

# Sikkim Public Service Commission

## Written (Main) Examination for the post of Sub-Jailer

Time Allowed: 3 hours

PAPER - II  
PHYSICAL EDUCATION

Maximum Marks: 250

### INSTRUCTIONS TO CANDIDATES

Read the instructions carefully before answering the questions: -

1. This Test Booklet consists of 8 (eight) pages and has 63 (sixty-three) printed questions.
2. 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.
3. Use only Black Ball Point Pen to fill the OMR Sheet.
4. 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.
5. Do not write anything else on the OMR Answer Sheet except the required information. Before you proceed to mark in the OMR Answer Sheet, please ensure that you have filled in the required particulars as per given instructions.
6. This Test Booklet is divided into 3 (three) parts - Part-I, Part-II and Part-III.
7. All three parts are Compulsory.
8. Part-I consists of Multiple-Choice Questions. The answers for these questions have to be marked in the OMR Answer Sheet provided to you.
9. Parts II and III consist of Conventional Type Questions. The answers for these questions have to be written in the Separate Answer Booklet provided to you.
10. After you have completed filling in all your responses on the OMR Answer Sheet and the Answer Booklet(s) and the examination has concluded, you should hand over the OMR Answer Sheet and the Answer Booklet(s) to the Invigilator only. You are permitted to take the Test Booklet with you.
11. **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**  
**(Multiple Choice Questions)**

*Choose the correct answer for Questions 1 to 50 from the given options. Each question carries 3 marks.*  
*[50 x 3 = 150]*

1. Most definitions agree that the essence of physical education is:
  - (a) recreation
  - (b) relaxation
  - (c) movement
  - (d) struggle for existence
2. Out of the following, name the activity which is considered a complete discipline in itself.
  - (a) gymnastics
  - (b) rhythmic
  - (c) calisthenics
  - (d) combatives
3. Adapted physical education refers to the activity programme for the:
  - (a) visually impaired people
  - (b) mentally retarded persons
  - (c) very old people
  - (d) physically challenged people
4. In reaching the level of maturity, girls are ahead of boys almost by:
  - (a) half a year
  - (b) one year
  - (c) one and half years
  - (d) two years
5. What grows very quickly during the first few years of life and during adolescence?
  - (a) skeleton
  - (b) muscle fibres
  - (c) lymph and nerves
  - (d) blood vessels
6. All playing areas in an indoor sport complex must be laid in:
  - (a) south-west direction.
  - (b) east-west direction.
  - (c) north-south direction.
  - (d) any direction.
7. According to the laid-down procedure, how many byes shall be given in the upper-half of the fixture of a tournament in which 11 teams enter?
  - (a) two
  - (b) three
  - (c) five
  - (d) None of the above
8. When 10 teams enter a tournament, the fixture shall be played in:
  - (a) three rounds.
  - (b) four rounds.
  - (c) five rounds.
  - (d) nine rounds.
9. In which of the following track events, runners use no starting blocks?
  - (a) 400 m
  - (b) 800 m
  - (c) 200 m
  - (d) 100 m
10. Football is virtually a non-stop action game, but in several crucial situations the clock stops. Which of the following is one such situation?
  - (a) After a goal is scored.
  - (b) When penalty kick is to be taken.
  - (c) At the discretion of the referee.
  - (d) When a corner kick is to be taken
11. Which part of the cell contains chromosomes?
  - (a) Nucleus
  - (b) Mitochondria
  - (c) Cytoplasm
  - (d) Golgi apparatus



12. The largest gland in the human body is  
 (a) Pancreas  
 (b) Spleen  
 (c) Liver  
 (d) Salivary glands
13. The irregular bones are found in the:  
 (a) chest  
 (b) cheeks  
 (c) legs  
 (d) arms
14. The number of cervical vertebrae in the human skeleton is:  
 (a) seven  
 (b) five  
 (c) four  
 (d) three
15. The amount of blood pushed out of the left ventricle into the aorta in one spurt is called:  
 (a) heart beat  
 (b) blood pressure  
 (c) stroke volume  
 (d) heart stroke
16. What type of tissue is bone marrow?  
 (a) adipose  
 (b) connective  
 (c) areolar  
 (d) cellular
17. Which one of the following organs the nerve tissue does not make up?  
 (a) myocardium  
 (b) brain  
 (c) spinal cord  
 (d) peripheral nerves
18. The average vital capacity of an adult male is:  
 (a) 3400 cc.  
 (b) 4000 cc.  
 (c) 4400 cc.  
 (d) 5000 cc.
19. Essentially, all of the energy of isometric contractions appears as:  
 (a) external work.  
 (b) efficiency.  
 (c) storage.  
 (d) heat.
20. The contractile elements of the muscle fibres are called:  
 (a) contractile proteins.  
 (b) spindles.  
 (c) myofibrils.  
 (d) myofilaments.
21. The ancient Olympic Games were held in the honour of God \_\_\_\_\_.  
 (a) Apollo  
 (b) Zeus  
 (c) Poseidon  
 (d) Mars
22. The Rajkumari Amrit Kaur Coaching Scheme was introduced in:  
 (a) 1951-52  
 (b) 1952-53  
 (c) 1953-54  
 (d) 1954-55
23. The Olympic Games have had their origin in ancient times in:  
 (a) Rome.  
 (b) Egypt.  
 (c) China.  
 (d) Greece.
24. No sportsperson or team can participate in the Olympic Games without permission from the:  
 (a) Government of India  
 (b) Sports Authority of India  
 (c) National Federation of that Sport  
 (d) Indian Olympic Association

25. Which of the following is known as the acquired form of behaviour?
- instincts
  - habits
  - emotions
  - reflexes
26. The chief objective of all emotions is:
- preservation of life.
  - draining out bad feelings.
  - charge the body with explosive energy.
  - keeping organism healthy
27. Emotions are an extremely vital form of:
- learning and education.
  - information and communication.
  - habits and behavioural tendencies.
  - Sensory and motor responses.
28. The relationship between personality and performance has become significantly clearer, mainly due to-
- research and development.
  - efforts and athletes and coaches.
  - critical eye of some sport psychologists.
  - intervention of educationists and physical educators.
29. Which of the following is not an environmental factor influencing development?
- socioeconomic status
  - Heritability
  - untreated illness
  - culture
30. The reduction of social loafing has direct and important implications for effective:
- intra-group relationships.
  - coaching.
  - strategies for success.
  - training regimens.
31. In order to live most happily, it is important first of all to have good \_\_\_\_.
- social status
  - health
  - amount of wealth
  - social relationship
32. For adults, the intake of calories is directly proportional to their \_\_\_\_.
- age.
  - sex.
  - type and intensity of work.
  - physical condition
33. The agent for the transmission of airborne diseases is:
- body contact
  - droplet nuclei
  - ingestion
  - inoculation
34. Where from do we get the purest form of water to drink?
- rains
  - springs
  - lakes
  - wells
35. The major objective of the School Health Education Programme is to:
- control disease.
  - educate children about their health and hygiene.
  - arrange nutritious diet for the students.
  - keep the school environment pollution free.
36. The time interval between the entry of disease-agent in the body and manifestation of clinical symptoms is called:
- disease cycle.
  - convalescence.
  - fastigia.
  - incubation period.

37. Which of the following types of education aims at creating a quality of life that makes man live most and live best?
- health education
  - sport education
  - general education
  - physical education
38. Sprains in the knee, wrist or ankle often occur as a result of:
- bad falls.
  - hanging and singing.
  - excessive twisting motion.
  - tearing of tendons.
39. Eighty five percent injuries in sports are:
- cuts
  - strains
  - abrasions
  - sprains
40. What is the main sign of dislocation?
- deformity
  - swelling
  - an open wound
  - tenderness
41. From the viewpoint of fitness, priority training is a basic form of:
- endurance training.
  - speed training.
  - relaxation training.
  - weight training.
42. Which of the following activities involves optimum change of centre of gravity?
- shuttle run
  - somersault
  - javelin throw
  - vertical jump
43. The lower centre of gravity in women becomes an obstacle in their ability to:
- carry head load
  - shift body weight
  - jump higher
  - swim long distances
44. Warming, before a hard physical workout, is very important in that it helps to:
- mobile energy necessary for exercise.
  - prevent soreness and injury to muscles and bones.
  - prepare you for the specific type of work you are likely to undertake.
  - pop up psychologically and physiologically for challenging activity.
45. In order to accelerate his speed while running, as athlete should:
- keep his head bent forward.
  - adopt a high-knee action.
  - move his arms faster.
  - run on toes.
46. Sports and physical education are best learnt by:
- watching
  - performing
  - competing
  - thinking
47. Which of the components of fitness mentioned below is unalterable because it is inborn?
- strength
  - agility
  - flexibility
  - coordination
48. The best way to develop muscle strength is to:
- run and up and down the hills several times
  - perform increasing number of squats and dips
  - exercise muscles against gradually progressing resistance
  - do plyometric exercises regularly



49. In the body, the movable joint connecting one bone to another is the:
- lever.
  - fulcrum.
  - resistance.
  - pivot.

50. What develops the motion in a body segment?
- strength
  - will power
  - force
  - lever

## PART - II

### (Conventional Type Questions)

Answer any 2 (two) from Questions 51 to 55. Each question carries 25 marks.

[2 x 25 = 50]

- What are the sub-disciplines in Physical Education? Write the role of sub-disciplines in Physical Education?
- Describe in detail about the cell structure and its function with a suitable diagram.
- Write the composition and functions of the Indian Olympic Association.
- What are the causes of Communicable Diseases? How can you prevent and control Communicable Diseases?
- What do you mean by Electrotherapy and Hydrotherapy? Explain their uses with basic Principle.

## PART - III

### (Conventional Type Questions)

Answer any 5 (five) from Questions 56 to 63. Each question carries 10 marks.

[5 x 10 = 50]

- Explain the aims and objectives of Physical Education.
- What do you mean by League Tournament? Draw a fixture of 7 Teams according to Cyclic Method.
- Explain Respiratory System with suitable diagram. Write the effects of exercise on Respiratory System.
- Name different postural defects. Describe any one in detail giving its causes and correction.
- What is personality? Write the role of sports in Personality Development.
- Elaborate the term "Psycho-Physical Unity of a Man".
- What is balanced diet? Write the role of basic nutrients in our body.
- Explain the meaning and Laws of Equilibrium.

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