

Total Marks **200**

**HEALTH AND
PHYSICAL EDUCATION**
(English Medium)

Category

A

Seat No. of
the Candidate

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Block No. of the
Candidate

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Signature of the
Candidate

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Signature of the
Block Supervisor

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Important Instructions for Candidates

- (1) Please do not open the question booklet until you are told to do so.
- (2) During examination, if a candidate is found having any literature guide, guide, piece of paper, handwritten or printed paper, mobile phone, calculator, spy camera, headphone or any other equipments then the candidate will be considered as disqualified.
- (3) During the examination if candidates are found conversing with each other, making noise or not following supervisor's instructions then they will be considered as disqualified.
- (4) After receiving question paper please write your seat number in **OMR SHEET** at the correct given place.
- (5) Please do not write your seat number at any other place than the allotted one in the **OMR SHEET** and if any sign of your identity or recognition is found then you will be considered totally disqualified for the examination.
- (6) Signatures of both the supervisor and the candidate in the certificate of **OMR SHEET** are compulsory without which **OMR SHEET** will not be evaluated, so it is compulsory for the candidate to get signature of the supervisor.
- (7) Candidates can use blue/black ball pen. They cannot use pens or pencils of any other colour and also whitener.
- (8) No marks should be made on any of the options in the question paper.
- (9) **There are total 200 questions in this question paper.** There is only one answer to each question from the options A, B, C and D. Four options are given for each question. All the questions are compulsory.
Example: What is the capital of Gujarat?
(A) Ahmedabad (B) Gandhinagar (C) Vadnagar (D) Patan
Here, if option (B) Gandhinagar is correct then option (B) in the **OMR SHEET** will have to be darkened with pen. **A ● C D**
- (10) One(1) mark is allotted to each correct answer. For each wrong answer 0.25 marks will be deducted. If a candidate does not want to answer any question then he/she will have to select option E. Negative marking will not be applicable for option E.
- (11) Cross marked answers, answers given on more than one option and answers re-marked after use of blade, eraser or whitener will be given **Negative 0.25 marks.**
- (12) Please hand over the **OMR SHEET** to the block supervisor after completion of examination before leaving the classroom. Any candidate failing to do so will be considered as disqualified for the examination.
- (13) Maximum time allotted for the examination is 180 minutes.
- (14) Most appropriate option will be considered as answer of the question.

Space for Rough Work

- (1) "Provision to parents of giving education opportunity to their children having age 6 to 14 years ." The above section is added in which set of schedule 86 of Indian constitution under fundamental rights?
 (A) Section -11 (B) Section - 2
 (C) Section -86 (D) Section - 4
- (2) Who is the author of life sketch of Mahadevbhai Desai "Agnikund Mein Uga Hua Gulab"?
 (A) Manbhatt (B) Narayan Desai
 (C) Jayshankar Desai (D) Mahadev Desai
- (3) Who is the author of stanza "Harino Marag Che Shoorano"?
 (A) Kavi Preetam Das (B) Manishankar Ratnajee Bhatta
 (C) Damodar Khushal Botadkar (D) Narsinh Mehta
- (4) Function of Union of India is mentioned in which part of Indian Constitution?
 (A) 6 (B) 4
 (C) 5 (D) 2
- (5) Which Indian sportsperson won bronze in 51 kg category in World Boxing Championship?
 (A) Sukhdev (B) Nishant Dave
 (C) Husamuddin (D) Deepak Bhuriya
- (6) To encourage Indian people for independence movement which English newspaper has been started by Gandhiji in India first?
 (A) Young India (B) Youth India
 (C) Vartaman Bharat (D) Aandolan
- (7) In which age Himalayan Mountain Range formed?
 (A) Satyug (age) (B) Archean age
 (C) Jurassic age (D) Tertiary age
- (8) Stars of sky shine because of which effect of Science?
 (A) Diffusion of Light (B) Refraction of light
 (C) Diffraction of light (D) Division of light
- (9) What is the share of industries in gross national production in India?
 (A) 25% (B) 29%
 (C) 32% (D) 39%
- (10) In which part of Indian constitution, fundamental duties have been included?
 (A) Part -3 (A) (B) Part -5 (A)
 (C) Part - 4 (A) (D) Part - 6 (A)

- (11) Who was the first person to receive “Bharat Ratna” ?
(A) Dr. Rajendra Prasad (B) Dr. Sarvepalli Radhakrishnan
(C) Mahadevbhai Desai (D) Lalbahadur Shastri
- (12) In which of the following programmes interactive board is used?
(A) Pragya Abhigam (B) Bal Project
(C) Virtual Classroom (D) Gyankunj Project
- (13) Unique ID of how many digits is given to the students of a secondary school?
(A) 14 (B) 16
(C) 18 (D) 19
- (14) Education is a subject of which list in Indian Constitution ?
(A) Central List (B) State list
(C) Joint List (D) District list
- (15) In which organ, there is insulin production?
(A) Stomach (B) Pancreas
(C) Large intestine (D) Brain
- (16) In which country Hockey World Cup (Mens) - 2023 was organised?
(A) India (B) Japan
(C) France (D) Brazil
- (17) Where is the World’s Biggest Mineral Oil Purification Plant?
(A) Jamnagar (B) Ankleshwar
(C) Digboi (D) Dehradun
- (18) How many leaves including holidays have been decided for Gujarat Secondary and Higher Secondary Schools for the year 2023-24 by Gujarat Secondary and Higher Secondary Education Board?
(A) 79 (B) 80
(C) 81 (D) 82
- (19) According to National Education Policy-2020, which institution has been authorized for monitoring of minimum commercial and quality standards followed by State/Central Schools?
(A) PARAKH (B) SWAYAM
(C) DIKSHA (D) SSSA
- (20) Up to which class education is expected in mother tongue in National Education Policy 2020?
(A) Class 6 (B) Class 8
(C) Class 10 (D) Class 5

- (21) If the syllabus is changed because of business and industries then this is considered as effect of which factors on educational objectives?
- (A) Cultural factors (B) Social factors
(C) Economical factors (D) Ethical factors
- (22) “Without thinking on what a person is doing what he should do”? This thought is connected with which goals of education ?
- (A) Ethical goals (B) Goals of attaining knowledge
(C) Goal of complete life (D) Goals of good use of free time
- (23) Objectives, syllabus, institutions and time limit if all of these are decided then this is considered as which form of education?
- (A) Informal (B) Formal
(C) Illegal (D) Joint
- (24) Which program does not directly apply to Informal learning?
- (A) Knowledge of alphabets (B) Examination
(C) Education of business (D) Deaddiction
- (25) Which of the following issues is not included in three issues of learning process?
- (A) Starting (B) Result
(C) Process (D) Evaluation
- (26) Some children are introverts, some are extroverts, some are talkative and some of them are shy. This type of difference in children is known as -
- (A) Physical difference (B) Difference in personality
(C) Difference in hobbies (D) Social difference
- (27) Which of the following is not included in different intelligence quotients ?
- (A) Intelligence Quotient (I.Q.) (B) Spiritual Quotient (S.Q.)
(C) Regional Quotient (R.Q.) (D) Emotional Quotient (E.Q.)
- (28) Who has developed vocational interest modification?
- (A) McDougall (B) Strong
(C) Morgan (D) Garrett
- (29) Which experiment is used to measure abilities/powers like Art, Music, Creativity in a person?
- (A) Attitude Criteria (B) Interest experiment
(C) Zest/Rasa modification (D) Aptitude experiment
- (30) Which is not included in three types of internal processes in a class?
- (A) Teacher-Student Behaviour (B) Student-Material Behaviour
(C) Teacher-Material Behaviour (D) Student-Student Behaviour

- (31) Which of the following is not included in commonly used three middle position statistical measures?
(A) Mean (B) Median
(C) Mode (D) Midpoint
- (32) Which is different from the three tests of evaluation ?
(A) Written (B) Oral
(C) Practical (D) Functional
- (33) With which of the following is spreadsheet related?
(A) Microsoft Excel (B) Microsoft Powerpoint
(C) Microsoft Word (D) Access
- (34) Whose philosophy of education is shown in “Framing and Clading” ?
(A) Gijubhai Badheka (B) Nanabhai Bhatt
(C) Taraben Modak (D) J. Krishnamurti
- (35) Education by productive labour, for productive labour, and can only be of productive labour”
(A) Mahatma Gandhiji (B) Ravindranath Tagore
(C) Mr. Arvind (D) Swami Vivekananda
- (36) Which of the following principles is not included in principles of John Dewey?
(A) Principle of utility (B) Principle of inclination
(C) Principle of labour (D) Principle of zest(rasa)
- (37) New India Literacy Program (NILP) has been started for illiterates of which age group?
(A) 15 years and above (B) 15 years to 55 years
(C) 6 years to 14 years (D) 21 years to 65 years
- (38) Which is known as one nation one digital platform ?
(A) PM eVIDYA (B) BISAG-N
(C) DIKSHA (D) Vande Gujarat Channel
- (39) Who talked about learning by senses ?
(A) Dr. S. Radhakrishnan (B) Ravindranath Tagore
(C) Mahatma Gandhi (D) Maharishi Arvind
- (40) Who started learning by senses for special children?
(A) Maria Montessory (B) Grace Fernold
(C) Jim Piaget (D) Ivan Pavlov

- (41) Which of the following pairs of psychologists associated with study is correct?
 (A) Trial and Error - Vygotsky (B) Behaviourism - Pavlov
 (C) Constructivism - Skinner (D) Conditioning by factors – Thorndike
- (42) Which of the following is not a characteristic learning process?
 (A) Experience is necessary for learning
 (B) Interaction with environment is necessary for learning
 (C) Learning can enter from one condition to the other
 (D) Memory is necessary for learning
- (43) Who gave Discovery learning approach ?
 (A) Robert Gagne (B) Jerome Brunner
 (C) Bandura (D) Ausubel
- (44) What will be the area of a circle having radius 14 cm? A formula is used by children to answer this question. Which intellectual skill he or she has obtained?
 (A) Differentiation (B) Concept
 (C) Rule (D) Solution of the problem
- (45) In which of the following disorders intellectual skill of children destroys?
 (A) Down Syndrome (B) ADHD
 (C) Cerebral Palsy (D) Autism
- (46) Which of the following will be on top level according to Bloom's Taxonomy?
 (A) Evaluation (B) Creation
 (C) Isolation (D) Utilization
- (47) Which of the following is unsuitable in achievement test ?
 (A) Sufficient time given to the students to answer all of the questions
 (B) Class is related with progress(development)
 (C) Education work is given at the end
 (D) Questions are selected to test the skills of a student
- (48) Which of the following measurements of middle position cannot be shown?
 (A) Mean (B) Extension
 (C) Median (D) Mode
- (49) Which of the following is not true for standard deviation (σ)?
 (A) Group Category will be as much as the low value of standard deviation
 (B) Standard deviation increases by the addition of any constant number in marks
 (C) If all the marks are multiplied by only one number then standard deviation increases at the same rate
 (D) Standard deviation is used to know the variability of the marks

- (50) Which of the following is not a characteristic of E-content?
 (A) These are only in digital format
 (B) It is presented by webpage or any other medium
 (C) It contains only animation
 (D) It can be linked with QR code.
- (51) Which of the following is not OER ?
 (A) BISAG - N (B) GROWER
 (C) NROER (D) e-pathshala
- (52) Which of the following subjects (issue) does not apply in the concept of E-learning?
 (A) Learning-Teaching is a present time field. (B) Learning has only one option.
 (C) Class learning is interesting (D) Information is available online.
- (53) Summary of which cannot be applied excepting its related groups. This is what type of modification?
 (A) Experimental modification (B) Survey
 (C) Basic Modification (D) Functional modification
- (54) "Children is creator of knowledge and not consumer." This is the conclusion of –
 (A) Behaviourism (B) Naturalism
 (C) Rationalism (D) Constructivism
- (55) Learning is a natural process and not manmade. Who gave this concept?
 (A) Aristotle (B) Rousseau
 (C) Froebel (D) Montessori
- (56) R, U, X, A, D, ? To complete the series what will replace the "?" question mark
 (A) F (B) G
 (C) H (D) I
- (57) 1, 3, 3, 6, 7, 9, 9, 12, 21, ? To complete the series what will replace the "?" question mark
 (A) 10 (B) 11
 (C) 12 (D) 13
- (58) 10, 100, 200, 310, ? To complete the series what will replace the "?" question mark
 (A) 400 (B) 410
 (C) 420 (D) 430
- (59) In a certain code TEACHER is written as VGCEJGT then in the same code CHILDREN can be written as?
 (A) EJKNEGTP (B) EGKNFITP
 (C) EJKNFGTO (D) EJKNFTGP
- (60) In a certain code TWENTY is written as 863985 and ELEVEN is written as 323039 then in the same code TWELVE can be shown by which number?
 (A) 863203 (B) 863584
 (C) 863903 (D) 863063

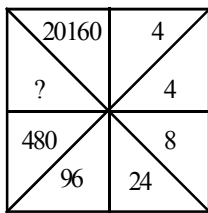
(61) In a certain code language '123' means 'bright little boy' and 145 means 'tall big boy'. In the same way '637' means 'beautiful little flower' then which number will be there for 'bright' ?

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

(62) If + means \times , \times means $-$, \div means $+$ and $-$ means \div then which of the following numbers will be the solution of $175 - 25 \div 5 + 20 \times 3 + 10$

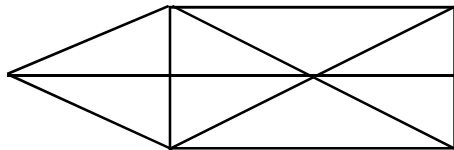
- (A) 77 (B) 160
(C) 240 (D) 2370

(63) Select the appropriate option for '?' in the following figure



- (A) 860 (B) 1140
(C) 2880 (D) 3240

(64) How many triangles are there in the given figure?



- (A) 15 (B) 16 (C) 17 (D) 18

(65) What will be the angle in degrees between minute and hour hand of a clock at 3:40 ?

- (A) 140 (B) 150 (C) 130 (D) 120

(66) Select the odd pair:

- (A) Yoghurt - milk (B) Sandal - leather
(C) Peanut - oil (D) Sugar - sugarcane

(67) Arrange the letters of the given word alphabetically.

(1) INTERANAL (2) INSECT (3) INCOME (4) INTERN (5) INSIDE

- (A) 3, 2, 5, 4, 1 (B) 3, 4, 5, 2, 1
(C) 4, 5, 1, 3, 2 (D) 3, 1, 2, 4, 5

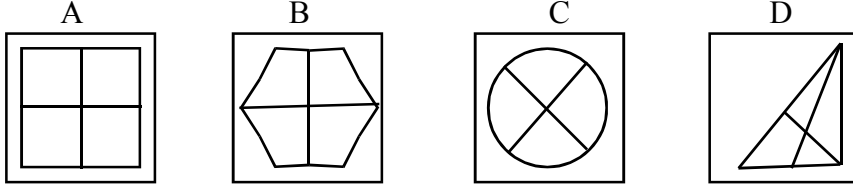
(68) If first day of a leap year is Sunday then how many Sundays will be there in the same year?

- (A) 50 (B) 51 (C) 52 (D) 53

(69) A person drives his car 50 km towards east after that he turns right and drives 30 km. Then he turns west and drives 10 km. How much away he is from the starting point?

- (A) 20 km (B) 50 km (C) 100 km (D) 60 km

(70) Select the different figure.



(A) A (B) B (C) C (D) D

(71) અગ્નિનો સમાનાર્થી છે.

(A) અનલ (B) અનિલ (C) અનંગ (D) તપસ

(72) નીચેનામાંથી કર્મધારેય સમાસનું ઉદાહરણ છે.

(A) તકસાધુ (B) કલ્પવૃક્ષ (C) પંચામૃત (D) પરમેશ્વર

(73) તમારાથી વડીલો સામે ઊંચા અવાજે ન બોલાય. - વાક્યનો પ્રકાર ઓળખો.

(A) કર્તરિ (B) કર્મણિ (C) ભાવે (D) પ્રેરક

(74) સફળતા જિંદગીની હસ્તરેખામાં નથી હોતી, ચણાયેલ ઈમારત એના નકશામાં નથી હોતી. આ કાવ્યનો પ્રકાર જણાવો.

(A) દુહા (B) મુક્તક (C) હાઈકુ (D) સોનેટ

(75) ખોટી જોડણી કઈ છે ?

(A) સુદંઢ (B) દીકરી (C) અકસ્માત્ (D) કનિષ્ઠ

(76) 'નીરવ' શબ્દનો વિરુદ્ધાર્થી શબ્દ શું થાય ?

(A) સૂમસામ (B) ઘવલ (C) પીડા (D) કોલાહલ

(77) સમાનાર્થી શબ્દોની ખોટી જોડ હોય તે વિકલ્પ કયો છે ?

(A) ખોભણ - ગુફા (B) અનરવો - હિંમતવાન (C) અડવડિયું - લથડિયું (D) આર્દ્રતા - મૃદુતા

(78) 'ઘોડાના સવારને બેસવા માટે ઘોડાની પીઠ પર રાખવાનું રૂ કે ઊંનનું આસન' - શબ્દસમૂહ માટેનો એક શબ્દ કયો છે?

(A) દળી (B) ટેકણિયું (C) પીઠિકા (D) માંચડો

(79) વિરામચિહ્નોનો ઉચિત પ્રયોગ ન થયો હોય તેવું વાક્ય કયું છે ?

(A) હાશ ! હવે નિરાંત થઈ !
 (B) પ્રશ્નપત્ર જોઈ વિદ્યાર્થીઓ મૂંઝાયા, એમને કાંઈ સૂઝ પડી નહીં, ઉત્તરપત્રો મૂકી દઈને ચલતી પકડી.
 (C) મેં જાણ્યું : મારાં લખાણો એને ગમતાં નથી.
 (D)તો મારો દુશ્મન છે.

(80) શબ્દ અને તેના અનેકાર્થી શબ્દોની ખોટી જોડ હોય તેવો વિકલ્પ કયો છે ?

(A) ગુણ - પણછ, દોરું (B) કૂટ - ઠગાઈ, શિખર
 (C) કાંત - મન, અંતઃકરણ (D) કર - કિરણ, સૂંઢ

(81) આપેલ વાક્યોમાં રેખાંકિત કરેલ શબ્દનો ઉચિત પ્રયોગ થયો હોય તેવું વાક્ય કયું છે ?

(A) મેં આ પત્ર કે ઠરાવ વાંચ્યા નથી. (B) કામ વેળાસર થાય તે જ અગત્યનું છે.
 (C) સાંજે છ વાગે જાહેર ગ્રંથાલય બંધ થાય છે. (D) દરેકે આવકમાંથી યથાશક્તિ પ્રમાણે દાન કરવું જોઈએ.

- (82) 'દેવ્યૈશ્વર્ય' શબ્દનો સંધિવિગ્રહ શું થાય ?
 (A) દેવ + ઐશ્વર્ય (B) દેવે + એશ્વર્ય
 (C) દેવ્ય + ઐશ્વર્ય (D) દેવી + એશ્વર્ય
- (83) આપેલાં વાક્યોમાં 'કર્મણિ વાક્ય' કયું છે ?
 (A) એ સમયમાં લોકો જુગાર રમતા. (B) એણે પચાસ માણસોને જમાડ્યા.
 (C) સરકાર તરફથી આ મહિને અનાજ અપાયું છે. (D) અશોક કંઈ બોલ્યો ન હોત.
- (84) 'છત્રી પર નામ-સરનામું લખવાનો ઉપાય ખરેખર કારગત નીવડ્યો.' - વાક્યમાં રેખાંકિત કરેલ શબ્દ 'ખરેખર' ક્રિયાવિશેષણનો કયો પ્રકાર છે ?
 (A) અભિગમવાચી ક્રિયાવિશેષણ (B) સમયવાચક ક્રિયાવિશેષણ
 (C) રીતિવાચક ક્રિયાવિશેષણ (D) સ્થાનવાચક ક્રિયાવિશેષણ
- (85) 'મારો હંસલો નાનો ને દેવળ જૂનું રે થયું.' - અલંકાર ઓળખાવો.
 (A) વ્યક્તિરેક અલંકાર (B) અતિશયોક્તિ અલંકાર
 (C) રૂપક અલંકાર (D) ઉપમા અલંકાર
- (86) Mahesh was too smart. (Remove 'too' without changing the meaning.)
 (A) Mahesh was not smart at all.
 (B) Mahesh was smart more than required.
 (C) Mahesh was foolish.
 (D) I was doubtful whether Mahesh was smart or not.
- (87) INS Arihant is Indian Naval ship. (Fill in the blanks)
 (A) The & an (B) An & an
 (C) A & an (D) The & the
- (88) Most students have brought their homework. of them have not completed it yet.
 (A) None (B) Few
 (C) Each (D) A little
- (89) મેં મારા વાળ કપાવ્યા. - આ વાક્યનું ચોક્કસ અંગ્રેજી ભાષાંતર શું થશે ?
 (A) I cut my hair. (B) I clipped my hair.
 (C) I got my hair cut. (D) I had a nice hair cut.
- (90) Give the nearest meaning of word : 'Phantom'.
 (A) existent (B) imaginary
 (C) corporeal (D) tangible
- (91) Give the verb form of 'little'.
 (A) alittle (B) unlittle
 (C) belittle (D) bilittle

- (92) Change the voice : “What caused COVID-19 ?”
 (A) What was COVID-19 caused by ? (B) What was caused by COVID-19 ?
 (C) By what is COVID-19 caused ? (D) By what COVID-19 was caused ?
- (93) Select the word or phrase which is closest to the opposite in meaning of the underlined word : “Rahul will never accept your request.”
 (A) turn over (B) turn down
 (C) turn up (D) reject
- (94) Add a suitable question tag : Radha, one of my neighbours slipped off a staircase. ?
 (A) did she (B) does she
 (C) doesn't she (D) didn't she
- (95) Fill in the blanks with appropriate set of prepositions : Nidhi travelled her mother all the world when she was 17 years old.
 (A) by, above (B) for, around
 (C) with, around (D) with, over
- (96) Turn this sentence into English : “હજુ પણ હું તેને ત્યાં એકલી ઊભેલી જોઈ શકતો હતો.”
 (A) I could still saw her standing there alone. (B) I could still see her stood there alone.
 (C) I could still see her standing there alone. (D) I can still see her standing there alone.
- (97) Fill in the blanks with the appropriate word / words : Rohan and Nayan have been on vacation May 2023. They to Manali for a week.
 (A) for, had gone (B) since, had gone
 (C) for, have gone (D) since, have gone
- (98) Mantra got the first prize last week. Find out the correct option to get the underlined answer.
 (A) Which prize did Mantra get last week ?
 (B) When did Mantra get the first prize ?
 (C) Which prize Mantra got last week ?
 (D) Where did Mantra get the first prize ?
- (99) Ravi in this company for five years. Find out correct form of verb from the options.
 (A) works (B) is working
 (C) has been working (D) have worked
- (100) Find out the correct spelling from the options.
 (A) Spactacular (B) Spectacular
 (C) Spactaculor (D) Specteculor

- (101) Which charitable Trusts Provides honorary health service in the Panchmahal District ?
 (A) Anandi (B) Chetna
 (C) Sewa Rural (D) Anjali
- (102) For approximately how many thousand people population is one primary health center set up in villages?
 (A) Forty thousand (B) Thirty thousand
 (C) Fifty thousand (D) Twenty Five thousand
- (103) What is the benefit of Uddiyan Bandh ?
 (A) Excess “pitta” is got rid of (B) Asthma is cured
 (C) Decision Power increases (D) The Kundalini Power is aroused
- (104) Which of the following Pranayam activities is used in the treatment of low blood pressure?
 (A) Chandrabhedan (B) Sheetli
 (C) Anulom - vilom (D) Sooryabhedan
- (105) Pick out the benefit of Shalabhasana.
 (A) Neck muscles become strong
 (B) Hands & legs become strong
 (C) Liver, gall bladder, kidneys and adrenal glands become strong
 (D) Physical fatigue is got rid of
- (106) Where was the International Football Federation (FIFA) established ?
 (A) In Tokyo (B) In Paris
 (C) In Delhi (D) In New York
- (107) How many grams does a ball used for volley ball weight ?
 (A) 260 to 280 (B) 220 to 240
 (C) 240 to 260 (D) 280 to 300
- (108) What is the height of the net For Women’s Volley ball?
 (A) 2.24 m (B) 2.42 m (C) 1.24 m (D) 2.30 m
- (109) When was the handball Federation of India established ?
 (A) In 1972 (B) In 1976 (C) In 1960 (D) In 1936
- (110) For how many Seconds can a team have the ball continuously with them without shooting a basket ?
 (A) Twenty (B) Twenty Five
 (C) Twenty four (D) Thirty

- (111) In which year was the basket ball Federation of India established ?
 (A) In 1948 (B) In 1849
 (C) In 1950 (D) In 1951
- (112) What is the number of substitute player in one team of Kabaddi ?
 (A) 4 (B) 7
 (C) 6 (D) 5
- (113) Which is the final skill of Discus throw.
 (A) Rotation (B) Change of leg
 (C) Grip (D) Stance
- (114) How many kilograms does the discus used for girls weigh ?
 (A) 2.50 (B) 2.25
 (C) 2 (D) 1
- (115) What is the diameter of the crossbar Used in high Jump ?
 (A) 3cm to 3.5 cm (B) 35 cm to 4.5 cm
 (C) 2.9 cm to 3.1 cm (D) 3.5 cm to 4 cm
- (116) What is the length of a baton ?
 (A) 28 to 30 cm (B) 32 to 34 cm
 (C) 20 to 22 cm (D) 22 to 24 cm
- (117) Which baton exchanging method is more popular in a 4 x 100 meter relay race?
 (A) Non - Visual (B) Balanced
 (C) Visual (D) Unbalanced
- (118) Who Was the creator of “Yoga Sootra” ?
 (A) Maharshi Patanjali (B) Raj - rishi Muniji
 (C) Maharshi Vyasa (D) Swami Krupalvanandaji
- (119) Who has declared the International Yoga day ?
 (A) U.S.A. (B) India
 (C) United Nations (U.N.) (D) Canada
- (120) By which name are the first five steps of Ashtanga yoga are known ?
 (A) Extrovert (B) External
 (C) Internal (D) Conscience

- (121) Which of the following is not a type of Niyam ?
 (A) Non - Violence (B) Penance
 (C) Self - Study (D) Purity
- (122) Which mantra should be uttered before starting the tenth position of Surya Namaskar ?
 (A) “ॐ सवित्रे नमः ” (B) “ॐ अर्काय नमः ”
 (C) “ॐ भास्कराय नमः ” (D) “ॐ मित्राय नमः ”
- (123) Where is the shape of “Gomukh” (Face of a cow) formed While doing Gomukhasana ?
 (A) Near the waist (B) Near the shoulder
 (C) Behind the back (D) Near both the knees
- (124) Which Asana is useful for problems related to the navel ?
 (A) Uttanpadasan (B) Poorna Titli Asana
 (C) Shavasana (D) Gomukhasana
- (125) Which of the following is not a reason for the cause of Accidents ?
 (A) Proper coaching (B) The layouts of the ground
 (C) Tools used in sports (D) Weather
- (126) Which of the following races is considered to be short distance running?
 (A) 3000 m (B) 2000 m
 (C) 1500 m (D) 100 m
- (127) What is the width of the pit used for Long Jump ?
 (A) 2.25 m (B) 2.50 m
 (C) 2.75 m (D) 3.00 m
- (128) What is the height of the shot put ring ?
 (A) 7.6 m (B) 5.6 m
 (C) 6.6 m (D) 8.6 m
- (129) Years ago by which name was the game of Kabaddi played in the eastern part of India ?
 (A) Hu... du... du (B) Chedu... gudu
 (C) Hu... tu... tu (D) “Kanu Bada”
- (130) What should be the maximum weight of the players of the boys team in the age group below 17 years ?
 (A) 53 kg (B) 57 kg
 (C) 51 kg (D) 48 kg

- (131) What is the height of the net in men's volley ball ?
 (A) 2.43 m (B) 2.24 m
 (C) 2.22 m (D) 2.20 m
- (132) Where was the first "World Volley ball championship" competition for men organised ?
 (A) In Italy (B) In Czecho-slovakia
 (C) In Bulgaria (D) In Romania
- (133) In which country did the game of Cricket begin ?
 (A) England (B) India
 (C) Australia (D) New Zealand
- (134) Which day is celebrated as the International Yoga day ?
 (A) 21 March (B) 21 June
 (C) 21 July (D) 21 May
- (135) Yoga means to restrain
- | | |
|----------------------|----------------------|
| (A) Feelings | (B) Senses |
| (C) Thoughts of mind | (D) Mental abilities |
- (136) Which Mudra is used in Pranayam ?
 (A) Shoonya Mudra (B) Gnyan Mudra
 (C) Pranav Mudra (D) Viprit Karani Mudra
- (137) What is the best example of Pratyahar ?
 (A) A mud elephant (B) Lion
 (C) Fish (D) Tortoise
- (138) Which Asana in to be done in standing position ?
 (A) Tadasan (B) Bhadrasan
 (C) Gomukhasan (D) Makarasan
- (139) Which Asana is to be done in sitting position ?
 (A) Shavasan (B) Makarasan
 (C) Tadasan (D) Padmasan
- (140) What is requited to be healthy for physical and mental health of a person ?
 (A) Body (B) Mind
 (C) Body and mind (D) None of the above

- (141) How many levels of the health are there ?
 (A) Four (B) Five
 (C) Six (D) Seven
- (142) Which test measures the jumping ability of the player ?
 (A) Standing broad jump (B) Vertical Jump
 (C) Shuttle run (D) 800 metres run
- (143) Which solution is required to start in case of dehydration ?
 (A) Salt (B) Sugar
 (C) Lemon (D) ORS
- (144) In case of the honey bee bite, what is to be rubbed on the stinged part ?
 (A) Ice (B) Tincture Iodine
 (C) Hot water soaked piece of cloth (D) Tincture Benzoin
- (145) In case of fracture, what should be applied while tying a bandage ?
 (A) Solution (B) Splint
 (C) Antiseptic (D) Thick cloth
- (146) While doing heavy type of exercises the 'oxygen debt' is created. When it is cleared ?
 (A) Immediately after completing the exercise.
 (B) Within 30 minutes after completing the exercises
 (C) Within few minutes after completing the exercises
 (D) When the heart beats and the veins become normal
- (147) Which running is not included in the sprint running ?
 (A) 100 m Running (B) 200 m Running
 (C) 1500 m Running (D) 400 m Running
- (148) Where is the starting block fixed.
 (A) On the starting line (B) Behind starting line
 (C) Touching the starting line (D) Beyond the starting line in his lane
- (149) How many types of crossing the finish line are there ?
 (A) One (B) Two (C) Three (D) Four
- (150) How many metres long the approach run way is kept in long jump ?
 (A) 30 mtr. (B) 40 mtr. (C) 45 mtr. (D) 55 mtr.

- (151) Which position is not true in the crouch position ?
 (A) On the mark (B) Set
 (C) Vertical (D) Go
- (152) What is the width of a take - off board ?
 (A) 15 cm (B) 20 cm
 (C) 25 cm (D) 30 cm
- (153) In how many parts the whole action of long jump is divided ?
 (A) One (B) Two
 (C) Three (D) Four
- (154) What is the first step of Antrang yoga ?
 (A) Samadhi (B) Dharana
 (C) Yama (D) Meditation
- (155) Which Asana removes gas from stomach ?
 (A) Setuksana (B) Pavanmuktasana
 (C) Lolasana (D) Ushtrasana
- (156) What is the meaning of Bhujang from the following ?
 (A) Bhuja (B) Hip
 (C) Serpent (D) Water
- (157) How is Lolasana to be performed ?
 (A) sitting position (B) lying on the back
 (C) lying on the stomach (D) standing position
- (158) Which disease spread through air ?
 (A) Typhoid (B) Influenza
 (C) Eczema (D) Anthrax
- (159) Which Vaccine is given to prevent TB ?
 (A) D.P.T. (B) O.P.V.
 (C) Small Pox (D) B.C.G
- (160) Diseases are classified in how many types ?
 (A) One (B) Two
 (C) Three (D) Four

- (161) Who had invented the Ayurvedic therapeutic method?
(A) Ayurvedacharya (B) Guru Dronacharya
(C) Saints and Sages (D) Yogacharya
- (162) How many levels are there for health framework ?
(A) Three (B) Four
(C) Five (D) Six
- (163) Which therapeutic method has side effects ?
(A) Ayurved (B) Yogopchar
(C) Homeopathy (D) Allopathy
- (164) Which distance of running is included in middle distance running ?
(A) 50 mtrs. (B) 100 mtrs.
(C) 200 mtrs. (D) 800 mtrs.
- (165) What is the minimum weight of baton ?
(A) 30 grams (B) 40 grams
(C) 50 grams (D) 45 grams
- (166) What is the minimum length of approach run in high jump ?
(A) 5 mtrs. (B) 10 mtrs.
(C) 15 mtrs. (D) 20 mtrs
- (167) What is the maximum weight for cross bar in high jump ?
(A) 2.00 kg (B) 3.00 kg
(C) 4.00 kg (D) 5.00 kg
- (168) What is the length of a pit in high jump ?
(A) 2 mtrs (B) 3 mtrs
(C) 4 mtrs (D) 5 mtrs
- (169) What is the weight of discus for men ?
(A) 1 kg (B) 2 kg
(C) 3 kg (D) 2.5 kg
- (170) How many skills of discus throw are there ?
(A) 3 (B) 4
(C) 7 (D) 8

- (171) How far is the baulk line from center line in men's Kabaddi court ?
(A) 3.5 meters (B) 4.0 meters
(C) 3.75 meters (D) 4.50 meters
- (172) What is the length for men's Kabaddi court ?
(A) 7 mtr. (B) 13 mtr.
(C) 10 mtr. (D) 12 mtr.
- (173) Where was the first world basketball championship was organised ?
(A) Japan (B) Germany
(C) Russia (D) America
- (174) What is the length - width of the ground at basketball ?
(A) 25 m x 15 m (B) 27 m x 15 m
(C) 28 m x 15 m (D) 29 m x 15 m
- (175) What Should be the weight of the ball of basketball?
(A) 600 gm to 650 gm (B) 625 gm to 650 gm
(C) 625 gm to 630 gm (D) 610 gm to 630 gm
- (176) How is the handball game started ?
(A) Throw off (B) Penalty throw
(C) Throw - in (D) Free throw
- (177) What is the radius of centre circle ?
(A) 8 yards (B) 9 yards
(C) 10 yards (D) 11 yards
- (178) What is the duration of the game of one half (one play) ?
(A) 45 minutes (B) 50 minutes
(C) 55 minutes (D) 40 minutes
- (179) How many studs are there at a sole of boot of football game ?
(A) 5 (B) 7
(C) 8 (D) 10
- (180) What is the length of antenna in volleyball game?
(A) 1 mtrs (B) 1.30 mtrs
(C) 1.50 mtrs (D) 1.80 mtrs

- (181) Indian Olympic Association was formed in the year
- (A) 1928 (B) 1929 (C) 1927 (D) 1930
- (182) What is the aim of Physical education ?
- (A) To develop the organic system of the body
 (B) to develop neuromuscular coordination or skills
 (C) Development of psychomotor skills.
 (D) All of the above
- (183) When and where was the Olympic flag used for the first time ?
- (A) 1896, Athens (B) 1920, Antwerp
 (C) 1996 Atlantis (D) None of the above
- (184) In the ancient Greece "Asclepias" was
- (A) God of Sea (B) God of healing
 (C) God of Fire (D) God of water
- (185) In which year the National Anthem of India was played for first time in Olympics ?
- (A) 1948 (B) 1928 (C) 1952 (D) 1932
- (186) AAHPER youth Fitness Test is mainly used to measure
- (A) Leg and arm strength (B) Arm and shoulder strength
 (C) Whole body strength (D) Hand strength and flexibility
- (187) Very simple method is considered to measure the strength of the body of the physical Fitness test.
- (A) Pullups (B) carrying a specific load
 (C) Howard step test. (D) Throw a cricket ball away
- (188) Skinfold caliper measures
- (A) Height of a body (B) Body fat
 (C) Respiration level of body (D) Weight of body
- (189) First National Institute of Physical education is the Institute at
- (A) Gwalior (B) Delhi
 (C) Patiala (D) Chandigarh
- (190) A method in which the instructor assumes a more passive role and guides the student instructions is called teaching in physical education
- (A) Direct (B) Indirect
 (C) Both a & b (D) None of the above

- (191) How many phases of skill learning are there ?
 (A) 3 (B) 4
 (C) 5 (D) 6
- (192) Which teaching method is most recommended for physical education ?
 (A) Multisensory strategy (B) Movement education
 (C) Differentiated instruction (D) None of the above
- (193) which of the following factors do not influence health ?
 (A) Education and literacy (B) Physical environment
 (C) Allocentric behaviour (D) Biology & Genetics
- (194) The most important function of a first aid for a casualty is
 (A) Treating the casualty (B) taking casualty to a doctor
 (C) saving life using available means (D) arrange transportation
- (195) 'sit & reach' test measure
 (A) Abdominal strength (B) Back flexibility
 (C) Hamstring flexibility (D) both b & c
- (196) Glycolysis occurs in
 (A) Nucleus (B) Lysosome
 (C) Cytoplasm (D) Ribosome
- (197) The digestive juices present in the stomach helps to digest
 (A) Proteins only (B) Fats only
 (C) Carbohydrates only (D) Fats & Proteins
- (198) Which of the following is not related with cognitive domain ?
 (A) Understanding (B) Knowledge
 (C) Valueing (D) Application
- (199) Which agency does anti-doping capacities and code in all sports and all countries?
 (A) world Anti-doping agency (B) International body against doping
 (C) Play true, play safe (D) International body for sports
- (200) The hormone which controls the rate of the heartbeat and is secreted in blood is ...
 (A) Thyroxine (B) Insulin
 (C) Testosterone (D) Adrenaline



Space for Rough Work

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પરીક્ષા પૂરી થયા બાદ ઉત્તરપત્ર (OMR SHEET) ખંડ નિરીક્ષકને ખુલ્લું (કવરમાં મુક્યા વગર) પરત કર્યા બાદ જ પરીક્ષા ખંડ છોડવાનો રહેશે. તેમ કરવામાં કસૂર થયેથી શિસ્તભંગના પગલાં ગણી પરીક્ષા માટે જે તે ઉમેદવારને ગેરલાયક ઠેરવવામાં આવશે.