

CUET UG Physical Education Answer Key 2024

Sr. No.	Questions	Answers
1.	Which of these personality traits were proposed by modern trait theorist Gordon Allport in 1936? (A) Central traits (B) Primary traits (C) Cardinal traits (D) Approach traits (E) Secondary traits Choose the correct answer from the options given below :	(1) (A), (C), and (E) only
2	Arrange the following procedural steps to conduct Harvard Step Test in a sequential order from first to last: (A) Start at command Go (B) Stepping up and down in a four count sequende on the bench (C) Measure heart beat from one to one and a half minutes (D) Compute fitness index score (E) Sit down after completion of exercise Choose the correct answer from the options given below	(4) (A), (B), (E), (C), (D)
3	Which of the following postural deformities are not related to spine ? (A) Pes Planus (B) Kyphosis (C) Genu Valgum (D) Lordosis (E) Genu Varum Choose the correct answer from the options given below:	(3) (A), (C), and (E) only
4	Match the types/steps involved in organising of Bournament listed in List-I with their correct associations listed in List-II. List-I (Types/Steps Involved in organising a tournament) (A) Bye (B) Knock-out (C) Number of byes (D) Number of teams in upper half of a knock-out tournament when number of teams are odd List-II (Associations) (I) Number of teams/2 + 1 (II) Next highest power of 2 - number of teams (III) Team once deafeated is out of tournament (IV) Advantage given to team in which team will not play first round and directly reaches next round Choose the correct answer from the options given below:	(4) (A) - (IV), (B) - (III), (C) - (II), (D) - (I)
Read the passage carefully and answer the next five questions strictly as per the passage :		
Women's sports, both amateur and professional, have existed throughout the world for centuries in all varieties of sports. There is a rich record of sports participation of women in India. In the days of Mahabharata, Shakuntala, Madhuri, Kunti all chose physical activties as recreation...		
5	When did the dramatic rise of female sports participation occur?	(2) Last quarter of 20th century

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6	Which of the following is not a psychological constraint for women's participation in sports?	(2) Positive Reinforcement
7	What may be the hindrance of equality in sports among women and men?	(3) Instinations and programmes are conservatible
8	Which of the following is a physiological reason for women's non-participation in sports?	(3) Smaller hearts and lungs
9	What kind of record does India have in participation of women in sports?	(2) Rich

Read the passage carefully and answer the next five questions strictly as per the passage :

In the beginning of the annual academic planning for the school, a physical education committee meeting was held which included the school principal, teachers and students, almuni and parents...

10	What kind of proposal was forwarded by the committees in order to provide exposure to potential athletes?	(1) Hosting state-level inter-school competition at school
11	In what manner is the situation of unsportsman-like behaviour can be avoided?	(3) Systematic process
12	On what basis were the various sub-committees recommended?	(2) Interest and capabilities
13	What was the agenda of discussion in the physical education committee meeting?	(2) To plan a comprehensive program
14	In which meeting were the school principal, teachers and alumni included?	(1) Physical education committee
15	Which Motor Fitness component can be developed by working out with sufficient speed for a duration to take heart rate up to 180 bpm and take a short break before starting the workout again?	(3) Endurance
16	Identify the incorrect statement listed below about sports training:	(3) Aims to provide multi sports experience
17	Motto of which of the following games includes the words 'Faster, Higher, Stronger, Together'?	(3) Olympic Games
18	Which of the following Physical Education/Sports institution was established in 1920?	(4) Y.M.C.A. (Chennai)
19	Roland Garros is related to which of the following tournament?	(4) French Open
20	How many Byes will be given if 19 teams are participating in a Knock-Out Tournament?	(2) 13
21	Which of the following is not a stimulant?	(3) Diamorphine
22	_____ fracture occurs when there is a straight break right across the bone.	(3) Transverse
23	Friction works in _____ direction of the moving object.	(2) Opposite
24	Flexion is a movement, which occurs in _____ plane.	(1) Sagittal
25	In an instrumental aggression, the main aim is to _____.	(2) Attain non-aggressive goals
26	Arrange the following stretching exercises in a sequential order from toe to head. (A) Pectoral stretch (B) Quadriceps stretch (C) Thoracic extension stretch (D) Lumbar extension stretch Choose the correct answer from the options given below:	(4) (B), (D), (C), (A)
27	Arrange the following number of teams in a sequential order from less to more with respect to allotment of byes in a Knock-out Tournament: (A) 05 (B) 14	(1) (C), (E), (B), (A), (D)

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	(C) 32 (D) 12 (E) 63 Choose the correct answer from the options given below:	
28	Arrange the following postural deformities in a sequential order from toe to head: (A) Hump Back/Kyphosis (B) Genu Varum (C) Pes Planus (D) Hollow Back Choose the correct answer from the options given below:	(3) (C), (B), (D), (A)
29	Arrange the following fitness tests as per their time requirements of conducting the test in a sequential order from minimum to maximum: (A) Walk Test (Rikli and Jones) (B) 50 mtrs Run Test (Motor Fitness) (C) Harvard Step Test (D) Partial Curl Up Test (Motor Fitness) Choose the correct answer from the options given below:	(1) (B), (D), (C), (A)
30	Which of the following statements is/are true? (A) Lakshmibai National Institute of Physical Education is the oldest pioneer institute of Physical Education in India. S (B) Y.M.C.A. College of Physical Education (Chennai) was established in 1920. (C) Sports Authority of India implements various schemes of Ministry of Youth Affairs and Sports. (D) N.S.N.I.S. facilitates training of coaches and raising technical competence of existing coaches in the country. Choose the correct answer from the options given below	(2) (B), (C), and (D) only
31	Causes of disabilities can be broadly classified into which of the following categories? (A) Pre-Natal (B) Post-Natal (C) Pro-Natal (D) Perinatal Choose the correct answer from the options given below:	(4) (A), (B), and (D) only
32	Which of the following are the characteristics o Endomorph body type? (A) Narrow Hips (B) Round, Fat and Thick (C) Pear-Shaped (D) Thin (E) Under developed muscles Choose the correct answer from the options given below	(3) (B), (C), and (E) only
33	Match the sportspersons listed in List-I with their associated games listed in List-II: List-I (Sportspersons) (A) Manpreet Singh (B) Anup Kumar (C) Sunil Chhetri (D) Bajrang Punia List-II (Associated Games)	(3) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)

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	(I) Football (II) Wrestling (III) Hockey (IV) Karaildi Choose the correct answer from the options given below:	
34	Match the postural deformities listed in List-I with their corrective measures listed in List-II: List-I (Postural Deformities) (A) Knock Knees. (B) Round Shoulders] (C) Kyphosis (D) Bow Legs List-II (Corrective Measures) (I) Walking on inner edge of feet (II) Horse Riding (III) Wall stretch, Pull Ups (IV) Swimming, Gym ball exercises Choose the correct answer from the options given, below	(1) (A) - (II), (B) - (III), (C) - (IV), (D) - (I)
35	Match the traits listed in List-I with their explanation listed in List-II List-I (Traits) (A) Cardinal Traits (B) Central Traits (C) Assessment of Traits (D) Secondary Traits List-II Explanation) (I) Based on 3 factors (II) That reflect only in certain circumstances (III) Building blocks that shape most of our Behaviour (IV) Dominant behaviour Choose the correct answer from the optiores given below	(1) (A) - (IV), (B) - (III), (C) - (I), (D) - (II)
36	Which training method is another variation of variable pace method?	(1) Fartlek method
37	Identify the movement of the exercise shown in the picture given below: 	(4) Isotonic ankle plantar flexion

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38	Maintenance of plank position is an example of which type of strength development exercise, Choose from the following:	(1) Isometric
39	Venue of Olympic Games is decided by which of the following body?	(3) International Olympic Committee
40	Which is the governing body responsible for Deanship?	(3) International Committee of Sports for the Deaf (ICSD)
41	Identify the correct type of postural disorder from the picture given below: 	(2) Bow leg
42	Which of the following is not a cause of sports injury during training?	(4) Proper Warm-Up
43	Which of the following is not a soft tissue injury?	(3) Dislocation
44	Which one of the following is not a symptom of a dislocated shoulder joint?	(4) Visible bleeding
45	A tear-like wound caused by either the skin hitting an adjacent object or an object hitting the skin with force will be called _____.	(4) Laceration
46	What is the weight of medicine ball for boys in Barrow Motor Ability Test?	(2) 3 kg
47	Identify the test item of Senior Citizen's Fitness Test in the picture given below: 	(4) 30 second Chair stand test
48	Which of the following will be called as the study of motion of the body with respect to the time, displacement, velocity and speed of movement either in a straight line or in a rotary direction?	(3) Kinematics
49	Which of the following options is not the importance of Sports Biomechanics?	(4) Tactical enhancement
50	What will be the correct sequence of the management of abrasion ? (A) Visit a doctor (B) Use sterilized gauze to wipe the dirt and clean the affected area (C) Application of ointment	(2) (B), (C), (D), (A)

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	(D) Cover the injured part Choose the correct answer from the options given below:	