

Total Marks 100

SAT
(ENGLISH MEDIUM)

Category

A

|(SAT-E)| પ્રશ્ન પુસ્તિકા નંબર
QUESTION PAPER NO.

A 300029

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Seat No. of the Candidate

Block No. of the Candidate

Signature of the Candidate

Signature of the Block Supervisor

Important Instructions for Candidates

- (1) Please do not open the question booklet until you are told to do so.
- (2) During examination, if a candidate is found having any literature guide, guide, piece of paper, handwritten or printed paper, mobile phone, calculator, spy camera, headphone or any other equipments then the candidate will be considered as disqualified.
- (3) During the examination if candidates are found conversing with each other, making noise or not following supervisor's instructions then they will be considered as disqualified.
- (4) After receiving question paper please write your seat number in OMR SHEET at the correct given place.
- (5) Please do not write your seat number at any other place than the allotted one in the OMR SHEET and if any sign of your identity or recognition is found then you will be considered totally disqualified for the examination.
- (6) Signatures of both the supervisor and the candidate in the certificate of OMR SHEET are compulsory without which OMR SHEET will not be evaluated, so it is compulsory for the candidate to get signature of the supervisor.
- (7) Candidates can use blue/black ball pen. They cannot use pens or pencils of any other colour and also whitener.
- (8) No marks should be made on any of the options in the question paper.
- (9) There are total 100 questions in this question paper. There is only one answer to each question from the options A, B, C and D. Four options are given for each question. All the questions are compulsory.
Example: What is the capital of Gujarat?
Ⓐ ● Ⓒ Ⓓ (A) Ahmedabad (B) Gandhinagar (C) Vadnagar (D) Patan
Here, if option (B) Gandhinagar is correct then option (B) in the OMR SHEET will have to be darkened with pen.
- (10) One(1) mark is allotted to each correct answer. **Negative marking system will not be applicable.**
- (11) Cross marked answers, answers given on more than one option and answers re-marked after use of blade, eraser or whitener will not be given any credit.
- (12) Please hand over the OMR SHEET to the block supervisor after completion of examination before leaving the classroom. Any candidate failing to do so will be considered as disqualified for the examination.
- (13) Maximum time allotted for the examination is 90 minutes.
- (14) Most appropriate option will be considered as answer of the question.

1. Which karma is necessary at the end of Jalneti ?
(A) Tratak (B) Dhoti
(C) Nauli (D) Kapalbhathi
2. What is the maximum weight of Javelin for men?
(A) 825 grams (B) 850 grams
(C) 900 grams (D) 750 grams
3. Which of the following skills does not belong to the game of Volleyball?
(A) Tennis service (B) Smashing
(C) Passing (D) Suffocate
4. What is the length of the goal line in the ground of handball?
(A) 20 meters (B) 25 meters
(C) 30 meters (D) 40 meters
5. What is the weight of the ball in Handball for women?
(A) 225 to 270 grams (B) 270 to 295 grams
(C) 295 to 325 grams (D) 325 to 400 grams
6. How many additional marks are given getting a loan in a game of Kabaddi?
(A) Three (B) Four
(C) One (D) Two
7. What should be the colour of the mat cover for Judo competition?
(A) Yellow or Saffron (B) Green or Red
(C) Black or White (D) Brown or Blue
8. Who invented Basketball?
(A) H. C. Buck (B) Pierre De Coubertin
(C) Dr. James Naismith (D) James Williams
9. In which year was the first international competition for men held at the World Olympic Games?
(A) 1936 (B) 1948
(C) 1952 (D) 1932

10. Where are the flags posted on the football ground?
(A) In the middle of the goal
(B) In the middle of touch line
(C) Near goal post
(D) On the four corners
11. What is the minimum length of approach run in high jump?
(A) 5 meters
(B) 10 meters
(C) 15 meters
(D) 20 meters
12. What is the length and width of the Karate playground?
(A) 8 meters \times 8 meters
(B) 7 meters \times 7 meters
(C) 8 meters \times 7 meters
(D) 7 meters \times 8 meters
13. There is a skill of smashing in the game of Volleyball?
(A) Cut at a 45 degree angle
(B) One leg take off
(C) Blocking dive
(D) Overhead pass
14. How many elements are there on discus throw?
(A) 3
(B) 4
(C) 7
(D) 9
15. In how many parts the whole action of long jump is divided?
(A) One
(B) Two
(C) Three
(D) Four
16. Which test measures explosive ability of the play's legs?
(A) 800 meters run
(B) Standing broad jump
(C) Throw ball
(D) Upward high jump
17. In Schaffer method of artificial respiration the patient is required to lie down — .
(A) On the back
(B) Inverted
(C) On the side
(D) Not to sleep
18. At what angle the body is to be lifted after the take off in long jump?
(A) 35°
(B) 40°
(C) 45°
(D) 50°

19. 'DOOK Marvi' is the skill of which game?
(A) Kho-Kho (B) Kabaddi
(C) Gymnastics (D) Marathon race
20. How many meters away the penalty line is drawn parallel to the goal line in handball?
(A) 6 meters (B) 9 meters
(C) 7 meters (D) 20 meters
21. What is the objective to measure from 30 meters running (Udyan Prasthan) in NSTC Test programme?
(A) Measurement of buoyancy force
(B) Shoulder strength and torso mobility combined
(C) Measurement of leg explosive power
(D) Maximum speed measurement
22. The lines drawn parallel to the middle lines towards the end lines at the distance of 1 meter (4 meters from middle line) are called ...
(A) Waiting block (B) Court
(C) Bonus line (D) Lobby
23. Where the shot is kept in cleaning the stance in shot put?
(A) Away from the shoulder in player
(B) Away from the shoulder on finger and thumb
(C) With the help of finger and thumb near the neck on collar bone
(D) In palm & under the shoulder
24. Which Asana cannot be done while sleeping on belly?
(A) Bhujangasana (B) Dhanurasana
(C) Shalabhasana (D) Ushtrasana
25. Which number of ball is used in the game of Volleyball?
(A) 6 (B) 5
(C) 3 (D) 4
26. Which game has the Fosbury Flop Style?
(A) Volleyball (B) Pole jump
(C) Hurdle race (D) High jump

27. What can be measured by the 6 × 10 meters shuttle run test?
(A) Measurement of leg explosive power
(B) Measurement of buoyant force
(C) Measurement of height
(D) Measurement of agility
28. Which sport is cartwheel associated with?
(A) Gymnastics (B) Boxing
(C) Wrestling (D) Malkham
29. 'Walking in the air method' is method of which game?
(A) High jump (B) Poll jump
(C) Long jump (D) Standing long jump
30. Who is the current Wimbledon champion of men's single tennis?
(A) Roger Federer (B) Rafael Nadal
(C) Novak Djokovic (D) Carlos Alcaraz
31. Which game Sarita Gayakwad is associated with?
(A) Running (B) Shot put
(C) Wrestling (D) Archery
32. Which game Bhaichung Butia is associated with?
(A) Hockey (B) Kabaddi
(C) Cricket (D) Football
33. Which Indian player has earned the title of 'Magician of Hockey' ?
(A) Major Dhyanchand (B) Milkha Singh
(C) Pargat Singh (D) Sunil Chhetri
34. Which country is the current men's T20 Cricket World Cup winning team?
(A) India (B) Pakistan
(C) Sri Lanka (D) England
35. Which mudra is to be done in the prayer meeting on Wednesday is mentioned in the school time table?
(A) Pran mudra (B) Namaskar mudra
(C) Shankh mudra (D) Gyan mudra

36. In the game of tug of war, a red bar is tied to the centre of the rope and the other two white bars are tied how many feet apart?
- (A) 6 - 6 feet (B) 6.5 - 6.5 feet
(C) 7 - 7 feet (D) 7.5 - 7.5 feet
37. Minimum specific activities to be performed for National Service Scheme —.
- (A) 11 : 11 (B) 11 : 06
(C) 11 : 03 (D) 11 : 01
38. Which asana is formed in the eighth position in Surya Namaskar ?
- (A) Dandasan (B) Namaskarasan
(C) Suryasan (D) Parvatasan
39. State which statement regarding centre of gravity is not correct.
- (A) The body is the imaginary centre of gravity
(B) The entire weight of the body is concentrated
(C) Balance of all body organs is maintained
(D) Body is the primary state of anatomy
40. Mention the name of one of the doctors sent from India to the first research study class in sports medicine.
- (A) Dr. Alok Ghose (Calcutta) (B) Dr. Ravindra Datt (Agartala)
(C) Dr. C. V. Raman (Bangalore) (D) Dr. D. P. Tripathi (Patna)
41. What instrument does make activity musical for rhythmic activity?
- (A) Lathi (B) Lazim
(C) Dumbbells (D) All of the above
42. What is the diameter of a table tennis ball?
- (A) 36.2 mm (B) 37.2 mm
(C) 38.2 mm (D) 40.0 mm
43. The player of the team, which has the possession of the ball for how many second he cannot stay in the restricted area of the opposite team?
- (A) More than 12 seconds (B) More than 3 seconds
(C) More than 5 seconds (D) More than 8 seconds

44. How many playing players and substitutes are there in the game of basketball?
(A) 7 playing, 5 substitutes (B) 5 playing, 5 substitutes
(C) 5 playing, 7 substitutes (D) 7 playing, 7 substitutes
45. How many players are there in each team in a softball game?
(A) 9 players (B) 6 players
(C) 11 players (D) 10 players
46. What is the duration of the game of football for one half?
(A) 40 minutes (B) 45 minutes
(C) 50 minutes (D) 55 minutes
47. What is the maximum length of bat in the game of cricket?
(A) 92.5 cms (B) 90.5 cms
(C) 94.5 cms (D) 96.5 cms
48. How many meters radius is taken from each ball post to draw a shooting circle in a hockey ground?
(A) 14.75 meters (B) 14.9 meters
(C) 15.00 meters (D) 14.63 meters
49. What is the distance from the centre line to the short service line in a Badminton game?
(A) 1.95 meters (B) 1.65 meters
(C) 2.00 meters (D) 2.05 meters
50. In the middle departure, the position in which the competitor positions his thumb and toe behind the starting line?
(A) \vee (B) \cap
(C) \wedge (D) \cup
51. How many hurdles does the competitor have to overcome in the steeplechase competition?
(A) 8 (B) 6
(C) 10 (D) 12
52. What is the height of hurdle for men in 110 m steeplechase?
(A) 1.067 meters (B) 0.840 meters
(C) 0.762 meters (D) 0.910 meters

53. What is the distance from the inside edge of the hole to the backboard for a male athlete in the handicap event?
- (A) 9 meters (B) 13 meters
(C) 15 meters (D) 11 meters
54. By which test can the jumping power of a player be measured?
- (A) Standing board jump (B) Direct high jump
(C) Shuttle run (D) 800 meters run
55. What is the weight of hammer for men in hammer throw competition?
- (A) 7.260 kg - 7.300 kg
(B) 7.265 kg - 7.285 kg
(C) 7.286 kg - 7.295 kg
(D) 7.296 kg - 7.298 kg
56. How many players can sit in the squares in a game of Kho-Kho?
- (A) Five (B) Eight
(C) Seven (D) Nine
57. What is time for sub junior men / women in Karate ?
- (A) 3 minutes (B) 2 minutes
(C) 2 to 3 minutes (D) 4 minutes
58. Which of the following information is given in Indian Flag Code part-II?
- (A) Information on hoisting of National Flag to central government and state government.
(B) General information of National Flag
(C) Information on hoisting the Flag to organizations and educational institutions.
(D) Information on hoisting the Flag to agencies.
59. The first step of Antaraga Yoga is ...
- (A) Samadhi (B) Dharna
(C) Dhyana (D) Asana
60. Which mudra is used for Pranayam ?
- (A) Gyanmudra (B) Pranavmudra
(C) Viparitkarni mudra (D) Shoonya mudra

61. Regular practice of which type of mudra brings strength, vitality, brightness and radiance to the body?
(A) Varun Mudra (B) Hruday mudra
(C) Gyan mudra (D) Pruthvi mudra
62. Where is the shape of Gaumukh in Ganmukhasana ?
(A) Behind the back (B) Near the waist
(C) Near both knees (D) Near the shoulder
63. Which food component contains the most calories?
(A) Carbohydrate (B) Protein
(C) Fat (D) Sodium
64. Which shat Karma would benefit a disease of Urdhvajatrugat?
(A) Nauli (B) Sootra Neti
(C) Kapalbhati (D) Tratak
65. How many exercises are there in mass P.T. table 1 and Table 2 ?
(A) 8 + 3 (B) 10 + 5
(C) 11 + 6 (D) 5 + 10
66. Which branch of psychology deals with the study of guidance on how to live a healthy and balanced life?
(A) Psychology of sports (B) Psychology of environment
(C) Psychology of health (D) Psychology of counseling
67. Which psychologist said that if a child is provided with a certain environment, it can be developed in certain way?
(A) Piaget (B) Watson
(C) Erickson (D) Kohler
68. The cognitive domain in the classification of educational objectives is not one of the given options based on Bloom's classification ?
(A) Analysis (B) Coincidence
(C) Understanding (D) Response
69. Which of the following is not a theory of intelligence?
(A) Strength theory (B) Two component theory
(C) Group component theory (D) Social development theory

70. Who said that there is no such thing as a general component of intelligence but combination of primary mental powers?
- (A) Kettle (B) Thorndike
(C) Vartan (D) Louis L. Thurstone
71. There is a supervisor in exam hall so copy should not be done. Who explains this?
- (A) Principle (B) Ego
(C) Super ego (D) Principle and ego
72. Which of the following is not a type of standard?
- (A) Age standard (B) Specific group standard
(C) Professional standard (D) Analysis standard
73. Which Gujarati star player has created history in Para table tennis in Birmingham?
- (A) Sania Mirza (B) P. V. Sindhu
(C) Mithali Raj (D) Bhavina Patel
74. Give the name of World Cup Hockey-23 champion team?
- (A) Germany (B) Brazil
(C) India (D) Pakistan
75. Who among the following is the athlete who created a new record in Javelin throw ?
- (A) Seema Puniya (B) Niraj Chopra
(C) Avinash Mukund Sable (D) Om Prakash Mitharwal
76. Which team won the Ranjit Trophy 2022-23?
- (A) Saurashtra (B) West Bengal
(C) Delhi (D) Maharashtra
77. Which country became the runner-up in FIFA World Cup-2022?
- (A) Brazil (B) France
(C) Argentina (D) America
78. Recognize the badminton player from the following —.
- (A) Virat Kohli (B) Pulela Gopichand
(C) Abhinav Bindra (D) Bhakti Pradeep Kulkarni

79. What is the field measurement for senior boys in kabaddi?
(A) 13.00 meters \times 10.00 meters (B) 12.00 meters \times 10.00 meters
(C) 11.00 meters \times 10.00 meters (D) 11.50 meters \times 10.50 meters
80. What is the measurement of throwing angle in shot put?
(A) 33.92° (B) 34.92°
(C) 35.92° (D) 36.92°
81. What is the fifth anga in Ashtang Yoga?
(A) Dharna (B) Pranayam
(C) Asana (D) Pratyahar
82. Which Asana is beneficial for a patient with osteoporosis?
(A) Setukasana (B) Chakrasana
(C) Ushtrasana (D) Pavanmuktasana
83. What is the action of exhale?
(A) Rechak (B) Poorak
(C) Internal Kumbhak (D) External Kumbhak
84. In which posture agni energy is generated by joining both the thumbs ?
(A) Pran Mudra (B) Vitrag Mudra
(C) Gyan Mudra (D) Shankh Mudra
85. Which mudra is formed by joining the thumb and first finger of both hands ?
(A) Pran Mudra (B) Vitrag Mudra
(C) Gyan Mudra (D) Pruthvi Mudra
86. What is the height of pole from the land in the game of Volleyball ?
(A) 2.55 meters (B) 2.70 meters
(C) 2.40 meters (D) 1.22 meters
87. Which is the special skill for the game of football?
(A) Dribbling (B) Kicking
(C) Trapping (D) Heading

88. Which is the most popular game in the world?
(A) Cricket (B) Hockey
(C) Volleyball (D) Football
89. Which is the best procedure for solving problems related to learning Physical Education subject in primary level studies?
(A) Place a suggestion (question) box in a school
(B) Implementing simple and interesting textbook
(C) Conducting tests from time to time
(D) To implement different education systems according to the abilities and aptitude of the students
90. The need for most scientific approach should be kept in mind in designing the syllabus of which level?
(A) Post graduate level (B) Graduate level
(C) Secondary level (D) Primary and upper primary level
91. Which committee had recommended Learning without Burden?
(A) Hansa Mehta Committee (B) Manubhai Pancholi Committee
(C) Gijubhai Badheka Committee (D) Pro. Yashpal Committee
92. Who recommended learning through games?
(A) Jugatram Dave (B) Ramanlal Soni
(C) Gijubhai Badheka (D) Manubhai Pancholi
93. Which player of Gujarat has been honored with Arjuna Award ?
(A) Mana Patel (B) Ansul Kothari
(C) Harmit Desai (D) Puja Chaurushi
94. Which award is not given by Gujarat Government in the field of sports ?
(A) Jaydipsinhji Award (B) Dronacharya Award
(C) Sardar Patel Award (D) Eklavya Award
95. Which district became overall champion in Khel Maha Kumbha 2022-23?
(A) Surat (B) Ahmedabad
(C) Vadodara (D) Rajkot

96. As a teacher what should you look for in a player for the principle of useful balance in the game?
(A) Newton's law of motion (B) Centre of gravity
(C) Gravitational force (D) Rules of lifting
97. State the measurement of free zone for senior players in the game of Kho-Kho ?
(A) 1.50 meters (B) 2.55 meters
(C) 2.50 meters (D) 1.90 meters
98. In which training, the speed of work, frequency of work and type of rest are very carefully determined for the players?
(A) Isometric training (B) Isotoni training
(C) Interval training (D) Pressure training
99. In which game 'Bugli' skill is to be used?
(A) Karate (B) Judo
(C) Wrestling (D) Taekwondo
100. Which equipment would you use to increase leg kick power in swimming?
(A) Snooker (B) Pull buoys
(C) Fins (D) Paddles

