

ISC SEMESTER 1 EXAMINATION
SPECIMEN QUESTION PAPER
PHYSICAL EDUCATION

PAPER 1
(Theory)

Maximum Marks: 70

Time allowed: One and a half hours

(Candidates are allowed additional 15 minutes for only reading the paper.)

ALL QUESTIONS ARE COMPULSORY

The marks intended for questions are given in brackets [].

Select the correct option for each of the following questions.

Question 1 **[1]**

Physical development for the Romans was:

- (a) Military motive
- (b) All round development
- (c) Recreational motive
- (d) None of the above

Question 2 **[1]**

In which country developed the concept of all round development?

- (a) Rome
- (b) Germany
- (c) Denmark
- (d) Greece

Question 3 **[1]**

Per Henrik Ling had established The Royal Institute of Gymnastics, where students were trained in three different phases. Which of following is not one of the phases?

- (a) Medical Gymnastics
- (b) Educational Gymnastics
- (c) Military Gymnastics
- (d) Professional Gymnastics

Question 4**[1]**

Which God was honoured by the Greeks in their famous Olympian festival?

- (a) Poseidon
- (b) Zeus
- (c) Aphrodite
- (d) Apollo

Question 5**[1]**

In which year did India host the biggest games festival : The Asian Games?

- (a) 1948
- (b) 1950
- (c) 1951
- (d) 1954

Question 6**[1]**

During which period were Arrow shooting, Chariot racing and Hunting prevalent in India?

- (a) Vedic Period
- (b) Medieval Period
- (c) Ancient Period
- (d) Indus Valley Civilisation

Question 7**[1]**

Physical education develops qualities like- Patience, _____, Sympathy and Tolerance.

- (a) Rebellious
- (b) Co-operation
- (c) Jealousy
- (d) Ruthlessness

Question 8**[1]**

Games and sports are a means of:

- (a) National and International integration.
- (b) Increasing the divide.
- (c) Starting street fights.
- (d) Initiating political protests.

Question 9**[1]**

Which of the following traits reflects personality development?

- (a) Helpfulness
- (b) Team spirit
- (c) Both (a) and (b)
- (d) None of them

Question 10 [1]

Sports _____ people of all castes, creed and religion.

- (a) Unite
- (b) Differentiates
- (c) Divide
- (d) Distance

Question 11 [1]

Games and Sports develop individuals by:

- (a) Increasing Physical activity levels
- (b) Promoting healthy attitude and behaviour
- (c) Both (a) and (b)
- (d) None of them

Question 12 [1]

Sports in the present time aim at:

- (a) Living a fuller life.
- (b) Earning a livelihood.
- (c) All round development of human beings.
- (d) Just as a pass time activity.

Question 13 [1]

Which method is used to draw the fixture of a single league tournament?

- (a) Cyclic method
- (b) Tabular method
- (c) Staircase method
- (d) All of the above

Question 14 [1]

Who developed Interval training Method?

- (a) Woldemar Gerschler and Dr. Hans Reindell
- (b) Dr. Harre and Dr. Martin
- (c) Gosta Holmer
- (d) Dr. V. Aaken

Question 15 [1]

When and where was Netaji Subhash National Institute of Sports founded?

- (a) Bangalore 1962
- (b) Kolkata 1961
- (c) Thiruvananthapuram 1962
- (d) Patiala 1961

Question 16 [1]

_____ tournament is set up to provide an opportunity for a second chance in a tournament for those participants who lose their first match.

- (a) Single league
- (b) Double league
- (c) Double counter league
- (d) Single counter league.

Question 17 [1]

Who founded the Indian Olympic Association (IOA) in 1927?

- (a) Eric Brandon
- (b) Sir B P Nair
- (c) Sir Dorabji Tata
- (d) John Brown

Question 18 [1]

Isotonic contraction, which means equal tension, is known as:

- (a) Eccentric contraction.
- (b) Static contraction.
- (c) Concentric contraction.
- (d) Dynamic contraction.

Question 19 [1]

When an isotonic exercise is performed against resistance the load remains

- (a) Constant.
- (b) Variable.
- (c) Static.
- (d) Oscillating.

Question 20 [1]

Which of the following is not an objective of the sports training?

- (a) Technique development
- (b) Aerobic endurance training
- (c) Physical fitness
- (d) Tactical development

Question 21 [1]

What is the rate of speed, at which physical activity is performed, known as?

- (a) Work-load.
- (b) Exercise volume.
- (c) Load stimulus.
- (d) Intensity.

Question 22**[1]**

Which of the following techniques stresses on “programmed phase of work and recovery”?

- (a) Interval training.
- (b) Continuous method.
- (c) Fartlek training.
- (d) Acceleration runs.

Question 23**[1]**

What is the central core of circuit training?

- (a) Exercise intensity.
- (b) Exercise density.
- (c) Exercise volume.
- (d) Exercise continuity.

Question 24**[1]**

Players particularly benefit from warming exercise because:

- (a) The cardio-respiratory system gets ready for the ensuing action.
- (b) They gain a lot with little effort.
- (c) Running incorporates only a limited range of movements.
- (d) This accelerates their peripheral blood supply.

Question 25**[1]**

Circuit training method was developed by:

- (a) G.D. Sondhi and Mr. Dorabji Tata.
- (b) Dr. D.G. Noehrem.
- (c) Mr. Dorabji Tata.
- (d) R.E. Morgan and G.T. Adamson.

Question 26**[1]**

Which of the following is not a type of strength training?

- (a) Maximum strength.
- (b) Knock-out strength
- (c) Explosive strength.
- (d) Strength endurance.

Question 27**[1]**

Which of the following rules is not related to weight training?

- (a) Concentrating on the muscles during exercising.
- (b) Maintaining a good rhythm during exercise.
- (c) Resting between the sets for 30 to 60 seconds.
- (d) Not warming up and stretching before the workouts.

Question 28 [1]

What is the advantage of Cooling Down?

- (a) Abnormal blood circulation.
- (b) Efficient work of the bodily system to work efficiently.
- (c) Increases in level of Adrenaline in the blood.
- (d) Proper supply of blood and oxygen to muscles.

Question 29 [1]

Which of the following is not a component of Physical fitness?

- (a) Agility
- (b) Anaerobic capacity
- (c) Lexibility
- (d) Muscle composition

Question 30 [1]

Which of the following is not a Weight Training exercise?

- (a) Shoulder press
- (b) Bench press
- (c) Running
- (d) Triceps press

Question 31 [1]

Fartlek, which means “speed play” is a variation of

- (a) Fast continuous method.
- (b) Interval method.
- (c) Acceleration runs.
- (d) Circuit training.

Question 32 [1]

Which of the following in an incorrect method of training?

- (a) Interval training method.
- (b) Continuous method.
- (c) Explosive strength method.
- (d) Fartlek method

Question 33 [1]

What does full form of LNIPE stand for:

- (a) Lakshmibai National Institute of Physical Education.
- (b) Lakshmibai National University of Physical Education.
- (c) Lakshmi National Institute of Physical Education.
- (d) Lakshmibai National Collage of Physical Education.

Question 34 [1]

In which year was the LNIPE founded?

- (a) 1957
- (b) 1958
- (c) 1857
- (d) 1956

Question 35 [1]

Give the full form of YMCA:

- (a) Young Men's Christian Authority.
- (b) Young Men's Christian Association.
- (c) Youth Men's Christian Association.
- (d) Youth Men's Challenge Association.

Question 36 [1]

Who founded the YMCA college of Physical Education?

- (a) Mr. Harry Crowe Buck
- (b) Ministry of Youth Affairs and Sports
- (c) Rev. J.H. Messmore
- (d) SAI

Question 37 [1]

IOA stands for:

- (a) International Olympic Authority
- (b) Indian Olympic Authority
- (c) Indian Olympic Association
- (d) International Olympic Association

Question 38 [1]

Which one of the following option is not a purpose of the IOC?

- (a) To ensure the regular celebration of the Olympic games.
- (b) To lead the fight against doping in sports.
- (c) Development of sports for all.
- (d) To not take action to strengthen the unity of the Olympic movement.

Question 39 [1]

When was International Olympic Committee formed?

- (a) 26 June 1896
- (b) 27 June 1896
- (c) 26 June 1898
- (d) 25 June 1894

Question 40 [1]

What does NSNIS stand for?

- (a) Netaji Sports National Institute of Survey.
- (b) Netaji Subhas National Institute of Sports.
- (c) New Sports National Institute of Sports.
- (d) Netaji Subhas National Indian Sports.

Question 41 [1]

Where is the permanent headquarter of IOC located?

- (a) In Atlanta (U.S.A)
- (b) In Lausanne (Switzerland)
- (c) In Beijing (China)
- (d) In Stockholm (Sweden)

Question 42 [1]

The Olympic motto consists of Latin words:

- (a) Situs, Altius, and Forties.
- (b) Citeus, Altius and Forties.
- (c) Citius, Altius, and Fortius.
- (d) None of above.

Question 43 [1]

What does the Olympic flag consist of?

- (a) A Green background with no border and Olympic symbol in the centre.
- (b) A Red background with no Olympic symbol.
- (c) A White background with no border and Olympic symbol in the centre.
- (d) None of the above.

Question 44 [1]

When was Sports Authority of India formed?

- (a) 1982
- (b) 1984
- (c) 1983
- (d) 1988

Question 45 [1]

Who is the first president of IOA?

- (a) Sir Dorabji Tata
- (b) G.D Sodhi
- (c) Raja Bhalender Singh
- (d) Suresh Kalmadi

Question 46 [1]

Which of the following pairs is not correct?

- (a) NSNIS -1961
- (b) YMCA -1920
- (c) SAI -1984
- (d) IOA -1999

Question 47 [1]

Who is the Father of Modern Olympics games?

- (a) Demetrius Vikelas
- (b) Le Marques Samaranch
- (c) Baron Pierre de Cubertin
- (d) Ferenc Kemeny

Question 48 [1]

The Five rings of the Olympic flag are in five different colours. They are red, green, yellow, blue and _____.

- (a) Orange
- (b) Indigo
- (c) Black
- (d) Violet

Question 49 [1]

In which year was the first summer Olympics held?

- (a) 1896
- (b) 1897
- (c) 1904
- (d) 1908

Question 50 [1]

Which type of tournament is best if there are a large number of teams participating?

- (a) Round robin
- (b) Challenge
- (c) Combination
- (d) Elimination

Question 51 [1]

League – Cum – Knock Out is a part of:

- (a) Knock Out tournament.
- (b) Round Robin tournament.
- (c) Combination tournament.
- (d) Consolation tournament.

Question 52**[1]**

Which of the following pairs is incorrect?

- (a) AIFF - All India football federation
- (b) AITA - All India tennis Association
- (c) BAI - Badminton Association of India
- (d) HI - India Hockey

Question 53**[1]**

Which of the following is not a correct statement about intramurals?

- (a) They are recreational sports.
- (b) They provide opportunities for every individual.
- (c) They are played inside the campus.
- (d) They are the competitions with other schools.

Question 54**[1]**

Which of the following is not a merit of tournament?

- (a) Tournament tests your skills.
- (b) In team games, all players do not get equal chance.
- (c) Tournament helps one to overcome fears.
- (d) Culture exchange.

Question 55**[1]**

- (I) The team in upper half would be $n/2$
- (II) The teams in lower half would be $n/2$

With reference to the above formulae, which is the formula for the Single Knock – Out for even number of teams?

- (a) Only I
- (b) Only II
- (c) Both (I) and (II)
- (d) None of the two.

Question 56**[1]**

Which one of the following is not a type of tournament?

- (a) Olympic tournaments
- (b) Combination tournament
- (c) Knock-out
- (d) Round robin tournament

Question 57**[1]**

_____ activities are organised amongst the students outside the walls of an institution.

- (a) Recreational
- (b) Amateurs
- (c) Extramural
- (d) Intramural

Question 58**[1]**

Which statement is incorrect about professional sports persons?

- (a) They play for money.
- (b) They play out of compulsion.
- (c) They train full time.
- (d) They view sports as a leisure activity.

Question 59**[1]**

Which of the following is not a major international tournament?

- (a) National games
- (b) Asian games
- (c) Olympic games
- (d) FIH World cup

Question 60**[1]**

Which of the following trophies is not related to cricket?

- (a) Ranji Trophy
- (b) B. C. Roy Trophy
- (c) Irani Trophy
- (d) Vijay Hazare Trophy

Question 61**[1]**

What is the exact duration of Olympic games?

- (a) 18 days
- (b) 17 days
- (c) 15 days
- (d) 16 days

Question 62**[1]**

Which of the following game is popularly played in the Commonwealth countries?

- (a) Hockey
- (b) Horse polo
- (c) Cricket
- (d) Lawn Tennis

Question 63 [1]

The other name of League Tournament is:

- (a) Round Robin Tournament
- (b) Challenge Tournament
- (c) Knock Out Tournament
- (d) Combination Tournament

Question 64 [1]

Which of the given procedures is followed to avoid competing in the initial round?

- (a) Bye
- (b) Seeding
- (c) Special Seeding
- (d) Fixture

Question 65 [1]

How many byes are given for 21 teams on the knockout basis?

- (a) 11
- (b) 17
- (c) 18
- (d) 15

Question 66 [1]

Which of the following is not an objective of Intramural tournament?

- (a) Learning a variety of games & skill.
- (b) To help in overall development.
- (c) To achieve high performance.
- (d) To provide recreation.

Question 67 [1]

Which of the following competitions is organized for the student of a school, within the school boundaries?

- (a) Inter – state
- (b) Intramural
- (c) Extramural
- (d) None of these

Question 68 [1]

Tournaments help in:

- (a) Development of Social qualities.
- (b) Development of Sports skills.
- (c) Selection of players.
- (d) All of the above.

Question 69**[1]**

The objective of a tournament is:

- (a) To find out the best team.
- (b) To provide a source of recreation for the public.
- (c) To learn new skills.
- (d) All of the above.

Question 70**[1]**

Bye is a privilege given in

- (a) Team sports
- (b) Individual sports
- (c) Both (a) and (b)
- (d) None of the above