

Sikkim Public Service Commission

Written Examination for the post of Lecturer (Health & Physical Education), DIETs

Time Allowed: 3.00 hours

PAPER – 2 PHYSICAL EDUCATION

Maximum Marks: 100

INSTRUCTIONS TO CANDIDATES

Read the instructions carefully before answering the questions: -

1. IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS BOOKLET DOES NOT HAVE ANY UNPRINTED, TORN OR MISSING PAGES OR ITEMS. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.
2. Use only Black Ball Point Pen to fill the OMR Sheet.
3. Please note that it is the candidate's responsibility to fill in the Roll Number carefully without any omission or discrepancy at the appropriate places in the **OMR ANSWER SHEET** as well as on **SEPARATE ANSWER BOOKLET** for Conventional Type Questions. Any omission/discrepancy will render the Answer Sheet liable for rejection.
4. Do not write anything else on the OMR Answer Sheet except the required information.
5. This Test Booklet is divided into two sections – **Section A** and **Section B**.
6. **Section A is Methodology and carries 60 marks whereas Section B is Content and carries 40 marks.**
7. Both Sections are **Compulsory**.
8. The objective type questions for Section A and Section B have to be marked in two **separate OMR Sheets**.
9. The conventional type questions for Section A and Section B have to be answered in two **separate Answer Booklets**.
10. Before you proceed to mark in the OMR Answer Sheet, you have to fill in some particulars as per given instructions.
11. After you have completed filling in all your responses on the OMR Answer Sheet and the examination has concluded, you should hand over the OMR Answer Sheets and the Answer Booklets to the Invigilator only. You are permitted to take with you the Test Booklet.
12. **Marking Scheme**
THERE WILL BE **NEGATIVE MARKING** FOR WRONG ANSWERS MARKED BY A CANDIDATE IN THE OBJECTIVE TYPE QUESTIONS
 - (i) There are four alternatives for the answer to every question. For each question for which a wrong answer has been given by the candidate, one-third of the marks assigned to the question will be deducted as penalty.
 - (ii) If a candidate gives more than one answer, it will be treated as a wrong answer even if one of the given answers happens to be correct and there will be same penalty as above to the question.
 - (iii) If a question is left blank. i.e., no answer is given by the candidate, there will be no penalty for that question.

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE ASKED TO DO SO

SECTION A

(Multiple Choice Questions)

Answer Questions 1 to 20 by choosing the correct option. Each question carries 1 mark.
[20 x 1 = 20]

1. The imitation method of teaching is best suited to teaching _____.
(a) Adolescents
(b) Children
(c) Adults
(d) Women
2. In a skill-centered lesson plan utmost emphasize should be given on:
(a) Class Management
(b) Recreation
(c) Practice
(d) Instructions
3. Teaching of Physical activities must follow:
(a) Scientific Procedure
(b) Principle of Economy
(c) Human Resource Conservation Principles
(d) Skilful Performance Principles
4. The most modern teaching aid used in Physical Education and Sports Programme is:
(a) Magnetic- Board
(b) Multimedia
(c) High Resolution Movie Camera
(d) Motion Pictures
5. Who plays a more significant role in Project method of Teaching?
(a) Teacher
(b) Class Leader
(c) Institution's Head
(d) Student Himself
6. Sociologists consider sports as a
(a) Human urge for Excellence
(b) Life Commitment
(c) Survival Activity
(d) Socio – Cultural Phenomenon
7. Which of the following conditions has nothing to do with the occurrence of plateau in learning?
(a) Fatigue
(b) Monotony
(c) Distraction
(d) Physiological Limit
8. The teaching of motor skills should be based on the principle of:
(a) Selectivity
(b) Complexity
(c) Progression
(d) Flexibility
9. Which one of the following is least concerned with the concept of motivation?
(a) Drive
(b) Sympathy
(c) Need
(d) Motive
10. Which of the following is considered as the Sociological Dimension of Human Personality?
(a) The ego
(b) The ID
(c) The Conscience
(d) The Superego
11. When teaching combative sports, Children of the same age should be grouped according to:
(a) Height
(b) Weight
(c) Strength
(d) Body Mass
12. The most effective means of developing cardiovascular fitness is:
(a) Aerobics
(b) Yoga
(c) Weight Training
(d) Walking
13. With weight training, muscles need _____ (time) to recover between workouts.
(a) 48 hours
(b) 36 hours
(c) 24 hours
(d) 12 hours
14. A classic demonstration of explosive strength can be seen in:
(a) Gymnastic arm hang
(b) Shot-Putter in Action
(c) Soccer player chipping the ball
(d) An Archer drawing the Bow

15. Name the component of fitness that contains most bio-motor abilities and is the expression of one's neuromuscular efficiency?
- (a) Strength
 - (b) Power
 - (c) Coordination
 - (d) Agility
16. In technical terms, the trustworthiness of a test is called _____.
- (a) Reliability
 - (b) Validity
 - (c) Objectivity
 - (d) Relativity
17. Asking a good question is the beginning of
- (a) Science
 - (b) Research
 - (c) Observation
 - (d) Search for truth
18. Which of these elements is not included in a health-related test of Physical Fitness?
- (a) Strength
 - (b) Endurance
 - (c) Reaction Time
 - (d) Flexibility
19. A rule or standard by which anything is adjudged, is known as a/an _____.
- (a) Tool
 - (b) Test
 - (c) Measurement
 - (d) Instrument
20. Which of the following is not a part of the perceptual motor skill test?
- (a) Sensing
 - (b) Understanding
 - (c) Tapping
 - (d) Seeing

(Short Answer Type Questions)

Attempt any 4 (four) from Questions 21 to 26. Each question carries 5 marks.

[4 x 5 = 20]

21. Define Teaching. Write the Principles of Teaching.
22. What are teaching aids? Explain the criteria for selecting teaching aids in Physical Education.
23. Explain Growth and Development. Write the various stages of growth and development.
24. What do you mean by Learning Curve? Explain its types and characteristics.
25. Define Training Load. Write down the types of Training Load.
26. Define Test. Explain the criteria for selecting a test in Physical Education.

(Long Answer Type Questions)

Attempt any 2 (two) from Questions 27 to 29. Each question carries 10 marks.

[2 x 10 = 20]

27. Describe the various types of teaching methods applicable for Physical Education and Sports.
28. Define sports psychology. Explain the types and importance of Motivation in learning.
29. Define sports training. Explain its characteristics and principles.

SECTION B

(Multiple Choice Questions)

Answer Questions 1 to 10 by choosing the correct option. Each question carries 1 mark.
[10 x 1 = 10]

1. Originally, the ancient Olympic games were a sort of -
 - (a) Social Gathering
 - (b) Religious Festival
 - (c) Eloquence Contests
 - (d) Gladiatorial Sports
2. The Central Advisory Board of Physical Education and Recreation was established in -
 - (a) 1948
 - (b) 1950
 - (c) 1952
 - (d) 1954
3. The reference point for the most of our postural standards is -
 - (a) Lying Positions
 - (b) Sitting Positions
 - (c) Standing Position
 - (d) Walking Position
4. One deformity may lead to the development of another. Knock-knees may be caused as a result of -
 - (a) Flat Feet
 - (b) Boss Legs
 - (c) Genu Legs
 - (d) Scoliosis
5. Which of the following Rishis wrote the 'Yoga Sutras'?
 - (a) Gemini
 - (b) Kapila
 - (c) Patanjali
 - (d) Kanav
6. **Pranayama**, practiced so religiously by all pupils at Gurukulas in the ancient time- is virtually a stage of the -
 - (a) Bhakti Yoga
 - (b) Kundalini Yoga
 - (c) Brahma Yoga
 - (d) Astang Yoga
7. Pain after exercise may be due to -
 - (a) Noxious feeling
 - (b) Lack of Energy
 - (c) Oxygen Want
 - (d) Time of Exercise
8. Various muscle cells may differ in their shape and structure but they are all alike in their ability to -
 - (a) Act
 - (b) Contract
 - (c) React
 - (d) Intract
9. In a single league tournament played by six teams, the total number of matches shall come to -
 - (a) Five
 - (b) Ten
 - (c) Fifteen
 - (d) Thirty
10. The most important aim of the first aid is to _____.
 - (a) Arrange for Transportation.
 - (b) Diagnose the cause of accident/injury.
 - (c) Treat the affected Individual.
 - (d) Save life within the means available.

(Short Answer Type Questions)

Attempt any 4 (four) from Questions 11 to 15. Each question carries 5 marks.

$$[4 \times 5 = 20]$$

11. Define Physical Education. Explain the importance of Physical Education in the present era.
12. Describe the meaning of Mental health. Clarify its relationship with physical health.
13. Explain the effects of Asanas and Pranayama on various systems of the body.
14. Define Physiotherapy. Explain the principles of Physiotherapy.
15. Write the importance and principle of officiating.

Space for rough work

Long Answer Type Questions

Attempt any 1 (one) from Questions 16 to 17. Each question carries 10 marks.

$$[1 \times 10 = 10]$$

16. Write the importance of anatomy and exercise physiology in Physical Education. Explain in detail the cardio-vascular system with the help of a diagram.
17. Explain in detail the meaning and types of tournaments. Draw a fixture on knock-out basis for 19 teams.

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Space for rough work

Space for rough work