

Previous Years' Paper
Common University Entrance Test for UG Programmes
CUET-UG - Physical Education
Entrance Exam, 2025

(After the list of questions, the solution will Start.)

Q.1. Communicable diseases are also known as _____ diseases.

1. Epidemics
2. Transmissible
3. Rodent
4. Contaminated

Q.2. Which one of the following diseases is caused due to inadequate secretion of the insulin hormone?

1. Hypertension
2. Depression
3. Diabetes
4. Migraine

Q.3. National Rural Health Mission was launched in which year by the Central Government of India?

1. 2004
2. 2005
3. 2006
4. 2007

Q.4. Annapurna yojna was launched in _____ .

1. 1999

2. 2000

3. 2001

4. 2002

Q.5. NRHM is operational in whole country with special focus on _____ states.

1. 18

2. 19

3. 20

4. 21

Q.6. If Ramesh is suffering from Malaria, his disease is classified as _____ causative disease.

1. Fungal

2. Protozoal

3. Viral

4. Bacterial

Q.7. Match the different types of sports ball listed in List-I with their respective official weight in List-II

List-I	List-II
(Sports)	(Weight of official ball)
(A) Football	(I) 155.9-163 grams
(B) Cricket Ball	(II) 325-375 grams
(C) Volleyball	(III) 410-450 grams
(D) Hand Ball (Women)	(IV) 260-280 grams

Choose the correct answer from the options given below:

1. (A) - (IV), (B) - (I), (C) - (II), (D) - (II)

2. (A) - (II), (B) - (III), (C) - (IV), (D) - (I)

3. (A) - (III), (B) - (I), (C) - (IV), (D) - (II)

4. (A) - (III), (B) - (IV), (C) - (I), (D) - (II)

Q.8. In swimming, the water temperature shall not be less than?

1. 25° Centigrade

2. 26° Centigrade

3. 27° Centigrade

4. 28° Centigrade

Q.9. The Basketball court shall have a flat, hard surface free from obstructions with dimensions of _____ measured from

1. 27mx15m

2. 28mx15m

3. 28mx14m

4. 27mx14m

Q.10. The order of Triple Jump is

1. Hop, step and jump

2. Hop, hop and jump

3. Step, step and jump

4. Jump, step and jumd

Q.11. Match the Equipment listed in List-I with their associative sports in ListII

List-I	List-II
(Equipment)	(Sports)
(A) Antennae	(I) Basketball
(B) Alternating possession arrow	(II) Cricket
(C) Goalposts	(III) Volleyball
(D) Bails	(IV) Football

Choose the correct answer from the options given below:

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

Q.12. If savvy indicates the number of fouls committed by each player by raising the player's foul marker in a manner visible to both head coaches in the game of basketball, she is acting as a _____ .

1. Assitant scorer
2. Scorer
3. Timer
4. Shot clock operator

Q.13. If Ranvir covers 1500 meters in a swimming competition, then in which of the following events Ranvir is participating?

1. Free styl
2. Butterfly
3. Breaststroke
4. Backstroke

Q.14. Which of the following are classified underthe head of pranayama in yoga?

- (A) Sitali
- (B) Bhramari
- (C) Uddiyana
- (D) Sheetkari

Choose the correct answer from the options given below:

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

Q.15. Arrange the following steps of Sun salutation in order from start to end:

(A) Equestrian pose

(B) Raised Arms Pose

(C) Prayer Pose

(D) Mountain Pose

Choose the correct answer from the options given below:

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

Q.16. Which of the following asana is not practiced in standing position?

1. Trikonasana
2. Tadasana
3. Shalabhasana
4. Vrikshasana

Q.17. What is the meaning of word Bhramari in bhramari pranayama?

1. Black ant
2. Black snail
3. Black bee

4. Black snake

Q.18. In which of the following, the shape of the tongue resembles a fresh curled leaf while performing it?

1. Bhramari
2. Uddiyana
3. Sheetkari
4. Sitali

Q.19. _____ is a posture in which certain organs or parts of the body are contracted and controlled.

1. Prana
2. Bandha
3. Nadi
4. Chakra

Q.20. What does the word "bhati" mean in kapalbhati?

1. Sound
2. Skull
3. light
4. Beard

Q.21. Match the sports Injuries given in List-I with their correct explanations given in List-II

List-I	List-II
(Sports Injuries)	(Explanations)
(A) Transverse	(I) Broken ends of bone jammed together
(B) Oblique	(II) Straight break across a bone
(C) Impacted	(III) Bone is crushed into number of pieces
(D) Comminuted	(IV) Bone breaks diagonally

Choose the correct answer from the options given below:

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

Q.22. Identify the B.M.I. range of Grade II obesity:

1. 25.0-29.9
2. 30.0-34.9
3. 35.0-39.9
4. 40-49.9

Q.23. Which of the following substances falls under the category of "Stimulants"?

- (A) Acetazolamide
- (B) Amphetamines
- (C) Caffeine
- (D) Ephedrine

Choose the correct answer from the options given below:

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

Q.24. Harry was playing in the courtyard, while kicking a football, Stretching or tearing of his ligaments took place. Identify the name of Harry's injury:

1. Contusion

2. Avulsion

3. Strain

4. Sprain

Q.25. Which of the following is Not the role of sports to address social issues and promote social justice?

1. Provides common ground for people to come together

2. Promotes discrimination, inequality and poverty

3. Celebrate and share values and traditions

4. Promotes group harmony

Q.26. The National Anti-Doping Agency (NADA) is the national organization responsible for promoting, coordinating, and monitoring the doping _____

1. control programme and Development drug use and its implementation.

2. control programme in international countries

3. control programme of International workshops.

4. control programme in sports in all its forms in the country

Q.27. Arrange the following courses in a sequential order with respect to their duration from maximum to minimum:

(A) Master's Degree in Physical Education

(B) Certificate Course in Sports Coaching

(C) Diploma in Sports coaching

(D) Bachelor's degree in Physical education

Choose the correct answer from the options given below:

1. (B), (A), (D), (C)

2. (B), (C), (A), (D)

3. (D), (A), (C), (B)

4. (C), (B), (D), (A)

Q.28. Which of the following is the highest sporting honor in India?

1. Major Dhyan Chand Khel Ratna Award
2. Arjuna Award
3. Dronacharya Award
4. Rani Lakshmibai Award

Q.29. A cash prize of 25 lakhs is given in which of the following award?

1. Major Dhyan Chand Khel Ratna Award
2. Rani Lakshmi Bai Award
3. Arjuna Award
4. Dronacharya Award

Q.30. _____ program was launched in 2017-18 to improve India's sports culture at the grassroot level. It includes talent identification, competitions and infrastructure development. The program also emphasizes traditional Indian games

1. National Sports Policy
2. Fit India
3. Khelo India
4. National Sports Organisation

Q.31. All teaching courses in India should be specially recognized by _____ to be valid in india for teaching.

1. U.G.C.
2. NCTE
3. N.T.A.
4. C.B.S.E.

Q.32. Appointment of _____ is done by the tournament organizing agency in consultation with the concerned recognized sport organisation.

1. Commentator
2. Sports Umpire
3. Sports event Coordinator
4. Sports software engineer

Q.33. Match List-I with List-II

List-I	List-II
Personality, aggression and psychologically attributes Characteristic, etc.)	Characteristics
(A) Hostile Aggression	(I) Aggressive behavior used to attain non-aggressive goals like winning
(B) Instrumental Aggression	(II) Aggression is inflicting or causing harm physically or psychologically on someone else.
(C) Intrinsic Motivation	(III) Driving force to pursue an action for fun, joy and satisfaction
(D) Extrinsic Motivation	(IV) Driving force to pursue action for reward, money, promotion or praise

Choose the correct answer from the options given below:

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

Q.34. Match the types of Facilitation Approach of motivational technique listed in List-I with their correct explanation in List-II.

List-I	List-II
(Types of Facilitation Approach)	(Explanation)
(A) Incentives and Rewards	(I). An approach that motivates the action is influenced by the amount of facilitation made available for athletes, if the quality of support is of a high standard.
(B) Performance appraisals	(II). An approach that drives towards action to maintain work effectively as a motivational force for athletes to pursue sports with consistency and continuity
(C) Quality Support and Facilitation	(III). An approach that takes care of the choice of athlete by awarding them what is desired or expected by an individual so that they can value that reward
(D) Valance of Reward	(IV). An approach that motivates the driving force for any desired behavior to be recognized and praised for current and past endeavors by encouraging them to plan their directions and actions

Choose the correct answer from the options given below:

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

Q.35. Which of the following statements are true:

- (A) Outdoor sports are a proud legacy of Australian culture.
- (B) Yoga is a proud legacy of India
- (C) Martial art is a proud legacy of Germany.
- (D) Gymnastics is a proud legacy of Rome.

Choose the correct answer from the options given below:

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

Q.36. Which of these are the potential sociological obstacles that may interfere with women's sports participation?

- (A) Lack of infrastructure, specially designed for women**
- (B) Lack of parental support**
- (C) Misbehavior/harassment**
- (D) Male dominant social structure**

Choose the correct answer from the options given below:

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

Q.37. In which of the following sports, body balance is an important motor performance factor:

- (A) Gymnastics**
- (B) Chess players**
- (C) Defensive position in Wrestling**
- (D) Diving**

Choose the correct answer from the options given below:

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

Q.38. Arrange the following steps involved in the administration of the 50 Yard sprint test in a sequential order starting from first to last:

- (A) Subjects take the starting position**

(B) Subjects cross the end line

(C) Warm up

(D) At the command Go!, timer starts their respective stop watches

Choose the correct answer from the options given below:

1. (A), (C), (D), (B)

2. (C), (D), (A), (B)

3. (C) (A), (D), (B)

4. (C), (B), (D), (A)

Q.39. Arrange the following motivational properties according to motivational cycle

(A) Reduction of arousal

(B) Achievement

(C) Need and Drive

(D) Arousal and goal directed behaviour

Choose the correct answer from the options given below:

1. (C), (D), (B), (A)

2. (B), (A), (C), (D)

3. (D), (C) (A), (B)

4. (C), (A), (B), (D)

Q.40. Arrange the following sports injuries starting from head to toe with respect to the place of injury on the human body.

(A) Tibial Sprain

(B) Groin muscle pull

(C) Humerus Dislocation

(D) Contusion on cranium

Choose the correct answer from the options given below:

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

Read the passage carefully and answer questions strictly as per the passage below:

In a space flight emergency, maximal explosive power may be critical for survival. Antonutto and coworkers measured maximal explosive power (single maximal contractions with both legs) with a dynamometer after as long as 180 days of flight. The maximal explosive power was reduced by 30% after 1 month and by 45% after 6 months. In the Skylab program, as the duration of each mission increased from 28 to 56 to 84 days, in-flight exercise was increased from 30 to 60 to 90 min/day, respectively. Submaximal cycle exercise tests were performed before flight, every 5 to 6 days during flight and 2 days after flight. When the in-flight exercise responses were maintained, exercise responses after flight (including decreased cardiac output, stroke volume, and oxygen pulse, and elevated heart rate and ventilation) significantly decreased. The decrement after flight did not worsen with increasing flight duration, which led the investigators to conclude that the in-flight exercise was useful for shortening the recovery period after flight. The effects of in-flight dynamic exercise during shuttle missions on improving exercise responses after flight was evaluated on 30 shuttle crew members who performed various levels of in-flight exercise. The investigators evaluated exercise responses after flight by measuring the change in heart rate during a graded cycle exercise test. Even moderate volumes of in-flight dynamic exercise (cycle or treadmill exercise performed three times per week for 20 minutes per session) reduced the exercise heart rate response after flight.

Q.41. Maximal Explosive power (single maximal contractions with both legs) is measured with:

1. Respirometer
2. Spirometer
3. Speedomotor
4. Dynamometer

Q.42. What was the percentage of decrease in explosive power by the end of a month?

1. 30%
2. 18%
3. 15%
4. 32%

Q.43. The decrement after flight did not worsen with increasing flight

1. Scale
2. Duration
3. Height
4. Condition

Q.44. The effects of in-flight dynamic exercise during shuttle missions on improving exercise responses after flight was evaluated on:

1. 30 Athletes
2. 30 shuttle crew members
3. 30 graded cyclists
4. 30 ungraded cyclists

Q.45. Even moderate volumes of which exercise reduced the exercise heart rate response after flight?

1. In-flight dynamic exercise
2. Submaximal cycle exercise
3. In flight exercise
4. In flight passive exercise

Read the passage carefully and answer questions strictly as per the passage below:

Muscular power is one's ability to produce maximum muscular strength (force) in the shortest time. In other words, power means one's capacity of work output per unit of time.

Mathematically,

Power = Force x distance /Time or Work done/Time

or Power =Force x Velocity, because Force x distance =Work done

and Distance/Time =Velocity

In vertical Jumping, power is given by Body weight x Distance / Time

Where distance is equal to jump performance of the subject. In general, power describes the speed of movement of force along with the direction of movement. Thus, power tells one's speed of performing work. In sports, we often come across the term 'explosive power' required in performing certain instant activities like high jump,shot-put, sprints in athletics, and calisthenics in individual sportive activities. Such instant power production is relatively unimportant in some sports activities like marathon running, long distance running, long distance swimming and pure skill-based events. Keeping in view the above description, power may be defined in many different ways. For instance - Power is defined as "work done per second" and Power may be defined as product of force and velocity."

Q.46. What describes the speed of movement of force along with the direction of movement?

1. Velocity

2. Speed

3. Power

4. Force

Q.47. Instant power production is relatively less important in _____

1. Long Distance race

2. 100m race

3. 50m swimming race

4. Long jump

Q.48. One's ability to produce maximum muscular strength in shortest time is called _____

1. Muscular Force

2. Muscular Power

3. Muscular velocity

4. Muscular speed

Q.49. Power tells one's _____ of performing work.

1. Speed

2. Time

3. Weight

4. Capacity

Q.50. Which of the following mathematical equation is correct with respect to the concept of power?

1. $\text{Power} = \text{Time} / \text{Work done}$

2. $\text{Power} = \text{Force} \times \text{Distance}$

3. $\text{Power} = \text{Velocity} \times \text{Work done}$

4. $\text{Power} = \text{Force} \times \text{Velocity}$

Solution

Q.1.

Answer: 2. Transmissible

Communicable diseases spread from one person to another; hence, they are called transmissible diseases.

Q.2.

Answer: 3. Diabetes

Q.3.

Answer: 2. 2005

The National Rural Health Mission (NRHM) was launched in 2005 to improve healthcare delivery in rural areas of India.

Q.4.

Answer: 3. 2001

Annapurna Yojana was launched in 2001 to provide free food grains to senior citizens not covered under the National Old Age Pension Scheme.

Q.5.

Answer: 1. 18

NRHM focuses on 18 states with weak public health indicators and infrastructure to strengthen healthcare services.

Q.6.

Answer: 2. Protozoal

Malaria is caused by *Plasmodium*, a protozoan parasite transmitted by the bite of infected female *Anopheles* mosquitoes.

Q.7.

Answer: 3. (A) – (III), (B) – (I), (C) – (IV), (D) – (II)

- **Football:** 410–450 grams → (III)
- **Cricket Ball:** 155.9–163 grams → (I)
- **Volleyball:** 260–280 grams → (IV)
- **Handball (Women):** 325–375 grams → (II)

Q.8.

Answer: 2. 26° Centigrade

According to swimming regulations, the water temperature for competitions should not be less than **26°C** to ensure swimmers' comfort and performance.

Q.9.

Answer: 2. 28m x 15m

A standard basketball court measures **28 meters in length** and **15 meters in width**, as per international (FIBA) standards.

Q.10.

Answer: 1. Hop, step and jump

In triple jump, the sequence of movements is hop (take off and land on the same foot), step (land on the opposite foot), and jump (into the sandpit).

Q.11.

Answer: 1. (A) - (II), (B) - (III), (C) - (I), (D) - (IV)

- **Antennae** – used in **Volleyball** (for boundary indicators on the net).
- **Alternating possession arrow** – used in **Basketball** to indicate which team gets possession in jump ball situations.
- **Goalposts** – used in **Cricket** (actually a trick: “bails” are used in cricket; goalposts are for football, but in this matching, goalposts → Basketball seems misplaced; correct standard match is **Goalposts** → **Football**).
- **Bails** – used in **Cricket**.

Correct matching based on standard sports equipment:

- Antennae → Volleyball
- Alternating possession arrow → Basketball
- Goalposts → Football
- Bails → Cricket

Q.12.

Answer: 1. Assistant scorer

The assistant scorer tracks each player's fouls and updates the foul markers visible to coaches.

Q.13.

Answer: 1. Freestyle

In swimming, long-distance events like 1500 meters are conducted in freestyle.

Q.14.

Answer: 1. (A), (C) and (D) only

Pranayama refers to breathing exercises in yoga. **Sitali, Uddiyana, and Sheetkari** are types of pranayama, whereas **Bhramari** is a sound-based meditation technique, not classified under pranayama.

Q.15.

Answer: 2. (C), (B), (A), (D)

The **Sun Salutation** sequence starts with **Prayer Pose (C)**, then **Raised Arms Pose (B)**, followed by **Equestrian Pose (A)**, and then **Mountain Pose (D)**.

Q.16.

Answer: 3. Shalabhasana

Shalabhasana (Locust Pose) is practiced lying on the stomach, not in a standing position. The others—**Trikonasana**, **Tadasana**, and **Vrikshasana**—are standing asanas.

Q.17.

Answer: 3. Black bee

Bhramari means “black bee” in Sanskrit. In **Bhramari Pranayama**, the practitioner produces a humming sound resembling a bee while exhaling.

Q.18.

Answer: 4. Sitali

In **Sitali Pranayama**, the tongue is rolled into a tube or curled shape resembling a fresh leaf, through which air is inhaled to cool the body.

Q.19.

Answer: 2. Bandha

Bandha refers to a yoga posture where specific body parts or organs are contracted and controlled to direct energy flow.

Q.20.

Answer: 3. Light

In **Kapalbhati**, “Kapal” means **skull** and “Bhati” means **light**, so the practice is associated with cleansing and energizing the head region.

Q.21.

Answer: 4. (A) - (II), (B) - (IV), (C) - (I), (D) - (III)

- **Transverse fracture (A)** → Straight break across a bone → (II)
- **Oblique fracture (B)** → Breaks diagonally → (IV)
- **Impacted fracture (C)** → Broken ends of bone jammed together → (I)
- **Comminuted fracture (D)** → Bone is crushed into number of pieces → (III)

Q.22.

Answer: 3. 35.0–39.9

BMI 35.0–39.9 corresponds to Grade II obesity.

Q.23.

Answer: 4. (B), (C) and (D) only

Amphetamines, Caffeine, and Ephedrine are all stimulants; Acetazolamide is not.

Q.24.

Answer: 4. Sprain

A sprain is the stretching or tearing of ligaments, which matches Harry's injury.

Q.25.

Answer: 2. Promotes discrimination, inequality and poverty

Sports aim to foster inclusion, equality, and harmony, so promoting discrimination or inequality is **not** a role of sports.

Q.26.

Answer: 4. control programme in sports in all its forms in the country

NADA is responsible for implementing and monitoring anti-doping measures across all sports within India.

Q.27.

Answer: 3. (D), (A), (C), (B)

Duration from maximum to minimum:

- Bachelor's Degree in Physical Education (usually 3–4 years)
- Master's Degree in Physical Education (2 years)
- Diploma in Sports Coaching (1–2 years)

- Certificate Course in Sports Coaching (few months)

Q.28.

Answer: 1. Major Dhyan Chand Khel Ratna Award

The Khel Ratna is India's highest sporting honor, awarded for outstanding performance in sports.

Q.29.

Answer: 1. Major Dhyan Chand Khel Ratna Award

The Khel Ratna Award carries a cash prize of ₹25 lakhs, along with a medal and certificate.

Q.30.

Answer: 3. Khelo India

Khelo India, launched in 2017–18, aims to promote sports at the grassroots level through talent scouting, competitions, infrastructure, and inclusion of traditional Indian games.

Q.31.

Answer: 2. NCTE

The **National Council for Teacher Education (NCTE)** recognizes all teaching courses in India to ensure they are valid for teaching.

Q.32.

Answer: 2. Sports Umpire

Sports umpires are appointed by the tournament organizing body in consultation with the recognized sports organization to ensure fair play.

Q.33.

Answer: 2. (A) - (II), (B) - (I), (C) - (III), (D) - (IV)

(A) Hostile Aggression → (II) Aggression is inflicting or causing harm physically or psychologically on someone else.

(B) Instrumental Aggression → (I) Aggressive behavior used to attain non-aggressive goals like winning.

(C) Intrinsic Motivation → (III) Driving force to pursue an action for fun, joy, and satisfaction.

(D) Extrinsic Motivation → (IV) Driving force to pursue action for reward, money, promotion, or praise.

Q.34.

Answer: 4. (A) - (III), (B) - (IV), (C) - (I), (D) - (II)

(A) Incentives and Rewards → (III) An approach that takes care of the choice of athlete by awarding them what is desired or expected.

(B) Performance Appraisals → (IV) Motivates athletes by recognizing and praising them for current and past endeavors.

(C) Quality Support and Facilitation → (I) Motivation influenced by the amount and quality of facilitation.

(D) Valance of Reward → (II) Drives athletes to pursue sports with consistency and continuity.

Q.35.

Answer: 3. (A) and (B) only

(A) Outdoor sports are a proud legacy of **Australia** — ☒ True

(B) Yoga is a proud legacy of **India** — ☒ True

Q.36.

Answer: 3. (A), (C) and (D) only

(A) Lack of infrastructure specially designed for women — ☒

(C) Misbehavior/harassment — ☒

(D) Male-dominant social structure — ☒

Hence, the potential sociological obstacles that may interfere with women's sports participation are **(A), (C), and (D) only**.

Q.37.

Answer: 3. (A), (C) and (D) only

Body balance is crucial in:

(A) **Gymnastics** — requires balance for posture and movement.

(C) **Defensive position in Wrestling** — maintaining stability prevents being taken down.

(D) **Diving** — balance is vital for body control in air and water entry.

Hence, correct combination: **(A), (C), and (D).**

Q.38.

Answer: 3. (C) (A), (D), (B)

1. **Warm up (C):** Subjects first perform warm-up exercises to prepare their muscles and reduce injury risk.
2. **Starting position (A):** After warming up, they take the proper starting position on the starting line.
3. **Command “Go!” (D):** On the signal, the subjects start running and timers start their stopwatches.
4. **Cross the end line (B):** The timing stops when the subjects cross the finish line.

Q.39.

Answer: 1. (C), (D), (B), (A)

The motivational cycle follows this sequence: **Need and Drive → Arousal and Goal-directed Behaviour → Achievement → Reduction of Arousal.**

Q.40.

Answer: 1. (D), (C), (B), (A)

Arranging injuries from head to toe: **Contusion on cranium → Humerus dislocation → Groin muscle pull → Tibial sprain.**

Q.41.

Answer: 4. Dynamometer

The passage states that maximal explosive power (single maximal contractions with both legs) was measured using a **dynamometer**.

Q.42.

Answer: 1. 30%

According to the passage, maximal explosive power was reduced by **30% after 1 month** of space flight.

Q.43.

Answer: 2. Duration

The passage mentions that “The decrement after flight did not worsen with increasing **flight duration**,” indicating that duration was the factor.

Q.44.

Answer: 2. 30 shuttle crew members

The passage states: “The effects of in-flight dynamic exercise during shuttle missions on improving exercise responses after flight was evaluated on **30 shuttle crew members**.”

Q.45.

Answer: 1. In-flight dynamic exercise

The passage notes that “Even moderate volumes of **in-flight dynamic exercise** (cycle or treadmill exercise performed three times per week for 20 minutes per session) reduced the exercise heart rate response after flight.”

Q.46.

Answer: 3. Power

The passage states, “Power describes the speed of movement of force along with the direction of movement.”

Q.47.

Answer: 1. Long Distance race

The passage mentions that instant power production is relatively unimportant in sports like marathon running, long-distance running, and long-distance swimming.

Q.48.

Answer: 2. Muscular Power

The passage defines muscular power as “one’s ability to produce maximum muscular strength (force) in the shortest time.”

Q.49.

Answer: 1. Speed

The passage says, “Power tells one’s speed of performing work.”

Q.50.

Answer 4. $\text{Power} = \text{Force} \times \text{Velocity}$

As per the passage, “ $\text{Power} = \text{Force} \times \text{Velocity}$, because $\text{Force} \times \text{Distance} = \text{Work done}$ and $\text{Distance/Time} = \text{Velocity}$.”