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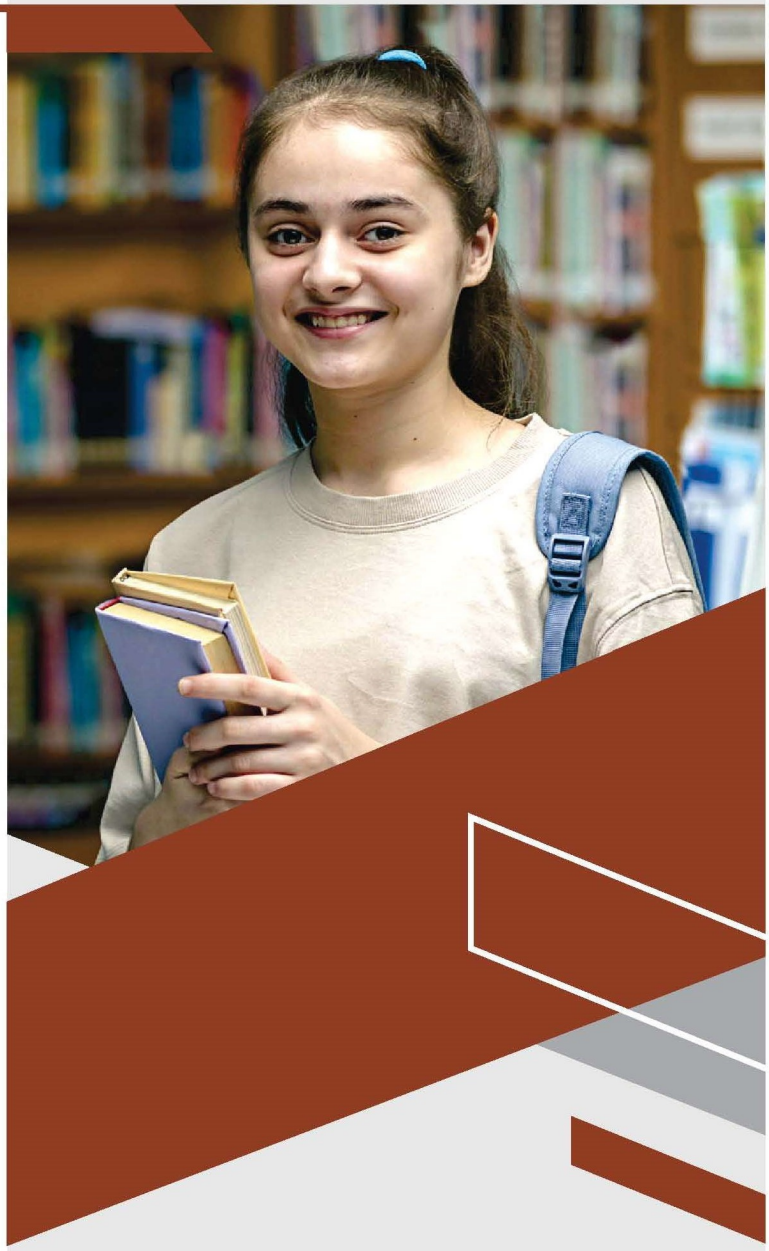

10 Mock Tests

Physical Education

(Section II Humanities Domain)

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CUET (UG)

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Undergraduate Programmes 2024

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Physical Education

(Section II Humanities Domain)

Authors
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Kalindi, TP Nagar, Meerut (UP) - 250002
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Sales & Support Offices
Agra, Ahmedabad, Bengaluru, Bareilly, Chennai, Delhi, Guwahati, Hyderabad, Jaipur, Jhansi, Kolkata, Lucknow, Nagpur & Pune.

PRICE ₹ 125.00

PO No : TXT-XX-XXXXXXX-X-XX

Published by Arihant Publications (India) Ltd.

For further information about the books published by Arihant, log on to www.arihantbooks.com or e-mail at info@arihantbooks.com

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Before preparing for Common Universities Entrance Test (CUET), a strong road map must be prepared, which includes what subject to cover, when, how many hours you should allocate for each subject, etc.

Most of you may not have clarity on your goals while in school, while a few plan it early!

If you have set your goal to get admission to one of the top central universities, you must start preparing early!

1 *Understand the Exam Pattern*

Though the number of questions is the same, the paper pattern differs for each college. Therefore, knowing the paper pattern for the particular college plays a vital role in qualifying for the entrance exam.

As per the CUET Exam Pattern, the entrance exam will include four sections:

- Section 1 A:13 Languages
- Section 1 B:20 Languages
- Section 2: Domain-specific test
- Section 3:General test

Knowing the specific exam pattern for the college you have applied to is also important. Visit the official website of the CUET to know the exam pattern for the respective colleges you have applied to. Only then start with your preparations.

2 *Know your Syllabus*

Once you understand your exam pattern, the second step is to list down the syllabus, so you know what to study. Visit the official website of CUET; it has the respective syllabus for the course and the college.

Note that the syllabus may differ for every college. Therefore, it is important to carefully review and double-check your syllabus before you start your preparations.

3 *Schedule a TimeTable*

Scheduling is something that will give fantastic results if you plan it properly. However, preparing a study plan is one of the most challenging tasks for most. An appropriate schedule will be

- Your everyday schedule should have time for CUET exam preparation.
- Initially, you can give 1-2 hours for the entrance exam and the rest for the board exams.
- Once the board exams get over, you can utilize the maximum of your time for the NTA CUET exam prep.

4 *Make a List of Colleges You wish to Target*

- Before starting your preparation, you must make a CUET Colleges and course list.
- Then, understand the previous year's cut-off and position of the counselling for the particular college.
- Doing this will help you understand the marks you must score in the CUET exam to get admission to a particular course in your desired college, thus helping you enhance your preparation levels for the upcoming exam.

5

Newspaper Should Be Your New Friend

- Reading the newspaper will help improve your vocabulary, grammar, and reading comprehension skills.
- To improve your English language, you can refer to the Hindu or the Time of India newspapers.
- You can prefer to read the Dainik Bharat newspaper to improve your Hindi language.
- You must spend at least 30 minutes analyzing and reading the newspaper's editorial page.

6

Practice Mock Tests

- Working on the concepts and writing mock tests based on the exam pattern is essential, as it will help you understand your strengths and weak areas, which can be improved.
- Take up at least one CUET Mock Test every week and try to analyze your performance after completing the mock test.
- Also, try to attempt as many MCQs as possible from your board exam topics. Gradually increase the number of mocks you take.

7

Revision

You should not pick a fresh topic to study at the last minute of preparations. The last days are meant for only revision, so you can revise and remember the topics you have already learned.

Revision is extremely important to have a good score. Studying without revision is "working hard, but without a plan"!

CUET Preparation Tips for the CUET Domain-Specific Test?

The domain specific-test of the CUET entrance exam will have 27 subjects, out of which you have to choose six domains that you wish to pursue in your UG course.

The standard of questions in this section is of class 12 level. Therefore, knowing the fundamental concepts of your chosen subject will help you score well in this section.

Also, you must choose the subjects you feel are very interesting and enjoy studying in the morning. Try to attempt easy, moderate, and challenging level MCQ questions from the NCERT textbooks.

CUET Preparation Tips for NTA CUET 2024 along with Board Exams?

You can succeed in both CUET and board exams if you are good at time management. Also, you can score better if you are consistent throughout your preparation.

A proper study plan and preparation strategies will help you Manage boards and CUET preparation together.

When preparing the timetable, focus on keeping separate time for board preparation, CUET domain-specific preparation, and lastly, allot separate time to solve the aptitude section.

Board exams must be your priority, and you should work on enhancing your domain subject knowledge during your board exam preparation. And do this till the board exams are over.

After completing your board exams, you will have roughly 30-40 days to prepare for the Common Universities Entrance Test. So, utilize this entire month to enhance your preparation levels for CUET.

CUET Preparation Tips 2024: Best Books

Opting for the right book is very important to understand the concepts in-depth and score good marks in the upcoming exam.

The following are some of the best CUET Preparation Books you can include during your preparation

- Arihant's English Grammar & Composition by S.C. Gupta
- Arihant's Test of Arithmetic & General Knowledge by Manohar Pandey
- Arihant's CUET (UG) Self Study Guides

Is It Useful To Solve Mock Tests for CUET Exam 2024?

According to the CUET preparation tips 2024, attempting mock tests is one of the best methods to improve your speed and accuracy in the final exam.

- With the help of mock tests, you can know the difficulty level of the paper and the type of questions asked in the exam.
- You can test your preparation levels for the upcoming exam.
- Most importantly, it can help improve your confidence levels.

Conclusion

"Kya CUET bohot tough hai?", nahi bilkul bhi nahi. If you know and follow the right preparation strategy, there is nothing called as tough. In fact, CUET is in a nurturing phase, so it's not a very tough exam to crack. If you are willing and determined, you can easily crack the CUET 2024 exam.

These CUET Preparation Tips are specially curated for CUET 2024 aspirants to help them use the right strategies for the exam.

Syllabus

SECTION : PHYSICAL EDUCATION/NATIONAL CADET CORPS(NCC)/YOGA

UNIT I SOCIOLOGICAL ASPECTS OF PHYSICAL EDUCATION

(i) Games and sports as man's cultural heritage.

An understanding that sports have been a part of our culture and tradition since time immemorial.

(ii) Development of the individual through games and sports.

Understanding how games and sports contribute in various ways towards the development of an individual.

(iii) Role of Physical Education in promoting national integration.

How Physical Education helps in promoting National Integration.

(iv) Physical Education and personality development.

The role of Physical education in development of personal qualities like an individual attitude, discipline, helpfulness, team spirit, patience, unity, friendship, etc.

UNIT II TRAINING METHODS

(a) Meaning and importance of Sports Training.

Definition of Sports Training and its importance.

(b) Methods of training.

Methods of Training: Repetition, continuous & fartlek, and interval - Definition, purpose, advantages and procedure of each.

Advantages of warming up, conditioning and cooling/limbering.

(c) Isometric and Isotonic exercises.

Meaning, advantages and examples of each.

(d) Circuit Training.

Meaning and advantages of circuit training; procedure of conducting circuit training.

(e) Weight Training.

Meaning and advantages of weight training.
An understanding of how the above training methods help an individual in different sports and help develop strength, speed, stamina, skill, endurance.

UNIT III: CAREER ASPECTS IN PHYSICAL EDUCATION

(i) Career options in Physical Education.

Professional sportsmen, sports manager, teacher/lecturer, sports coach, gym instructor, sports officials, sports events coordinators, sports journalist and commentator, sports software engineer, marketing and manufacturing of sports equipment.

(ii) Important institutions of Physical Education in India.

Functions and objectives of Netaji Subhash National Institute of Sports (N.S.N.I.S.), Sports Authority of India (S.A.I), International Olympic Committee (I.O.C), Indian Olympic Association (IOA), YMCA College of Physical Education (Chennai), Lucknow Christian College of Physical Education (LCCPE), Luxmibai National University of Physical Education (LNUPE).Development of training facilities, coaching systems, influence of media and sponsors.

UNIT IV: CAREER ASPECTS IN PHYSICAL EDUCATION

(i) Tournaments and types of tournaments.

Candidates should be fully aware of:

(a) the definition of 'tournament'.

(b) the types of tournaments: Fixtures, Knock-out, league matches (seeding and byes).

(c) merits and demerits of tournaments.

(d) objectives and importance of intramural and extramural competitions.

(e) Names of the National and International Federations/Bodies controlling the various tournaments/competitions.

(ii) Difference between Professional and Amateur Players.

UNIT V: HEALTH EDUCATION & HEALTH PROBLEMS

(a) Meaning and definition of 'Health' and 'Health Education'.

Meaning and definition of 'Health' (mental health and physical health) and 'Health Education'.

(b) Principles and importance of Health Education. Health problems and role of Health Education in solving them.

Principles and objectives of Health Education. Importance of Health Education for adults and the younger generation through formal and non-formal channels of education. Various prevalent Health Problems: Communicable diseases – meaning, examples and common mode of spread. Epidemics – meaning and examples; Water, noise and air pollution – causes and prevention; Occupational Health Hazards – meaning and examples.

(c) Disability and Rehabilitation.

Causes of disability. General principles for prevention of disability; Meaning and scope of Rehabilitation; services available for rehabilitation; role of the community and government organizations in rehabilitation programmes.

(d) Posture

Meaning of posture.

Correct posture – meaning, importance of correct posture (standing, sitting, walking).

Common postural deformities: kyphosis, scoliosis, lordosis, flat foot, knock-knees, bowlegged, hunch back, round shoulders – meaning, causes and corrective measures for each.

(e) Personal hygiene and sleep requirements.

Personal hygiene: Meaning of personal hygiene, importance of personal hygiene for a healthy life style. Care of eyes, ears, feet, hair, skin, oral hygiene, nose and clothing.

Foot care: causes of corns, broken nails due to tight footwear; Causes of diseases like ring worm, athletes foot due to walking in wet areas; proper care of feet.

Sleep requirements: Sleep requirements for different age groups. Effects of insufficient sleep on human body.

(f) Substance Abuse.

Effects of use of alcohol and smoking on the individual and society.

Drugs: Meaning of 'drugs' and 'drug abuse'; Stimulants and Narcotics – Analgesics.

Awareness of the fact that use of certain drugs has been banned by World Anti-Doping Agency (WADA) and National Anti-Doping Agency (NADA) and reasons for the same.

UNIT VI: SPORTS INJURIES AND FIRST AID

(a) Sports related injuries.

Types of sports related injuries: Soft tissue injuries (contusion, abrasion, strain and sprain) bone injuries (fracture) and joint injuries (dislocation): cause and prevention of each

(b) Role of a sportsperson in prevention of sports related accidents.

Types of injuries due to : sudden movement; environment (hot, cold, wet and dry); lack of preparation (warm up, cool down); inadequate clothing, body protection; not following instructions; surface and facilities, equipment being unsafe. Role of individual in prevention of sports related accidents

(c) First Aid.

Meaning and importance of 'First Aid'. First Aid for various sports related injuries.

First Aid for cuts, grazes, strains, sprains, cramps, blisters, bruises, injuries of bone (fracture and dislocation); application of splints and Thomas splint; First Aid in drowning; Cardio Pulmonary Resuscitation (CPR) and Rest, Ice, Compression and Elevation (RICE).

UNIT VII: TEST & MEASUREMENT IN SPORTS

- Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit & Reach Partial Curl Up, Push Ups (Boys), Modified Push-Ups (Girls), Standing Broad Jump, Agility – 4x10 M Shuttle Run
- General Motor Fitness – Barrow three-item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put – For Boys: 03 Kg & For Girls: 01 Kg)

  Measurement of Cardio-Vascular Fitness – Harvard Step Test/Rockport Test - Computation of Fitness Index:
- Duration of the Exercise in Seconds x 1005.5 x Pulse count of 1-1.5 Min after Exercise Rikli & Jones - Senior Citizen Fitness Test
  1. Chair Stand Test for lower body strength
  2. Arm Curl Test for upper body strength
  3. Chair Sit & Reach Test for lower body flexibility
  4. Back Scratch Test for upper body flexibility
  5. Eight Foot Up & Go Test for agility
  6. Six Minute Walk Test for Aerobic Endurance

UNIT VIII : BIOMECHANICS & SPORTS

- Meaning and Importance of Biomechanics in Sports
- Types of movements (Flexion, Extension, Abduction & Adduction)
- Newton's Law of Motion & its application in sports
- Friction & Sports

UNIT IX : PSYCHOLOGY & SPORTS

- Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory
- Motivation, its type & techniques
- Exercise Adherence; Reasons to Exercise, Benefits of Exercise
- Strategies for Enhancing Adherence to Exercise
- Meaning, Concept & Types of Aggressions in Sports

CUET (UG) Section II HUMANITIES

SOLVED PAPERS
2023 & 2022

SOLVED PAPER 2023*

NTA CUET (UG)

PHYSICAL EDUCATION

Instructions

- *Attempt any 40 out of the given 50 questions. No mark will be given to unanswered for review questions.*
- *Each question carries 5 marks. Negative marking of 1 mark for a wrong answer.*

Time : 45 Min
MM : 200

1. Which among the following qualities can be developed through playing sports?
(a) Analytical thinking
(b) Leadership skills
(c) Cooperation
(d) All of the above

2. Hettinger developed the….. exercises in 1953.
(a) Isotonic exercises (b) Isometric exercises
(c) Isokinetic exercises (d) None of these

3. Which among the following training methods are generally termed as 'Speed Play'?
(a) Continuous Training Method
(b) Isometric Training Method
(c) Isokinetic Training Method
(d) Fartlek Training Method

4. Which of the following career options is suitable for someone who has pursued a degree in physical education?
(a) Watchdog (b) Archery coach
(c) Pharmaceutical engineer (d) Both (b) and (c)

5. Lakshmibai National College of Physical Education of Thiruvananthapuram came into existence on …… .
(a) 1987 (b) 1985
(c) 1976 (d) 1975

6. Netaji Subhas National Institute of Sports is located in …… .
(a) Gwalior (b) Dispur
(c) Patiala (d) Ludhiana

7. In which tournament, the teams which get eliminated get automatically eliminated from the tournament?
(a) Knock-out tournament (b) fixtures tournament
(c) league tournament (d) All of these

8. Which of the following are the objectives of intramural?
(a) To develop feeling of cooperation
(b) To provide recreation
(c) To develop the feeling of sportsmanship
(d) All of the above

9. The Badminton World Federation was founded in ….. .
(a) 1934 (b) 1943 (c) 1932 (d) 1944

10. In which condition, your airways may become narrow, swell and may produce extra mucus?
(a) Diptheria (b) Pertussis
(c) Asthma (d) Influenza

11. Which of the following traits are not related to Schizophrenia?
(a) Distorted or broken thoughts
(b) Incoherent and bizarre behaviour
(c) Delusions and hallucinations
(d) Deposition of mucus in throat

12. Which of the following diseases are non-communicable?
(a) Stomach ulcers (b) Hepatitis
(c) Tuberculosis (d) Coronavirus

13. Which of the following are not a soft tissue injuries?
(a) Contusion (b) Greenstick fracture
(c) Abrasion (d) Laceration

**Based on Memory*

14. What is a common skin injury that results in a discoloration of the skin?
(a) Bruises (b) Sprain
(c) Blisters (d) Cramps

15. …… is a common field test known for measuring the strength of upper extremities in older age?
(a) Chair sit and reach test (b) Chair stand test
(c) Modified push ups (d) Arm curl test

16. Doing sprinting by changing course to tennis ball is an example of
(a) agility (b) power
(c) balance (c) time

17. Which of the following equipments is/are required for the Plate Tapping Test?
(a) Stopwatch (b) 2 yellow discs
(c) Table (d) All of these

18. Which test assesses the upper body (shoulder) flexibility, which is important in performing various jobs such as combing one's hair, putting on overhead garments and reaching for a seat belt, etc?
(a) Chair Sit and Reach Test
(b) Back Stretch Test
(c) Eight Foot Up and Go Test
(d) Six Minute Walk Test

19. An object with a larger mass needs a stronger force to be moved along at the same acceleration as an object with a small mass. This states which law of motion?
(a) First (b) Second
(c) Third (d) none

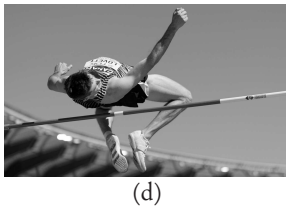
20. Which law of motion explains how much motion a force creates?
(a) First law of motion (b) Second law of motion
(c) Third law of motion (d) None of these

21. Which of the following pictures are perfectly representing the static friction?

(a)

(b)

(c)


(d)

22. Which of the following occurs when the angle between the bones reduces?
(a) Extension (b) Addiction
(c) Abduction (d) Flexion

23. What is a movement in the direction of the midline?
(a) Extension (b) Addiction
(c) Abduction (d) Flexion

24. A skater gliding on ice will continue gliding with the same speed and in the same direction, unless an external force acts upon the skater. This is an example of
(a) First law of motion (b) Second law of motion
(c) Third law of motion (c) None of these

25. Which type of aggression has the main aim to cause harm or injury to the opponent?
(a) Hostile aggression
(b) Passive aggression
(c) Instrumental aggression
(d) Assertive aggression

26. Which of the following is not an objective of sports psychology?
(a) Learning of motor skills sports
(b) Analysing the behaviour of sportsmen
(c) Identifying talent for specific sports
(d) Declining performance

27. What is a body's method to react to a challenge?
(a) Anger (b) Mood
(c) Stress (d) Psychology

28. The main aim of goal setting focuses on increasing individuals' motivational levels to achieve success by directing attention and applying energy levels into achieving the overall goal. Who has given the following theory?
(a) David Harrison
(b) FW Taylor
(c) Kelly Bourne
(d) Machiavelli

29. What is a psychological and physiological state characterised by somatic, emotional, cognitive and behavioural components?
(a) Anxiety (b) Uneasiness
(c) Insomnia (d) Anger

30. What is also called emotional stability?
(a) Openness (b) Neuroticism
(c) Extroversion (d) Conciousness

31. What is the ability to sustain or continue activity?
(a) Endurance (b) Agility
(c) Force (d) Speed

32. Which of the following are the advantages of continuous training?
1. Building cardiovascular endurance
2. It also increases muscle mass and endurance.
3. Improving your heart and lung function you will be able to cope with
4. It helps an individual to be self-disciplined and self-confident

Codes
(a) 1, 3 and 4 (b) 2, 3, 4
(c) 3 and 4 (d) 1, 2, 3 and 4

33. Which of the following are considered as benefits of exercise?
1. Perfect body image
2. Enhanced mental health
3. Strengthening lungs
4. Stablised insulin
5. Increase in anxiety

Codes
(a) 1, 2 and 4 (b) 1, 3, 4 and 5
(c) 2, 3 and 4 (d) 1, 2, 3 and 4

34. Which of the following career options are available for someone who has done a bachelor's degree in Physical Education?
1. Professional player
2. Sport Journalism
3. Sports broadcasting
4. Sport facilities Management
5. Industrial recreation

Codes
(a) 1 and 5 (b) 1, 5 and 4
(c) 4 and 5 (d) 1, 2, 3, 4 and 5

35. Which of the following behaviours are not to be counted as Hostile aggression?
1. Insulting opponent
2. Jealousy with team players
3. Using legitimate physical or verbal force
4. Threatening the goalkeeper
5. Deliberately injuring the opponents

Codes
(a) 1, 2 and 4 (b) Only 3
(c) Only 5 (d) 2, 3 and 5

36. Arrange the following in a sequential order from oldest to new.
1. Establishment of SAI
2. Establishment of YMCA
3. Establishment of IOA
4. Establishment of NSNIS

Codes
(a) 2, 1, 3, 4 (b) 3, 1, 2, 4 (c) 2, 4, 1, 3 (d) 2, 3, 4, 1

37. Match the following.

List I		List II	
A.	Soccer	1.	Law of Inertia
B.	Baseball	2.	Newton First Law of Motion
C.	High jump	3.	Newton's Second Law of Motion
D.	Basketball	4.	Newton's Third Law of Motion

Codes

	A	B	C	D		A	B	C	D
(a)	4	1	2	3	(b)	1	3	2	1
(c)	4	3	1	2	(d)	2	3	4	1

38. Match the following.

List I (Personality Type)		List II (Traits)	
A.	Type A	1.	Cautious and reserved in nature
B.	Type B	2.	Easily aroused to anger, hostility and aggression.
C.	Type C	3.	Express their emotions appropriately
D.	Type D	4.	Prefer the monotony of routine

Codes

	A	B	C	D		A	B	C	D
(a)	2	3	1	4	(b)	1	2	3	4
(c)	1	4	3	2	(d)	3	2	1	4

39. What are the correct steps one should follow while performing a Flamingo Balance Test?
1. While balancing on the preferred leg, the free leg is flexed at the knee and the foot of this leg held close to the buttocks.
2. Start the watch as the instructor let go of the participant.
3. Pause the stopwatch each time the subject loses balance.
4. Stand on the beam. Keep balance by holding the instructor's hand (if required to start).

Codes
(a) 3, 2, 4, 1 (b) 4, 3, 1, 2
(c) 3, 1, 4, 2 (d) 4, 1, 2, 3

40. Arrange the following steps while measuring BMI in correct sequence.
1. Let the participant stand with both feet in the centre of the scale.
2. Record the weight to the nearest decimal fraction.
3. Place the scale on firm flooring such as tile.
4. Have the participant remove shoes.

Codes

(a) 3, 2, 1, 4 (b) 3, 4, 1, 2
(c) 1, 3, 4, 2 (d) 2, 3, 1, 4

Read the passage given below and answer the questions that follow (41-45).

Roman civilisation had also accepted physical education in its culture. Romans were good warriors and lovers of sports. They used to perform running, jumping, wrestling, sword fighting etc.

They considered physical education to develop the beauty of the body. Rome also keeps the ruins of the big stadium, 'Colosseum' (one of the wonders of the world).

This 'Colosseum' had a thermal bathroom (bathing place for its participants). Colosseum warriors were known as 'Gladiator', they were experts in combative sports activities.

Slowly, the Roman had a downfall in games and sports as these games were played for fun and enjoyment. Later professionalism entered in the sport competition and spoiled its spirit. Today, Romans are still considered as good lovers of games and sports.

Greece has one of the oldest civilisations. It has contributed a lot towards the progress of games and sports along with science, art and literature. Greece had many small states (like Athens and Sparta) and they used to fight between each other to prove their dominance.

So, the hard physical activities were given great importance in their culture to produce good soldiers and warriors. Slowly they developed these activities into proper sports for participation. Their culture gradually gave importance to sports to develop a strong body and sound mind.

In Ancient Greece, Athens had started the 'Olympic' in 776 B.C. in the honour of their god 'Zeus' and they built the stadium called Olympiad in Athens. In those days these games were very popular and were played with true sportsmanship without any materialistic rewards.

Physical education was given importance to develop a healthy body and sound mind. These games came to an end when Roman king Theodosius I stopped them in 394 A.D.

In Ancient Olympics, the activities like Foodiatos (sprint races), dolichos (medium distance races), Marathon (long distance races), running, throwing, jumping events were played. In ancient Olympic wrestling, boxing, equestrian horse races and chariot races were very popular activities.

Pentathlon, Pankration (combination of wrestling and boxing) and archery, etc were also played. Many players of Ancient Olympics are still remembered in our stories like Atlas, Hercules, Homer, Plato, etc.

41. The Colosseum is situated in …… .

(a) Greece (b) Italy
(c) Rome (d) England

42. Which of the following regions has the oldest civilisation?

(a) Greece (b) Rome
(c) Indus Valley (d) England

43. Athens had started the 'Olympic' in …… .

(a) 756 BC (b) 776 BC (c) 543 BC (d) 643 BC

44. Foodiatos are generally known as …… .

(a) horse racing (b) sprint races
(c) archery (d) marathon

45. Theodosius I stopped the Olympic games in …… .

(a) 244 AD (b) 394 AD
(c) 432 AD (d) 321 AD

Read the passage given below and answer the questions that follow (46-50).

Around 2.4 billion people worldwide (around a third of the global population) cook using open fires or inefficient stoves fuelled by kerosene, biomass (wood, animal dung and crop waste) and coal, which generates harmful household air pollution. Household air pollution was responsible for an estimated 3.2 million deaths per year in 2020, including over 2,37,000 deaths of children under the age of 5.

The combined effects of ambient air pollution and household, air pollution are associated with 6.7 million premature deaths annually. Household air pollution exposure leads to noncommunicable diseases including stroke, ischaemic heart disease, Chronic Obstructive Pulmonary Disease (COPD) and lung cancer.

Women and children, typically responsible for household chores such as cooking and collecting firewood, bear the greatest health burden from the use of polluting fuels and technologies in homes.

It is essential to expand use of clean fuels and technologies to reduce household air pollution and protect health. These include solar, electricity, biogas, Liquefied Petroleum Gas (LPG), natural gas, alcohol fuels, as well as biomass stoves that meet the emission targets in the WHO guidelines.

46. How many people cook using open fires or inefficient stoves fuelled by kerosene and other fossil fuels?

(a) 2.4 billion (b) 2.4 million
(c) 1.2 million (d) 4.3 billion