



॥वसुधैव कुटुम्बकम्॥

SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

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The Sample question sports science and physical education

Sample Questions:

1. Flexion and extension occur around

- (A) Medio-lateral axis
- (B) Anterior-posterior axis
- (C) Vertical axis
- (D) Sagittal axis

2. The red muscle fibres contain

- I. High content of glycogen.
 - II. Higher myoglobin content.
 - III. Better for aerobic work.
 - IV. Better for anaerobic work
- Find the correct combinations.

Codes:

- (A) I and II
- (B) I and III
- (C) II and III
- (D) II and IV

3. Match List – I with List – II and select the correct answer from the code given below:

List – I

- I. Inverted U hypothesis
- II. Aggression
- III. Leadership
- IV. Motivation

List – II

- 1. Achievement
- 2. Autocratic style
- 3. Anxiety
- 4. Instrumental

Codes:

- | | I | II | III | IV |
|-----|---|----|-----|----|
| (A) | 1 | 2 | 3 | 4 |
| (B) | 4 | 3 | 1 | 2 |
| (C) | 2 | 1 | 4 | 3 |
| (D) | 3 | 4 | 2 | 1 |