

Role of 'Axon' is to carry the impulses?

GURUKULA SCHOOL PD MODEL PAPER

జూలై 9 తరువాయి

42. Which of the following bones meet to form elbow joint?
 A) Humerous, radius and ulna
 B) Radius, ulna and carpals
 C) Femur, ulna and carpals
 D) Femur, tibia and fibula
43. Which muscle is involved in the elevation of arms?
 A) Lattismus dorsi
 B) Deltoid
 C) Biceps D) Triceps
44. Test retest is a method of is used to establish
 A) Standard norms
 B) Objectivity
 C) Reliability D) Validity

52. In athens, the boys were enrolled in cadet Corps called:
 A) Crypteia B) Epheboi
 C) Pedagogue D) Ecclesia
53. "Body Beautiful" was the ideal of:
 A) Greeks B) Indians
 C) Romans D) Egyptians
54. The aim of spartan education was to produce:
 A) Intellectuals
 B) Good citizens
 C) Warriors
 D) All of the above
55. Which theory of play maintains that "Past is the key to play"?
 A) instinct or Gross theory
 B) Inheritance or Recapitulation theory

45. Match the following
List I
 A. Systemic circulation
 B. Pulmonary circulation
 C. Renal circulation
 D. Coronary circulation
 A) A-1,B-2,C-3,D-4
 C) A-2,B-1,C-4,D-3

- List II**
 1. Supply of O₂ and Nutrients to all
 2. Supply of O₂ and Nutrients to heart muscle
 3. Purification of blood
 4. Separating urine from blood
 Choose the correct answer.
 B) A-4,B-3,C-2,D-1
 D) A-1,B-3,C-4,D-2

46. He win tennis test includes:
 A. Fore hand drive placement
 B. Drive for distance placement
 C. Back hand drive placement
 D. Service placement
 Choose the correct answer;
 A) A,B and C B) B,C and D
 C) A,B and D D) A,C and D
47. The other name for league tournament is
 A) Combination tournament
 B) Ladder tournament
 C) Knock out tournament
 D) Round robin tournament
48. What is the aim of physical Education?
 A) Physical development
 B) A wholesome development of an individual
 C) Growth and development
 D) All of the above
49. What is the philosophy of physical education programmes?
 A) Realism B) Pragmatism
 C) Idealism
 D) All of the above
50. What was "Takshashila" in ancient times famous for?
 A) Sham battles
 B) Horse Riding
 C) Archery Training
 D) Chariot Racing
51. Word "Diskos" in Greeks was:
 A) A thing for throwing
 B) A thing for pushing
 C) A thing for eating
 D) A thing for playing

- C) Self Expression theory
 D) Recreation theory
56. What is chronological age?
 A) Age in year, months and days
 B) Indicated by bones and dentition
 C) Determined by signs of puberty
 D) Determined by use of intelligence tests
57. The festival for women held in honour of the wife of God Zeus was:
 A) Helena B) Heraca
 C) Horkios D) Olympics
58. Match the following years with venues of Olympic games
 A) 1948 I. Moscow
 B) 1980 II. London
 C) 1956 III. Rome
 D) 1960 IV. Melbourne
 A) A-I, B-III, C-IV, D-II
 B) A-II, B-I, C-IV, D-III
 C) A-II, B-I, C-III, D-IV
 D) A-II, B-III, C-IV, D-I
59. Which Philosophy of Education defines teacher as a role model of students:
 A) Idealism B) Naturalism
 C) Realism D) Existentialist
60. Which place in Greece developed into an institution where people engaged in physical activity?
 A) Athens B) Olympia
 C) Palaestra D) None of these
61. Anabolic steroids affect directly:
 A) Heart B) Muscles
 C) Lungs D) Brain



62. Drugs that increase muscle bulk and extra power for muscle contraction are:
 A) Caffeine
 B) Androgenic steroids
 C) Cortico Steroids
 D) Beta blockers
63. Sliding filament theory of muscle contraction was given by:
 A) Huxley B) Newton
 C) Darwin D) Pythagoras
64. Which of the following branches helps in diagnostic teaching and coaching in sports?
 A) Kinesiology
 B) Biomechanics
 C) Mechanics
 D) Anthropometry
65. Role of "Axon" is to carry the impulses:
 A) Away from the nerve
 B) Towards the brain
 C) Towards the heart
 D) Towards the nerve cell
66. Which of the following is the basic of muscles?
 A) Cells B) Nucleus
 C) Myofibrils D) Both A and B
67. Ligament connects:
 A) Bone to bone
 B) Bone to muscle
 C) Blood to cartilage
 D) Cartilage to muscle
68. Green Stick fracture occurs owing to the:
 A) Lack of strength
 B) Forceful muscular contraction
 C) Non-ossification of bone
 D) Old age
69. In case of sprain the immediate treatment recommended is:
 A) Hydrotherapy
 B) Cryotherapy
 C) Heat therapy
 D) None of the above
70. Metacarpals and phalanges are examples of
 A) Saddle joint B) Hinge joint
 C) Condyloid joint
 D) Gliding joint
71. Decreased performance in the beginning but gradual improvement is indicated by:
 A) Concave graph
 B) Convex graph

- C) Concavo-convex graph
 D) None of the above
72. The reason for lower performance in sports competition is:
 A) Fear of failure B) Anxiety
 C) Aggression D) Motivation
73. Which is not a primary motive?
 A) Affection B) Hunger
 C) Sex D) Thirst
74. What processes are part of classical conditioning?
 A) Generalization
 B) Discrimination
 C) Extinction
 D) All the above
75. Sports performance is the bi-product of:
 A) Skill
 B) Conditional ability
 C) Total personality
 D) Tactical ability
76. According to Freud's psychoanalytic theory, internalized parent is
 A) Ego B) Superego
 C) Conscience D) Ego ideal
77. Behaviour carried out with the intention of harming another person is called:
 A) Stress B) Tension
 C) Aggression D) Anxiety
78. According to Freud, the typical moral arm of the personality is:
 A) ID B) Ego
 C) Superego
 D) Both ego and superego
79. Which of the following should form the content of curriculum in physical education ?
 A) Rhythmics
 B) Apparatus activities
 C) Combatives
 D) All of the above
80. Adaptation to training load at high altitudes is known is:
 A) Thermoregulation
 B) Super compensation
 C) Acclimatization
 D) None of the above
81. Pushing against the stationary wall is an example of:
 A) Eccentric Exercise
 B) Isometric Exercise
 C) Isotonic Exercise
 D) Isokinetic exercise
82. Who invented the method of weight training?
 A) Klinger
 B) Herbert Spencer
 C) Fredrick Yahn
 D) Morgan and Adamson
83. Field games like rugby, hockey soccer are covered under :
 A) Speed play training
 B) Weight training
 C) Interval training
 D) Continuous training
84. Chapman Ball Control Test is

- used to test skills in:
 A) Hockey B) Basketball
 C) Hewittest
 D) French short serve test
85. Optimal Arousal Theory of Anxiety was postulated by:
 A) Clark Hull B) Carron
 C) Madero D) Yuri Hania
86. Which of the following tests is used to measure aggression?
 A) SCAT B) BIDR
 C) GEQ questionnaire
 D) AMI
87. Blue Print of the competition plan is called:
 A) Technique B) tactics
 C) Strategy D) Skill
88. Intramural programme creates in student the sense of:
 A) Achievement
 B) Involvement
 C) Humor D) Enjoyment
89. Sports management is:
 A) An art B) A science
 C) Both a and b
 D) None of the above
90. Objectives of a national sports organization may be:
 A) To encourage the development of sports in the country
 B) To organize the championships at national and regional level
 C) To participate in international events from time to time be decided
 D) All of the above
91. Which of the following is not a principle of lesson planning?
 A) Age and sex B) Progression
 C) Warming up
 D) Teachers experience
92. The "Cagers" are:
 A) Hockey players
 B) Basketball players
 C) Football players
 D) Volleyball players

KEY			
42. A	43. B	44. C	45. D
46. B	47. D	48. B	49. B
50. C	51. A	52. B	53. A
54. C	55. B	56. A	57. B
58. B	59. A	60. C	61. B
62. B	63. A	64. B	65. A
66. C	67. A	68. C	69. B
70. C	71. A	72. B	73. A
74. D	75. C	76. B	77. C
78. C	79. D	80. C	81. B
82. C	83. A	84. A	85. D
86. B	87. C	88. B	89. C
90. D	91. D	92. C	

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