

# UGC-NET

**PAPER - III**

**NEW PATTERN**

**OBJECTIVE TYPE QUESTION BANK**

**PHYSICAL  
EDUCATION**

## PRACTICE SET – 1

**Read the following passage carefully and answer the following (Q.Nos. 1-4) questions :**

Historians may dispute the novelty of the idea. Over the centuries, some Greek villages had continued to hold what were described as Olympic contests. It is on historical record that two Olympic Games were organized by the Greeks and Evangelos Zappas (a Greek living in Romania), in 1859 and 1870 but they were unsuccessful in their mission. But before his death, Zappas donated lot of money to re-establish the Olympic Games in Greece. Equally the '*Parisian Directorie*' had attempted to establish an Olympic celebration on *champs de Mars* at the end of the 18<sup>th</sup> century. However, the scope of a wealthy Baron Piere de Coubertin's (1863-1937) plans far outshadowed those of his predecessors. He was stimulated by German success in excavating (making uncover) the Olympic site, conceived the yet more ambitious project of reviving the games. In one of his writings, he writes with nationalistic fervour "*Germany had brought to light what remained of Olympia. Why should not France succeed in restoring its glory?*"

The germ of de Coubertin's idea was conceived when he was twenty three, but at first he moved cautiously, fearing that such an ambitious project would arouse both hostility and scorn. After seven years of patient preparation, a congress was called at Paris in the spring of 1893, under the auspices of the Council of French Athletic Sports Club. The organisers being the Baron and his friends Mr. C Herbert, Secretary of the British Amateur Athletic Association and professor W.M Slone of Princeton University. The prime objective of the trio- was top secret, the confessional reasons for the meeting being (1) the defence of amateur sport against the evil of

professionalism and (2) the clarification of the rules governing amateur status.

In June 1894, another International Athletic Congress was held in Paris, with wider representations. Again much time was given to technicalities such as, the definition of an amateur, reasons for suspension, disqualification and re-qualification, the possibility of being a professional in one sport and an amateur in another, and the treatment of the athlete who received a work of art as a prize and promptly sold it to the highest bidder. Further time could not be devoted for a more detailed consideration of the Olympic project.

In the process of pressing for the re-establishment of the games, Baron de Coubertin was strongly influenced by the ideas of Victorian England, the '*Muscular christianity*' of Kingsley, and the use of athletics in moral training, as preached by Dr. Arnold of Rugby School. His speeches continually stressed the search for physical beauty and health through a happy balance of mind and body, the healthy drunkenness flow of the blood nowhere so intense and exquisite as in bodily exercise, and the value of sport in promoting social democracy and international understanding.

To begin with, de Baron included all forms of competitive exercise widely used in the modern world. However, in order to keep the games to a manageable size he proposed excluding certain regional sports such as cricket and baseball. Further, to manage the games economically, he set the ideal size of the games. In any case the number of individual participant, team sportsmen and spectators should not exceed 1200, 200-500 and ten thousands respectively.

De Baron accepted the Greek tradition that the games were in a sense, a religious rite/

ceremony, true religion being found not in the sacrifices made by the athlete at the Altar of Zeus, but rather in spiritual preparedness, an inner feeling of devotion to an ideal greater than the athlete himself, as expressed in the Olympic Oath. "Dishonour would not lie in defeat, but in failure to take part." The games offered also a potential for the promotion of social peace and justice. Further, Baron firmly opined that the Games could break down barriers not only between classes, but also between nations; 'Let us export rowers, runners, and fencers, there is the free-trade of the future.' Equally, differences between rival athletic factions could be resolved – the German could learn to appreciate the finer points of Swedish Gymnastics, and the Englishman could come to enjoy American Football. The artist in the Baron insisted that the games should become a true festival, with its solemn ceremonies of oath, hoisting flags, and worthy opening and closing ceremonies. Even the design of grounds should make its contribution to the beauty of the great public display.

As the ancient site at Olympia was not suitable to conduct the games therefore, the first of the revived games was held, naturally enough, in Athens in 1896. The sponsors of the Modern Olympics were hard pressed for money. The Greek-Government gave about 2½ lacs drachmae in addition to the money donated by Zappas. Even this amount was not enough, Fortunately one George Averoff, a merchant of Alexandria gave a princely gift of a million drachmae for renovating the Pan Athletic stadium and conducting the games. Only a few countries took part in this first modern Olympic games. As years passed by, several countries began to participate in the games. At present almost all the nations of the world compete in these games.

1. The First Olympic winter games were held in
  - (a) USA
  - (b) Germany
  - (c) Norway
  - (d) France

2. The 2004 Games in Athens are the games of which Olympiad?
  - (a) XXVIII
  - (b) XXVII
  - (c) XXVI
  - (d) XXV
3. Who was the first recorded winner of ancient Olympics?
  - (a) Hera
  - (b) Iphitos
  - (c) Koroibos
  - (d) Coubertin
4. When did Russians first participate in World Olympics?
  - (a) 1948
  - (b) 1952
  - (c) 1956
  - (d) 1960
5. Which Philosophy of Education defines teacher as a role model of students?
  - (a) Idealism
  - (b) Naturalism
  - (c) Realism
  - (d) Existentialism
6. Plato is considered the father of which Philosophy of Education?
  - (a) Idealism
  - (b) Naturalism
  - (c) Realism
  - (d) Existentialism
7. Which philosophy of education emphasizes that experience is key to life?
  - (a) Existentialism
  - (b) Realism
  - (c) Pragmatism
  - (d) Idealism
8. SAI was established in
  - (a) 1985
  - (b) 1984
  - (c) 1983
  - (d) 1982
9. The Society for National Institute of Physical Education and Sports (SNIPES) merged with SAI in
  - (a) 1982
  - (b) 1983
  - (c) 1985
  - (d) 1987
10. Army Boys Sports Company (ABSC) scouts talent in the age group of
  - (a) 12-18 years
  - (b) 8-14 years
  - (c) 10-14 years
  - (d) 14-18 years
11. Ex-Officio president of SAI is
  - (a) President of India
  - (b) Prime Minister of India
  - (c) Union Minister of Youth Affairs & Sports
  - (d) Director General

12. Sports Talent Search Scholarship scheme was launched in  
 (a) 1970-71 (b) 1975-76  
 (c) 1977-78 (d) 1980-81
13. The National Sports Festival for Women was started in  
 (a) 1970 (b) 1974  
 (c) 1975 (d) 1976
14. The Arjuna Award was instituted in  
 (a) 1960 (b) 1961  
 (c) 1962 (d) 1963
15. Elite male and female distance runners possess  
 (a) more of slow twitch fibres  
 (b) more of fast twitch fibres  
 (c) more of intermediate twitch fibres  
 (d) 50% ST and 50% FT fibres
16. Which of the following cups/ trophies is not related to Football?  
 (a) Subroto Cup (b) World Cup  
 (c) Durand Cup (d) Wills Cup
17. Who among the following has not received the Arjuna Award in football?  
 (a) Jarnail Singh  
 (b) Shyam Sunder Rao  
 (c) Manjit Singh  
 (d) Arung Gosh
18. Who introduced the game of football in India?  
 (a) British (b) Germans  
 (c) Americans (d) Greek
19. Who is the sports minister of Brazil?  
 (a) Pele (b) Deigo Maradona  
 (c) Ranaldo  
 (d) None of the above.
20. Which of the following countries has reached the finals of the world Cup Football maximum number of times?  
 (a) Argentina (b) Brazil  
 (c) USA (d) Australia
21. What is known as the pacemaker of heart?  
 (a) Pericardium  
 (b) AV node  
 (c) SA node  
 (d) Both AV and SA node
22. The point where the entire mass or weight of the body may be considered to be concentrated is  
 (a) Centre of mass  
 (b) Centre of gravity  
 (c) Torque (d) Lever
23. What are also called moments of force ?  
 (a) Inertia (b) Acceleration  
 (c) Trajectories (d) Torques
24. Angular interpretation of Newton's second law is mathematically represented as  
 (a)  $\Sigma T_a = I_a \propto a$   
 (b)  $\Sigma T_a \Delta t = (H_f - H_i)_a$   
 (c)  $T = F \times r$   
 (d)  $I_a = \Sigma m_i r_i^2$
25. The vertical motion of a projectile is given by which law of motion?  
 (a) Law of inertia  
 (b) Law of acceleration  
 (c) Law of action-reaction  
 (d) None
26. Newton's first law of motion is known as  
 (a) Law of acceleration  
 (b) Law of inertia  
 (c) Law of action reaction  
 (d) Law of momentum
27. The law of effect is also known as  
 (a) Law of use and disuse  
 (b) Law of satisfaction  
 (c) Law of recency  
 (d) Law of frequency
28. Which law of learning is also called the law of use and disuse?  
 (a) Law of exercise  
 (b) law of readiness  
 (c) Law of effect

- (d) Law of intimacy
29. Which law of learning states that preparedness makes one learn more quickly and effectively than otherwise?  
 (a) Law of effect  
 (b) Law of readiness  
 (c) Law of exercise  
 (d) Law of effect
30. Trial and Error Method of Learning was given by  
 (a) Thorndike (b) Boaz  
 (c) Kohler (d) Pavlev
31. Conditional Response Theory of Learning was propounded by  
 (a) Kohler (b) Pavlov  
 (c) Thorndike (d) Deci
32. Slow twitch fibres have a higher concentration of \_\_\_\_ than fast twitch fibres  
 (a) haemoglobin (b) fibres  
 (c) tendon (d) myoglobin
33. Slow twitch fibres are also called  
 (a) slow oxidative type  
 (b) slow grey type  
 (c) intermediate objective type  
 (d) intermediate red fibres
34. During histochemical analysis the fibres which stain black are:  
 (a) Slow twitch type  
 (b) Intermediate twitch type  
 (c) Fast twitch type  
 (d) All the above.
35. Goblet cells produce  
 (a) Enzyme (b) Hormone  
 (c) Mucin (d) Hcl
36. Which muscles constitute two fifth of our body weight?  
 (a) Voluntary muscles  
 (b) Involuntary muscles  
 (c) Smooth muscles  
 (d) Non-straited muscles
37. The Olympic games are held every  
 (a) Third year (b) Fifty year  
 (c) Second year (d) Fourth year
38. The first Olympics games were held in  
 (a) 726B.C. (b) 776 B.C.  
 (c) 756 B.C. (d) 784 B.C.
39. The first Olympics were held in honour of which supreme God?  
 (a) Jupiter (b) Zeus  
 (c) Venus (d) Helena
40. Physical education as well as sports experienced a 'golden age' in which ancient country?  
 (a) Greece (b) Italy  
 (c) Rome (d) Germany
41. What is "a state of complete physical, mental and social well being and not merely the absence of disease and deformity"?  
 (a) Physiology (b) Recreation  
 (c) Health (d) Growth
42. The minimum length of the side boards of goal post is  
 (a) 2 feet (b) 4 feet  
 (c) 5 feet (d) 6 feet
43. The length of the hockey field is  
 (a) 100 yards (b) 50 yards  
 (c) 80 yards (d) 90 yards
44. What is the number of line judges in a doubles match in Badminton?  
 (a) Four (b) Five  
 (c) Six (d) Seven
45. The weight of the shuttle in a game of Badminton is  
 (a) 4.70 – 5 gms (b) 4.8 – 6 gms  
 (c) 4 -8 gms (d) 4.74 to 5.50 gms
46. The weight of the Badminton Racket is  
 (a) Four ounces (b) Five ounces  
 (c) Six ounces (d) Seven ounces
47. Which of the following is method of testing the significance of the correlation coefficient in sample samples?  
 (a) t-test (b) z-test  
 (c) F-test (d) Chi-square
48. The application of t-distribution to test

difference between means of two independent sample is represented by the formula

$$(a) \quad t = \frac{(X-\mu)\sqrt{n}}{s}$$

$$(b) \quad t = \frac{\bar{X}_1 - \bar{X}_2}{s} \times \sqrt{\frac{n_1 n_2}{n_1 + n_2}}$$

$$(c) \quad t = \frac{\bar{d}\sqrt{n}}{s}$$

$$(d) \quad t = \frac{r}{\sqrt{1-r^2}} \times \sqrt{n-2}$$

49. Theoretical work on t-distribution was done by  
 (a) Karl Pearson (b) Kelly  
 (c) Fisher (d) Gosset
50. First moment about origin measures  
 (a) Mean (b) Variance  
 (c) Skewness (d) Kurtosis
51.  $\frac{Q_3 + Q_1 - 2 \text{ Med}}{Q_3 - Q_1}$  is  
 (a) Karl Parson's Coefficient of skewness  
 (b) Bowley's Coefficient of skewness  
 (c) Kelly's coefficient of skewness  
 (d) Measure of skewness based on moments
52. In table tennis, the period during which a ball is in play is called  
 (a) Rally (b) Let  
 (c) Point (d) Obstruction
53. What is the weight of the ball in a game of table tennis?  
 (a) 2 gm (b) 2.5 gm  
 (c) 3 gm (d) 3.5 gm
54. The height of the playing surface in table tennis from the floor is  
 (a) 70 cm (b) 76 cm  
 (c) 72 cm (d) 75 cm
55. The 'playing surface' of the table tennis table is  
 (a) 2.74 m x 1.525 m  
 (b) 2.70 m x 1.511 m  
 (c) 2.65 m x 1.4 m  
 (d) 2.68 m x 1.415 m
56. What is the maximum length of the frame of a tennis racket?  
 (a) 30 inches (b) 32 inches  
 (c) 35 inches (d) 37 inches
57. The ancient Olympics were closed down due to a decree passed by  
 (a) Theodousis I (b) Augeas  
 (c) Pelops (d) Heracles
58. The festival for women held in honour of the wife of God Zeus was  
 (a) Helena (b) Heraca  
 (c) Horkios (d) Olympics
59. The first Olympic event lasted for how many days in 776 B. C.?  
 (a) One day (b) Two days  
 (c) Three days (d) Four days
60. Which event was the first and the original event for Olympics?  
 (a) Foot race (b) Chariot race  
 (c) Boxing (d) Wrestling
61. The ancient Olympics were held in which months?  
 (a) July-August  
 (b) August-September  
 (c) September-October  
 (d) October-November
62. By which of the following means do we acquire values, beliefs and behaviour?  
 (a) Socialization (b) Culture  
 (c) Recreation  
 (d) Physical Education
63. During heavy exercise the supply of blood increases towards  
 (a) Brain (b) Skeletal muscle  
 (c) Skin (d) Kidneys
64. Heart rate is defined as –  
 (a) Quantity of blood pumped away by heart in one minute

- (b) Number of systolic contractions per minute  
 (c) Number of diastolic contractions per minute  
 (d) Number of heart contractions per minute
65. Which of the following is a narcotic?  
 (a) Cocaine (b) Marijuana  
 (c) P. C. P. (d) Morphine
66. Onset of blood lactate accumulation (OBLA) is also known as -  
 (a) Aerobic threshold  
 (b) Anaerobic threshold  
 (c) Lactation  
 (d) Both (a) & (b)
67. Stanazolol, the drug which was misused by the Canadian Athlete Ben Johnson in 1988 Olympic Games is -  
 (a) Narcotic analgesic  
 (b) Anabolic steroid  
 (c) Opiate  
 (d) Diuretic
68. Side ways bending of trunk is an example of movement in  
 (a) Frontal plane and sagittal Axis  
 (b) Sagittal plane and Sagittal Axis  
 (c) Frontal plane and transverse Axis  
 (d) Sagittal plane and lateral Axis
69. Imaginary line passing laterally from one side to other is called -  
 (a) Sagittal axis (b) Sagittal plane  
 (c) Vertical axis (d) Lateral axis
70. Number of Bones in the Appendicular skeleton are -  
 (a) 120 (b) 180  
 (c) 126 (d) 116
71. Number of bones in the Axial skeleton are  
 (a) 60 (b) 80  
 (c) 40 (d) 20
72. Which of the following is an example of bi-axial joint?  
 (a) Hinge (b) Pivot  
 (c) Both (a) and (b)  
 (d) None of the above
73. These are the conditions related with stress except -  
 (a) Hypertension (b) Anemia  
 (c) Mental illness (d) Peptic ulcer
74. The test that measures reaction time is -  
 (a) Standing broad jump  
 (b) Sargent jumps  
 (c) Shuttle run  
 (d) Stick drop test
75. Reaction time is a component of  
 (a) Physical fitness  
 (b) Motor fitness  
 (c) Health related physical fitness  
 (d) None of the above

**ANSWERS**

- |         |         |         |         |         |         |         |         |         |         |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1. (d)  | 2. (a)  | 3. (c)  | 4. (b)  | 5. (a)  | 6. (a)  | 7. (c)  | 8. (a)  | 9. (d)  | 10. (b) |
| 11. (b) | 12. (a) | 13. (c) | 14. (b) | 15. (a) | 21. (b) | 22. (b) | 23. (a) | 24. (a) | 25. (b) |
| 21. (c) | 22. (b) | 23. (d) | 24. (a) | 25. (b) | 26. (b) | 27. (b) | 28. (a) | 29. (b) | 30. (a) |
| 31. (b) | 32. (d) | 33. (a) | 34. (a) | 35. (c) | 36. (a) | 37. (d) | 38. (b) | 39. (b) | 40. (a) |
| 41. (c) | 42. (b) | 43. (a) | 44. (c) | 45. (d) | 46. (b) | 47. (b) | 48. (b) | 49. (d) | 50. (a) |
| 51. (b) | 52. (a) | 53. (b) | 54. (b) | 55. (a) | 56. (b) | 57. (a) | 58. (b) | 59. (a) | 60. (a) |
| 61. (b) | 62. (a) | 63. (b) | 64. (d) | 65. (d) | 66. (b) | 67. (b) | 68. (a) | 69. (d) | 70. (c) |
| 71. (b) | 72. (c) | 73. (b) | 74. (d) | 75. (b) |         |         |         |         |         |

## PRACTICE SET – 2

**Read the following passage carefully and answer the following (Q.Nos. 1-4) questions :**

The word psychology refers to the study of human behaviour, and sports psychology denotes a such category of psychology that deals with the behaviour of athletes and teams engaged in competitive sports. Sports psychology is that branch of psychology which is intimately connected with human behaviour on the play field, both under practice and competitive situations, with a view to bring about qualitative improvement in performance and maintain the same even during the stresses of competition. It is the study of human behaviour in sports settings with an emphasis on the mental aspect of behaviour. According to Browne and Mahoney “sports psychology is the application of psychological principles to sports and physical activity at all levels of skill improvement”.

Sports psychology is an important ingredient of sports training programme and deals with the way in which various psychological states and traits influence sports performance. It is the application of psychology to the issues and problems in the field of sports as the problems of sports persons are quite unique, different subtle and complex. Therefore the main purpose of sports psychology is to understand the behaviour of an athlete, to modify it according to the demands of situations, and to optimize the benefits for elite performance and excellence.

Clinical sports psychology utilizes psychological interventions to improve the performance of athlete and to increase the psychological well-being of the athlete by preventing the problems and by assisting him to solve the problems. Recently another sub-division has emerged i.e. Developmental sports psychology which deals with psychological

variables that impose themselves on children and youth of various ages as they engage in competitive sports.

Sports psychology, in the words of Singer, “encompasses research, counseling/clinical, educational and practical/programmatic activities associated with understanding, explaining and influencing selected behaviours of Individuals and groups involved in high level sports, recreational sport exercise, and other vigorous activities.” Sports psychology is striving hard to investigate athletic performance, to stabilize it, and to improve sports performance by seeking an appropriate balance between physiological and psychological dimensions of performance, Sports psychology is a healthy field with a bright future and with physical education, the field continues to grow.

The historical development of sports psychology indicates that it began with the application of general principles of psychology to the process of skill acquisition and gradually to other specific areas. Most of the first experimental psychologists focused on movement and motor related factors, and thus a kind of motor psychology preceded the emergence of sports psychology and a broad foundation of movement psychology was established. This resulted in opening of motor learning laboratories where the focus was on physical skill, and skill acquisition. Coleman Griffith is known as father of sports psychology. He organised and directed the first sports psychology laboratory focusing on learning psycho-motor skills, and personality variables. Since then sports psychology has never looked back.

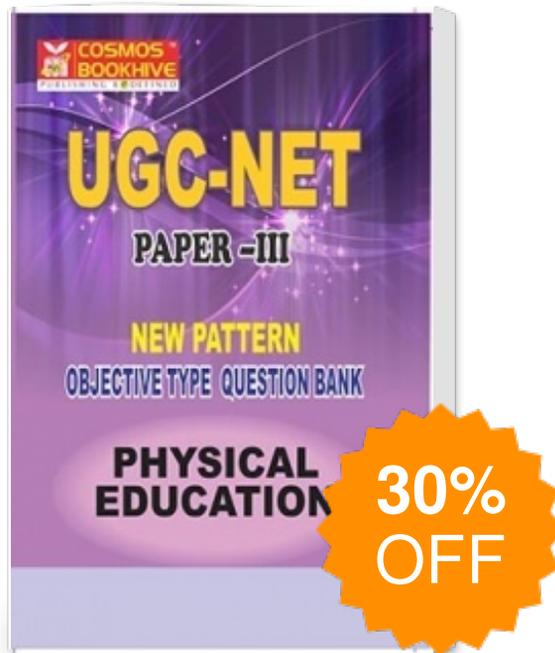
During 1920's and 1930' sports psychology came to be recognized as a scientific field in Eastern Europe. The international Society of Sport Psychology, founded in early 1960's is the oldest

organization in this field. It can be well said that field of sports psychology was born in Rome in 1965 at the first International Congress of Sport Psychology, held just after the Rome Olympic Games. In 1980's sports psychology became very popular and national societies were established in many countries providing impetus to its growth. The sports psychologist Dani Lander has categorized the progress of sports psychology in three stages first ( 1950 – 1965) was dominated by research on how the personalities of athletes relate to performance the second stage ( 1966-1976) was dominated by the borrowing of then current theories from main stream psychology and to test them in sports setting and the third stage ( 1976 – to the present) has focused more on developing information and theory directly derived from sports and on developing and refining psychological skill and strategies to enhance sports performance.

1. Who is known as the father of Naturalism?
  - (a) Aristotle
  - (b) Pavlov
  - (c) Rossoeau
  - (d) Plato
2. The theory of 'conditioned response' was given by
  - (a) Pavlov
  - (b) Freud
  - (c) Skinner
  - (d) Jung
3. Which of the following is also called the cognitive learning?
  - (a) Affective Learning
  - (b) Mental Learning
  - (c) Motor learning
  - (d) None
4. The number of schools of thought associated with philosophy are
  - (a) One
  - (b) Two
  - (c) Three
  - (d) Four
5. The term 'Marathan' Race is named after a
  - (a) Person
  - (b) Place
  - (c) Foot race
  - (d) Chariot race
6. National game of India is
  - (a) Cricket
  - (b) Fotoball
  - (c) Kabaddi
  - (d) Hockey
7. The highest award given to sports coaches in India is
  - (a) Arjuna Award
  - (b) Khel Ratna Award
  - (c) Ati Vashisth Jyoti
  - (d) Dronacharya Award
8. The award given to coaches who have trained sports persons or teams making outstanding achievements in the year is
  - (a) Arjuna Award
  - (b) Rajiv Gandhi Khel Ratna Award
  - (c) Dronacharya Award
  - (d) None
9. The fund constituted to assist sports persons of yester years living in indigent circumstances is
  - (a) Rural Sports Programme
  - (b) National Welfare Fund
  - (c) National Sport Development fund
  - (d) National Service Volunteer Scheme
10. The Rajiv Khel Ratna Award Scheme was launched in
  - (a) 1991-92
  - (b) 1992-93
  - (c) 1993-94
  - (d) 1994-95
11. Which of the following is a method for the classification of pupil?
  - (a) Cozen method
  - (b) YMCA method
  - (c) Atlanta city method
  - (d) All of the above
12. Which of the following is not a principle of lesson planning?
  - (a) Age and sex
  - (b) Progression
  - (c) Warming up
  - (d) Teachers experience
13. Freehand activity generally done in group is called-
  - (a) Plyometrics
  - (b) Callisthenics
  - (c) Drill and marching
  - (d) Weight training

14. Biological sciences suggest-
- (a) Physical exercises and balanced nutrition are interrelated
  - (b) Variety of activity sustains interest
  - (c) Games and sports are great social experience
  - (d) Playfield does not recognize and distinction of cast, language, creed, colour etc.
15. One complete heartbeat consisting of one systole and one diastole lasts for
- (a) 0.72 sec            (b) 0.8 sec.
  - (c) 0.85 sec.        (d) 1 min.
16. Which vein drains blood from liver?
- (a) Renal                (b) Iliac
  - (c) Hepatic             (d) Gastric
17. Which artery supplies the blood to posterior and hind limbs?
- (a) Renal                (b) Gastric
  - (c) Iliac                 (d) Hepatic
18. Which of the following is not a local effect of heat application?
- (a) Increased rate of cell metabolism
  - (b) Increased elasticity of soft tissue
  - (c) Increased muscle tone
  - (d) Decreased muscle spasm.
19. In case of sprain, the immediate treatment recommended is -
- (a) Hydrotherapy    (b) Cryotherapy
  - (c) heat therapy
  - (d) None of the above.
20. What is the percentage of muscles in the body?
- (a) 40%                 (b) 60%
  - (c) 80%                 (d) 100%
21. Example of fast twitch muscle is -
- (a) Cluteus maximus
  - (b) Hamstrings
  - (c) Medial gastrocnemius
  - (d) Lateral gastrocnemius
22. What type of muscles are capable of resisting fatigue in a long duration activity?
- (a) Deltoid              (b) Fast Twitch
  - (c) Slow twitch        (d) both (b) and (c)
23. Example of synovial joint is -
- (a) Suture                (b) Knee Joint
  - (c) Inter vertebral disc
  - (d) Shoulder joint
24. The specific function of tarsal bone is -
- (a) Protection        (b) Gives Strength
  - (c) Act as lever        (d) None of the above
25. Function of long bones in the body is to -
- (a) Give strength    (b) Give protection
  - (c) Act as lever
  - (d) Provide surface area for muscle attachment
26. The cartilage which serves to cushion the impact of large forces on bone ends is called-
- (a) Fibrous cartilage
  - (b) Hyaline cartilage
  - (c) Notch
  - (d) Fossa
27. According to Friedud's Psychoanalytic theory, innate biological instincts and urges present at birth refer to
- (a) ID                    (b) Eros
  - (c) Libido                (d) Thanatos
28. Which of the following is not an attribute of agreeableness personality dimension?
- (a) Altruism             (b) Complexity
  - (c) Trust                 (d) Modesty
29. Emotional stability, anxiety, sadness and built ability are attributes of which personality dimension?
- (a) Extroversion        (b) Agreeableness
  - (c) Bourgeoisies        (d) Openness
30. Which is the lowest level of learning?
- (a) Rate learning        (b) Understanding
  - (c) Application         (d) Correlation
31. Which country won the first World Cup Football tournament held at Uruguay?
- (a) Argentina            (b) Brazil
  - (c) Germany             (d) France

# UGC-NET Paper-III Objective Type Question Bank Physical Education (New Pattern)



Publisher : [Cosmos Bookhive](#) ISBN : 9789385867057

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