Ph. D. (Physical Education) Entrance Examination 2026 **Time : 2 Hours**

Do not open this Test Booklet until you are asked to do so. **Maximum Marks : 100**

Immediately fill in the particulars on this page of the Question Booklet and the Answer Sheet with Blue/Black Ball Point Pen. Use of pencil is strictly prohibited.

Name of the candidate (In Capital Letters) : _____

Roll Number (In Figure) :

(In Words) : _____

Name of Examination Centre (in Capital Letters) : _____

Candidate's Signature : _____ Invigilator's Signature _____

Important Instructions :

This booklet contains 100 objective type questions. First 50 questions of Research Methodology and Second 50 questions of Subject Specific. Each having four options a, b, c, d.

1. Candidates are not allowed to carry textual material printed or written, bits of papers, pages, mobile phone, electronic device or any other material except the Admit Card inside the Examination Hall/Room.
2. The candidates should fill in the required particulars on the Test Booklet and Answer Sheet with Blue/ Black Ball Point Pen.
3. The candidate should not write their Roll Number anywhere else (except in the specified space) on the Test Booklet/Answer Sheet.
4. Out of the four options given for each question, the candidate must mark one correct option as an answer only.
5. There is no negative marking for any wrong answer.
6. Handle the Test Booklet and Answer Sheet with care, as under no circumstances (except for discrepancy in the Test Booklet Code and Answer Sheet Code), will another set be provided.
7. The candidates are not allowed to do any rough work or writing work on the Answer Sheet. All calculations/writing work are to be done in the space available in the Test Booklet itself.
8. Each candidate must show on demand her Admit Card to the Invigilator.
9. No candidate, without special permission of the Superintendent or Invigilator, should leave her seat.
10. The candidate should not leave the Examination Hall without handing over their Answer Sheet and Test Booklet to the invigilator on the duty and signing the Attendance Sheet.
11. No part of the Test Booklet and Answer Sheet shall be detached under circumstances.

NOTE : THIS BOOKLET SHALL BE RETAINED FOR SIX MONTH ONLY.

(Research Methodology)

1. A researcher has 12,000 households and wants a systematic sample of 600 households. The sampling interval should be:

A. 10
B. 15
C. 20
D. 25

2. Spearman's rank correlation is particularly appropriate when:

A. Variables are ranked/ordinal or assumptions for Pearson correlation are unsuitable
B. Both variables must be nominal
C. The researcher is comparing two means
D. The dependent variable is necessarily binary

3. The Kruskal-Wallis test is a non-parametric alternative to:

A. Independent t-test
B. Paired t-test
C. One-way ANOVA
D. Pearson correlation

4. The Mann-Whitney U test is generally used as a non-parametric alternative to:

A. Paired t-test
B. Independent-samples t-test
C. One-way ANOVA
D. Pearson correlation

5. A complete list of all elements from which a sample is actually drawn is called:

A. Population parameter
B. Research universe
C. Sample statistic
D. Sampling frame

6. Which of the following best distinguishes basic research from applied research?

A. Basic research is always quantitative, whereas applied research is qualitative
B. Basic research primarily develops knowledge/theory, whereas applied research addresses practical problems
C. Basic research uses primary data, whereas applied research uses secondary data
D. Basic research does not require hypotheses

7. A researcher obtains a p-value of 0.03 and uses a 5% significance level. What is the appropriate decision?

A. Reject H0 because $0.03 < 0.05$
B. Accept H0 because $0.03 < 0.05$
C. Reject H1 because $0.03 > 0.01$
D. No decision can be made from the p-value

8. Suppose training increases employee motivation, which subsequently increases productivity. Motivation is best described as:

A. Control variable
B. Intervening variable
C. Extraneous variable
D. Sampling-frame variable

9. A researcher changes or selectively manipulates recorded data so that the results support the hypothesis. This is:

A. Fabrication
B. Falsification
C. Peer review
D. Triangulation

10. A sample mean is 80, population standard deviation is 20 and sample size is 100. Using z=1.96, the approximate 95% confidence interval is:

A. 76.08 to 83.92
B. 78.04 to 81.96
C. 60.00 to 100.00
D. 79.60 to 80.40

11. The principal purpose of a pilot study is to:

A. Produce the final findings
B. Test and refine research procedures and instruments before the main study
C. Replace the sampling process
D. Guarantee external validity

12. Which test is most appropriate for comparing the means of two independent groups when the assumptions of a parametric test are reasonably satisfied?

A. Independent-samples t-test
B. Chi-square test
C. Wilcoxon signed-rank test
D. Kruskal-Wallis test

13. A theoretical framework primarily:

A. Specifies the computer software to be used
B. Replaces the research design
C. Determines the sample size automatically
D. Connects the research problem with relevant theories and concepts

14. A chi-square goodness-of-fit test has four categories. The degrees of freedom are:

A. 2
B. 3
C. 4
D. 5

15. A researcher invents observations that were never actually collected and enters them into the dataset. This is:

A. Plagiarism

B. Fabrication
C. Falsification
D. Self-citation

16. A population contains four strata with sizes 100, 200, 300 and 400. If a proportional sample of 100 is required, the number selected from the third stratum should be:

A. 20
B. 25
C. 30
D. 40

17. A survey records the following frequencies for four response categories: 20, 35, 25 and 20. What is the cumulative frequency after the third category?

A. 55
B. 60
C. 80
D. 100

18. A questionnaire contains 40 items. A researcher removes 8 poorly performing items. What percentage of the original items has been removed?

A. 15%
B. 20%
C. 25%
D. 32%

19. A one-way ANOVA has three groups and 45 total observations. The within-groups degrees of freedom are:

A. 2
B. 3
C. 42
D. 44

20. The primary purpose of research design is to:

A. Determine only the sample size
B. Provide a logical framework for answering the research questions
C. Eliminate the need for data analysis
D. Ensure that every hypothesis is accepted

21. Which design is strongest for establishing a causal relationship between an independent and dependent variable?

A. Descriptive design
B. Historical design
C. Cross-sectional survey
D. Experimental design

22. A sample has a mean of 50 and standard deviation of 10. If the sample size is 100, the standard error of the mean is:

A. 0.1
B. 1
C. 10

D. 100

23. A researcher observes that several studies have examined employee satisfaction but very few have investigated whether satisfaction differs between remote and hybrid employees. This observation primarily helps the researcher identify:

A. Sampling error
B. Type-I error
C. Measurement scale
D. Research gap

24. A one-way ANOVA compares four groups, each containing 10 observations. The total number of observations is 40. The between-groups degrees of freedom are:

A. 3
B. 4
C. 36
D. 39

25. In a regression equation Y=20+3X, an increase of 4 units in X is associated with a predicted increase in Y of:

A. 4
B. 7
C. 12
D. 80

26. Validity primarily concerns:

A. Consistency only
B. Whether an instrument measures what it is intended to measure
C. Sample size
D. Response rate

27. A researcher studies the reasons for unusually high employee turnover in one organisation and recommends immediate changes in its HR policies. This research is most appropriately classified as:

A. Fundamental research
B. Conceptual research
C. Historical research
D. Action research

28. Which source is generally considered a scholarly source?

A. Anonymous social-media post
B. Peer-reviewed journal article
C. Commercial advertisement
D. Unverified blog post

29. Which of the following best represents a research question?

A. Employee motivation is positively related to productivity.
B. To determine whether training improves productivity.
C. Does training intensity influence employee productivity?
D. Training intensity is the independent variable.

30. Snowball sampling is particularly useful when:

A. A complete sampling frame exists
B. The population is hidden or difficult to reach
C. Equal probability selection is mandatory
D. The population is extremely homogeneous

31. A researcher decides in advance to interview 50 male and 50 female consumers but selects participants through convenience. This is:

A. Stratified random sampling
B. Quota sampling
C. Cluster sampling
D. Systematic sampling

32. Which Boolean search string would most effectively retrieve literature concerning both employee engagement and remote work while allowing either term 'employee engagement' or 'work engagement'?

A. employee engagement OR remote work
B. employee engagement AND remote work OR work engagement
C. (employee engagement OR work engagement) AND remote work
D. employee engagement NOT remote work

33. The major conceptual difference between stratified and cluster sampling is that:

A. Stratified sampling is always non-probability sampling
B. Strata are usually internally similar, while clusters are ideally miniature representations of the population
C. Clusters are always smaller than strata
D. Stratified sampling never uses random selection

34. Cronbach's alpha is primarily associated with:

A. Sampling error
B. Internal consistency reliability
C. External validity
D. Normality testing

35. A normal distribution has mean 100 and standard deviation 15. What is the z-score for an observation of 130?

A. 1
B. 1.5
C. 2
D. 2.5

36. A researcher uses Generative AI to help draft a literature review. Which practice is most consistent with responsible research?

A. Submit AI-generated text without verification
B. Assume all AI-generated references are genuine
C. Verify sources, maintain transparency about appropriate AI use, protect confidential data and retain human responsibility for the scholarly work
D. List the AI tool as the sole author of the research paper

37. The main purpose of a research proposal is to:

A. Present only the final statistical results
B. Provide a systematic plan and justification for the proposed research
C. Replace the literature review
D. Guarantee that the hypothesis will be supported

38. In a study, 60 respondents belong to Group A, 90 to Group B and 150 to Group C. What percentage of the sample belongs to Group B?

A. 20%
B. 25%
C. 30%
D. 37.5%

39. A researcher divides employees into departments and randomly selects employees from each department. This is:

A. Cluster sampling
B. Stratified sampling
C. Snowball sampling
D. Convenience sampling

40. If the correlation coefficient between advertising expenditure and sales is r=0.80, the coefficient of determination is:

A. 0.16
B. 0.40
C. 0.64
D. 0.80

41. A questionnaire appears, on superficial inspection, to measure employee satisfaction. This is best described as:

A. Face validity
B. Criterion validity
C. Predictive validity
D. Internal consistency

42. A researcher receives 360 usable responses from 450 distributed questionnaires. The response rate is:

A. 70%
B. 75%
C. 80%
D. 85%

43. A newly developed aptitude test is compared with an established test measuring the same construct. This is evidence most closely related to:

A. Construct validity
B. Face validity
C. Sampling validity
D. Internal validity

44. Increasing sample size generally reduces:

A. Non-sampling error automatically
B. Sampling error
C. Response bias automatically
D. Measurement error automatically

45. For the data 5, 8, 12, 17 and 20, the range is:

A. 12
B. 15
C. 17
D. 20

46. Which question is most clearly open-ended?

A. Are you satisfied? Yes/No
B. Rate satisfaction from 1 to 5
C. What factors influenced your decision to leave the organisation?
D. Do you agree? Strongly agree/Agree/Neutral/Disagree/Strongly disagree

47. Which property distinguishes a ratio scale from an interval scale?

A. Ranking
B. Equal intervals
C. Meaningful absolute zero
D. Categorisation

48. If r= -0.70, the relationship between two variables is:

A. Strong positive
B. Moderate/strong negative
C. Perfect negative
D. No relationship

49. Which of the following is an example of primary data?

A. Data obtained from a published government report
B. Data collected directly by the researcher through interviews
C. Data obtained from an existing journal article
D. Data downloaded from an archival database

50. A researcher receives 270 completed questionnaires out of 360 distributed. If 30 questionnaires are rejected because of missing data, what percentage of distributed questionnaires becomes usable?

A. 60%
B. 66.67%
C. 75%
D. 83.33%

No.		
51	Who is considered the father of modern Olympic Games? / आधुनिक ओलंपिक खेलों का जनक किसे माना जाता है?	
	A	Ernst Jokl
	B	Pierre de Coubertin
	C	Demetrius Vikelas
	D	Avery Brundage
52	Pragmatism in Physical Education emphasizes learning through: / शारीरिक शिक्षा में व्यावहारिकता (Pragmatism) किस माध्यम से सीखने पर जोर देती है?	
	A	Ideas and mental concepts / विचारों और मानसिक अवधारणाओं
	B	Spiritual contemplation / आध्यात्मिक चिंतन
	C	Strict natural laws / कठोर प्राकृतिक नियमों
	D	Direct experience and problem solving / प्रत्यक्ष अनुभव और समस्या समाधान
53	In which year was the Sports Authority of India (SAI) established? / भारतीय खेल प्राधिकरण (SAI) की स्थापना किस वर्ष हुई थी?	
	A	1984
	B	1982
	C	1986
	D	1990
54	The Olympic motto "Citius, Altius, Fortius, Communiter" translates to: / ओलंपिक आदर्श वाक्य "Citius, Altius, Fortius, Communiter" का अर्थ है:	
	A	Stronger, Faster, Higher, Together — मजबूत, तेज़, ऊँचा, साथ मिलकर
	B	Faster, Stronger, Higher, Forever — तेज़, मजबूत, ऊँचा, सदैव
	C	Faster, Higher, Stronger, Together — तेज़, ऊँचा, मजबूत, साथ मिलकर
	D	Higher, Faster, Stronger, Unity — ऊँचा, तेज़, मजबूत, एकता
55	The Ancient Olympic Games were held in honor of which Greek god? / प्राचीन ओलंपिक खेल किस यूनानी देवता के सम्मान में आयोजित किए जाते थे?	
	A	Apollo
	B	Poseidon
	C	Zeus
	D	Ares
56	Which philosophical school of thought posits that physical reality is the ultimate truth? / कौन सी दार्शनिक विचारधारा यह मानती है कि भौतिक वास्तविकता ही अंतिम सत्य है?	
	A	Realism / यथार्थवाद
	B	Idealism / आदर्शवाद

	C	Existentialism / अस्तित्ववाद
	D	Naturalism / प्रकृतिवाद
57	Which statement best represents the relationship between Physical Education and sports? शारीरिक शिक्षा एवं खेलों के बीच संबंध को कौन-सा कथन सर्वोत्तम रूप से दर्शाता है?	
	A	They are completely unrelated / दोनों पूर्णतः असंबंधित हैं
	B	Sports are only recreational activities / खेल केवल मनोरंजक गतिविधियाँ हैं
	C	Physical Education excludes sports / शारीरिक शिक्षा में खेल शामिल नहीं होते
	D	Sports can serve as an important medium of Physical Education / खेल शारीरिक शिक्षा के महत्वपूर्ण माध्यम हो सकते हैं
58	The Olympic Movement is broader than the Olympic Games because it involves: ओलंपिक आंदोलन ओलंपिक खेलों से व्यापक है क्योंकि इसमें शामिल हैं:	
	A	Values and organized activities associated with Olympism / ओलंपिकवाद से संबंधित मूल्य एवं संगठित गतिविधियाँ
	B	Limits it only to medal competitions — इसे केवल पदक प्रतियोगिताओं तक सीमित करता है।
	C	Restricts it to professional sports — इसे केवल पेशेवर खेलों तक सीमित करता है।
	D	Confines it to ancient practices — इसे केवल प्राचीन प्रथाओं तक सीमित करता है।
59	The first Chairman of the All India Council of Sports (AICS) was: / अखिल भारतीय खेल परिषद (AICS) के पहले अध्यक्ष कौन थे?	
	A	Gen. K. M. Cariappa
	B	Rajkumari Amrit Kaur
	C	H. N. Kunzru
	D	Maharaja of Patiala
60	The functional contractile unit of a muscle fiber is the: / मांसपेशी फाइबर की कार्यात्मक संकुचन इकाई (contractile unit) क्या है?	
	A	Myofibril
	B	Sarcoplasmic reticulum
	C	Sarcomere
	D	Epimysium
61	What is the primary energy substrate used during high-intensity short-duration exercise (<10 seconds)? / उच्च तीव्रता और कम अवधि वाले व्यायाम (<10 सेकंड) के दौरान उपयोग किया जाने वाला प्राथमिक ऊर्जा सब्सट्रेट क्या है?	
	A	Glycogen / ग्लाइकोजन
	B	Phosphocreatine (PCr) / फास्फोक्रिएटीन (PCr)
	C	Free Fatty Acids / मुक्त वसा अम्ल
	D	Lactic Acid / लैक्टिक एसिड

62	Excess Post-exercise Oxygen Consumption (EPOC) is primarily responsible for: / व्यायाम के बाद अतिरिक्त ऑक्सीजन खपत (EPOC) मुख्य रूप से किसके लिए जिम्मेदार है?	
	A	Glycogen depletion / ग्लाइकोजन की कमी
	B	Decreasing body temperature / शरीर का तापमान कम करने
	C	Restoring ATP-PCr stores and clearing lactate / ATP-PCr भंडारों को पुनर्स्थापित करने और लैक्टेट को साफ करने
	D	Lowering heart rate artificially / हृदय गति को कृत्रिम रूप से कम करने
63	The volume of blood pumped by the heart per minute is called: / प्रति मिनट हृदय द्वारा पंप किए गए रक्त की मात्रा को कहा जाता है:	
	A	Stroke Volume / स्ट्रोक वॉल्यूम
	B	End-Diastolic Volume / एंड-डायस्टोलिक वॉल्यूम
	C	Tidal Volume / टाइडल वॉल्यूम
	D	Cardiac Output / कार्डियक आउटपुट
64	Which hormone accelerates glycogenolysis in muscle tissue during intense exercise? / तीव्र व्यायाम के दौरान मांसपेशियों के ऊतकों में ग्लाइकोजेनोलिसिस को कौन सा हार्मोन तेज करता है?	
	A	Insulin / इंसुलिन
	B	Estrogen / एस्ट्रोजन
	C	Epinephrine / एपिनेफ्रीन
	D	Melatonin / मेलाटोनिन
65	Type I muscle fibers are characterized by: / टाइप I मांसपेशी फाइबर की विशेषता क्या है?	
	A	Slow contraction, high fatigue resistance, high mitochondrial density / धीमा संकुचन, उच्च थकान प्रतिरोध, उच्च माइटोकॉन्ड्रियल घनत्व
	B	Fast contraction, low mitochondrial density / तेज संकुचन, कम माइटोकॉन्ड्रियल घनत्व
	C	High glycolytic capacity / उच्च ग्लाइकोलिटिक क्षमता
	D	Low capillary density / कम केशिका (capillary) घनत्व
66	The gaseous exchange in lungs occurs at the level of: / फेफड़ों में गैसों का आदान-प्रदान किस स्तर पर होता है?	
	A	Bronchi / ब्रोन्काई
	B	Bronchioles / ब्रोन्किओल्स
	C	Alveoli / एल्वियोली
	D	Trachea / श्वासप्रणाली
67	Frank-Starling Law of the heart states that stroke volume increases in response to an increase in: / हृदय का फ्रैंक-स्टारलिंग नियम बताता है कि स्ट्रोक वॉल्यूम में वृद्धि किसके बढ़ने के जवाब में	

	होती है?	
	A	Afterload / आफ्टरलोड
	B	End-diastolic volume (Preload) / एंड-डायस्टोलिक वॉल्यूम (प्रीलोड)
	C	Heart Rate / हृदय गति
	D	Systemic vascular resistance / सिस्टमिक वैस्कुलर रेजिस्टेंस
68	Flexion and Extension actions occur in which plane around which axis? / फ्लेक्सियन और एक्सटेंशन क्रियाएं किस समतल (Plane) और किस अक्ष (Axis) के चारों ओर होती हैं?	
	A	Sagittal plane around Transverse axis / केवल सैटिटल प्लेन और ट्रांसवर्स एक्सिस
	B	Frontal plane around Sagittal axis / फ्रंटल प्लेन और सजिटल एक्सिस
	C	Transverse plane around Vertical axis / ट्रांसवर्स प्लेन और वर्टिकल एक्सिस
	D	Sagittal plane around Vertical axis / सजिटल प्लेन और वर्टिकल एक्सिस
69	A class 3 lever is characterized by having the: / तीसरी श्रेणी के उत्तोलक (Class 3 lever) की विशेषता क्या होती है?	
	A	Fulcrum in the middle / आलंब (Fulcrum) बीच में होता है
	B	Resistance in the middle / भार (Resistance) बीच में होता है
	C	Fulcrum at the top / आलंब सबसे ऊपर होता है
	D	Force (Effort) between Fulcrum and Resistance / प्रयास (Force) आलंब और भार के बीच में होता है
70	Magnus effect is most prominently observed in: / मैग्नस प्रभाव (Magnus effect) सबसे प्रमुख रूप से किसमें देखा जाता है?	
	A	Spinning motion of a ball in flight / उड़ान में गेंद की कताई गति (Spinning motion)
	B	Linear movement of heavy objects / भारी वस्तुओं की रैखिक गति
	C	Stationary objects under friction / घर्षण के तहत स्थिर वस्तुएं
	D	Vertical jumping mechanics / लंबवत कूद यांत्रिकी
71	The rate of change of momentum of a body is directly proportional to the applied force. This is Newton's: / किसी पिंड के संवेग में परिवर्तन की दर आरोपित बल के समानुपाती होती है। यह न्यूटन का कौन सा नियम है?	
	A	First Law of Motion / पहला नियम
	B	Second Law of Motion / दूसरा नियम
	C	Third Law of Motion / तीसरा नियम
	D	Law of Gravitation / गुरुत्वाकर्षण का नियम
72	When a diver pulls their arms and legs inward during a somersault, their moment of inertia decreases and angular velocity: / जब एक गोताखोर कलाबाजी (somersault) के दौरान अपनी बाहों और पैरों को अंदर की ओर खींचता है, तो उसका जड़त्व आघूर्ण (moment of inertia) घट जाता है	

	और कोणीय वेग (angular velocity):	
	A	Increases / बढ़ता है
	B	Decreases / घटता है
	C	Remains constant / स्थिर रहता है
	D	Becomes zero / शून्य हो जाता है
73	Dynamic friction is always: / गतिक घर्षण (Dynamic friction) हमेशा:	
	A	Greater than static friction / स्थैतिक घर्षण से अधिक होता है
	B	Equal to static friction / स्थैतिक घर्षण के बराबर होता है
	C	Less than static friction / स्थैतिक घर्षण से कम होता है
	D	Unrelated to static friction / स्थैतिक घर्षण से असंबद्ध होता है
74	Abduction and Adduction movements occur in the: / एब्डक्शन और एडक्शन गतियां किस समतल (Plane) में होती हैं?	
	A	Frontal plane / फ्रंटल प्लेन
	B	Sagittal plane / सजिटल प्लेन
	C	Transverse plane / ट्रांसवर्स प्लेन
	D	Horizontal plane / क्षैतिज प्लेन
75	The point around which the mass of a body is equally distributed in all directions is called: / वह बिंदु जिसके चारों ओर किसी पिंड का द्रव्यमान सभी दिशाओं में समान रूप से वितरित होता है, कहलाता है:	
	A	Axis of rotation / घूर्णन का अक्ष
	B	Center of Gravity / गुरुत्वाकर्षण केंद्र
	C	Line of force / बल की रेखा
	D	Point of contact / संपर्क बिंदु
76	The periodization stage aimed at achieving optimal peak performance for competition is: / प्रतियोगिता के लिए इष्टतम शिखर प्रदर्शन प्राप्त करने के उद्देश्य से बनाया गया आवर्तिकरण (Periodization) चरण कौन सा है?	
	A	Preparatory Phase / तैयारी चरण
	B	Maintenance Phase / मेन्टन्न्स् चरण
	C	Transition Phase / ट्रैन्ज़िश्न् चरण
	D	Competition Phase / प्रतियोगिता चरण
77	Fartlek Training method is primarily used to develop: / फ़ार्टलेक प्रशिक्षण विधि मुख्य रूप से किसे विकसित करने के लिए उपयोग की जाती है?	
	A	Maximum Strength / अधिकतम शक्ति
	B	Explosive Power / विस्फोटक क्षमता

	C	Endurance / सहनशीलता (Endurance)
	D	Flexibility / लचीलापन
78	Supercompensation occurs when: / सुपरकंपनसेशन तब होता है जब:	
	A	Rest period is too short / आराम की अवधि बहुत कम होती है
	B	The body adapts and recovers beyond its baseline fitness level / शरीर अपने आधारभूत फिटनेस स्तर से परे अनुकूलित और पुनर्प्राप्त होता है
	C	Overtraining takes place / अति-प्रशिक्षण होता है
	D	Load is continuously reduced without exercise / बिना व्यायाम के भार में लगातार कमी की जाती है
79	Plyometric training utilizes which mechanical and physiological principle? / प्लायोमेट्रिक प्रशिक्षण किस यांत्रिक और शारीरिक सिद्धांत का उपयोग करता है?	
	A	Isometric contraction / आइसोमेट्रिक संकुचन
	B	Isokinetic isolation / आइसोकाइनेटिक अलगाव
	C	Stretch-Shortening Cycle (SSC) / स्ट्रैच-शॉर्टनिंग साइकिल (SSC)
	D	Slow-twitch recruitment / स्लो-ट्विच भर्ती
80	What is the ideal macrocycle duration in standard athletic periodization? / मानक एथलेटिक आवर्तिकरण में एक आदर्श मैक्रोसाइकिल की अवधि क्या होती है?	
	A	3-7 days / 3-7 दिन
	B	2-6 weeks / 2-6 सप्ताह
	C	Several months to 1 year / कई महीने से 1 वर्ष
	D	4 years only / केवल 4 वर्ष
81	High-intensity interval training (HIIT) operates on an optimal ratio of: / हाई-इंटेन्सिटी इंटरवल ट्रेनिंग (HIIT) किसके इष्टतम अनुपात पर काम करती है?	
	A	Work to Rest / कार्य और आराम (Work to Rest)
	B	Load to Volume / भार और आयतन
	C	Speed to Force / गति और बल
	D	Endurance to Power / सहनशक्ति और शक्ति
82	Flexibility is best developed using which of the following advanced techniques? / लचीलापन निम्नलिखित में से किस उन्नत तकनीक का उपयोग करके सर्वोत्तम रूप से विकसित किया जाता है?	
	A	Ballistic stretching / बैलिस्टिक स्ट्रैचिंग
	B	Proprioceptive Neuromuscular Facilitation (PNF) / प्रोप्रियोसेप्टिव न्यूरोमस्कुलर फैसिलिटेशन (PNF)
	C	Static passive hold for 2 seconds / 2 सेकंड के लिए स्थैतिक निष्क्रिय पकड़

	D	Dynamic bouncing / गतिशील बाउंसिंग
83	The ability to react quickly and effectively to a signal is defined as: / किसी संकेत पर त्वरित और प्रभावी प्रतिक्रिया देने की क्षमता को कहा जाता है:	
	A	Reaction Ability / प्रतिक्रिया क्षमता (Reaction Ability)
	B	Acceleration Ability / त्वरण क्षमता
	C	Movement speed / आंदोलन की गति
	D	Locomotor ability / लोकोमोटर क्षमता
84	The Individual Zones of Optimal Functioning (IZOF) model was proposed by: / ऑप्टिमल फंक्शनिंग के व्यक्तिगत क्षेत्र (IZOF) मॉडल का प्रस्ताव किसके द्वारा दिया गया था?	
	A	Daniel Gould
	B	Albert Bandura
	C	Rainer Martens
	D	Yuri Hanin
85	According to the Inverted-U Hypothesis, performance peaks when arousal is: / उल्टे-यू परिकल्पना (Inverted-U Hypothesis) के अनुसार, प्रदर्शन तब चरम पर होता है जब उत्तेजना (Arousal) होती है:	
	A	Extremely low / बहुत कम
	B	Moderate / मध्यम
	C	Maximum / अधिकतम
	D	Absent / अनुपस्थित
86	Social Loafing in sports teams refers to: / खेल टीमों में सोशल लोफिंग का तात्पर्य है:	
	A	Reduction in individual effort when working in a group / समूह में काम करते समय व्यक्तिगत प्रयास में कमी
	B	Increased performance due to audience / दर्शकों के कारण बढ़ा हुआ प्रदर्शन
	C	Conflict among team members / टीम के सदस्यों के बीच संघर्ष
	D	High social integration / उच्च सामाजिक एकीकरण
87	Self-efficacy theory was developed by: / आत्म-प्रभावकारिता सिद्धांत (Self-Efficacy Theory) किसके द्वारा विकसित किया गया था?	
	A	B.F. Skinner
	B	Carl Rogers
	C	Sigmund Freud
	D	Albert Bandura
88	Which state of anxiety is considered a temporary, situational emotional state? / चिंता (Anxiety) की कौन सी स्थिति एक अस्थायी, परिस्थितिजन्य भावनात्मक स्थिति मानी जाती है?	
	A	State Anxiety / अवस्था चिंता (State Anxiety)
	B	Trait Anxiety / लक्षण चिंता (Trait Anxiety)

	C	Somatic Trait Anxiety / दैहिक लक्षण चिंता
	D	Chronic Anxiety / क्रोनिक चिंता
89	The process of learning social norms, values, and behaviors through participation in sports is: / खेलों में भागीदारी के माध्यम से सामाजिक मानदंडों, मूल्यों और व्यवहारों को सीखने की प्रक्रिया कहलाती है:	
	A	Socialization / सामाजिककरण
	B	Stratification / स्तरीकरण
	C	Institutionalization / संस्थागीकरण
	D	Commercialization / व्यवसायीकरण
90	Frustration-Aggression Hypothesis suggests that aggression is always a consequence of: / निराशा-आक्रामकता परिकल्पना सुझाव देती है कि आक्रामकता हमेशा किसका परिणाम होती है?	
	A	Social learning / सामाजिक सीख
	B	Frustration / निराशा (Frustration)
	C	High arousal / उच्च उत्तेजना
	D	Genetic predisposition / अनुवांशिक रुझान
91	In Tuckman's model of group development, the correct sequence of stages is: / समूह विकास के टुकमैन मॉडल में चरणों का सही क्रम है:	
	A	Forming, Performing, Storming, Norming, Adjourning
	B	Forming, Norming, Storming, Performing, Adjourning
	C	Storming, Forming, Performing, Norming, Adjourning
	D	Forming, Storming, Norming, Performing, Adjourning
92	The formula to calculate the total number of matches in a single league tournament with N teams is: / N टीमों के साथ एकल लीग टूर्नामेंट में कुल मैचों की संख्या की गणना करने का सूत्र है:	
	A	N−1
	B	2N−1
	C	2N(N−1)
	D	2N(N+1)
93	According to Patanjali's Yoga Sutra, how many limbs make up Ashtanga Yoga? / पतंजलि के योग सूत्र के अनुसार, अष्टांग योग कितने अंगों से मिलकर बना है?	
	A	6
	B	8
	C	10
	D	12
94	Which of the following is classified as one of the Shatkarmas (cleansing techniques) in Hatha Yoga? / हठयोग में निम्नलिखित में से किसे षट्कर्म (सफाई तकनीकों) में से एक के रूप में वर्गीकृत किया गया है?	
	A	Padmasana — पद्मासन

	B	Shavasana — शवासन
	C	Bhramari — भ्रामरी
	D	Kapalabhati — कपालभाति
95	How many byes are given in a knockout tournament fixture of 11 teams? / 11 टीमों के नॉकआउट टूर्नामेंट फिक्स्चर में कितने बाई (Byes) दिए जाते हैं?	
	A	3
	B	5
	C	7
	D	4
96	According to the World Health Organization (WHO), health is defined as a state of complete: / विश्व स्वास्थ्य संगठन (WHO) के अनुसार, स्वास्थ्य को पूर्ण रूप से किस स्थिति के रूप में परिभाषित किया गया है?	
	A	Physical fitness only / केवल शारीरिक फिटनेस
	B	Absence of disease / केवल बीमारी की अनुपस्थिति
	C	Physical, mental, and social well-being / शारीरिक, मानसिक और सामाजिक कल्याण
	D	Physical and economic stability / शारीरिक और आर्थिक स्थिरता
97	Pragmatic budgeting technique that requires managers to justify all expenditure from scratch is known as: / व्यावहारिक बजट तकनीक जिसमें प्रबंधकों को शुरुआत से सभी खर्चों का औचित्य साबित करने की आवश्यकता होती है, कहलाती है:	
	A	Performance Budgeting / प्रदर्शन बजट
	B	Zero-Based Budgeting / शून्य-आधारित बजट (Zero-Based Budgeting)
	C	Capital Budgeting / पूंजी बजट
	D	Line-Item Budgeting / लाइन-आइटम बजट
98	In Ashtanga Yoga, 'Pratyahara' refers to the withdrawal of: / अष्टांग योग में 'प्रत्याहार' का तात्पर्य किससे पीछे हटना/नियंत्रण है?	
	A	Senses / इंद्रियां (Senses)
	B	Food / भोजन
	C	Breath / सांस
	D	Posture / आसन
99	Intramural sports programs are organized for competition: / अंतःस्थलीय (Intramural) खेल कार्यक्रम किस प्रतियोगिता के लिए आयोजित किए जाते हैं?	
	A	Between different institutions / विभिन्न संस्थानों के बीच
	B	At international level / अंतरराष्ट्रीय स्तर पर
	C	At national level / राष्ट्रीय स्तर पर
	D	Within the boundaries of a single institution / एक ही संस्थान की सीमाओं के भीतर

100	Which deficiency causes Rickets in children? / बच्चों में रिकेट्स (Rickets) रोग किस पोषक तत्व की कमी से होता है?	
	A	Vitamin A
	B	Vitamin C
	C	Vitamin D
	D	Vitamin K