

National Testing Agency

Question Paper Name :	Sports Physiology Eng 06th June 2023 Shift 1
Subject Name :	Sports Physiology Eng
Creation Date :	2023-06-06 20:17:32
Duration :	120
Total Marks :	400
Display Marks:	Yes

Sports Physiology

Group Number :	1
Group Id :	92090643
Group Maximum Duration :	0
Group Minimum Duration :	120
Show Attended Group? :	No
Edit Attended Group? :	No
Break time :	0
Group Marks :	400
Is this Group for Examiner? :	No
Examiner permission :	Cant View
Show Progress Bar? :	No

Part A

Section Id :	92090685
Section Number :	1
Section type :	Online
Mandatory or Optional :	Mandatory
Number of Questions :	21
Number of Questions to be attempted :	21
Section Marks :	100
Enable Mark as Answered Mark for Review and Clear Response :	Yes
Maximum Instruction Time :	0
Sub-Section Number :	1
Sub-Section Id :	920906137
Question Shuffling Allowed :	No
Is Section Default? :	null

**Question Id : 9209064251 Question Type : COMPREHENSION Sub Question Shuffling Allowed : Yes
Group Comprehension Questions : No Question Pattern Type : NonMatrix Calculator : None
Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

Question Numbers : (1 to 5)

Question Label : Comprehension

Read the following passage and answer the next five questions by choosing the correct options

I first began traveling to India in the 1980s, drawn by a fascination with this ancient country that cherishes its history, has a deep reverence for learning, and harbors great ambitions for the future. My interest in India was professional as well as personal. Microsoft was expanding, our need for talent was growing, and as a CEO I was attracted to the vitality and ingenuity I saw in the Indian people. I was really pleased when we opened Microsoft's Indian headquarters in Hyderabad in 1990.

A few years later, several colleagues and I were flying into Bangalore. As we made our final approach, I looked out the window and saw an area of densely packed, tiny, dilapidated homes stretching out for miles. At that moment one of my Indian traveling companions declared proudly, "We have no slums in Bangalore".

Whether out of denial, embarrassment, or innocence, my colleague didn't see the "other" India. I don't mean to single him out. It can be easy to turn our eyes away from the poor. But if we do, we miss seeing a society's full potential.

I knew at the time that I was very fortunate to be collaborating with the most privileged people of India—highly educated citizens of great intelligence, diligence and imagination. But when Melinda and I started our foundation's work in India, we began to meet people from the areas we'd been flying over. They had little education and poor health, and lived in slums or poor rural areas—the kind of people many experts had told us were holding India back. Yet our experiences in India suggest the opposite: that what some call a weakness can instead be a source of great strength.

Our foundation began working in India a decade ago with a number of grants to fight HIV / AIDS at a time many feared India would become a flashpoint for the disease. In the ten years since, that most marginalized groups in Indian society have proved indispensable in the fight against AIDS.

In each case, Melinda and I have seen many examples of India's poor making dramatic contributions for the good of the country. Nowhere have we seen the power of the poor demonstrated more clearly however than in the fight to end polio. Indeed, India's accomplishment in eradicating polio is the most impressive global health success I've ever seen.

Experts predicted that polio would be eliminated in every other country before it was eliminated in India.

But India surprised them all: The country has now been polio-free for more than two years. As I see it, India's success offers a textbook script for winning some of the world's most difficult battles, not only in public health, but in most every area of human welfare, from business to agriculture to education. And the key has been the participation of the humblest, most vulnerable elements of the Indian population.

To be successful, any campaign this big has to include three elements: a clear goal, a comprehensive plan, and precise measurements—so you can see what is working and what is not and improve the plan as you go. India's polio program has benefited from all three. The goal is clear and ambitious: eliminate polio in India. The plan is massive and comprehensive, big enough to inspire the entire nation to action. The fact that India has fully funded its own anti-polio plan is a ringing statement of Indian commitment and self-confidence.

Above all, though, the campaign enlisted the support of the full sweep of Indian society, including health workers, ordinary citizens, and some of the poorest people in the most impoverished regions of the country. This program became their cause. It created a groundswell of enthusiasm and tapped the spirit of India.

The heart of the plan was a simple and inspiring mission: find the children.

The campaign showed India at its best-the relentless spirit, the idealism, the teamwork, the scientific power, the business acumen, the manufacturing skill, the political imagination, and the vast human resources that can deploy more than two million people ad spark the imagination of a billion. Yes, India faces challenges in many areas that are well documented in the media. But in its fight against polio, India has shown the world that when its people set an ambitious goal, mobilize the country, and measure the impact, India's promise is endless.

Sub questions

Question Number : 1 Question Id : 9209064252 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of the following options suggests that the writer was interested in india personally?

- (A) Needed greater talent as Microsoft was expanding Noticed the.
- (B) Vitality and ingenvity of Indian as a CEO found it to be
- (C) A country that cherishes its history Admired
- (D) Indian reverence for learning

Choose the most appropriate from the options given below :

- (1) (A) only
- (2) (D) only
- (3) (C) and (D) only
- (4) (B) and (C) only

Options :

92090616801. 1

92090616802. 2

92090616803. 3

92090616804. 4

Question Number : 2 Question Id : 9209064253 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Match List I with List II :

To complete the information in the table

List I	List II
(A) India has fully founded its own anti-polio plan.	(I) India surprised them all by beind polio free successfully.
(B) Elements required for the success of a campaign.	(II) Find the children-Eliminate polio.
(C) The heart is mission of the polio plan.	(III) Indian Commitment a self-confidence.
(D) Experts predicted that polio would be eliminated in every country before it was eliminated in India.	(IV) clear goal, compreheusive plan, precise measurements

Choose the most appropriate answer from the options given below:

- (1) (A)-(III), (B)-(II), (C)-(IV), (D)-(I)
- (2) (A)-(III), (B)-(IV), (C)-(II), (D)-(I)
- (3) (A)-(I), (B)-(IV), (C)-(II), (D)-(III)
- (4) (A)-(IV), (B)-(III), (C)-(I), (D)-(II)

Options :

92090616805. 1
92090616806. 2
92090616807. 3
92090616808. 4

Question Number : 3 Question Id : 9209064254 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

“Whether out of devial, embarrassment, or inocevce, my colleague didit see the “other” India”. What dose other India refer to?

- (1) Highly educated Indian Citizen
- (2) The rich Section of Indian society
- (3) The politically powerful people of India
- (4) The impoverished Indians.

Options :

92090616809. 1
92090616810. 2
92090616811. 3
92090616812. 4

Question Number : 4 Question Id : 9209064255 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

“Yet our experience in India suggests the opposite that what some call a weakness can be a source of great strength”. How was this belief of the writer proved correct during the polio campaign?

- (1) The power of poor was demonstrated clearly in the fight to end polio.
- (2) The marginalized groups in Indian society proved indispensable in the fight against AIDS.
- (3) The programme created a groundswell of enthusiasm and tapped the spirit of India.
- (4) The Campaign showed India at its best.

Options :

- 92090616813. 1
- 92090616814. 2
- 92090616815. 3
- 92090616816. 4

Question Number : 5 Question Id : 9209064256 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

What can be a suitable title for the passage?

- (1) The common goal of India.
- (2) The fight Against AIDS.
- (3) The Amazing success of the polio campaign.
- (4) The Indian poor class.

Options :

- 92090616817. 1
- 92090616818. 2
- 92090616819. 3
- 92090616820. 4

Question Id : 9209064251 Question Type : COMPREHENSION Sub Question Shuffling Allowed : Yes Group Comprehension Questions : No Question Pattern Type : NonMatrix Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Question Numbers : (1 to 5)

Question Label : Comprehension

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Above all, though, the campaign enlisted the support of the full sweep of Indian society, including health workers, ordinary citizens, and some of the poorest people in the most impoverished regions of the country. This program became their cause. It created a groundswell of enthusiasm and tapped the spirit of India.

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Sub questions

Question Number : 1 Question Id : 9209064252 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of the following options suggests that the writer was interested in india personally?

- (A) Needed greater talent as Microsoft was expanding Noticed the.
- (B) Vitality and ingenvity of Indian as a CEO found it to be
- (C) A country that cherishes its history Admired
- (D) Indian reverence for learning

Choose the most appropriate from the options given below :

- (1) (A) only
- (2) (D) only
- (3) (C) and (D) only
- (4) (B) and (C) only

Options :

92090616801. 1

92090616802. 2

92090616803. 3

92090616804. 4

Question Number : 2 Question Id : 9209064253 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Match List I with List II :

To complete the information in the table

List I	List II
(A) India has fully founded its own anti-polio plan.	(I) India surprised them all by beind polio free successfully.
(B) Elements required for the success of a campaign.	(II) Find the children-Eliminate polio.
(C) The heart is mission of the polio plan.	(III) Indian Commitment a self-confidence.
(D) Experts predicted that polio would be eliminated in every country before it was eliminated in India.	(IV) clear goal, compreheusive plan, precise measurements

Choose the most appropriate answer from the options given below:

- (1) (A)-(III), (B)-(II), (C)-(IV), (D)-(I)
- (2) (A)-(III), (B)-(IV), (C)-(II), (D)-(I)
- (3) (A)-(I), (B)-(IV), (C)-(II), (D)-(III)
- (4) (A)-(IV), (B)-(III), (C)-(I), (D)-(II)

Options :

92090616805. 1
92090616806. 2
92090616807. 3
92090616808. 4

Question Number : 3 Question Id : 9209064254 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

“Whether out of devial, embarrassment, or inocevce, my colleague didit see the “other” India”. What dose other India refer to?

- (1) Highly educated Indian Citizen
- (2) The rich Section of Indian society
- (3) The politically powerful people of India
- (4) The impoverished Indians.

Options :

92090616809. 1
92090616810. 2
92090616811. 3
92090616812. 4

Question Number : 4 Question Id : 9209064255 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

“Yet our experience in India suggests the opposite that what some call a weakness can be a source of great strength”. How was this belief of the writer proved correct during the polio campaign?

- (1) The power of poor was demonstrated clearly in the fight to end polio.
- (2) The marginalized groups in Indian society proved indispensable in the fight against AIDS.
- (3) The programme created a groundswell of enthusiasm and tapped the spirit of India.
- (4) The Campaign showed India at its best.

Options :

- 92090616813. 1
- 92090616814. 2
- 92090616815. 3
- 92090616816. 4

Question Number : 5 Question Id : 9209064256 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

What can be a suitable title for the passage?

- (1) The common goal of India.
- (2) The fight Against AIDS.
- (3) The Amazing success of the polio campaign.
- (4) The Indian poor class.

Options :

- 92090616817. 1
- 92090616818. 2
- 92090616819. 3
- 92090616820. 4

Sub-Section Number :	2
Sub-Section Id :	920906138
Question Shuffling Allowed :	Yes
Is Section Default? :	null

Question Number : 6 Question Id : 9209064257 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Read the following Sentence carefully and identify the option that has an error.

- (1) She persisted
- (2) To go to the market alone
- (3) Inspite of my advice
- (4) That it would not be safe.

Options :

- 92090616821. 1
- 92090616822. 2
- 92090616823. 3
- 92090616824. 4

Question Number : 6 Question Id : 9209064257 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Read the following Sentence carefully and identify the option that has an error.

- (1) She persisted
- (2) To go to the market alone
- (3) Inspite of my advice
- (4) That it would not be safe.

Options :

- 92090616821. 1
- 92090616822. 2
- 92090616823. 3
- 92090616824. 4

Question Number : 7 Question Id : 9209064258 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

I am really exhausted. I had no rest for the last two days. Replace the underlined incorrect verb with the correct one from the options given below:

- | | |
|--------------|---------------|
| (1) Had had | (2) Never had |
| (3) Have had | (4) Did |

Options :

- 92090616825. 1
- 92090616826. 2
- 92090616827. 3
- 92090616828. 4

Question Number : 7 Question Id : 9209064258 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

I am really exhausted. I had no rest for the last two days. Replace the underlined incorrect verb with the correct one from the options given below:

- | | |
|--------------|---------------|
| (1) Had had | (2) Never had |
| (3) Have had | (4) Did |

Options :

- 92090616825. 1
- 92090616826. 2
- 92090616827. 3
- 92090616828. 4

Question Number : 8 Question Id : 9209064259 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Identify the adverbial error in the following sentence by choosing the correct option:

The director of the company will speak shortly on the vision of the project.

- | | |
|------------|-------------|
| (1) mildly | (2) briefly |
| (3) hardly | (4) kindly |

Options :

- 92090616829. 1
- 92090616830. 2
- 92090616831. 3
- 92090616832. 4

Question Number : 8 Question Id : 9209064259 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Identify the adverbial error in the following sentence by choosing the correct option:

The director of the company will speak shortly on the vision of the project.

- (1) mildly (2) briefly
(3) hardly (4) kindly

Options :

92090616829. 1
92090616830. 2
92090616831. 3
92090616832. 4

Question Number : 9 Question Id : 9209064260 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Out of the option givs below, choose the word that is incorrectly spelt:

- (1) Franchise (2) Abstinence
(3) Accomodation (4) Psychology

Options :

92090616833. 1
92090616834. 2
92090616835. 3
92090616836. 4

Question Number : 9 Question Id : 9209064260 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Out of the option givs below, choose the word that is incorrectly spelt:

- (1) Franchise (2) Abstinence
(3) Accomodation (4) Psychology

Options :

92090616833. 1
92090616834. 2
92090616835. 3
92090616836. 4

Question Number : 10 Question Id : 9209064261 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum

Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

His AFFLUENCE was evident in the way he dressed, the house he lived in and the car he drove choose the word that is oppsite is meaning to the word in bold.

- | | |
|----------------|-----------------|
| (1) Stagnation | (2) Destitution |
| (3) Opulence | (4) Neglect |

Options :

92090616837. 1

92090616838. 2

92090616839. 3

92090616840. 4

Question Number : 10 Question Id : 9209064261 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

His AFFLUENCE was evident in the way he dressed, the house he lived in and the car he drove choose the word that is oppsite is meaning to the word in bold.

- | | |
|----------------|-----------------|
| (1) Stagnation | (2) Destitution |
| (3) Opulence | (4) Neglect |

Options :

92090616837. 1

92090616838. 2

92090616839. 3

92090616840. 4

Question Number : 11 Question Id : 9209064262 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

A solid metallic sphere of radius 6cm is melted and recasted into small solid balls of radius 0.6cm. find the number of balk so formrd.

- | | |
|----------|----------|
| (1) 5000 | (2) 1000 |
| (3) 2000 | (4) 2400 |

Options :

92090616841. 1

92090616842. 2

92090616843. 3

92090616844. 4

Question Number : 11 Question Id : 9209064262 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

A solid metallic sphere of radius 6cm is melted and recasted into small solid balls of radius 0.6cm. find the number of balk so formrd.

- (1) 5000 (2) 1000
(3) 2000 (4) 2400

Options :

92090616841. 1
92090616842. 2
92090616843. 3
92090616844. 4

Question Number : 12 Question Id : 9209064263 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

If $\sin\theta = \frac{5}{13}$, then find the value of $\frac{1+\tan\theta}{\sec\theta}$

- (1) $\frac{15}{12}$ (2) $\frac{17}{13}$
(3) $\frac{12}{13}$ (4) $\frac{2}{5}$

Options :

92090616845. 1
92090616846. 2
92090616847. 3
92090616848. 4

Question Number : 12 Question Id : 9209064263 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

If $\sin\theta = \frac{5}{13}$, then find the value of $\frac{1+\tan\theta}{\sec\theta}$

(1) $\frac{15}{12}$

(2) $\frac{17}{13}$

(3) $\frac{12}{13}$

(4) $\frac{2}{5}$

Options :

92090616845. 1

92090616846. 2

92090616847. 3

92090616848. 4

Question Number : 13 Question Id : 9209064264 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

In how much time will a sum of ₹ 3,300 become ₹ 3,399 at 6% per annum, interest compounded half yearly?

(1) 6 mnths

(2) 1 year

(3) 1 year 6 months

(4) 2 years

Options :

92090616849. 1

92090616850. 2

92090616851. 3

92090616852. 4

Question Number : 13 Question Id : 9209064264 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

In how much time will a sum of ₹ 3,300 become ₹ 3,399 at 6% per annum, interest compounded half yearly?

(1) 6 mnths

(2) 1 year

(3) 1 year 6 months

(4) 2 years

Options :

92090616849. 1

92090616850. 2

92090616851. 3

92090616852. 4

Question Number : 14 Question Id : 9209064265 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

By selling 100 pens, a shopkeeper gains the selling price of 40 pens. Find his gain percent (correct to 2 decimal places) :

(1) 64.47%

(2) 66.67%

(3) 68.80%

(4) 55.59%

Options :

92090616853. 1

92090616854. 2

92090616855. 3

92090616856. 4

Question Number : 14 Question Id : 9209064265 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

By selling 100 pens, a shopkeeper gains the selling price of 40 pens. Find his gain percent (correct to 2 decimal places) :

(1) 64.47%

(2) 66.67%

(3) 68.80%

(4) 55.59%

Options :

92090616853. 1

92090616854. 2

92090616855. 3

92090616856. 4

Question Number : 15 Question Id : 9209064266 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Three men and 2 boys can do a piece of work in 10 days, which 2 men and 3 boys can do the same work in 8 days. In how many days can 2 men and 1 boy do the work?

- (1) $11 \frac{1}{18}$ (2) $18 \frac{2}{11}$
(3) $9 \frac{1}{11}$ (4) $11 \frac{9}{11}$

Options :

92090616857. 1
92090616858. 2
92090616859. 3
92090616860. 4

Question Number : 15 Question Id : 9209064266 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Three men and 2 boys can do a piece of work in 10 days, which 2 men and 3 boys can do the same work in 8 days. In how many days can 2 men and 1 boy do the work?

- (1) $11 \frac{1}{18}$ (2) $18 \frac{2}{11}$
(3) $9 \frac{1}{11}$ (4) $11 \frac{9}{11}$

Options :

92090616857. 1
92090616858. 2
92090616859. 3
92090616860. 4

Question Number : 16 Question Id : 9209064267 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Find the number having the same relationship with number given to right 3:81:: 4:?

- (1) 64 (2) 32
(3) 256 (4) 148

Options :

92090616861. 1
92090616862. 2
92090616863. 3
92090616864. 4

Question Number : 16 Question Id : 9209064267 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Find the number having the same relationship with number given to right 3:81:: 4:?

- (1) 64 (2) 32
(3) 256 (4) 148

Options :

92090616861. 1
92090616862. 2
92090616863. 3
92090616864. 4

Question Number : 17 Question Id : 9209064268 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Consider the two conclusions together and decide which of them logically follows beyond a reasonable doubt from the information given in the statement.

Statement: Irregularity is a cause for failure in UPSC exam. Some regular students fail in the examinations

- Conclusions: (I) All successful students are not regular.
(II) All failed students are regular.

- (1) only conclusion (I) follows
(2) only conclusion (II) follows
(3) either (II) follows
(4) neither (I) follows

Options :

92090616865. 1
92090616866. 2
92090616867. 3
92090616868. 4

Question Number : 17 Question Id : 9209064268 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Consider the two conclusions together and decide which of them logically follows beyond a reasonable doubt from the information given in the statement.

Statement: Irregularity is a cause for failure in UPSC exam. Some regular students fail in the examinations

Conclusions: (I) All successful students are not regular.
(II) All failed students are regular.

- (1) only conclusion (I) follows
- (2) only conclusion (II) follows
- (3) either (II) follows
- (4) neither (I) follows

Options :

- 92090616865. 1
- 92090616866. 2
- 92090616867. 3
- 92090616868. 4

Question Number : 18 Question Id : 9209064269 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Vidushi remember that her husband's birthday is after 19th but before 22nd December, where as her mother-in-law remembers that the birthday of her son is after 20th but before 24th December. It both are right. Which day Vidushi husband birthday?

- (1) 23rd December
- (2) 22nd December
- (3) 21st December
- (4) 20th December

Options :

- 92090616869. 1
- 92090616870. 2
- 92090616871. 3
- 92090616872. 4

Question Number : 18 Question Id : 9209064269 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Vidushi remember that her husband's birthday is after 19th but before 22nd December, where as her mother-in-law remembers that the birthday of her son is after 20th but before 24th December. It both are right. Which day Vidushi husband birthday?

- (1) 23rd December (2) 22nd December
(3) 21st December (4) 20th December

Options :

92090616869. 1
92090616870. 2
92090616871. 3
92090616872. 4

Question Number : 19 Question Id : 9209064270 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

If SPRING is coded as RTOQQSOMOFH, then the code for MEDIUM will be:

- (1) LNTDEOALM (2) LNICDOALN
(3) LNICDOALN (4) LINCDOALN

Options :

92090616873. 1
92090616874. 2
92090616875. 3
92090616876. 4

Question Number : 19 Question Id : 9209064270 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

If SPRING is coded as RTOQQSOMOFH, then the code for MEDIUM will be:

- (1) LNTDEOALM (2) LNICDOALN
(3) LNICDOALN (4) LINCDOALN

Options :

92090616873. 1
92090616874. 2
92090616875. 3
92090616876. 4

Question Number : 20 Question Id : 9209064271 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Pointing out to a lady, a girl said, "she is the daughter-in-law of the grand mother of my father only son". How is the lady related to the girl?

- | | |
|------------|-------------------|
| (1) Sister | (2) Sister-in-law |
| (3) Mother | (4) Cousin |

Options :

92090616877. 1

92090616878. 2

92090616879. 3

92090616880. 4

Question Number : 20 Question Id : 9209064271 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Pointing out to a lady, a girl said, "she is the daughter-in-law of the grand mother of my father only son". How is the lady related to the girl?

- | | |
|------------|-------------------|
| (1) Sister | (2) Sister-in-law |
| (3) Mother | (4) Cousin |

Options :

92090616877. 1

92090616878. 2

92090616879. 3

92090616880. 4

Question Number : 21 Question Id : 9209064272 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Match List I with List II :

List I (Name of Agencies)	List II (Headquarter)
(A) International Labour Organisation	(I) Vienna
(B) International Atomic Energy Agency	(II) New York
(C) United Nations International children's Emergencey Fund	(III) Singapore
(D) Asia Pacific Economic Cooperation	(IV) Geneva

Choose the correct answer from the options given below:

- (1) (A)-(IV), (B)-(I), (C)-(III), (D)-(II)
- (2) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)
- (3) (A)-(I), (B)-(IV), (C)-(II), (D)-(III)
- (4) (A)-(III), (B)-(IV), (C)-(II), (D)-(I)

Options :

- 92090616881. 1
- 92090616882. 2
- 92090616883. 3
- 92090616884. 4

Question Number : 21 Question Id : 9209064272 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Match List I with List II :

List I (Name of Agencies)	List II (Headquarter)
(A) International Labour Organisation	(I) Vienna
(B) International Atomic Energy Agency	(II) New York
(C) United Nations International children's Emergencey Fund	(III) Singapore
(D) Asia Pacific Economic Cooperation	(IV) Geneva

Choose the correct answer from the options given below:

- (1) (A)-(IV), (B)-(I), (C)-(III), (D)-(II)
- (2) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)
- (3) (A)-(I), (B)-(IV), (C)-(II), (D)-(III)
- (4) (A)-(III), (B)-(IV), (C)-(II), (D)-(I)

Options :

- 92090616881. 1
- 92090616882. 2
- 92090616883. 3
- 92090616884. 4

Question Number : 22 Question Id : 9209064273 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Who was the first women Director General of CSIR?

- | | |
|------------------------|----------------------------|
| (1) Natalie Zorothova | (2) Nallathamby Kalaiselvi |
| (3) Aruna Chandrapanth | (4) Visakha Nagarkoti |

Options :

- 92090616885. 1
- 92090616886. 2
- 92090616887. 3
- 92090616888. 4

Question Number : 22 Question Id : 9209064273 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Who was the first women Director General of CSIR?

- (1) Natalie Zorothova (2) Nallathamby Kalaiselvi
(3) Aruna Chandrapanth (4) Visakha Nagarkoti

Options :

92090616885. 1
92090616886. 2
92090616887. 3
92090616888. 4

Question Number : 23 Question Id : 9209064274 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : The Attorreg General is the highest law officer in the country appointed by the president under Article 76 of the constitution.

Statement II : The attorreg General can participate in the proceedings of the parliament with the Right to vetas

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both Statement I and Statement II are correct
(2) Both Statement I and Statement II are icorrect
(3) Statement I is correct but Statement II is icorrect
(4) Statement I is icorrect but Statement II is correct

Options :

92090616889. 1
92090616890. 2
92090616891. 3
92090616892. 4

Question Number : 23 Question Id : 9209064274 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : The Attorreg General is the highest law officer in the country appointed by the president under Article 76 of the constitution.

Statement II : The attorreg General can participate in the proceedings of the parliament with the Right to vetas

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both Statement I and Statement II are correct
- (2) Both Statement I and Statement II are icorrect
- (3) Statement I is correct but Statement II is icorrect
- (4) Statement I is icorrect but Statement II is correct

Options :

92090616889. 1

92090616890. 2

92090616891. 3

92090616892. 4

Question Number : 24 Question Id : 9209064275 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : National Rural Health Mission (NRHM) was lunched on 22nd April, 2008.

Statement II : Objective of NRHM is to reduce Infant mortality Rate and maternal mortality Rate

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both Statement I and Statement II are correct
- (2) Both Statement I and Statement II are incorrect
- (3) Statement I is correct but Statement II is incorrect
- (4) Statement I is incorrect but Statement II is correct

Options :

- 92090616893. 1
- 92090616894. 2
- 92090616895. 3
- 92090616896. 4

Question Number : 24 Question Id : 9209064275 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : National Rural Health Mission (NRHM) was lunched on 22nd April, 2008.

Statement II : Objective of NRHM is to reduce Infant mortality Rate and maternal mortality Rate

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both Statement I and Statement II are correct
- (2) Both Statement I and Statement II are incorrect
- (3) Statement I is correct but Statement II is incorrect
- (4) Statement I is incorrect but Statement II is correct

Options :

- 92090616893. 1
- 92090616894. 2
- 92090616895. 3
- 92090616896. 4

Question Number : 25 Question Id : 9209064276 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which country's tennis team has won the DAVIS CUP 2022 tittle?

- | | |
|---------------|-------------|
| (1) Australia | (2) Croatia |
| (3) Spain | (4) Cannada |

Options :

- 92090616897. 1
- 92090616898. 2
- 92090616899. 3
- 92090616900. 4

Question Number : 25 Question Id : 9209064276 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which country's tennis team has won the DAVIS CUP 2022 title?

- (1) Australia (2) Croatia
(3) Spain (4) Cannada

Options :

92090616897. 1
92090616898. 2
92090616899. 3
92090616900. 4

Part B: Sports Physiology

Section Id :	92090686
Section Number :	2
Section type :	Online
Mandatory or Optional :	Mandatory
Number of Questions :	75
Number of Questions to be attempted :	75
Section Marks :	300
Enable Mark as Answered Mark for Review and Clear Response :	Yes
Maximum Instruction Time :	0
Sub-Section Number :	1
Sub-Section Id :	920906139
Question Shuffling Allowed :	Yes
Is Section Default? :	null

Question Number : 26 Question Id : 9209064277 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

The Training process which is done purely in mind is _____.

- (1) Mind Game (2) Imagery
(3) Mental State (4) Goal Setting

Options :

92090616901. 1

92090616902. 2

92090616903. 3

92090616904. 4

Question Number : 26 Question Id : 9209064277 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

_____ प्रशिक्षण प्रक्रिया, जो कि पूर्णतः दिमाग में की जाती है।

- | | |
|-------------------|---------------------|
| (1) दिमागी खेल | (2) कल्पना |
| (3) मानसिक स्थिति | (4) लक्ष्य निर्धारण |

Options :

92090616901. 1

92090616902. 2

92090616903. 3

92090616904. 4

Question Number : 27 Question Id : 9209064278 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of the following are Bacterial diseases?

- (A) Cholera, Diarrhea
- (B) Polio, AIDS
- (C) Leprasy, Plague
- (D) TB, Tetnus
- (E) Chicken Pox, Rabies

Choose the correct answer from the options given below :

- (1) A, B, C
- (2) A, C, E
- (3) C, D, E
- (4) A, C, D

Options :

92090616905. 1

92090616906. 2

92090616907. 3

92090616908. 4

Question Number : 27 Question Id : 9209064278 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

निम्नलिखित में से कौन-से जीवाणु संबंधी रोग है?

- A. हैज़ा, दस्त
- B. पोलियो, एड्स
- C. कुष्ठ रोग, प्लेग
- D. टी बी, टिटनेस
- E. चेचक, रेबीज़

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) केवल A, B, C
- (2) केवल A, C, E
- (3) केवल C, D, E
- (4) केवल A, C, D

Options :

92090616905. 1

92090616906. 2

92090616907. 3

92090616908. 4

Question Number : 28 Question Id : 9209064279 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of the following theories are not associated with personality?

- (A) Inverted-U Theory
- (B) Drive Theory
- (C) Psychodynamic Theory
- (D) Trait Theory
- (E) Social Learning Theory

Choose the correct answer from the options given below :

- (1) A, B
- (2) A, D
- (3) B, C
- (4) A, C

Options :

- 92090616909. 1
- 92090616910. 2
- 92090616911. 3
- 92090616912. 4

Question Number : 28 Question Id : 9209064279 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

निम्नलिखित में से कौन से सिद्धान्त व्यक्तित्व से संबंधित नहीं है?

- A. उल्टा-यू सिद्धान्त
- B. ड्राइव सिद्धान्त
- C. मनोप्रेरणा सिद्धान्त
- D. प्रवृत्ति सिद्धान्त
- E. सामाजिक शिक्षण सिद्धान्त

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) केवल A, B
- (2) केवल A, D
- (3) केवल B, C
- (4) केवल A, C

Options :

- 92090616909. 1
- 92090616910. 2
- 92090616911. 3
- 92090616912. 4

Question Number : 29 Question Id : 9209064280 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

An athlete must work consistently, they must write goals and review them periodically. Which type of goals setting is discussed above.

- (1) Short term goal
- (2) Set specific goal
- (3) Long term goals
- (4) No outcome goals

Options :

- 92090616913. 1
- 92090616914. 2

92090616915. 3

92090616916. 4

Question Number : 29 Question Id : 9209064280 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

एक खिलाड़ी को लगातार काम करना चाहिए, उसे लक्ष्य को लिखना चाहिए और समय-समय उसकी समीक्षा करनी चाहिए। ऊपर किस प्रकार के लक्ष्य निर्धारण की चर्चा की गई है।

- | | |
|-------------------------|----------------------------|
| (1) छोटी अवधि के लक्ष्य | (2) विशेष लक्ष्य निर्धारण |
| (3) बड़ी अवधि के लक्ष्य | (4) कोई परिणाम नहीं लक्ष्य |

Options :

92090616913. 1

92090616914. 2

92090616915. 3

92090616916. 4

Question Number : 30 Question Id : 9209064281 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Increased pressure to win, beginning a sport too early, and not being involved in other activities are symptoms of _____.

- | | |
|--------------------------|----------------|
| (1) Motivation | (2) Burn out |
| (3) Personality disorder | (4) Mood-swing |

Options :

92090616917. 1

92090616918. 2

92090616919. 3

92090616920. 4

Question Number : 30 Question Id : 9209064281 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

जीतने के लिए बढ़ा हुआ दबाव, बहुत जल्दी खेल शुरू करना और अन्य गतिविधियों में शामिल होना _____ के लक्षण हैं।

- | | |
|----------------------|--------------|
| (1) प्रेरणा | (2) बर्न आऊट |
| (3) व्यक्तित्व विधार | (4) मिजाज़ |

Options :

- 92090616917. 1
- 92090616918. 2
- 92090616919. 3
- 92090616920. 4

Question Number : 31 Question Id : 9209064282 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of the following represent the Primary Structural Unit for most of the Body's. biologically active substances?

- (A) Carbon
- (B) Hydrogen
- (C) Methane
- (D) Oxygen
- (E) Nitrogen

Choose the correct answer from the options given below :

- (1) A, B, C, D
- (2) A, C, D, E
- (3) A, B, D, E
- (4) B, C, D, E

Options :

- 92090616921. 1
- 92090616922. 2
- 92090616923. 3
- 92090616924. 4

Question Number : 31 Question Id : 9209064282 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

निम्नलिखित में से कौन-सा शरीर के अधिकांश जैविक सक्रिय पदार्थों के लिए प्राथमिक संरचनात्मक इकाई का प्रतिनिधित्व करना है :

- A. कार्बन
- B. हाईड्रोजन
- C. मिथेन
- D. ऑक्सीजन
- E. नाइट्रोजन

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) केवल A, B, C, D
- (2) केवल A, C, D, E
- (3) केवल A, B, D, E
- (4) केवल B, C, D, E

Options :

- 92090616921. 1
- 92090616922. 2
- 92090616923. 3
- 92090616924. 4

Question Number : 32 Question Id : 9209064283 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

During high intensity exercise. The source of energy is_____.

- | | |
|--------------------------------|-----------------------|
| (1) Lipids | (2) Intracellular fat |
| (3) Glycogen stored in muscles | (4) Extracellular fat |

Options :

- 92090616925. 1
- 92090616926. 2
- 92090616927. 3
- 92090616928. 4

Question Number : 32 Question Id : 9209064283 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

अधिक तीव्रता के व्यायामों के दौरान _____ ऊर्जा का स्रोत होता है।

- | | |
|--|--------------------|
| (1) लिपिड | (2) अंत-कोशकीय वसा |
| (3) माँसपेशियों में संग्रहित ग्लाइकोजन | (4) बाह्य वसा |

Options :

- 92090616925. 1
- 92090616926. 2
- 92090616927. 3
- 92090616928. 4

Question Number : 33 Question Id : 9209064284 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : Overweight individuals often have a blunted thermic response to eating that contributes to excess body fat accumulation.

Statement II : Food consumption generally increases energy metabolism. Diet-induced thermogenesis (DIT; sometimes referred to as thermic effect of food. Interestingly, the magnitude of DIT also may be lower in endurance-trained individuals than in un-trained counterparts.

In the light of the above statements, choose the correct answer from the options given below :

- (1) Both Statement I and Statement II are true
- (2) Both Statement I and Statement II are false
- (3) Statement I is true but Statement II is false
- (4) Statement I is false but Statement II is true

Options :

- 92090616929. 1
- 92090616930. 2
- 92090616931. 3
- 92090616932. 4

Question Number : 33 Question Id : 9209064284 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum

Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं:

कथन I : अधिक वजन वाले व्यक्तियों में अक्सर खाने के लिए एक कुंद थर्मिक प्रतिक्रिया होती है जो शरीर में अतिरिक्त वसा संचय योगदान करती है।

कथन II : भोजन की खपत आम तौर पर ऊर्जा चयापचय को बढ़ाती है। आहार-प्रेरित थर्मोजेनेसिस (डी आई टी, कभी-कभी भोजन के धार्मिक प्रभाव के रूप में संदर्भित किया जाता है) दिलचस्प बात यह है कि डीआईटी का परिमाण अप्रशिक्षित समकक्षों की तुलना में सहनशक्ति-प्रशिक्षित व्यक्तियों में भी कम हो सकता है।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए

- (1) कथन I और II दोनों सत्य हैं
- (2) कथन I और II दोनों असत्य हैं
- (3) कथन I सत्य है, लेकिन कथन II असत्य है
- (4) कथन I असत्य है, लेकिन कथन II सत्य है

Options :

92090616929. 1

92090616930. 2

92090616931. 3

92090616932. 4

Question Number : 34 Question Id : 9209064285 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : Endurance Athletes Commonly refers to this sensation of fatigue as “bonking” or “hitting the wall.”

Reasons (R) : Skeletal muscle lacks the phosphate enzymes. Which allows glucose exchange between cells and depressed availability of blood glucose for optimal central nervous system functions.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are true and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are true but (R) is NOT the correct explanation of (A)
- (3) (A) is true but (R) is false
- (4) (A) is false but (R) is true

Options :

- 92090616933. 1
- 92090616934. 2
- 92090616935. 3
- 92090616936. 4

Question Number : 34 Question Id : 9209064285 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं: एक अभिकथन (Assertion A) के रूप में लिखित है तो दूसरा उसके कारण (Reason R) के रूप में;

अभिकथन A : संहनशक्ति वाले खिलाड़ी आमतौर पर थकान की अनुभूति को “बोनकिंग या दिवार से टकराना” के रूप में संदर्भित करते हैं।

कारण R : कंकाल माँसपेशियों में फॉस्फेट एंजाइम की कमी होती है। जो कोशिकाओं के बीच ग्लूकोज विनिमय और इष्टतम केन्द्रीय तंत्रिका तंत्र समारोह के लिए रक्त ग्लूकोज की कम उपलब्धता की अनुमति देता है।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए

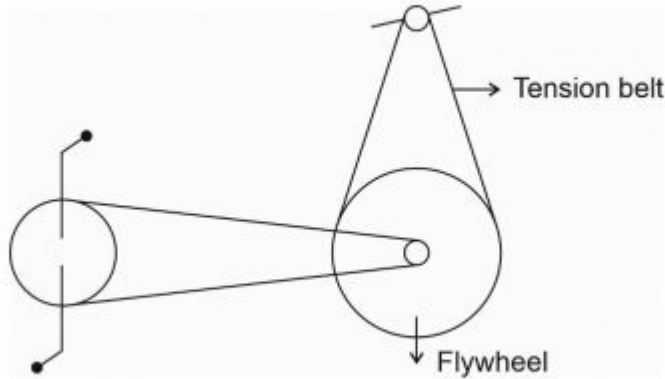
- (1) A और R दोनों सही हैं और R, A की सही व्याख्या है
- (2) A और R दोनों सही हैं, लेकिन R, A की सही व्याख्या नहीं है
- (3) A सही है, लेकिन R सही नहीं है
- (4) A सही नहीं है, लेकिन R सही है

Options :

92090616933. 1
 92090616934. 2
 92090616935. 3
 92090616936. 4

Question Number : 35 Question Id : 9209064286 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0
Correct Marks : 4 Wrong Marks : 1

A person pedaling a bicycle ergometer with 6-m flywheel circumference at 60 rpm for 1 minute covers a distance (D) of 360 m each minute ($6\text{ m} \times 60$). If the frictional resistance on the flywheel equals 2.5 kg, total work computes, as $W=FxD$.



- (1) 950 kg-m (2) 800 kg-m
 (3) 1000 kg-m (4) 900 kg-m

Options :

92090616937. 1
 92090616938. 2
 92090616939. 3
 92090616940. 4

Question Number : 35 Question Id : 9209064286 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0
Correct Marks : 4 Wrong Marks : 1

एक व्यक्ति परिभाष फ्लाईव्हील वाली ऐरगोमीटर साईकिल को 1 मिनट में 360 मीटर दूरी तय करने के लिए आरपीएम पर पैडलिंग कर रहा है। यदि फ्लाईव्हील पर 2.5 किग्रा घर्षण प्रतिरोध है तो कुल किया कार्य _____ होगा।

- (1) 950 किग्रा-मी (2) 800 किग्रा-मी
 (3) 1000 किग्रा-मी (4) 900 किग्रा-मी

Options :

92090616937. 1
 92090616938. 2

92090616939. 3

92090616940. 4

Question Number : 36 Question Id : 9209064287 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

The process that generates energy from glucose is _____ .

- | | |
|---------------------|------------------------|
| (1) Lipid Oxidation | (2) Glycolysis |
| (3) Metabolism | (4) β -oxidation |

Options :

92090616941. 1

92090616942. 2

92090616943. 3

92090616944. 4

Question Number : 36 Question Id : 9209064287 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

ग्लूकोज से ऊर्जा उत्पन्न करने की प्रक्रिया को _____ कहते है।

- | | |
|---------------------|-------------------|
| (1) लिपिड ऑक्सीडेशन | (2) ग्लाइकोलाइसिस |
| (3) चयापचय | (4) बी-ऑक्सीडेशन |

Options :

92090616941. 1

92090616942. 2

92090616943. 3

92090616944. 4

Question Number : 37 Question Id : 9209064288 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

The force that is applied in a direction parallel to the surface is _____ .

- | | |
|----------------------|-----------------------|
| (1) Normal force | (2) Compressive force |
| (3) Frictional force | (4) Internal force |

Options :

92090616945. 1
92090616946. 2
92090616947. 3
92090616948. 4

Question Number : 37 Question Id : 9209064288 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

_____ सतह की समांतर दिशा में लगाया गया बल होता है।

- | | |
|----------------|----------------|
| (1) सामान्य बल | (2) संकुचित बल |
| (3) धर्षण बल | (4) आंतरिक बल |

Options :

92090616945. 1
92090616946. 2
92090616947. 3
92090616948. 4

Question Number : 38 Question Id : 9209064289 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Match List I with List II :

- | List I | List II |
|-----------------|--|
| (A) PROTRACTION | (I) Movement of sole medially at the intertarsal joints. |
| (B) INVERSION | (II) Movement of fore arm at the proximal and distal radioulnar joint. |
| (C) SUPINATION | (III) Movement of a thumb at carpometacarpel joint. |
| (D) OPPOSITION | (IV) Movement of a part of body anteriorly in transverse plane. |

Choose the correct answer from the options given below:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
(2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
(3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
(4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

92090616949. 1

92090616950. 2

92090616951. 3

92090616952. 4

Question Number : 38 Question Id : 9209064289 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

सूची I के साथ सूची II का मिलान कीजिए

सूची-I	सूची-II
(A) खिचाव (प्रोट्रैक्शन)	(I) इंटरटारसल संधि पर तलवे की मध्य रेखा की तरफ
(B) उल्ट देना (अबरजन)	(II) प्रॉक्सिमल और डिस्टल रेडि ओलनर संयुक्त में प्रकेष्ठ की गति
(C) सूपीनेशन	(III) कारपोमेटाकारपल संधि पर अंगूठे की-गति
(D) विपक्ष	(IV) अनुपुस्थ तल में शरीर के अग्र भाग का संचलन

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

92090616949. 1

92090616950. 2

92090616951. 3

92090616952. 4

Question Number : 39 Question Id : 9209064290 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

An increases in muscular tension (force) with exercise training provides the primary stimulus to initiate the process of skeletal muscle growth, which is known as _____ .

- | | |
|--------------------------|-------------------------|
| (1) Hypertrophy | (2) Muscle inhibition |
| (3) Metabolic adaptation | (4) Muscle Hyper plasia |

Options :

92090616953. 1

92090616954. 2

92090616955. 3

92090616956. 4

Question Number : 39 Question Id : 9209064290 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

व्यायाम प्रशिक्षण के दौरान होने वाला माँसपेशीय तनाव में वृद्धि, कंकाल माँसपेशीय तनाव में वृद्धि, कंकाल माँसपेशीय वृद्धि प्रक्रिया के आरम्भ को प्राथमिक उधीपना प्रदान करती है जिसे _____ कहते हैं।

- | | |
|--------------------|----------------------------|
| (1) अतिवृद्धि | (2) माँसपेशी निषेध |
| (3) चयापचय अनुकूलन | (4) माँसपेशी हाइपरप्लासिया |

Options :

92090616953. 1

92090616954. 2

92090616955. 3

92090616956. 4

Question Number : 40 Question Id : 9209064291 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of the below statement is true in regards to cardiac reserve

- (A) It is volume of blood ejected from left ventricle
- (B) Volume of blood ejected by ventricle during each contraction
- (C) Difference between a person's maximum cardiac output and cardiac output at rest
- (D) Top endurance athletes may have cardiac reserve seven or eight times their resting heart rate
- (E) People with heart disease may have cardiac reserve double the resting value.

Choose the correct answer from the options given below :

- (1) A only
- (2) B only
- (3) C only
- (4) D only

Options :

92090616957. 1

92090616958. 2

92090616959. 3

92090616960. 4

Question Number : 40 Question Id : 9209064291 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

निम्नलिखित कथनों में से के संदर्भ में कौन सत्य है।

- A. बाए निलय से बाहर फेके गए रक्त का आयतन
- B. प्रत्येक सकुंचन में निलय द्वारा फेके गया रक्त का आयतन
- C. एक व्यक्ति के अधिकतम और आराम की स्थिति के हृदय निग का अंतर
- D. उच्च कोटि के सहनशक्ति वाले खिलाडियो का हृदय रिजर्व आराम की स्थिति की हृदय दर से सात या आठ गुना होता है।
- E. एक व्यक्ति जिसे हृदय रोग है उसका हृदय रिजर्व आराम की स्थिति के मान से दुगना होगा।

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) केवल A
- (2) केवल B
- (3) केवल C
- (4) केवल D

Options :

92090616957. 1

92090616958. 2

92090616959. 3

92090616960. 4

Question Number : 41 Question Id : 9209064292 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Elite athletes who take androstenedions can fail a urine test for the banned anabolic steroid enandrolone.

- (A) Elite athletes are always under the supervision.
- (B) Supplements often contains contaminates with trace amount.
- (C) The doses indicate wide range of intake.
- (D) Many androstenedione preparations are labled.
- (E) These is no mention of standard marker of nandrolone doses.

Choose the correct answer from the options given below :

- (1) A & B only
- (2) B & E only
- (3) C & D only
- (4) D & B only

Options :

- 92090616961. 1
- 92090616962. 2
- 92090616963. 3
- 92090616964. 4

Question Number : 41 Question Id : 9209064292 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

संभ्रात वर्ग के खिलाड़ी जो एन्ड्रोसटेनेडीजोन लेते है, वे प्रतिबंधित उपचय स्टेरॉयड नंप्रेलोन के लिए मूत्र परीक्षण में विफल हो सकते है।

- A. संभ्रात खिलाड़ी हमेशा निगरानी मे रहते है।
- B. सप्लीमेंट मे अक्सर ट्रेस भाग के साथ दूषित पदार्थ होते है।
- C. खुराक सेवन की विस्तृत श्रृंखला का संकेत देते है।
- D. कई एन्डोसटेनीडीओन की तैयारी उल्लेखित होती है।
- E. नंद्रोलन खुराक के मानक मार्कर का कोई उल्लेख नहीं है।

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) केवल A और C
- (2) केवल B और E
- (3) केवल C और D
- (4) केवल D और B

Options :

- 92090616961. 1

92090616962. 2

92090616963. 3

92090616964. 4

Question Number : 42 Question Id : 9209064293 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Dhea (dehydroepiandrosterone) is the most common hormone claiming to _____ .

- | | |
|----------------------------|------------------------------|
| (1) facilitate weight loss | (2) reduces muscle mass |
| (3) decrease heart risk | (4) decrease immune function |

Options :

92090616965. 1

92090616966. 2

92090616967. 3

92090616968. 4

Question Number : 42 Question Id : 9209064293 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

डी एच ई ए (डीहाइड्रोईपीयनड्रो स्ट्रोरोन) _____ के लिए सबसे आम हार्मोन का दावा करता है।

- | | |
|-------------------------------|--------------------------------------|
| (1) वजन कम करने को आसान बनाना | (2) माँसपेशियों का द्रव्यमान कम करना |
| (3) हृदय के खतरे को कम करना | (4) प्रतिरक्षा कार्य को कम करना |

Options :

92090616965. 1

92090616966. 2

92090616967. 3

92090616968. 4

Question Number : 43 Question Id : 9209064294 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : The 'anabolic phase' while loading nutrition consists of 45 minutes post-exercise metabolic window. a period of enhanced insulin for muscle glycogen.

Reasons (R) : This phase enhances nutrient intake to spare muscle glycogen and protein. The carbohydrates consumed during this phase suppress release of cortisol.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)
- (3) (A) is correct but (R) is not correct
- (4) (A) is not correct but (R) is correct

Options :

92090616969. 1

92090616970. 2

92090616971. 3

92090616972. 4

Question Number : 43 Question Id : 9209064294 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं: एक अभिकथन (Assertion A) के रूप में लिखित है तो दूसरा उसके कारण (Reason R) के रूप में;

अभिकथन A : अनाबोलिक चरण पोषण लोड करते समय 45 मिनट व्यायाम चयापचय खिड़की के बाद माँसपेशी ग्लाइकोजन के लिए बढी हुई इंसुलिन संवेदनशीलता की अवाही है।

कारण R : यह चरण माँसपेशियों के ग्लाइकोजन और प्रोटीन को बचाने के लिए पोषक तत्वों का सेवन बढाता है। इस चरण के दौरान के लिए उपभोग किए गए कार्बोहाइड्रेट कोर्टिसोल की रिहाई को दबा देते है।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए

- (1) A और R दोनों सही हैं और R, A की सही व्याख्या है
- (2) A और R दोनों सही हैं, लेकिन R, A की सही व्याख्या नहीं है
- (3) A सही हैं, लेकिन R सही नहीं है
- (4) A सही नहीं हैं, लेकिन R सही है

Options :

92090616969. 1
92090616970. 2
92090616971. 3
92090616972. 4

Question Number : 44 Question Id : 9209064295 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Glucose energy is stored mostly as _____.

- | | |
|--------------|-------------|
| (1) Fiber | (2) Protein |
| (3) Glycogen | (4) Fat |

Options :

92090616973. 1
92090616974. 2
92090616975. 3
92090616976. 4

Question Number : 44 Question Id : 9209064295 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

ग्लूकोज ऊर्जा ज्यादातर _____ के रूप में संग्रहीत की जाती है।

- | | |
|------------------|-------------|
| (1) फाइबर (रेशो) | (2) प्रोटीन |
| (3) ग्लाइकोजन | (4) वसा |

Options :

92090616973. 1
92090616974. 2
92090616975. 3
92090616976. 4

Question Number : 45 Question Id : 9209064296 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

The functional unit of movement which consists of anterior motor neuron and specific muscle fiber it innervates is _____.

- | | |
|-----------------------------|----------------------|
| (1) Motor neuron | (2) Motor unit |
| (3) Neuro muscular junction | (4) Motor inhibition |

Options :

92090616977. 1
92090616978. 2
92090616979. 3
92090616980. 4

Question Number : 45 Question Id : 9209064296 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

गति की कार्यात्मक इकाई जिसमें पूर्वकाल मोटर-न्यूरॉन और विशिष्ट माँसपेशी फाइबर शामिल होते हैं। वो इसे प्रभावित करते हैं वो _____ होते हैं।

- | | |
|--------------------------|----------------|
| (1) मोटर न्यूरॉन | (2) मोटर इकाई |
| (3) न्यूरोमस्क्यूलर संधि | (4) मोटर निषेध |

Options :

92090616977. 1
92090616978. 2
92090616979. 3
92090616980. 4

Question Number : 46 Question Id : 9209064297 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

In which of the following bones paranasal sinuses are not found?

- | | |
|-------------------|-------------------|
| (1) Frontal bone | (2) Sphenoid bone |
| (3) Lacrimal bone | (4) Ethmoid bone |

Options :

- 92090616981. 1
- 92090616982. 2
- 92090616983. 3
- 92090616984. 4

Question Number : 46 Question Id : 9209064297 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

निम्नलिखित में से किस अस्थि में पैरानेसल साइबस नहीं पाया जात है।

- | | |
|--------------------|---------------------|
| (1) ललाट अस्थि | (2) फनीकेआकार अस्थि |
| (3) लैक्रिमल आस्थि | (4) सलाखे अस्थि |

Options :

- 92090616981. 1
- 92090616982. 2
- 92090616983. 3
- 92090616984. 4

Question Number : 47 Question Id : 9209064298 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Beriberi disease / disorder is caused by deficiency of which of the following vitamin?

- | | |
|-----------------|----------------|
| (1) Vitamin B12 | (2) Vitamin B1 |
| (3) Vitamin B3 | (4) Vitamin B2 |

Options :

- 92090616985. 1
- 92090616986. 2
- 92090616987. 3
- 92090616988. 4

Question Number : 47 Question Id : 9209064298 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

निम्नलिखित में से किस विटामिन की कमी से बेरी-बेरी रोग होता है।

- | | |
|------------------|-----------------|
| (1) विटामिन बी12 | (2) विटामिन बी1 |
| (3) विटामिन बी3 | (4) विटामिन बी2 |

Options :

- 92090616985. 1
- 92090616986. 2
- 92090616987. 3
- 92090616988. 4

Question Number : 48 Question Id : 9209064299 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of the following macromolecules are the main components of myelin?

- | | |
|------------------------------|-------------------------------------|
| (1) Carbohydrates and Lipids | (2) Proteins and Nucleic Acids |
| (3) Lipids and Proteins | (4) Carbohydrates and Nucleic Acids |

Options :

- 92090616989. 1
- 92090616990. 2
- 92090616991. 3
- 92090616992. 4

Question Number : 48 Question Id : 9209064299 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

निम्नलिखित बड़े अणुओं में से मेलिन का मुख्य तत्व कौन है।

- | | |
|-----------------------------|--------------------------------------|
| (1) कार्बोहाइड्रेट और लिपिड | (2) प्रोटीन और न्यूक्लिक अम्ल |
| (3) लिपिड और प्रोटीन | (4) कार्बोहाइड्रेट और न्यूक्लिक अम्ल |

Options :

- 92090616989. 1
- 92090616990. 2
- 92090616991. 3

92090616992. 4

Question Number : 49 Question Id : 9209064300 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

In some people absorptive cells of small intestine fails to produce enough lactase, such condition is known as _____.

- | | |
|------------------------|-------------------------|
| (1) Lactate absorption | (2) Lactate Intolerance |
| (3) Lactate tolesance | (4) Lactate threshold |

Options :

- 92090616993. 1
- 92090616994. 2
- 92090616995. 3
- 92090616996. 4

Question Number : 49 Question Id : 9209064300 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

कुछ व्यक्तियों में छोटी आंत की अवशोषण कोशिकाएँ आवश्यक दूध की चीनी उत्पन्न करने में सफल नहीं होती, इस अवस्था को _____ कहते हैं।

- | | |
|----------------------|------------------------|
| (1) दुग्धीय अवशोषण | (2) दुग्धीय असहिष्णुता |
| (3) दुग्धीय सहनशीलता | (4) दुग्धीय सीमा |

Options :

- 92090616993. 1
- 92090616994. 2
- 92090616995. 3
- 92090616996. 4

Question Number : 50 Question Id : 9209064301 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Match List I with List II :

List I	List II
(A) pivot joint	(I) knee and elbow
(B) Hinge Joint	(II) thumb in cooperation with fingers
(C) Saddle Joint	(III) shoulder and hip joint
(D) Ball and socket joint	(IV) Radius & ulna of lower arm

Choose the correct answer from the options given below:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

92090616997. 1
92090616998. 2
92090616999. 3
92090617000. 4

Question Number : 50 Question Id : 9209064301 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

सूची I के साथ सूची II का मिलान कीजिए

सूची-I	सूची -II
(A) धुरी संधि	(I) घुटना और कोहनी
(B) काज संधि	(II) अंगुलियों के सहयोग में अंगूठा
(C) काठी संधि	(III) कंधे और कूल्हे संधि
(D) बॉल और सांकेट संधि	(IV) नीचली भुजा की रेडियस और अलना

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

92090616997. 1
92090616998. 2

92090616999. 3

92090617000. 4

Question Number : 51 Question Id : 9209064302 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : Closed and chain exercise tends to emphasize compressions of joint.

For example in the knee during the upright stance phase of squats.

Statement II : Open chain exercise tends to invalue forces perpendicular to the joints.

And creates stable conditions for exercise.

In the light of the above statements, choose the correct answer from the options given below :

(1) Both Statement I and Statement II are true

(2) Both Statement I and Statement II are false

(3) Statement I is true but Statement II is false

(4) Statement I is false but Statement II is true

Options :

92090617001. 1

92090617002. 2

92090617003. 3

92090617004. 4

Question Number : 51 Question Id : 9209064302 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं:

कथन I : बंद चेन व्यायामों में जोड़ों के दबाव पर जोर दिया जाता है। उदाहरण के लिए स्कूट्स के अपराहट चरण के दौरान घुटने में।

कथन II : खुले चेन व्यायामों में जोड़ों के लंबवत बलों को शामिल किया जाता है और व्यायामों के लिए स्थिर स्थिति बनाता है।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए

- (1) कथन I और II दोनों सत्य हैं
- (2) कथन I और II दोनों असत्य हैं
- (3) कथन I सत्य है, लेकिन कथन II असत्य है
- (4) कथन I असत्य है, लेकिन कथन II सत्य है

Options :

92090617001. 1
92090617002. 2
92090617003. 3
92090617004. 4

Question Number : 52 Question Id : 9209064303 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : Several studies have reported that fiber composition is genetically determined.

Statement II : Genetics is not the sole determinant of individual differences in strength, A good training program can make up for genetic deficiencies.

In the light of the above statements, choose the correct answer from the options given below :

- (1) Both Statement I and Statement II are true
- (2) Both Statement I and Statement II are false
- (3) Statement I is true but Statement II is false
- (4) Statement I is false but Statement II is true

Options :

92090617005. 1
92090617006. 2
92090617007. 3
92090617008. 4

Question Number : 52 Question Id : 9209064303 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं:

कथन I : कई अध्ययनों ने बताया है कि फाइबर (रेशो) संरचना आनुवांशिक रूप से निर्धारित होती है।

कथन II : अनुवांशिकी, व्यक्तिगत ताकत में अंतर का एकमात्र निर्धारक नहीं है, अनुवांशिक कमियों के लिए एक अच्छा प्रशिक्षण कार्यक्रम बनाया जा सकता है।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए

- (1) कथन I और II दोनों सत्य हैं
(2) कथन I और II दोनों असत्य हैं
(3) कथन I सत्य है, लेकिन कथन II असत्य है
(4) कथन I असत्य है, लेकिन कथन II सत्य है

Options :

92090617005. 1
92090617006. 2
92090617007. 3
92090617008. 4

Question Number : 53 Question Id : 9209064304 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

“Muscle adapt specifically to the nature of work performed” the statement is related to _____.

- (1) Reversibility principle
(2) Specificity principle
(3) Individual difference
(4) Overload principle

Options :

92090617009. 1
92090617010. 2
92090617011. 3
92090617012. 4

Question Number : 53 Question Id : 9209064304 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

विशेष रूप से प्रदर्शन किए जाने वाले कार्य की प्रकृति के लिए माँसपेशियों का अनुकूलन _____ से संबंधित है।

- | | |
|--------------------------|-----------------------|
| (1) प्रतिवर्ती सिद्धान्त | (2) विशेषता सिद्धान्त |
| (3) व्यक्तिगत अंतर | (4) अतिभार सिद्धान्त |

Options :

92090617009. 1

92090617010. 2

92090617011. 3

92090617012. 4

Question Number : 54 Question Id : 9209064305 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

The equation of motion in tangential direction applied by the high bar on the gymnast's arms is given by_____.

- | | |
|---|------------------------------|
| (1) $\sum Ft = mat$ or $at = \frac{\sum Ft}{m}$ | (2) $W = \frac{d\theta}{dt}$ |
| (3) $P = \sqrt{\frac{I}{m}}$ | (4) $F = \frac{d}{dt}(mv)$ |

Options :

92090617013. 1

92090617014. 2

92090617015. 3

92090617016. 4

Question Number : 54 Question Id : 9209064305 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

जिम्नास्ट की भुजाओं पर उच्च पट्टी द्वारा लागू स्पर्श रेखा दिशा में गति का समीकरण किसके द्वारा गया है।

$$(1) \quad \Sigma Ft = mat \text{ or } at = \frac{\Sigma Ft}{m}$$

$$(2) \quad W = \frac{d\theta}{dt}$$

$$(3) \quad P = \sqrt{\frac{I}{m}}$$

$$(4) \quad F = \frac{d}{dt}(mv)$$

Options :

- 92090617013. 1
- 92090617014. 2
- 92090617015. 3
- 92090617016. 4

Question Number : 55 Question Id : 9209064306 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

The device used to measure the impulsive forces involved during walking, running, jumping is _____.

- (1) Dynamometer
- (2) Spiro meter
- (3) Force platform
- (4) Vertical scale

Options :

- 92090617017. 1
- 92090617018. 2
- 92090617019. 3
- 92090617020. 4

Question Number : 55 Question Id : 9209064306 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

चनले, दौड़ने, कूदने के दौरान शामिल आवेगी बलों को मापने के लिए _____ उपकरण प्रयोग किया जाता है।

- (1) शक्ति मापने का यंत्र
- (2) श्वसनमापी
- (3) बल मंच
- (4) ऊर्ध्वधिर पैमाने

Options :

- 92090617017. 1
- 92090617018. 2
- 92090617019. 3

92090617020. 4

Question Number : 56 Question Id : 9209064307 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

The distance from F to A is known as the force arm, and the distance from L to A as the load arm. The force required to move the lever is indirectly proportional to the length of the force arm. Which of this equation best explains the statement

- (1) force x force arm = load x load arm (2) force x load = force arm x load arm
(3) force arm x load arm = load x force (4) force = load x load arm x force arm

Options :

92090617021. 1
92090617022. 2
92090617023. 3
92090617024. 4

Question Number : 56 Question Id : 9209064307 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

F से A तक की दूरी को बल भुजा और L से A तक की दूरी को भार भुजा के नाम से जाना जाता है। लीवर को हिलाने के लिए आवश्यक बल, बल भुजा के व्युत्क्रमानुपाती होता है। इस कथन की व्याख्या के लिए निम्नलिखित में से कौन-सा समीकरण सर्वोत्तम है।

- (1) बल × बल भुजा = भार × भार भुजा (2) बल × भार = बल भुजा × भार भुजा
(3) बल भुजा × भार भुजा = भार × बल (4) बल = भार × भार भुजा × बल भुजा

Options :

92090617021. 1
92090617022. 2
92090617023. 3
92090617024. 4

Question Number : 57 Question Id : 9209064308 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

The term "unexplained under performance syndrome" is also referred as _____.

- (1) Over stress syndrome (2) Chronic Fatigue syndrome
(3) Chronic Mental syndrome (4) Overtraining or Burnout

Options :

92090617025. 1
92090617026. 2
92090617027. 3
92090617028. 4

Question Number : 57 Question Id : 9209064308 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

शब्द "अस्पष्टीकृत अंडरपरफॉर्मेंस सिंड्रोम" को _____ भी संदर्भित किया जाता है।

- (1) ज्यादा तनाव सिंड्रोम (2) जीर्ण भकान सिंड्रोम
(3) जीर्ण मानसिक सिंड्रोम (4) अतिप्रशिक्षण या भर्नआऊट

Options :

92090617025. 1
92090617026. 2
92090617027. 3
92090617028. 4

Question Number : 58 Question Id : 9209064309 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Excessive water intake under certain exercise conditions, however, can be counterproductive and produce the potentially serious medical complication known as _____.

- (1) Euhydration (2) Hyponatremia
(3) Hypohydration (4) Hyperhydration

Options :

92090617029. 1
92090617030. 2
92090617031. 3
92090617032. 4

Question Number : 58 Question Id : 9209064309 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

कुछ व्यायाम स्थितियों के तहत अत्यधिक पानी का सेवन, हालांकि, उल्टा हो सकता है और संभावित रूप से गंभीर चिकित्सा जटिलता पैदा कर सकता है पिसे _____ कहते हैं।

- | | |
|----------------|---------------------|
| (1) भूजलयोजन | (2) हाइपोनेट्रिमिया |
| (3) अल्पजलयोजन | (4) अतिजलयोजन |

Options :

- 92090617029. 1
- 92090617030. 2
- 92090617031. 3
- 92090617032. 4

Question Number : 59 Question Id : 9209064310 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of this mechanism catabolizes carbohydrates, lipids, and proteins into simpler forms that the body easily absorbs and assimilates?

- | | |
|------------------|-------------------|
| (1) Glycolysis | (2) Hydrolysis |
| (3) Glucogenesis | (4) Bio-synthesis |

Options :

- 92090617033. 1
- 92090617034. 2
- 92090617035. 3
- 92090617036. 4

Question Number : 59 Question Id : 9209064310 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

इन तंत्रों में से कौन-सा तंत्र कार्बोहाइड्रेट लिपिड और प्रोटीन को सरल रूपों में चपापचय करता है, शरीर आसानी से अवशोषित और आत्मसात करता है।

- | | |
|--------------------|---------------------|
| (1) ग्लाइकोलाइसिस | (2) हाइड्रोकोलाइसिस |
| (3) ग्लाइथोजेनिसिस | (4) जैन संश्लेषण |

Options :

- 92090617033. 1
- 92090617034. 2
- 92090617035. 3

92090617036. 4

Question Number : 60 Question Id : 9209064311 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of the following is not an appropriate reason for congestive heart failure (CHF)?

- (1) Narrowed arteries from CHD that limit myocardial blood supply
- (2) No Defects present in the heart at birth
- (3) Chronic hypertension
- (4) Heart valve disease from past rheumatic fever or other pathology

Options :

92090617037. 1
92090617038. 2
92090617039. 3
92090617040. 4

Question Number : 60 Question Id : 9209064311 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

इनमें से कौन-सा कंजेस्टिव हार्ट फेलियर (सी एच डी) का उचित कारण नहीं है।

- (1) सी एच डी से संकुचित धमनियाँ जो मायोकार्डियल रक्त आपूर्ति को सीमित करती है।
- (2) जन्म के समय दिल में कोई दोष मौजूद ना होना
- (3) जीर्ण उच्च रक्तचाप
- (4) पिछले आमवाती बुखार या अन्य विकृति से हृदय वाल्व रोग

Options :

92090617037. 1
92090617038. 2
92090617039. 3
92090617040. 4

Question Number : 61 Question Id : 9209064312 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of the following disease is caused by the deficiency of Haemoglobin?

- | | |
|-------------|-------------|
| (1) Malaria | (2) Anemia |
| (3) Rabies | (4) Cholera |

Options :

- 92090617041. 1
- 92090617042. 2
- 92090617043. 3
- 92090617044. 4

Question Number : 61 Question Id : 9209064312 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

निम्नलिखित में से कौन-सा रोग हेमोग्लोबिन की कमी से होता है?

- | | |
|-------------|---------------|
| (1) मलेरिया | (2) रक्तहीनता |
| (3) रेबीज | (4) हैज़ा |

Options :

- 92090617041. 1
- 92090617042. 2
- 92090617043. 3
- 92090617044. 4

Question Number : 62 Question Id : 9209064313 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Who has given Achievement motivation theory?

- | | |
|----------------------|------------------|
| (1) Sigmund Freud | (2) John Silva |
| (3) John W. Atkinson | (4) C.A. Shields |

Options :

- 92090617045. 1
- 92090617046. 2
- 92090617047. 3
- 92090617048. 4

Question Number : 62 Question Id : 9209064313 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

उपलब्धि प्रेरणा सिद्धान्त किसने दिया?

- | | |
|----------------------|------------------|
| (1) सिगमन फ्रायड | (2) जॉन सिल्वा |
| (3) जॉन डब्लु आटकीसन | (4) सी.ए. शील्डस |

Options :

- 92090617045. 1
- 92090617046. 2
- 92090617047. 3
- 92090617048. 4

Question Number : 63 Question Id : 9209064314 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

One of the most powerful techniques for facilitating learning of arousal" self-regulation is _____.

- | | |
|----------------------------|------------------------|
| (1) Bem sex role inventory | (2) Biofeedback |
| (3) Burn out | (4) Catastrophe theory |

Options :

- 92090617049. 1
- 92090617050. 2
- 92090617051. 3
- 92090617052. 4

Question Number : 63 Question Id : 9209064314 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

_____ उत्तेजना स्व-नियमन सीखने की सुविधा के लिए सबसे उचित तकनीकों में से एक है।

- | | |
|-----------------------------|---------------------|
| (1) ब्रेम सेक्स भूमिखा सूची | (2) जैव प्रतिक्रिया |
| (3) बर्नआऊट | (4) आपदा सिद्धान्त |

Options :

- 92090617049. 1
- 92090617050. 2
- 92090617051. 3
- 92090617052. 4

Question Number : 64 Question Id : 9209064315 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Select from the following a group of eatables each member of which is rich in Iron.

- | | |
|----------------------------|---------------------------|
| (1) Amla, Spinach, Jaggery | (2) Amla, Cabbage, Tomato |
| (3) Amla, Cabbage, Spinach | (4) Jaggery, Amla, Tomato |

Options :

- 92090617053. 1
- 92090617054. 2
- 92090617055. 3
- 92090617056. 4

Question Number : 64 Question Id : 9209064315 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

किसने प्रस्तवित किया कि व्यक्तित्व को सिर्फ दो गुणो, बर्हिमुखता और विक्षिप्तता के द्वारा पूर्णतः वर्णित किया जा सकता है।

- | | |
|------------------------|--------------------|
| (1) ईसेनक का सिद्धान्त | (2) जकरमेन |
| (3) निडेफर | (4) पाँल मैक एरलेन |

Options :

- 92090617053. 1
- 92090617054. 2
- 92090617055. 3
- 92090617056. 4

Question Number : 65 Question Id : 9209064316 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Select from the following a group of eatables each member of which is rich in Iron.

- | | |
|----------------------------|---------------------------|
| (1) Amla, Spinach, Jaggery | (2) Amla, Cabbage, Tomato |
| (3) Amla, Cabbage, Spinach | (4) Jaggery, Amla, Tomato |

Options :

- 92090617057. 1
- 92090617058. 2
- 92090617059. 3
- 92090617060. 4

Question Number : 65 Question Id : 9209064316 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

निम्नलिखित खाद्य पदार्थों के समूहों में से एक समूह का चयन करें जिसका प्रत्येक खाद्य आयुर्न से भरपूर हो।

- | | |
|-----------------------------|------------------------------|
| (1) आँवला, पालक, गुड़ | (2) आँवला, पत्ता गोभी, टमाटर |
| (3) आँवला, पत्ता गोभी, पालक | (4) गुड़, आँवला, टमाटर |

Options :

92090617057. 1

92090617058. 2

92090617059. 3

92090617060. 4

Question Number : 66 Question Id : 9209064317 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of these genes is responsible for endurance and power athlete?

- | | |
|----------------|-------------|
| (1) PPAR Delta | (2) ACTIN 3 |
| (3) ACE | (4) HIF 1A |

Options :

92090617061. 1

92090617062. 2

92090617063. 3

92090617064. 4

Question Number : 66 Question Id : 9209064317 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

इनमें से कौन-सा जीन सहनशक्ति और ताकतवर खिलाड़ी होने के लिए जिम्मेदार है?

- | | |
|-----------------------|-----------------|
| (1) पी पी ए आर डेल्टा | (2) एक्टिन 3 |
| (3) ए सी इ | (4) एच आई एल 1ए |

Options :

92090617061. 1

92090617062. 2

92090617063. 3

92090617064. 4

Question Number : 67 Question Id : 9209064318 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Sucrose, (Disaccharides) is a combination of:-

- | | |
|---------------------------|----------------------------|
| (1) Glucose and Galactose | (2) Glucose and Fructose |
| (3) Glucose and Glucose | (4) Galactose and Fructose |

Options :

92090617065. 1

92090617066. 2

92090617067. 3

92090617068. 4

Question Number : 67 Question Id : 9209064318 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

सुक्रोज (डिस्क्रेड) _____ मिश्रण है।

- | | |
|-------------------------------|---------------------------------|
| (1) ग्लूकोज़ और ग्लेक्टोज़ का | (2) ग्लाकोज़ और फ्रुक्टोज़ का |
| (3) ग्लूकोज़ और ग्लूकोज़ का | (4) ग्लेक्टोज़ और फ्रुक्टोज़ का |

Options :

92090617065. 1

92090617066. 2

92090617067. 3

92090617068. 4

Question Number : 68 Question Id : 9209064319 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

On a high fat, low carbohydrate or in starvation, the liver glycogen reserves are exhausted and depot fat is being utilized, this condition is known as _____.

- | | |
|-----------------------|----------------|
| (1) Glycogenesis | (2) Glycolysis |
| (3) Citric acid cycle | (4) Ketosis |

Options :

92090617069. 1
92090617070. 2
92090617071. 3
92090617072. 4

Question Number : 68 Question Id : 9209064319 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

उच्च वसा, कम कार्बोहाइड्रेट या भूखमरी में, यकृत ग्लाइकोजन रिजर्व समाप्त हो जाता है और संग्रहीत वसा का उपयोग किया जाता है इस स्थिति को _____ कहते हैं।

- (1) ग्लाइको जेनोसिस (2) ग्लाइकोलाइसिस
(3) सिट्रीक एसिड चक्र (4) केटोसिस

Options :

92090617069. 1
92090617070. 2
92090617071. 3
92090617072. 4

Question Number : 69 Question Id : 9209064320 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Dyspnoea, apnoea and Hypoxia are the terms associated with

- (1) Disorders of digestive system (2) Disorders of cardiovascular system
(3) Disorders of Respiratory system (4) Disorders of endocrine system

Options :

92090617073. 1
92090617074. 2
92090617075. 3
92090617076. 4

Question Number : 69 Question Id : 9209064320 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

डिस्पेनिया, एपनिया और हाइपोक्सिया _____ से जुड़े शब्द है।

- | | |
|--------------------------|----------------------------------|
| (1) पाचनतंत्र के विकार | (2) हृदयवाहिका तंत्र के विकार |
| (3) श्वसन तंत्र के विकार | (4) अंतः स्त्रावी तंत्र के विकार |

Options :

92090617073. 1
92090617074. 2
92090617075. 3
92090617076. 4

Question Number : 70 Question Id : 9209064321 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Deficiency of protein may lead to _____.

- | | |
|------------------|--------------|
| (1) Hypertension | (2) Diabetes |
| (3) Kwashiorkar | (4) Fatigue |

Options :

92090617077. 1
92090617078. 2
92090617079. 3
92090617080. 4

Question Number : 70 Question Id : 9209064321 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

प्रोटीन की कमी _____ की ओर ले जा सकती है।

- | | |
|--------------------------------|------------|
| (1) उच्च रक्तचाप | (2) मधुमेह |
| (3) गंभीर कुपोषण (क्वाशियोरकर) | (4) थकान |

Options :

92090617077. 1
92090617078. 2
92090617079. 3
92090617080. 4

Question Number : 71 Question Id : 9209064322 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : If a gymnast tucks himself into a ball, his moment of inertia is small and if he has to increase his moment of inertia about the transverse axis he shall remain in tuck in position.

Reasons (R) : Moment of inertia is the distribution of a body's mass, i.e. its size. Moment of inertia might well be thought of as the rotating body's radius. If he remains into tuck in shape, his movement of inertia is large about the transverse axis.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)
- (3) (A) is correct but (R) is not correct
- (4) (A) is not correct but (R) is correct

Options :

92090617081. 1

92090617082. 2

92090617083. 3

92090617084. 4

Question Number : 71 Question Id : 9209064322 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं: एक अभिकथन (Assertion A) के रूप में लिखित है तो दूसरा उसके कारण (Reason R) के रूप में;

अभिकथन A : यदि एक जिमनास्ट ने खुद को बाँल के अंदर फँसा लिया है, तो उसका जड़त्व प्रतिक्रिया छोटी है और यदि उसे अपने जड़त्व प्रतिक्रिया को अनुप्रस्थ अक्ष के संदर्भ में बढ़ाना पड़ता है, तो उसे उस स्थिति में फँसे रहना होगा।

कारण R : जड़त्व प्रतिक्रिया शरीर द्रव्यमान यानी उसके आधार का वितरण है। जड़ता प्रतिक्रिया को शरीर की धुर्नु त्रिज्या के रूप में माना जा सकता है। यदि वह बाँल में उसी आकार में फँसा रहता है तो उसकी जड़त्व प्रतिक्रिया अनुप्रस्थ अक्ष के संदर्भ में आधीक होगी।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए

- (1) A और R दोनों सही हैं और R, A की सही व्याख्या है
- (2) A और R दोनों सही हैं, लेकिन R, A की सही व्याख्या नहीं है
- (3) A सही हैं, लेकिन R सही नहीं है
- (4) A सही नहीं हैं, लेकिन R सही है

Options :

92090617081. 1

92090617082. 2

92090617083. 3

92090617084. 4

Question Number : 72 Question Id : 9209064323 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : The information gained from a genetic test does not change with age.

Reasons (R) : The information gained from a genetic test does not change with age, whereas the information derived from a traditional performance test, and consequently the predictive quality of that test, does change with age. Not all the predictions that can be made with a genetic test may be known at the time when the genetic test is conducted.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)
- (3) (A) is correct but (R) is not correct
- (4) (A) is not correct but (R) is correct

Options :

92090617085. 1

92090617086. 2

92090617087. 3

92090617088. 4

Question Number : 72 Question Id : 9209064323 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं: एक अभिकथन (Assertion A) के रूप में लिखित है तो दूसरा उसके कारण (Reason R) के रूप में;

अभिकथन A : अनुवांशिक परीक्षण से मिली जानकारी आयु के साथ नहीं बदलती है।

कारण R : अनुवांशिक परीक्षण से मिली जानकारी आयु के साथ नहीं बदलती है, जबकि परंपरागत प्रदर्शन परीक्षण से निकाली गई जानकारी और परिणामस्वरूप आए अनुमानित गुण आयु के साथ बदलते हैं। अनुवांशिक परीक्षण के समय पर की गई सभी भविष्यवाणियों को उस समय पर नहीं जाना जा सकता जब अनुवांशिक परीक्षण किया गया हो।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए

- (1) A और R दोनों सही हैं और R, A की सही व्याख्या है
- (2) A और R दोनों सही हैं, लेकिन R, A की सही व्याख्या नहीं है
- (3) A सही हैं, लेकिन R सही नहीं है
- (4) A सही नहीं हैं, लेकिन R सही है

Options :

92090617085. 1
92090617086. 2
92090617087. 3
92090617088. 4

Question Number : 73 Question Id : 9209064324 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : The sustained pace of a marathon runner at close to 90% of aerobic capacity, or the sprinter's rapid speed in all-out exercise, directly reflects the body's capacity to transfer chemical energy to mechanical work.

Reasons (R) : The upper limits of exercise intensity ultimately depends on the rate that cells extract, conserve, and transfer chemical energy in food nutrients to the contractile filaments of skeletal muscle. Enzymes and coenzymes greatly alter the rate of energy release during chemical reactions.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)
- (3) (A) is correct but (R) is false
- (4) (A) is not correct but (R) is true

Options :

- 92090617089. 1
- 92090617090. 2
- 92090617091. 3
- 92090617092. 4

Question Number : 73 Question Id : 9209064324 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं: एक अभिकथन (Assertion A) के रूप में लिखित है तो दूसरा उसके कारण (Reason R) के रूप में;

अभिकथन A : एक मैराथन धावक की लगातार गति जो उसकी ऐरोबिक क्षमता के 90% के समीप है या एक तेज धावक की सभी व्यायामों में तेज गति सीधा-सीधा उनके शरीर की रसायनिक ऊर्जा को यांत्रिक कार्य में स्थानांतरण करने की योग्यता को दर्शाता है।

कारण R : अंत में व्यायाम की तीव्रता की ऊपरी सीमा आश्रित होती है कि किस दर से कोशिकाएँ भोजन के पोषक तत्वों को अस्थि माँसपेशी के संकुचित तंतु के लिए निकाले, संरक्षण करे या स्थानांतरण करे। रसायनिक प्रतिक्रिया के दौरान एंजाइम और कोएजाइम ऊर्जा के निकले की दर की बहुत बदल देते हैं।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए

- (1) A और R दोनों सही हैं और R, A की सही व्याख्या है
- (2) A और R दोनों सही हैं, लेकिन R, A की सही व्याख्या नहीं है
- (3) A सही हैं, लेकिन R सही नहीं है
- (4) A सही नहीं हैं, लेकिन R सही है

Options :

92090617089. 1
92090617090. 2
92090617091. 3
92090617092. 4

Question Number : 74 Question Id : 9209064325 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : Athletes training for maximal strength, hypertrophy, power, and movement velocity should emphasize heavy free weights movements in a single plane.

Reasons (R) : The major advantages arise from the ability of the seemingly innumerable variations of free-weight exercises to simulate the movement demands of sports and every-day activities. This use of free weights is vital in adhering to the specificity.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are true and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are true but (R) is NOT the correct explanation of (A)
- (3) (A) is true but (R) is false
- (4) (A) is false but (R) is true

Options :

92090617093. 1

92090617094. 2

92090617095. 3

92090617096. 4

Question Number : 74 Question Id : 9209064325 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं: एक अभिकथन (Assertion A) के रूप में लिखित है तो दूसरा उसके कारण (Reason R) के रूप में;

अभिकथन A : अधिकतम शक्ति, अतिवृत्ति, ताकत और गति वेग के लिए खिलाड़ी प्रशिक्षण में एक ही तल में भारी भारमुक्त गति पर जोर देना चाहिए।

कारण R : खेल और प्रतिदिन की गतिविधियों की गति मांगों को अनुसरण करने के लिए भार-रहित अभ्यासों की असंख्या विविधताओं की क्षमता से प्रमुख लाभ उत्पन्न होते हैं। विशिष्टता का पालन करने में भार-रहित का यह उपयोग महत्वपूर्ण है।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए

- (1) A और R दोनों सही हैं और R, A की सही व्याख्या है
- (2) A और R दोनों सही हैं, लेकिन R, A की सही व्याख्या नहीं है
- (3) A सही है, लेकिन R सही नहीं है
- (4) A सही नहीं है, लेकिन R सही है

Options :

92090617093. 1
92090617094. 2
92090617095. 3
92090617096. 4

Question Number : 75 Question Id : 9209064326 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Arrange the organs of respiratory system in correct sequence

- (A) Pharynx
- (B) Larynx
- (C) Trachea-bronchial tree
- (D) Nose
- (E) Nasal cavity

Choose the correct answer from the options given below :

- (1) A, B, C, D, E
- (2) B, C, D, E, A
- (3) C, D, E, A, B
- (4) D, E, A, B, C

Options :

92090617097. 1
92090617098. 2
92090617099. 3

92090617100. 4

Question Number : 75 Question Id : 9209064326 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

श्वसन तंत्र के अंगों को सही क्रम में आयोजित करें।

- A. ग्रसनी
- B. गला
- C. वायुनली-ब्रॉन्कियल ट्री
- D. नाक
- E. नाक के छिद्र

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) केवल A, B, C, D, E
- (2) केवल B, C, D, E, A
- (3) केवल C, D, E, A, B
- (4) केवल D, E, A, B, C

Options :

- 92090617097. 1
- 92090617098. 2
- 92090617099. 3
- 92090617100. 4

Question Number : 76 Question Id : 9209064327 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Arrange the function of digestive system in correct sequence

- (A) Egestion
- (B) Ingestion
- (C) Mastication
- (D) Digestion
- (E) Absorption

Choose the correct answer from the options given below :

- (1) A, B, C, D, E
- (2) B, C, D, E, A
- (3) C, D, E, A, B
- (4) D, E, A, B, C

Options :

- 92090617101. 1
- 92090617102. 2
- 92090617103. 3
- 92090617104. 4

Question Number : 76 Question Id : 9209064327 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

पाचन तंत्र के कार्यों को सही क्रम में आयोजित करें।

- A. बहिर्गमन
- B. अंतर्ग्रहण
- C. चबाना
- D. पाचन
- E. अवशोषण

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) केवल A, B, C, D, E
- (2) केवल B, C, D, E, A
- (3) केवल C, D, E, A, B
- (4) केवल D, E, A, B, C

Options :

- 92090617101. 1
- 92090617102. 2

92090617103. 3

92090617104. 4

Question Number : 77 Question Id : 9209064328 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

When we strike the ground during running the Earth provides a reaction force in the following sequence choose the correct sequence of vertical ground reaction force, for a runner for the same is

- (A) Heel of their foot first
- (B) A runner who makes contact with a flatter foot
- (C) There is a larger impact peak (point a) for the rear-foot striker
- (D) Then a propulsive peak
- (E) Force varies as through the duration of foot-ground

Choose the correct answer from the options given below :

- (1) A, B, C, D, E
- (2) B, C, D, E, A
- (3) C, D, E, A, B
- (4) D, E, A, B, C

Options :

92090617105. 1

92090617106. 2

92090617107. 3

92090617108. 4

Question Number : 77 Question Id : 9209064328 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

जब हम दौड़ते समय जमीन पर पैर रखते हैं तो पृथ्वी एक क्रम में प्रतिक्रिया बल प्रदान करती है एक धावक के लिए ऊर्ध्वाधर जमीनी प्रतिक्रिया बल का सही क्रम चुने।

- A. पहले उनके पैर की एडी
- B. एक धावक जो पूरे (चपटे) पैर से संपर्क करता है।
- C. पिछले पैर के स्ट्राइकर के लिए एक बड़ा प्रभाव बिंदु होता है।
- D. फिर एक प्रेरक बिंदु
- E. बल पैरे जमीन की संपर्क अवधि के अनुसार भिन्न होता है।

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) केवल A, B, C, D, E
- (2) केवल B, C, D, E, A
- (3) केवल C, D, E, A, B
- (4) केवल D, E, A, B, C

Options :

- 92090617105. 1
- 92090617106. 2
- 92090617107. 3
- 92090617108. 4

Question Number : 78 Question Id : 9209064329 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : Sprint-power athletes often achieve 20 to 30% higher blood lactate levels than untrained counterparts during maximal short-duration exercise

Statement II : Improved motivation that accompanies exercise training and increased intramuscular glycogen stores that accompany training (which probably allow a greater contribution of energy via anaerobic glycolysis).

In the light of the above statements, choose the correct answer from the options given below :

- (1) Both Statement I and Statement II are correct
- (2) Both Statement I and Statement II are incorrect
- (3) Statement I is correct but Statement II is incorrect
- (4) Statement I is incorrect but Statement II is correct

Options :

- 92090617109. 1
- 92090617110. 2
- 92090617111. 3
- 92090617112. 4

Question Number : 78 Question Id : 9209064329 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं:

कथन I : तेज गति-ताकत वाले खिलाड़ी अक्सर अधिकतम कम-अवधि अभ्यास के दौरान अप्रशिक्षित समकक्षों की तुलना में 20 से 30% उच्च रक्त लैक्टेट स्तर प्राप्त करते हैं।

कथन II : व्यायाम प्रशिक्षण के साथ होने वाली बेहतर प्रेरण और प्रशिक्षण के साथ इंट्रामस्क्यूलर ग्लाइकोजन में वृद्धि होती है। (जो संभवता अवायवीय ग्लाइकोलाइसिस के माध्यम से ऊर्जा के अधिक योगदान की अनुमति देती है।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए

- (1) कथन I और II दोनों सत्य हैं
- (2) कथन I और II दोनों असत्य हैं
- (3) कथन I सत्य है, लेकिन कथन II असत्य है
- (4) कथन I असत्य है, लेकिन कथन II सत्य है

Options :

92090617109. 1

92090617110. 2

92090617111. 3

92090617112. 4

Question Number : 79 Question Id : 9209064330 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : Genetics is key factor in Athletic Ability.

Statement II : Human athletic ability is determined by numerous sociocultural, psychological, anatomical, and physiological factors. Both nature and nurture determine human athletic ability.

In the light of the above statements, choose the correct answer from the options given below

- (1) Both Statement I and Statement II are correct
- (2) Both Statement I and Statement II are incorrect
- (3) Statement I is correct but Statement II is incorrect
- (4) Statement I is incorrect but Statement II is correct

Options :

92090617113. 1
92090617114. 2
92090617115. 3
92090617116. 4

Question Number : 79 Question Id : 9209064330 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं:

कथन I : खिलाड़ी क्षमता में आनुवंशिकी प्रमुख कारण है।

कथन II : खिलाड़ी क्षमता कई सामाजिक-सांस्कृतिक, मनोवैज्ञानिक, शारीरिक संरचनात्मक, शारीरिक क्रियात्मक कारकों द्वारा निर्धारित की जाती है। प्रकृति और पोषण दोनों खिलाड़ी क्षमता को निर्धारित करते हैं।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए

- (1) कथन I और II दोनों सत्य हैं
- (2) कथन I और II दोनों असत्य हैं
- (3) कथन I सत्य है, लेकिन कथन II असत्य है
- (4) कथन I असत्य है, लेकिन कथन II सत्य है

Options :

- 92090617113. 1
- 92090617114. 2
- 92090617115. 3
- 92090617116. 4

Question Number : 80 Question Id : 9209064331 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : Torque is a twist. It is, then, a turning force producing rotation.

Statement II : In athletic throwing events, torque is created in the vertical axis by twisting (rotating) the plane of the hips in advance of the plane of the shoulders on entry into the delivery phase.

In the light of the above statements, choose the correct answer from the options given below :

- (1) Both Statement I and Statement II are true
- (2) Both Statement I and Statement II are false
- (3) Statement I is true but Statement II is false
- (4) Statement I is false but Statement II is true

Options :

- 92090617117. 1
- 92090617118. 2
- 92090617119. 3
- 92090617120. 4

Question Number : 80 Question Id : 9209064331 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं:

कथन I : टार्क एक मोड़ है। यह फिर एक धूर्णन बल है जो धूर्णन उत्पन्न करता है।

कथन II : एथलेटिक्स में फेंथने वाले ईवन्टस में, केधने के चरण में आने पर कंधो की सतह से पहले कूल्हो की सतह को धुमाकर ऊध्वधिर धुरी में बलआघूर्ण (ट्रॉक) बनाया जाता है।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सही उत्तरका चयन कीजिए

- (1) कथन I और II दोनों सत्य हैं
- (2) कथन I और II दोनों असत्य हैं
- (3) कथन I सत्य है, लेकिन कथन II असत्य है
- (4) कथन I असत्य है, लेकिन कथन II सत्य है

Options :

92090617117. 1

92090617118. 2

92090617119. 3

92090617120. 4

Question Number : 81 Question Id : 9209064332 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : The proteins are complex molecules built mainly from amino acid and Oxidative deamination of amino acid takes place in the liver.

Statement II : Amino acids undergo transamination in the liver in which deamination of an amino acid to corresponding ketoacid.

In the light of the above statements, choose the correct answer from the options given below :

- (1) Both Statement I and Statement II are true
- (2) Both Statement I and Statement II are false
- (3) Statement I is true but Statement II is false
- (4) Statement I is false but Statement II is true

Options :

92090617121. 1
92090617122. 2
92090617123. 3
92090617124. 4

Question Number : 81 Question Id : 9209064332 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं:

कथन I : प्रोटीन मुख्य रूप से अमीनो एसिड से निर्मित जटिल अणु होते हैं और अमीनों एसिड का ऑक्सीडेटिव डीमिनेशन लीवर में होता है।

कथन II : अमीनो एसिड लीवर में संचरण से गुजरते हैं। जिसमें एख एमिनो एसिड का संबंधित केटोएसिड में डीमिनेशन होता है।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए

- (1) कथन I और II दोनों सत्य हैं
(2) कथन I और II दोनों असत्य हैं
(3) कथन I सत्य है, लेकिन कथन II असत्य है
(4) कथन I असत्य है, लेकिन कथन II सत्य है

Options :

92090617121. 1
92090617122. 2
92090617123. 3
92090617124. 4

Question Number : 82 Question Id : 9209064333 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

The transcription of the gene creates a messenger RNA that is translated into the desired protein within the _____

- (1) Protoplasm (2) Cytoplasm
(3) Nuclear Envelope (4) Nucleoplasm

Options :

92090617125. 1
92090617126. 2
92090617127. 3
92090617128. 4

Question Number : 82 Question Id : 9209064333 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

जीन का प्रतिलेखन एक संदेशवाहक आर एन ए बनाता है जिसे _____ के भीतर वांछित प्रोटीन में अनुवादित किया जाता है।

- | | |
|--------------------|-----------------------|
| (1) प्रोटो प्लाज़म | (2) साइटोप्लाज़म |
| (3) परमाणु लिफाफा | (4) न्यूक्लियोप्लाज़म |

Options :

- 92090617125. 1
- 92090617126. 2
- 92090617127. 3
- 92090617128. 4

Question Number : 83 Question Id : 9209064334 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Fat constitutes the ideal cellular fuel as

- (A) It carries a large quantity of energy per unit weight.
- (B) Fat provides as much as 40 to 50% of the energy requirement of a well-nourished individual at rest.
- (C) One gram of pure lipid contains about 11.1k cal (38 KJ) of energy.
- (D) It transports and stores with difficulty.
- (E) 15% body mass of males and 25% of that of females consists of fat.

Choose the correct answer from the options given below :

- (1) A & B is correct
- (2) B & D is correct
- (3) C & E is correct
- (4) A & E is correct

Options :

- 92090617129. 1
- 92090617130. 2
- 92090617131. 3
- 92090617132. 4

Question Number : 83 Question Id : 9209064334 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

वसा आदर्श कोशिकीए ईघन का गठन करता है क्योंकि _____

- A. इसमे प्रति इकाई भार में बड़ी मात्रा में ऊर्जा होती है।
- B. वसा आराम से एक सुपोषित व्यक्ति की ऊर्जा आवश्यकता का 40 से 50% तक प्रदान करता है।
- C. एक ग्राम शुद्ध लिपिड में लगभग 11.1 किलो कैलोरी (38 किलो जूल) ऊर्जा होती है।
- D. यह कठिनाई से परिवहन और भंडारण किया जाता है।
- E. पुरुषों का 15% और महिलाओं का 25% शरीरिक द्रव्यमान वसा से निर्मित होता है।

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) A और B सही है
- (2) B और D सही है
- (3) C और E सही है
- (4) A और E सही है

Options :

- 92090617129. 1
- 92090617130. 2
- 92090617131. 3
- 92090617132. 4

Question Number : 84 Question Id : 9209064335 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Match List I with List II :

List I	List II
(A) Vitamin-D	(I) Involved in amino acid and glycogen metabolism
(B) Vitamin-A	(II) Maintains intercellular matrix of cartilage, bone, and dentine;
(C) Vitamin-B6	(III) Promotes growth and mineralization of bones
(D) Vitamin-C	(IV) Maintenance of epithelial tissues

Choose the correct answer from the options given below:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

- 92090617133. 1
- 92090617134. 2
- 92090617135. 3
- 92090617136. 4

Question Number : 84 Question Id : 9209064335 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

सूची I के साथ सूची II का मिलान कीजिए

सूची-I	सूची-II
(A) विटामिन-डी	(I) अमीनो एसिड और ग्लाइकोजन चयापचय में शामिल
(B) विटामिन-ए	(II) उपस्थि, दृष्टि और डेंटाइन के अंतरकोशिकीय मैट्रिक्स को बनाए रखता है।
(C) विटामिन-बी6	(III) हाड्डियों के विकास और खानिजकरण को बढ़ावा देता है।
(D) विटामिन-सी	(IV) उपकला ऊतकों का रखरखाव

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

92090617133. 1

92090617134. 2

92090617135. 3

92090617136. 4

Question Number : 85 Question Id : 9209064336 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Match List I with List II :

List I	List II
(A) Intrinsic Motivation	(I) Success is defined in relation to the attainments other people
(B) Extrinsic Motivation	(II) Impetus to perform an activity "for itself"
(C) Task orientation	(III) Person is involved in a task largely as a result of external factors
(D) Ego orientation	(IV) The athlete is interested mainly in subjective indicators of success such as skill learning, mastery of challenge and self-improvement

Choose the correct answer from the options given below:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

- 92090617137. 1
- 92090617138. 2
- 92090617139. 3
- 92090617140. 4

Question Number : 85 Question Id : 9209064336 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

सूची I के साथ सूची II का मिलान कीजिए

सूची-I	सूची -II
(A) आंतरिक प्रेरणा	(I) सफलता को अन्य लोगों की उपलब्धियों के संबंध में परिभाषित किया गया है।
(B) बाह्य प्रेरणा	(II) "खुद के लिए" एक गतिविधि करने के लिए प्रोत्साहन
(C) कार्य अभिविन्यास	(III) व्यक्ति मुख्य रूप से बाहरी कारकों के परिणामस्वरूप किसी कार्य में शामिल होता है।
(D) अहंकार अभिविन्यास	(IV) खिलाड़ी मुख्य रूप से सफलता के व्यक्तिपरक संकेत जैसे कौशल सीखना, चुनौती की महारथ, और आत्म-सुधार में रूचि रखता है।

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

92090617137. 1
92090617138. 2
92090617139. 3
92090617140. 4

Question Number : 86 Question Id : 9209064337 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of this statement are true in regards to function of blood?

- (A) Digestive function
- (B) Nutritive function
- (C) Reproductive function
- (D) Regulation o Body temperature
- (E) Urinary function

Choose the correct answer from the options given below :

- (1) A & B is correct
- (2) B & D is correct
- (3) C & E is correct
- (4) A & E is correct

Options :

- 92090617141. 1
- 92090617142. 2
- 92090617143. 3
- 92090617144. 4

Question Number : 86 Question Id : 9209064337 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

रक्त के कार्यों के संदर्भ में कौन-से कथन सत्य है।

- A. पाचन कार्य
- B. पोषक कार्य
- C. प्रजनन कार्य
- D. शरीर के तापमान का नियमन
- E. मूत्र कार्य

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) A और B सही है
- (2) B और D सही है
- (3) C और E सही है
- (4) A और E सही है

Options :

- 92090617141. 1
- 92090617142. 2
- 92090617143. 3
- 92090617144. 4

Question Number : 87 Question Id : 9209064338 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of these statements are correct symptoms of food intolerance?

- (A) Pain in joint
- (B) Feeling energetic
- (C) Pain in neck
- (D) Anxiety
- (E) Dark circles under the eyes

Choose the correct answer from the options given below :

- (1) A & B is correct
- (2) B & D is correct
- (3) C & E is correct
- (4) A & E is correct

Options :

- 92090617145. 1
- 92090617146. 2
- 92090617147. 3
- 92090617148. 4

Question Number : 87 Question Id : 9209064338 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

खाद्य असहिष्णुता के लक्षणों के संदर्भ में इनमें से कौन से कथन सही है।

- A. जोड़ों में दर्द
- B. ऊर्जावान अनुभूति
- C. गर्दन में दर्द
- D. चिंता
- E. आँखों के नीचे काले धरे

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) A और B सही है
- (2) B और D सही है
- (3) C और E सही है
- (4) A और E सही है

Options :

- 92090617145. 1
- 92090617146. 2

92090617147. 3

92090617148. 4

Question Number : 88 Question Id : 9209064339 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Match List I with List II :

List I	List II
(A) Drive theory	(I) To study arousal is to measure your skin temperature with a biodot, a small disc
(B) Inverted- U Hypothesis of arousal	(II) By relaxing each group of voluntary muscles, we can induce relaxation in the involuntary muscles as well
(C) Bio-feedback	(III) Three factor influence performance: complexity task, arousal and learned habits
(D) Progressive muscle relaxation	(IV) The optimum level of arousal for a task depends on complexity of the skill required to carry out that task.

Choose the correct answer from the options given below:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

92090617149. 1

92090617150. 2

92090617151. 3

92090617152. 4

Question Number : 88 Question Id : 9209064339 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

सूची I के साथ सूची II का मिलान कीजिए

सूची-I

- (A) सहज प्रवृत्ति (ड्राइव) सिद्धान्त
- (B) उत्तेजता की उल्टे-यू की परिकल्पना
- (C) बायोफीडबैक
- (D) प्रगतिशील माँसपेशी विश्राम

सूची -II

- (I) कामोत्तेजना का अध्ययन करने के लिए आपको अपनी त्वचा के तापमान को एक बायोडॉट, एक छोटी-सी डिस्क से मापना होगा।
- (II) स्वैच्छिक माँसपेशियों के प्रत्येक समूह को सिथिल करके, हम अनैच्छिक माँस प्रेशियों में भी विश्राम को प्रेरित कर सकते हैं।
- (III) तीन कारक प्रदर्शन को प्रभावित करते हैं कार्य की जटिलता, उत्तजना और सीखी हुई आदतें।
- (IV) किसी कार्य के लिए उत्तेजना का इष्टतम स्तर उस कार्य को करने के लिए आवश्यक कौशल की जटिलता पर निर्भर करता है।

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

- 92090617149. 1
- 92090617150. 2
- 92090617151. 3
- 92090617152. 4

Question Number : 89 Question Id : 9209064340 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Match List I with List II :

List I	List II
(A) Agression	(I) A set of symptoms affecting a group of competition in sports that emphasize the importance of physical appearance
(B) Anorexia athletica	(II) Eating disorder to control their own bodies
(C) Anorexia nervosa	(III) Showing a forceful or self-confident approach
(D) Assertiveness	(IV) Behavior, with it a recognizable possibility to harm physically or psychologically.

Choose the correct answer from the options given below:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

- 92090617153. 1
- 92090617154. 2
- 92090617155. 3
- 92090617156. 4

Question Number : 89 Question Id : 9209064340 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

सूची I के साथ सूची II का मिलान कीजिए

सूची-I	सूची -II
(A) आक्रमण	(I) खेलों में प्रतिस्पर्धात्मकता के एक समूह को प्रभावित करने वाले लक्षणों का एक समूह है जो शारीरिक उपस्थिति की पर जोर देता है।
(B) एनोरेक्सिया एथलेटिका	(II) अपने स्वयं के शरीर को नियंत्रित करने के लिए खाने का विकार
(C) एनोरेक्सिया नर्वोसा	(III) एक बलपूर्वक या आत्मविश्वासी दृष्टिकोण दिखाना
(D) मुखरता	(IV) शारीरिक या मनोवैज्ञानिक (मानसिक) रूप से नुकसान पहुँचाने की संभावना को पहचानने भोग्य व्यवहार

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए:

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(III), (C)-(IV), (D)-(I)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Options :

92090617153. 1
92090617154. 2
92090617155. 3
92090617156. 4

Question Number : 90 Question Id : 9209064341 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which on these statements best suits the “achievement goal theory”

- (A) Refers to people’s impetus to perform an activity “for itself and the pleasure and satisfaction derived from participation.
- (B) Athletes’ behaviour in achievement situations is a consequence of their perception of “success”
- (C) Person is involved in a task largely as a result of external factor or constraints
- (D) Measurement of achievement goal is done by Task and Ego Orientation in sport Questionnaire.
- (E) Use subjective indices of success and failure whenever possible.

Choose the correct answer from the options given below :

- (1) A & B only
- (2) B & C only
- (3) A & D only
- (4) D & E only

Options :

- 92090617157. 1
- 92090617158. 2
- 92090617159. 3
- 92090617160. 4

Question Number : 90 Question Id : 9209064341 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

इनमें से कौन-सा कथन "उपलब्धि लक्ष्य सिद्धान्त" के लिए सनसे उपयुक्त है।

- A. एक गतिविधि करने के लिए लोगों की प्रेरणा को संदर्भित करता है "खुद के लिए भागीदारी से प्राप्त खुशी और संतुष्टि"
- B. उपलब्धि स्थितियों में एथलीटों का व्यवहार उनकी "सफलता" की धारणा का परिणाम है।
- C. व्यक्ति मुख्य रूप से बाहरी कारकों या बाधाओं के परिणामस्वरूप किसी कार्य में शामिल होता है।
- D. उपलब्धि लक्ष्य का माप खेल प्रश्रावली में कार्य और अहंकार अभिविन्यास द्वारा किया जाता है।
- E. जब भी संभव हो, सफलता और असफलता के व्यक्तिपरक संकेतों का उपयोग करें।

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) A और B सही है
- (2) B और D सही है
- (3) A और D सही है
- (4) D और E सही है

Options :

- 92090617157. 1
- 92090617158. 2
- 92090617159. 3
- 92090617160. 4

Question Number : 91 Question Id : 9209064342 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0 Correct Marks : 4 Wrong Marks : 1

Which of these statement regarding gross versus net energy expenditure are correct

- (A) We show that oxygen consumption during constant-load light-to-moderate exercise rises rapidly during the first several minute.
- (B) $\text{Net energy expenditure} = \text{Gross energy expenditure} - \text{Resting energy expenditure}$
- (C) $\text{Gross Energy expenditure} = (\%) \text{ External work accomplished} \div \text{Energy expenditure} \times 100$
- (D) It requires considerably more energy to carry weight on the feet or ankles than to carry the same weight on the torso.
- (E) To obtain the true energy expenditure, one must add the resting metabolism from the gross energy expenditure of the exercise

Choose the correct answer from the options given below :

- (1) A & B only
- (2) B & C only
- (3) C & D only
- (4) D & E only

Options :

- 92090617161. 1
- 92090617162. 2
- 92090617163. 3
- 92090617164. 4

Question Number : 91 Question Id : 9209064342 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

सकल बनाम शुद्ध ऊर्जा व्यय के संबंध में इनमें से कौन से कथन सही हैं?

- A. हम दिखाते हैं कि निरंतर भार वाले हल्के-से-मध्यम व्यायाम के दौरान ऑक्सीजन की खपत पहले कई मिनटों के दौरान तेजी से बढ़ती है।
- B. शुद्ध ऊर्जा व्यय = सकल ऊर्जा व्यय – विश्राम ऊर्जा व्यय
- C. सकल ऊर्जा व्यय = बाहरी कार्य संपन्न (%) ÷ ऊर्जा व्यय × 100
- D. धड़ पर सामान भार उठाने की तुलना में पैरों या तखनों पर भार उठाने के लिए काफी अधिक ऊर्जा की आवश्यकता होती है।
- E. सही ऊर्जा व्यय प्राप्त करने के लिए, व्यायाम के सकल ऊर्जा व्यय में आराम की स्थिति के चयापचय को जोड़ना चाहिए।

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) केवल A और B
- (2) केवल B और C
- (3) केवल C और D
- (4) केवल D और E

Options :

- 92090617161. 1
- 92090617162. 2
- 92090617163. 3
- 92090617164. 4

Question Number : 92 Question Id : 9209064343 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : Lactate production and accumulation accelerate as exercise intensity decreases.

Statement II : The muscle cells can neither meet the additional energy demands aerobically nor oxidize lactate at its rate of formation. A similar pattern exists for untrained subjects and endurance athletes, except the threshold for lactate buildup

In the light of the above statements, choose the correct answer from the options given below :

- (1) Both Statement I and Statement II are true
- (2) Both Statement I and Statement II are false
- (3) Statement I is true but Statement II is false
- (4) Statement I is false but Statement II is true

Options :

- 92090617165. 1
- 92090617166. 2
- 92090617167. 3
- 92090617168. 4

Question Number : 92 Question Id : 9209064343 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं:

कथन I : लैक्टेट उत्पादन और संचय में तेजी आती है। क्योंकि व्यायाम की तीव्रता कम हो जाती है।

कथन II : माँपेशियों की कोशिकाएँ न तो एरोबिक रूप से अतिरिक्त ऊर्जा माँगों को पूरा कर सकती हैं और न ही गठन की दर पर लैक्टेट का ऑक्सीकरण कर सकती हैं। लैक्टेट बनाने की दहलीज को छोड़कर, अप्रशिक्षित खिलाड़ी और लम्बी दूरी (सहनशक्ति) के धावकों के लिए समान स्वरूप मौजूद है।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए

- (1) कथन I और II दोनों सत्य हैं
- (2) कथन I और II दोनों असत्य हैं
- (3) कथन I सत्य है, लेकिन कथन II असत्य है
- (4) कथन I असत्य है, लेकिन कथन II सत्य है

Options :

92090617165. 1
92090617166. 2
92090617167. 3
92090617168. 4

Question Number : 93 Question Id : 9209064344 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements :

Statement I : Diuretics is one of the performance enhancing drugs.

Statement II : Metolazone, spironolactone and bumetanide are diuretics which are used potentially to conceal the presence of a dope in the urine.

In the light of the above statements, choose the correct answer from the options given below :

- (1) Both Statement I and Statement II are true
- (2) Both Statement I and Statement II are false
- (3) Statement I is true but Statement II is false
- (4) Statement I is false but Statement II is true

Options :

92090617169. 1

92090617170. 2

92090617171. 3

92090617172. 4

Question Number : 93 Question Id : 9209064344 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं:

कथन I : प्रदर्शन बढ़ाने नावी ड्रम्स में ले एक है।

कथन II : मेटालाज़ोन, स्पिरोनोलैक्टोर और बुमेटेनाइड डाइयुरेटिक हैं जो मूत्र में डोप की उपस्थिति को छिपाने के लिए संभावित रूप से उपयोग किए जाते हैं।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए

- (1) कथन I और II दोनों सत्य हैं
- (2) कथन I और II दोनों असत्य हैं
- (3) कथन I सत्य है, लेकिन कथन II असत्य है
- (4) कथन I असत्य है, लेकिन कथन II सत्य है

Options :

92090617169. 1

92090617170. 2

92090617171. 3

92090617172. 4

Question Number : 94 Question Id : 9209064345 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : In the context of sport participation, important developmental considerations include the evidence-based beliefs that children are both quantitatively and qualitatively different from adults in maturation.

Reasons (R) : Research has identified some of these quantitative and qualitative differences in cognitive, social, and psychomotor development and explained how they influence the sport engagement, learning and performance of children and adolescents.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)
- (3) (A) is correct but (R) is not correct
- (4) (A) is not correct but (R) is correct

Options :

- 92090617173. 1
- 92090617174. 2
- 92090617175. 3
- 92090617176. 4

Question Number : 94 Question Id : 9209064345 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

नीचे दो कथन दिए गए हैं: एक अभिकथन (Assertion A) के रूप में लिखित है तो दूसरा उसके कारण (Reason R) के रूप में;

अभिकथन A : खेल की भागीदारी के संदर्भ में, महत्वपूर्ण विकासात्मक विचारों में साक्ष्य-आधारित मान्यताओं शामिल हैं कि बच्चे परिपक्वता में व्यस्कों से मात्रात्मक और गुणात्मक रूप से अलग हैं।

कारण R : अनुसंधान ने संज्ञानात्मक, सामाजिक और मनोगत्यात्मक विकास में इनमें से कुछ मात्रात्मक और गुणात्मक अंतरों की पहचान की है और बताया है कि वे बच्चों और किशोरों के खेल जुड़ाव, सीखने और प्रदर्शन को कैसे प्रभावित करते हैं।

उपरोक्त कथन के आलोक में, नीचे दिए गए विकल्पों में से सबसे उपयुक्त उत्तर का चयन कीजिए

- (1) A और R दोनों सही हैं और R, A की सही व्याख्या है
- (2) A और R दोनों सही हैं, लेकिन R, A की सही व्याख्या नहीं है
- (3) A सही है, लेकिन R सही नहीं है
- (4) A सही नहीं है, लेकिन R सही है

Options :

92090617173. 1
92090617174. 2
92090617175. 3
92090617176. 4

Question Number : 95 Question Id : 9209064346 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Typical sequence of events in addressing clinical issues in athletes psychological state is _____.

- (A) Diagnosis
- (B) Treatment
- (C) Recognition
- (D) Referral
- (E) Assessment

Choose the correct answer from the options given below :

- (1) A, B, C, D, E
- (2) B, C, D, E, A
- (3) C, D, E, A, B
- (4) D, E, A, B, C

Options :

92090617177. 1

92090617178. 2

92090617179. 3

92090617180. 4

Question Number : 95 Question Id : 9209064346 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

खिलाडियों की मनोवैज्ञानिक अवस्था में रोगविषयक मुद्दों को संबोधित करने में घटनाओं का विशिष्ट क्रम बताए।

- A. निदान
- B. उपचार
- C. पहचानना
- D. परामर्श
- E. आकलन

नीचे दिए गए विकल्पों में से सही उत्तर का चयन कीजिए :

- (1) केवल A, B, C, D, E
- (2) केवल B, C, D, E, A
- (3) केवल C, D, E, A, B
- (4) केवल D, E, A, B, C

Options :

92090617177. 1

92090617178. 2

92090617179. 3

92090617180. 4

Question Number : 96 Question Id : 9209064347 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Energy in food comes from _____.

- (1) Vitamin
- (2) Water
- (3) Carbohydrates
- (4) Minerals

Options :

92090617181. 1

92090617182. 2

92090617183. 3

92090617184. 4

Question Number : 96 Question Id : 9209064347 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

भोजन में ऊर्जा से _____ आती है।

- | | |
|--------------------|----------|
| (1) विटामिन | (2) पानी |
| (3) कार्बोहाइड्रेट | (4) खनिज |

Options :

- 92090617181. 1
- 92090617182. 2
- 92090617183. 3
- 92090617184. 4

Question Number : 97 Question Id : 9209064348 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Which of the following is the indigestible portion of our diet is essential to the health of digestive system

- | | |
|-------------------|--------------|
| (1) Carbohydrates | (2) Protein |
| (3) Fat | (4) Roughage |

Options :

- 92090617185. 1
- 92090617186. 2
- 92090617187. 3
- 92090617188. 4

Question Number : 97 Question Id : 9209064348 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

निम्नलिखित में से हमारे आधार का कौन-सा अपचनीय भाग पाचन तंत्र के स्वास्थ्य के लिए आवश्यक है।

- | | |
|--------------------|------------------|
| (1) कार्बोहाइड्रेट | (2) प्रोटीन |
| (3) वसा | (4) रेशे (रफेज़) |

Options :

92090617185. 1
92090617186. 2
92090617187. 3
92090617188. 4

Question Number : 98 Question Id : 9209064349 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

The process of addition to variation in the sequence of the genetic code contained in the genome, modifications that enable heritable alternations in phenotype without changes in DNA sequence is known as _____.

- | | |
|-----------------|---------------------|
| (1) Exosomes | (2) Micro RNA's |
| (3) Epigenetics | (4) System Genetics |

Options :

92090617189. 1
92090617190. 2
92090617191. 3
92090617192. 4

Question Number : 98 Question Id : 9209064349 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

जीनोम में निरित अनुवांशिक कोड के अनुक्रम में भिन्नता को जोड़ने की प्रक्रिया जो डी एन ए संशोधन अनुक्रम में बदलाव के बिना फेनीटाइप में हेरिटेज परिवर्तन को सक्षम करते है के रूप में जाना जात है।

- | | |
|------------------|-----------------------|
| (1) एक्ज़ोसोम | (2) सूक्ष्म आर एन ए |
| (3) ऐपीजेनेटिक्स | (4) अनुवंशिकी प्रणाली |

Options :

92090617189. 1
92090617190. 2
92090617191. 3
92090617192. 4

Question Number : 99 Question Id : 9209064350 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

The term used to describe the sense of body's position in space and kinesthesia refers to the sensation associated with joints is know as _____.

- | | |
|--------------------|---------------------|
| (1) Touch pressure | (2) Thermoreceptors |
| (3) Merkel's disc | (4) Proprioception |

Options :

- 92090617193. 1
- 92090617194. 2
- 92090617195. 3
- 92090617196. 4

Question Number : 99 Question Id : 9209064350 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

_____ अंतरिक्ष में शरीर की स्थिति का वर्णन करने के लिए प्रयुक्त शब्द और किनेस्थेसिया जोड़ो से जुड़ी संवेदना को संदर्भित करता है।

- | | |
|---------------------|--------------------|
| (1) स्पर्श दवाब | (2) थर्मोरिस्पटर |
| (3) मर्केल की डिस्क | (4) प्रोपीओरिस्पशन |

Options :

- 92090617193. 1
- 92090617194. 2
- 92090617195. 3
- 92090617196. 4

Question Number : 100 Question Id : 9209064351 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

Shivering, Hunger, Increase in voluntary, activity are thermos regulatory response associated with exposure to cold.

- | | |
|------------------------------|------------------------------|
| (1) Increase heat Production | (2) Decrease heat Production |
| (3) Increase heat loss | (4) Decrease heat loss |

Options :

- 92090617197. 1
- 92090617198. 2
- 92090617199. 3
- 92090617200. 4

Question Number : 100 Question Id : 9209064351 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0

Correct Marks : 4 Wrong Marks : 1

_____ कंपकंपी, भूख, स्वैच्छिक गतिविधि में वृद्धि ठंड के संपर्क से जुड़ी थर्मो नियामक प्रतिक्रिया है।

- | | |
|-------------------------------|-----------------------------|
| (1) ताप की उत्पत्ति के वृद्धि | (2) ताप की उत्पत्ति में कमी |
| (3) ताप-हास में वृद्धि | (4) ताप-हास में कमी |

Options :

92090617197. 1

92090617198. 2

92090617199. 3

92090617200. 4