

**Sikkim Public Service Commission**  
**Main Written Examination for the Post of Sub Inspector**  
**PAPER - II PHYSICAL EDUCATION**

Time allowed: 3.00 Hrs

Maximum Marks: 250

**INSTRUCTION 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 OR TORN OR MISSING PAGES OR ITEMS ETC. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.**
- 2. Use only Black Ball Point Pen to fill the OMR Sheet.**
- 3. Do not write anything else on the OMR Answer Sheet except the required information.**
- 4. This Test Booklet contains 50 questions in MCQ Mode in Part I to be marked in OMR Sheet. Part II and Part III are Subjective Questions which have to be written on separate answer sheet provided to you.**
- 5. Before you proceed to mark in the Answer Sheet (OMR), you have to fill in some particulars in the Answer Sheet (OMR) as per given instructions.**
- 6. After you have completed filling in all your responses on the Answer Sheet (OMR) and the examination has concluded, you should hand over the Answer Sheet (OMR) and separate answer sheet to the Invigilator only. You are permitted to take with you the Test Booklet.**
- 7. 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**

### PART - I

Choose the correct answer for the following questions:

(3x50=150)

1. Which of the following expressions reflects the true nature of physical education as an academic discipline:
  - A. Science of movements
  - B. Movement education
  - C. Kinesiology
  - D. Physical training
2. Which of the following fields of knowledge has nothing to do with physical education:
  - A. Biomechanics
  - B. Anthropometry
  - C. Geophysics
  - D. Nutrition
3. In common language, the aim of physical education is:
  - A. Recreation for all
  - B. Neuromuscular skill development
  - C. Socio cultural development
  - D. All round development of personality
4. Principle wise-the word growth refers to:
  - A. Musculo skeletal aspect
  - B. Empiricism
  - C. Motor skill acquisition
  - D. Assimilation of knowledge
5. Which age represents a child's functional condition and has significance for physical education:
  - A. Chronological age
  - B. Physiological age
  - C. Mental age
  - D. Anatomical age
6. The real difference between education and physical education lies in:
  - A. Philosophy
  - B. Methodology
  - C. Objectives
  - D. Approach

7. The management of physical education should be:
- A. Principle centered
  - B. Person centered
  - C. Activity centered
  - D. Ideal centered
8. Which of the following is the Chief executive in the organization of sports system in a University:
- A. Vice Chancellor
  - B. Dean, Education Faculty
  - C. Director, Physical education
  - D. Dean, Students Welfare.
9. In a knockout basis tournament where 17 teams of Footballers are participating, the number of matches to be played in the first round shall be:
- A. Seven
  - B. One
  - C. Five
  - D. Two
10. If 24 teams entered in a Volley ball tournament, the number of Byes to be given shall be:
- A. Nil
  - B. Four
  - C. Six
  - D. Eight
11. What is the number of Chromosomes in human cell:
- A. 26
  - B. 36
  - C. 46
  - D. 56
12. The seat of life in human body is
- A. Heart
  - B. Brain
  - C. Liver
  - D. Cell



**13. The strongest bone in the human skeleton is**

- A. Scapula
- B. Humerus
- C. Radius
- D. Femur

**14. The joint in the carpal bones is called:**

- A. Ball and socket joint
- B. Saddle joint
- C. Pivot joint
- D. Hinge joint

**15. Which of following is mainly responsible for blood clotting:**

- A. Red blood cells
- B. White blood cells
- C. Haemoglobin
- D. Blood Platelets

**16. Where are the blood platelets produced in human body:**

- A. In the spleen
- B. In Pancreas
- C. In Cerebellum
- D. In the bone marrow.

**17. What is resting per minute respiratory rate of an adult person:**

- A. 16times
- B. 18 times
- C. 20 times
- D. 22 times

**18. In normal conditions, the amount of Oxygen required by the lungs is:**

- A. 2,000 CC
- B. 1,500 CC
- C. 1,300 CC
- D. 1,000 CC

**19. Control centre of the reflexes is located in the:**

- A. Spinal cord
- B. Cerebrum
- C. Pons
- D. Medulla oblongata

**20. Which of the following glands is known as the master gland:**

- A. Thyroid
- B. Pituitary
- C. Para thyroid
- D. Adrenals

**21. Which of the following ability is not ascribed to the muscle tissue:**

- A. Ability to contract
- B. Ability to respond to stimulation
- C. Ability to extend and stretch
- D. Ability to get de shaped.

**22. The number of muscle fibres in a motor unit are:**

- A. Limited
- B. Fixed
- C. Variable
- D. Impossible to know

**23. In a healthy adult person the systolic blood pressure ranges between:**

- A. 80-90 mm Hg
- B. 100-110 mm Hg
- C. 110-120 mm Hg
- D. 130-140 mm Hg

**24. The Central Advisory Board of Physical Education and Recreation was established in the year:**

- A. 1948
- B. 1950
- C. 1952
- D. 1954

**25. The Olympic motto – Citius, Altius, Fortius – in sequence means:**

- A. Higher, Stronger, Faster
- B. Faster, Stronger, Higher
- C. Faster, Higher, Stronger
- D. Stronger, Faster, Higher.

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26. Name the crucial factor in determining the amount and kind of information that is retained in our memory:
- A. Interest
  - B. Utility
  - C. Experience
  - D. Attention
27. Attention is very closely related to :
- A. Complex
  - B. Habit
  - C. Interest
  - D. Sentiment
28. Which of the following emotion is peculiar to human beings:
- A. Love
  - B. Fear
  - C. Laughter
  - D. Anger
29. The prime movers of behavior are:
- A. Instincts
  - B. Emotions
  - C. Sentiments
  - D. Habits
30. Psychologically, the key to the learning of athletic skills is:
- A. Motivation
  - B. Sophisticated equipments
  - C. A well planned lesson
  - D. Teaching methodology
31. Which aspect of personality does super ego reflects:
- A. Biological
  - B. Anthropological
  - C. Social
  - D. Psychological

- 32. Social transformation among people, has made sports today a big:**
- A. Business
  - B. Industry
  - C. Cohesive force
  - D. Money spinner
- 33. In its true concept, health is best considered as:**
- A. Simply freedom from disease
  - B. A quality of life
  - C. An attitude towards self
  - D. A social attribute
- 34. To which of the following does School Health Education Programme not addressed to:**
- A. Health instructions
  - B. Health supervision
  - C. Health research
  - D. Health Environment
- 35. The greatest health hazard at the moment is the ever increasing:**
- A. Drinking habit with man
  - B. Pollution of air, water and atmosphere
  - C. Population of under developed countries
  - D. Number of automobiles on the road
- 36. From the viewpoint of personal hygiene, which one of the following is the chief instrument of health and longevity:**
- A. Good habits
  - B. Nutrition
  - C. Clean surroundings
  - D. Proper education
- 37. Disordered emotions such as fear, hatred, pessimism etc., may produce physical disturbances of the :**
- A. Muscular system
  - B. Nervous system
  - C. Alimentary system
  - D. Skeletal system



- 38. Which of the following disease is due to virus:**
- A. Influenza
  - B. Cholera
  - C. Migraine
  - D. Constipation
- 39. What type of disease is Cholera:**
- A. Contageous
  - B. Air borne
  - C. Pollution borne
  - D. Water borne
- 40. The condition which must draw a first aider's immediate attention on seeing casualty is :**
- A. Swelling of the limb
  - B. Severe bleeding
  - C. Shivering
  - D. Bone fracture
- 41. The most important aim of first aid is to :**
- A. Arrange transportation of the casualty
  - B. Diagnose the cause of the accident/injury
  - C. Treat the affected individual
  - D. Save life within the means available
- 42. What is the main sign of dislocation:**
- A. Deformity
  - B. Swelling
  - C. An open wound
  - D. Tenderness
- 43. Excess carbohydrates in the body gets converted into fats by the liver and stored in the :**
- A. Bone marrow
  - B. Body cells
  - C. Adipose tissues
  - D. Intestines



**44. The diet for the sportsperson ought to be very rich in:**

- A. Vitamins
- B. Fats
- C. Proteins
- D. Carbohydrates

**45. According to law of motion, the stability of a an object is greater when its:**

- A. Weight is increased
- B. Line of gravity falls outside
- C. Centre of gravity is raised
- D. Centre of gravity is lower

**46. Which of the following sports gear does not act as a lever:**

- A. Bat
- B. Hockey stick
- C. Ball
- D. Pole vault pole

**47. The most effective way of developing cardiovascular fitness is:**

- A. Aerobics
- B. Yoga
- C. Weight training
- D. Walking

**48. With weight training, muscles need time to recover between workouts, generally about:**

- A. 48 Hours
- B. 36 Hours
- C. 24 Hours
- D. 12 Hours

**49. A joint friendly warm up is one in which movements are :**

- A. Quick, Short and Fast
- B. Slow but hard
- C. Springy and Rangy
- D. Slow, controlled using full range of movements.

**50. Which of the following exercise types involves contraction without movements:**

- A. Isometric
- B. Isotonic
- C. Isokinetic
- D. Ballistic

**PART - II**

**Attempt ANY TWO of the following:**

**(25 X 2 = 50)**

- (1) Define Physical Education. Discuss principles and scope of physical education.
- (2) Classify muscles with the help of suitable diagram. Write the effects of exercise on muscles.
- (3) Describe the physical education programme in pre and post independence India.
- (4) Define health education and explore widely the utility of health education towards present scenario.
- (5) What do you understand by Physical Fitness? Explain the components of physical fitness. How can you develop these components through training programme ?

**PART - III**

**Answer ANY FIVE of the following:**

**(10 X 5 = 50)**

- (1) Meaning and types of tournaments.
- (2) Procedure for purchase of sports equipments, their proper care and maintenance.
- (3) Explain the various joints in human body.
- (4) Define motivation. Explain its types and role in sports.
- (5) Discuss the role of physical education as a socializing force.
- (6) Enlist the basic nutrients with their specified functions.
- (7) Enumerate various sports injuries. Explain any one of them.
- (8) Define Motion and explain the law of motion.