropharynx
- (B) Laryngopharynx
- (C) Nasopharynx
- (D) Trachea

47. Which of the following is a characteristic of non-renewable resources ?

- (A) They include fossil fuels like oil and coal
- (B) They can be reconstituted as a resource after being used up
- (C) They are constantly replenished by natural processes
- (D) Their end products are renewable energy sources



48. In the food pyramid, which group of organisms is depicted at the apex ?

- (A) Plants (producers)
- (B) Herbivorous animals (first order consumers)
- (C) Bacteria and fungi
- (D) Carnivorous animals (second order consumers)

49. The shortest bone in human body is

- (A) Scapula
- (B) Femur
- (C) Radius
- (D) Stapes



50. Hip joint is example for which type of joint ?

- (A) Ball and socket joint
- (B) Saddle joint
- (C) Hinge joint
- (D) Plane joint

51. Which of the following chemicals were mainly responsible for ozone layer depletion ?

- (A) Chlorofluorocarbons (CFCs)
- (B) Ammonia and Sulfur dioxide
- (C) Oxygen and Nitrogen
- (D) None of the above



52. Which Act passed in 1972, deals with the declaration of National Parks and Wildlife Sanctuaries in India ?

- (A) The Environment Protection Act
- (B) The Forest Conservation Act
- (C) The Biodiversity Act
- (D) The Wildlife Protection Act





53. What does the term "Pranayama" literally signify ?

- (A) Control of physical body
- (B) Regulation of sleep and food
- (C) Maintenance of prana in a healthy manner throughout one's life
- (D) None of the above

54. Which nostril is used for inhalation in Surya Bhedhana Pranayama ?

- (A) right nostril
- (B) left nostril
- (C) both nostrils
- (D) alternate nostril



55. In the Cyclic Method of drawing fixtures, how is the rotation system used for placing teams ?



- (A) One team remains fixed in position, while the others rotate around it to complete the cycle
- (B) All teams are randomly placed with no fixed position
- (C) All teams are given a bye for one round
- (D) Teams are placed in a bracket system based on rankings

56. Why is footwork important in badminton ?

- (A) It helps a player stand still while playing
- (B) It makes the racket swing more powerful
- (C) It is only necessary for professional players
- (D) It enables a player to move efficiently around the court

57. Which of the following is not mentioned as part of warming-up activities ?

- (A) Running
- (B) Skipping
- (C) Jumping
- (D) Weightlifting

58. What is the whole method in teaching ?



- (A) Focusing only on theoretical concepts
- (B) Teaching by breaking an activity into small parts
- (C) Ignoring the sequence of actions
- (D) Teaching an activity as a whole action without breaking it into its component parts

59. In the quote by Charles A. Bucher, physical education is described as

- (A) A field of endeavour aimed at improving human performance
- (B) A recreational activity only
- (C) A subject focused solely on sports
- (D) An optional part of education

60. Which of the following is an example of a locomotor movement ?



- (A) Stretching
- (B) Twisting
- (C) Hopping
- (D) Pushing





61. Which of the following scales has equal intervals but no true zero point in Physical Education ?

- (A) Nominal
- (B) Ordinal
- (C) Interval
- (D) Ratio

62. What type of scale is used when individuals are ranked in a race as 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> ?

- (A) Nominal
- (B) Ordinal
- (C) Interval
- (D) Ratio

63. To be effective, a sports plan must be

- (A) Specific, logical, flexible and complete
- (B) General and vague
- (C) Rigid and fixed
- (D) Focused only on the physical aspects of the event



64. In a sports event organization, who might occupy the apex post ?

- (A) Assistant Director of Sports Event
- (B) Director of the Event
- (C) Sports Coaches
- (D) Volunteer Staff

65. Physical Education evolved from which practice during the 1800s ?

- (A) Gymnastics
- (B) Sports training
- (C) Military drills
- (D) Meditation

66. Matsyasana is considered beneficial for which part of the body ?

- (A) Spinal strength
- (B) Legs
- (C) Arms
- (D) Ankles and knees

67. Which of the following is an essential amino acid ?

- (A) Alanine
- (B) Leucine
- (C) Glutamic acid
- (D) Arginine

68. What are examples of visible fat sources ?

- (A) Milk and eggs
- (B) Nuts and cereals
- (C) Cooking oil and butter
- (D) Pulses and meat

69. What are calluses ?

- (A) Blisters formed due to burns
- (B) Thickening of the epidermis due to constant friction or pressure
- (C) Cuts or tears in the skin
- (D) Infections caused by bacteria





70. What does "Good" represent in the context of a student doing 30 sit-ups in one minute ?

- (A) Test
- (B) Measurement
- (C) Evaluation
- (D) Scoring



71. What is another name for Ujjayi Pranayama ?

- (A) Bee breath
- (B) Cooling breath
- (C) Fire breath
- (D) Ocean breath or warrior's breath



72. In Sanskrit, the word 'Bhujanga' means

- (A) Tiger
- (B) Dragon
- (C) Crocodile
- (D) Cobra

73. How often should the critical training load be measured ?

- (A) Every month
- (B) 4 – 5 times a year
- (C) Once a year
- (D) Weekly

74. When is a 'let' called in badminton game ?

- (A) When a player wins a point
- (B) When a player is ready to serve
- (C) When the rally is stopped without awarding any point
- (D) When a player smashes the shuttle

75. Why is marching considered an essential part of physical education in schools ?

- (A) It promotes orderliness, discipline, good posture and rhythm
- (B) It focuses only on speed and endurance
- (C) It replaces the need for other physical activities
- (D) It is only a fun activity with no educational value



76. What is the first technique that should be taught when learning boxing ?

- (A) The "on guard position" with proper stance for body balance
- (B) Advanced punching combinations
- (C) Footwork without any stance
- (D) Heavy bag training



77. According to the National Planning of Physical Education and Recreation, what is the aim of Physical Education ?

- (A) To make every child physically, mentally and emotionally fit
- (B) To focus only on sports skills
- (C) To improve academic performance
- (D) To promote only physical strength





78. Who established the first Physical Education college in Asia ?

- (A) Swami Vivekananda
- (B) Dr. B. R. Ambedkar
- (C) Mahatma Gandhi
- (D) Harry Crowe Buck

79. Which of the following is an example of a performance-enhancing substance ?



- (A) Blood doping
- (B) Anabolic steroids
- (C) Gene doping
- (D) Chemical manipulation

80. What are the dimensions of a standard table tennis table ?

- (A) 274 cm × 152.5 cm
- (B) 300 cm × 180 cm
- (C) 200 cm × 100 cm
- (D) 250 cm × 130 cm

81. What does systemic anatomy study ?

- (A) The working and structures of a discrete body system
- (B) The function of individual cells
- (C) Only the skeletal system
- (D) None of the above

82. What is the process of blood cell formation called ?

- (A) Hemostasis
- (B) Hemoglobin synthesis
- (C) Erythropoiesis
- (D) Haematopoiesis



83. What is metabolism ?

- (A) Only the breakdown of food
- (B) Only the building of body tissues
- (C) The process of overall energy transformation occurring in the body
- (D) The process where the simple molecules combine to generate complex

84. Nameirakpam Kunjarani Devi is associated with which sport ?

- (A) Boxing
- (B) Archery
- (C) Weightlifting
- (D) Athletics



85. The word 'Gymnastics' is derived from which Greek word ?

- (A) Gym
- (B) Gymnasia
- (C) Gymnasko
- (D) Gymnos



86. Who is referred to as the Father of Gymnastics ?
- (A) Johann Basedow
  - (B) Friedrich Ludwig Jahn
  - (C) Guts Muths
  - (D) Adolf Spiess
87. What does Cross Training involve ?
- (A) Practicing only one sport to master it
  - (B) Using different methods collectively to improve overall fitness
  - (C) Resting between sports seasons
  - (D) Only weight lifting exercises
88. What is the main aim of sports training in terms of performance ?
- (A) To win matches quickly
  - (B) To perform basic exercises only
  - (C) To achieve the highest possible level of performance in sports competitions
  - (D) None of the above
89. A point where two or more bones are connected is called as
- (A) cartilage
  - (B) tendon
  - (C) ligament
  - (D) joint

90. Which among the following is example for flat bones ?

- (A) Humerus
- (B) Radius
- (C) Ulna
- (D) Ribs



91. What is the term used for the periods in a cricket match when one team bats and the other fields ?

- (A) Rounds
- (B) Innings
- (C) Overs
- (D) Quarters

92. Where was the first Hockey club in India established ?

- (A) Mumbai
- (B) Chennai
- (C) Delhi
- (D) Kolkata



93. Carbohydrates are made up of which three elements ?

- (A) Carbon, Hydrogen, Nitrogen
- (B) Carbon, Hydrogen, Oxygen
- (C) Carbon, Oxygen, Sulphur
- (D) Carbon, Nitrogen, Phosphorus

94. Which macronutrient is essential for metabolic processes but does not provide energy ?

- (A) Fat
- (B) Water
- (C) Protein
- (D) Carbohydrate





95. What is the basic movement involved in the flutter kick in swimming ?
- (A) Waving the legs up and down alternately, straight from the hip
  - (B) Waving the arms in circles
  - (C) Jumping in place repeatedly
  - (D) Rotating the hips in a circular motion

96. What is an example of a biotic component of nature ?

- (A) Air
- (B) Water
- (C) Minerals
- (D) Microbes

97. What best characterizes the Precontemplation stage in the Trans-theoretical Model ?

- (A) The individual is ready to take action immediately
- (B) The individual is unaware that her/his behaviour is problematic or produces negative consequences
- (C) The individual is actively trying to change their behaviour
- (D) The individual is maintaining a changed behaviour for over six months



98. Which of the following best defines a relapse ?



- (A) A brief moment of temptation
- (B) A full-blown return to the original problem behaviour
- (C) A stage of planning to change
- (D) A sign of successful recovery

99. The Technical Committee is responsible for which of the following aspects in a sports event ?

- (A) Procuring sports equipment, conducting matches through selected officials
- (B) Organizing the seating arrangements for the audience
- (C) Planning the opening ceremony
- (D) Arranging food and refreshments for the participants

100. In the post-event phase, the Finance Committee is responsible for



- (A) Organizing media coverage
- (B) Settling all bills, accounts and preparing the financial report
- (C) Ensuring the event is covered on social media
- (D) Finalizing the match results and merit list