

Unofficial CUET Physical Education 2024 Question Paper & Answer Key

Q1. Which of these personality traits were proposed by modern trait theorist Gordon Allport in 1936?

Choose the correct answer from the options given below.

- (A) Central traits
- (B) Primary traits
- (C) Cardinal traits
- (D) Approach traits
- (E) Secondary traits

Ans. (A), (C), and (E) only

Q2. Arrange the following procedural steps to conduct Harvard Step Test in a sequential order from first to last:

Choose the correct answer from the options given below

- (A) Start at command Go
- (B) Stepping up and down in a four count sequence on the bench
- (C) Measure heart beat from one to one and a half minutes
- (D) Compute fitness index score
- (E) Sit down after completion of exercise

Ans. (A), (B), (E), (C), (D)

Q3. Which of the following postural deformities are not related to spine ?

Choose the correct answer from the options given below:

- (A) Pes Planus
- (B) Kyphosis
- (C) Genu Valgum
- (D) Lordosis
- (E) Genu Varum

Ans. (3) (A), (C), and (E) only

Q4. Match the types/steps involved in organising of Bournament listed in List-I with their correct associations listed in List-II.

List-I (Types/Steps Involved in organising a tournament)

- (A) Bye
- (B) Knock-out
- (C) Number of byes
- (D) Number of teams in upper half of a knock-out tournament when number of teams are odd

List-II (Associations)

- (I) Number of teams/2 + 1
- (II) Next highest power of 2 - number of teams
- (III) Team once defeated is out of tournament
- (IV) Advantage given to team in which team will not play first round and directly reaches next round

Ans. (A) - (IV), (B) - (III), (C) - (II), (D) - (I)

Q5. When did the dramatic rise of female sports participation occur?

Ans. Last quarter of 20th century

Q6. Which of the following is not a psychological constraint for women's participation in sports?

Ans. Positive Reinforcement

Q7. What may be the hindrance of equality in sports among women and men?

Ans. Instinations and programmes are conservatible

Q8. Which of the following is a physiological reason for women's non-participation in sports?

Ans. Smaller hearts and lungs

Q9. What kind of record does India have in participation of women in sports?

Ans. Rich

Q10. What kind of proposal was forwarded by the committees in order to provide exposure to potential athletes?

Ans. Hosting statelevel inter-school competition at school

Q11. In what manner is the situation of unsportsmanlike behaviour can be avoided?

Ans. Systematic process

Q12. On what basis were the various sub-committees recommended?

Ans. Interest and capabilities

Q13. What was the agenda of discussion in the physical education committee meeting?

Ans. To plan a comprehensive program

Q14. In which meeting were the school principal, teachers and alumni included?

Ans. Physical education committee

Q15. Which Motor Fitness component can be developed by working out with sufficient speed for a duration to take heart rate up to 180 bpm and take a short break before starting the workout again?

Ans. Endurance

Q16. Identify the incorrect statement listed below about sports training:

Ans. Aims to provide multi sports experience

Q17. Motto of which of the following games includes the words 'Faster, Higher, Stronger, Together'?

Ans. Olympic Games

Q18. Which of the following Physical Education/Sports institution was established in 1920?

Ans. Y.M.C.A. (Chennai)

Q19. Roland Garros is related to which of the following tournament?

Ans. French Open

Q20. How many Byes will be given if 19 teams are participating in a Knock-Out Tournament?

Ans. 13

Q21. Which of the following is not a stimulant?

Ans. Diamorphine

Q22. _____ fracture occurs when there is a straight break right across the bone.

Ans. Transverse

Q23. Friction works in _____ direction of the moving object. (2)

Ans. Opposite

Q24. Flexion is a movement, which occurs in _____ plane.

Ans. Sagittal

Q25. In an instrumental aggression, the main aim is to _____.

Ans. Attain nonaggressive goals

Q26. Arrange the following stretching exercises in a sequential order from toe to head.

Choose the correct answer from the options given below:

- (A) Pectoral stretch
- (B) Quadriceps stretch
- (C) Thoracic extension stretch
- (D) Lumbar extension stretch

Ans.(B), (D), (C), (A)

Q27. Arrange the following number of teams in a sequential order from less to more with respect to allotment of byes in a Knock-out Tournament:

Choose the correct answer from the options given below:

- (A) 05
- (B) 14
- (C) 32
- (D) 12
- (E) 63

Ans. (C), (E), (B), (A), (D)

Q28. Arrange the following postural deformities in a sequential order from toe to head:

Choose the correct answer from the options given below:

- (A) Hump Back/Kyphosis
- (B) Genu Varum
- (C) Pes Planus
- (D) Hollow Back

Ans. (C), (B), (D), (A)

Q29. Arrange the following fitness tests as per their time requirements of conducting the test in a sequential order from minimum to maximum:

Choose the correct answer from the options given below:

- (A) Walk Test (Rikli and Jones)
- (B) 50 mtrs Run Test (Motor Fitness)
- (C) Harvard Step Test
- (D) Partial Curl Up Test (Motor Fitness)

Ans. (1) (B), (D), (C), (A)

Q30. Which of the following statements is/are true?

Choose the correct answer from the options given below:

- (A) Lakshmbai National Institute of Physical Education is the oldest pioneer institute of Physical Education in India. S
- (B) Y.M.C.A. College of Physical Education (Chennai) was established in 1920.
- (C) Sports Authority of India implements various schemes of Ministry of Youth Affairs and Sports.
- (D) N.S.N.I.S. facilitates training of coaches and raising technical competence of existing coaches in the country.

Ans. (B), (C), and (D) only

Q31. Causes of disabilities can be broadly classified into which of the following categories?

Choose the correct answer from the options given below

- (A) Pre-Natal
- (B) Post-Natal
- (C) Pro-Natal
- (D) Perinatal

Ans. (A), (B), and (D) only

Q32. Which of the following are the characteristics of Endomorph body type?

Choose the correct answer from the options given below

- (A) Narrow Hips

- (B) Round, Fat and Thick
- (C) Pear-Shaped
- (D) Thin
- (E) Under developed muscles

Ans. (B), (C), and (E) only

Q33. Match the sportspersons listed in List-I with their associated games listed in List-II:

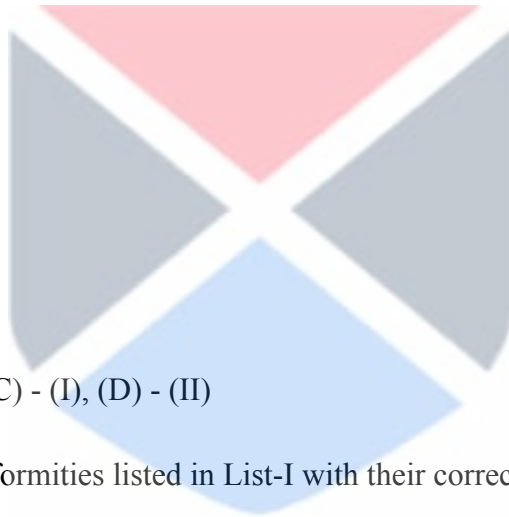
Choose the correct answer from the options given below:

List-I (Sportspersons)

- (A) Manpreet Singh
- (B) Anup Kumar
- (C) Sunil Chhetri
- (D) Bajrang Punia

List-II (Associated Games)

- (I) Football
- (II) Wrestling
- (III) Hockey
- (IV) Karaildi



Ans. (A)- (III), (B) - (IV), (C) - (I), (D) - (II)

Q34. Match the postural deformities listed in List-I with their corrective measures listed in List-II:

Choose the correct answer from the options given, below

List-I (Postural Deformities)

- (A) Knock Knees.
- (B) Round Shoulders]
- (C) Kyphosis
- (D) Bow Legs

List-II (Corrective Measures)

- (I) Walking on inner edge of feet
- (II) Horse Riding
- (III) Wall stretch, Pull Ups

(IV) Swimming, Gym ball exercises (1)

Ans. (A) - (II), (B) - (III), (C) - (IV), (D) - (I)

Q35. Match the traits listed in List-I with their explanation listed in List-II

Choose the correct answer from the options given below

List-I (Traits)

- (A) Cardinal Traits
- (B) Central Traits
- (C) Assessment of Traits
- (D) Secondary Traits

List-II Explanation

- (I) Based on 3 factors
- (II) That reflect only in certain circumstances
- (III) Building blocks that shape most of our Behaviour
- (IV) Dominant behaviour

Ans. (A) - (IV), (B) - (III), (C) - (I), (D) - (II)

