CUET 2026 May 21 shift 2 Physical Education

Question Paper (Memory-Based) with Solutions

Conducted by National Testing Agency (NTA)

General Instructions

(i) The examination will be conducted in Computer-Based Test (CBT) mode.

(ii) Each question carries +5 marks for correct answer and -1 mark for wrong answer.

(iii) The total number of questions are 50.

(iv) Duration of the exam is 1 hour (60 minutes).

1. A sports coordinator wants to ensure that highly ranked, top-performing teams do not compete against each other in the very first round of a knockout tournament. Which of the following structural planning methods must the coordinator apply when drawing the fixtures?

(A) Special Bye

(B) Seeding

(C) Consolation Bracket

(D) Staircase Pairings

Correct Answer: (B) Seeding

Solution:

Concept: Seeding is the practice of placing strong teams or players in tournament brackets in a way that prevents them from meeting and eliminating each other in the early rounds of a competition.

Step 1: Analyze the operational purpose of seeding. In a pure random draw for a knockout tournament, there is a statistical risk that the two best teams could be paired together in the first match. Seeding uses past performance records to systematically distribute these top teams across opposite sections of the upper and lower halves of the draw.

Step 2: Contrast with alternative planning terms.

- Bye: Awarded to teams to advance to the second round without playing, used simply to balance brackets when the total team count is not a perfect power of two.
- Special Seeding: Allows players to skip initial rounds entirely and enter the competition directly at the Quarter-Final or Pre-Quarter-Final stage.

Therefore, regular seeding satisfies the planning requirement perfectly.

Quick Tip: Whenever an exam question mentions preventing strong teams from meeting in early rounds, the answer is always Seeding.

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2. Match the following prominent international sports organizations for individuals with disabilities with their respective official founding years:

List I (Organization)	**List II (Founding Year)**
1. Special Olympics	P. 1924
2. International Paralympic Committee (IPC)	Q. 1968
3. International Committee of Sports for the Deaf	R. 1989

(A) 1-Q, 2-R, 3-P

(B) 1-P, 2-Q, 3-R

(C) 1-R, 2-P, 3-Q

(D) 1-Q, 2-P, 3-R

Correct Answer: (A) 1-Q, 2-R, 3-P

Solution:

Concept: Tracking the historical development of adaptive sports organizations is essential for mastering the "Sports for CWSN" module.

Step 1: Map each organization to its correct historical timeline entry.

- Special Olympics (1-Q): Founded by Eunice Kennedy Shriver in July 1968 to provide year-round sports training for individuals with intellectual disabilities.
- International Paralympic Committee (2-R): Formed on September 22, 1989, in Dusseldorf, Germany, to act as the global governing body for the Paralympic movement.

- Deaflympics Governing Body (3-P): The International Committee of Sports for the Deaf was established way back in 1924 to organize games for hearing-impaired athletes.

Step 2: Construct the match pattern matrix. Aligning our pairs yields: $1 \rightarrow Q$, $2 \rightarrow R$, and $3 \rightarrow P$.

Quick Tip: Remember that the Deaflympics movement is historically the oldest adaptive sports organization, dating back to 1924, while the modern Paralympic Committee (IPC) was established much later, in 1989.

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3. An athlete exhibits a noticeable structural deformity in their lower limbs where their knees strike or knock against each other in a normal standing position, while a wide gap forms between their internal ankle joints. This postural condition is medically classified as:

(A) Genu Varum (Bow Legs)

(B) Genu Valgum (Knock-Knees)

(C) Scoliosis

(D) Lordosis

Correct Answer: (B) Genu Valgum (Knock-Knees)

Solution:

Concept: Postural deformities alter structural bone alignment and impact biomechanical efficiency during athletic movements.

Step 1: Analyze the physical alignment of the deformity description. When a person stands with their knees touching while their ankles remain spread wide apart, the condition is known as Knock-Knees, medically termed Genu Valgum. This deformity places increased stress on the outer lateral compartments of the knee joints.

Step 2: Contrast with alternative lower-body and spinal variations.

- Genu Varum (Bow Legs): The opposite lower-limb variation, where the knees curve outward away from each other while the feet touch.
- Scoliosis / Lordosis: These are spinal deformities involving lateral curvature or excessive lower back inward arches, separate from leg alignment issues.

Quick Tip: Remember this memory trick to keep them straight: Genu ValGUM causes the knees to stick together like gum, while Genu VaRUM makes the legs bow outward, looking like a wide round barrel of rum.

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4. During a highly competitive football match, a defender sliding in for a tackle deliberately trips an opponent to stop a clear goal-scoring opportunity. The defender has no intention of causing physical injury, but uses the foul purely as a strategic tool to help their team win. This behavior is an example of:

(A) Hostile Aggression

(B) Instrumental Aggression

(C) Assertive Behavior

(D) Reactive Hostility

Correct Answer: (B) Instrumental Aggression

Solution:

Concept: Psychology in sports divides aggressive behaviors into distinct categories based on the underlying intent and motivation of the athlete.

Step 1: Analyze the primary motivation behind the behavior.

The key detail in the scenario is that the player acts without malice or any intent to cause physical harm or pain to the opponent. The foul is deployed solely as a practical calculation to achieve a competitive goal (preventing a goal). This is the definition of Instrumental Aggression.

Step 2: Contrast with alternative categories of aggression.

- Hostile Aggression: Driven by anger or frustration, where the primary goal is to inflict physical harm or pain on another player.
- Assertive Behavior: Uses high intensity and physical force within the legal rules of the game without any intent to cause harm or commit a foul.

Quick Tip: Think of Instrumental Aggression as using an aggressive act as an instrument or tool to achieve a victory—it is goal-oriented rather than anger-driven.

5. According to the widely accepted Big Five Personality Trait model (OCEAN Matrix), an individual who scores exceptionally high in the category of 'Neuroticism' is most likely to exhibit which of the following behavioral patterns?

(A) A highly organized, structured, and goal-directed approach to sports training.

(B) An open, creative eagerness to experiment with new competitive techniques and strategies.

(C) Frequent emotional instability, anxiety, mood swings, and vulnerability to stress under match pressure.

(D) A deeply empathetic, cooperative, and helpful approach to supporting teammates.

Correct Answer: (C) Frequent emotional instability, anxiety, mood swings, and vulnerability to stress under match pressure.

Solution:

Concept: The Big Five model uses five distinct personality dimensions—Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism—to assess individual behavioral patterns.

Step 1: Define the psychological traits associated with Neuroticism.

Neuroticism measures an individual's level of emotional stability and their tendency to experience negative emotions. Athletes who score high in neuroticism are highly sensitive to stress, experience frequent mood fluctuations, and often deal with performance anxiety under high-stakes competitive pressure.

Step 2: Link the other options to their correct Big Five traits.

- Option (A) describes a person high in Conscientiousness (orderly, disciplined).
- Option (B) reflects a person high in Openness to Experience (creative, curious).
- Option (D) matches a person high in Agreeableness (cooperative, compassionate).

Quick Tip: Use the acronym OCEAN to keep the Big Five traits memorized. Remember that Neuroticism is inversely related to emotional stability, making it a key factor in how athletes handle performance pressure.

6. When drafting league tournament fixtures containing an odd number of participating teams,

how many total operational rounds must be scheduled if the coordinator chooses the standard 'Staircase Method'?

(A) $N-1$ rounds

(B) N rounds

(C) $N+1$ rounds

(D) $\frac{N(N-1)}{2}$ rounds

Correct Answer: (A) N - 1 rounds

Solution:

Concept: The Staircase Method organizes league fixtures by arranging pairings in a step-like visual sequence. A unique advantage of this layout is that it operates independently of standard odd or even team-count rules.

Step 1: Analyze round counts within the Staircase framework.
Unlike the Cyclic or Tabular methods—where an odd number of teams forces the number of rounds to equal N—the Staircase Method always requires exactly $N-1$ structural steps or rounds to complete all matches, regardless of whether the total team count is odd or even.

Step 2: Differentiate from total match calculations. The formula $\frac{N(N-1)}{2}$ calculates the *total number of matches* played across the entire tournament, rather than the number of administrative rounds scheduled.

Quick Tip: The Staircase Method is the most straightforward way to schedule a league tournament because it completely avoids the need to distribute "Byes," and the number of rounds always simplifies to $N-1$.

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7. Which of the following macronutrients acts as the primary, fast-acting source of metabolic energy for an athlete's muscles during short, high-intensity sprinting sessions?

(A) Proteins

(B) Fats

(C) Vitamins

(D) Carbohydrates

Correct Answer: (D) Carbohydrates

Solution:

Concept: Dietary nutrients are classified based on their primary physiological roles within an athlete's body: macro-components supply energy and build tissue, while micro-components regulate cell functions.

Step 1: Identify the primary energy resource for muscle tissue.

Carbohydrates are broken down by the digestive system into glucose, which is stored in the muscles and liver as glycogen. This glycogen can be mobilized quickly during high-intensity exercise, making carbohydrates the body's primary fuel source for fast-acting energy.

Step 2: Review the roles of alternative macronutrients.

- Proteins: Primarily used to repair, rebuild, and grow muscle tissue rather than acting as a primary energy source.
- Fats: Provide a highly concentrated energy reserve, but are metabolized slowly, making them better suited for long, low-intensity endurance activities.

Quick Tip: For explosive, high-intensity exercises (like sprints or weightlifting), the muscles rely on Carbohydrates for rapid energy. For prolonged endurance events (like marathons), the body transitions to burning Fats.

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8. A track coach observes that an athlete's spine exhibits an abnormal lateral or sideways curvature when viewed from behind, causing one shoulder to appear structurally higher than the other. This spinal deformity is classified as:

(A) Kyphosis

(B) Scoliosis

(C) Lordosis

(D) Flat Foot

Correct Answer: (B) Scoliosis

Solution:

Concept: Spinal column deformities are classified based on the specific anatomical plane and direction of the abnormal curvature.

Step 1: Analyze the specific direction of the spinal curve described.

An abnormal curve that bends sideways or laterally into an 'S' or 'C' shape when looking at the spine from behind is called Scoliosis. This lateral shift frequently causes asymmetric positioning in the shoulders and hips.

Step 2: Differentiate from forward and backward spinal curves.

- Kyphosis: An excessive outward curvature of the upper thoracic spine, leading to a hunched back appearance.
- Lordosis: An exaggerated inward curve of the lower lumbar spine, often causing the abdomen to thrust forward.

Quick Tip: Remember this helpful letter association: Scoliosis causes the spine to curve sideways into the shape of an S, while Kyphosis causes an upper back rounding that resembles a hunch or a K-like curve.

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9. Which of the following physical exercises acts as a highly effective corrective measure to help rehabilitate and reverse the lower-limb deformity known as Genu Varum (Bow Legs)?

(A) Walking on the inner edges of the feet.

(B) Walking exclusively on the outer lateral borders of the shoes.

(C) Performing deep squats with the knees pressed tightly together.

(D) Maintaining prolonged seated cross-legged meditation postures.

Correct Answer: (A) Walking on the inner edges of the feet.

Solution:

Concept: Corrective physical therapies use targeted movements to apply counter-pressure and re-align bone structures affected by postural deformities over time.

Step 1: Analyze the structural alignment of Genu Varum.

In Genu Varum (Bow Legs), the leg bones curve outward, creating an exaggerated wide gap between the knees. This alignment throws the body's weight onto the outer edges of the feet.

Step 2: Select the appropriate corrective exercise. To counteract this outward bowing, the

athlete should perform exercises that guide the knees inward. Walking on the inner edges of the feet shifts the mechanical alignment inward, helping reduce the outward curve of the leg bones over time. Conversely, walking on the outer borders would worsen the deformity.

Quick Tip: Corrective exercises always work by applying force in the opposite direction of the deformity. Since bow legs curve outward, exercises that focus on pushing weight inward help restore proper alignment.

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10. The foundational motor skill test item known as the 'Plate Tapping Test' is included in standard youth fitness batteries to assess which physical capacity component?

(A) Speed of limb movement and upper body coordination

(B) Abdominal core muscular endurance

(C) Lower body explosive vertical power

(D) Static balance and posture maintenance

Correct Answer: (A) Speed of limb movement and upper body coordination

Solution:

Concept: Standard motor tests use targeted tasks to isolate and measure specific physical capacities, such as reaction time, speed, agility, or coordination.

Step 1: Analyze the physical actions required by the Plate Tapping Test.

The Plate Tapping Test requires an individual to move their dominant hand back and forth rapidly between two fixed discs while keeping their non-dominant hand stationary on a central line. This rapid movement measures how quickly an individual can move their limbs while maintaining upper-body coordination.

Step 2: Recall alternative test matches for other physical capacities.

- Abdominal Endurance: Measured using the timed Partial Curl-Up test.
- Explosive Power: Evaluated using the Standing Broad Jump or Vertical Jump tests.
- Static Balance: Assessed using the Flamingo Balance Test protocol.

Quick Tip: Any test that requires rapid hand tapping back and forth between fixed points is designed to measure speed of limb movement and upper-body coordination.
