



CBRT - 2019 Question Paper Grid

Government of Goa

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Set Name

Subjects

Display

College Director of Physical Edu.

Passage:

Read the passage below and answer the following questions:

Cyber crime is the branded stigma defacing the culture and magnanimity of computer technology. It is upkeeping the flag with indomitable triumph against developing computer technology worldwide.

Modern age is striding with marching steps of technology revolution beating the past decade of ancestral belief with ultimate care. Computer invention has unfolded the mystery of quick access with the objective of minimum manpower and cutting the time consumption parameters.

As each coin has dual face of its portrait, likewise computer technology is sick of creeping virus. Synthetic manmade dilemma of site hackers activation is causing setback to the expanding anchor of revolutionary device with great loss of time, economy and data profile as suffered by consumers. A recent report from Internet security firm Websense estimates that 85.6 per cent of all the unwanted e-mails contained links to spam sites. The company's data suggests that the number of malicious sites grew 233 per cent in the last six months and saw 671 per cent growth in the number of malicious sites during the last year. In June alone, the total number of e-mails detected as containing viruses increased by 600 per cent compared to May.

Chat rooms, blogs and message-boards where the users post comments have been identified as the top targets of hackers and spammers due to the high traffic these attract. According to Websense, 95 per cent of user-generated comments to blogs, chat rooms and message-boards during the first half of 2009 were malicious.

It is advisable not to click on spurious links and stay away from keying in passwords at unknown sites as they are most likely to be spammed. Hackers can steal your passwords and log in to your account and access critical information like account numbers and contact details among other things.

Itemcode : DI1137

Q1 : The above passage is:

- (a) An advisory for computer users.
- (b) An advisory for the Internet users.
- (c) A warning against possible threat to the users.
- (d) Related to chat rooms, blogs and message boards.

Key: **A**

Itemcode : DI1138

Q2 : People who use chat rooms and blogs

- (a) Are safe and have no threats from spam.
- (b) Are more prone to malicious e-mails.
- (c) Create virus and hack the accounts of others.
- (d) Are unsafe.

Key: **D**

Itemcode : DI1139

Q3 : According to the writer, it is not safe to:

- (a) Log on to spurious links.
- (b) Access one's own account frequently.
- (c) Have essential information stored in a computer.
- (d) Include data-stealing code.

Key: **A**

Itemcode : DI1140

Q4 : Which word in the passage is Synonym of Weblog?

- (a) Blog
- (b) Password
- (c) Site
- (d) E-mail

Key: **A**

- (b) 20 years
 (c) 22 years
 (d) 18 years
 Key: **C**

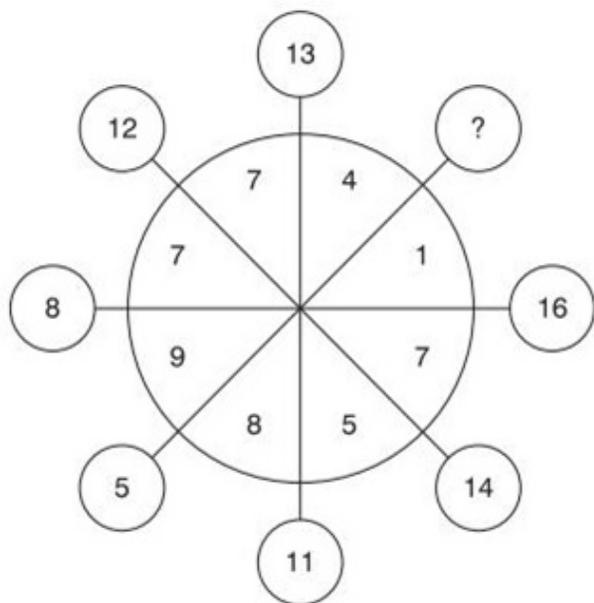
Itemcode : **DI1150**

Q14 Six persons A, B, C, D, E and F are sitting in a circle. B is between F and C; A is between E and D; F is to the left of D.
 : Who is between A and F?

- (a) B
 (b) C
 (c) D
 (d) A
 Key: **C**

Itemcode : **DI1151**

Q15 What number should replace the question mark ?
 :



- (a) 20
 (b) 21
 (c) 16
 (d) 17
 Key: **D**

Itemcode : **DI1126**

Q16 Which of the following places is famous for Chikankari work, which is a traditional art of embroidery?
 :

- (a) Lucknow
 (b) Hyderabad
 (c) Jaipur
 (d) Mysore
 Key: **A**

Itemcode : **DI1127**

Q17 It travels over land and water. Who invented the HOVERCRAFT?
 :

- (a) S. Sperry
 (b) O. Strickland
 (c) T. Henman
 (d) C. Cockerell
 Key: **D**

Itemcode : **DI1128**

Q18 The initials JCB on earth-moving equipment are those of the founder of the company that makes it. What is his name?
 :

- (a) John Christopher Ballantyne
 (b) Joseph Cyril Bamford
 (c) John Christopher Baxter
 (d) Jack Croxford Baker
 Key: **B**

Itemcode : **DI1129**

Q19 The famous Dilwara Temples are situated in
 :

- (a) Uttar Pradesh
 (b) Rajasthan
 (c) Maharashtra
 (d) Madhya Pradesh
 Key: **B**

Itemcode : **DI1130**

Q20 'Bagh', a village in Gwalior is famous for
:

- (a) Sculptures
- (b) Architecture
- (c) Cave Painting
- (d) All of the above

Key: **C**

Itemcode : **DI1131**

Q21 Wadia Institute of Himalayan Geology is located at
:

- (a) Delhi
- (b) Shimla
- (c) Dehradun
- (d) Kulu

Key: **C**

Itemcode : **DI1132**

Q22 Which city is called 'White City' of Rajasthan?
:

- (a) Bihar
- (b) Jaipur
- (c) Udaipur
- (d) Jodhpur

Key: **C**

Itemcode : **DI1133**

Q23 India Celebrates February 28 every year as 'National Science Day' because on this day
:

- (a) first Indian Space craft was launched
- (b) Nehru laid the foundation of Science labs all over India
- (c) in 1928 C.V. Raman discovered what was later called the 'Raman Effect'
- (d) Vikram Sarabhai was born

Key: **C**

Itemcode : **DI1134**

Q24 World Literacy Day is observed on
:

- (a) Sep 5
- (b) Aug 6
- (c) Sep 8
- (d) Oct 24

Key: **C**

Itemcode : **DI1135**

Q25 Who won the 2019 edition of Women's singles US Open Tennis title?
:

- (a) Bianca Andreescu
- (b) Caroline Wozniacki
- (c) Simona Halep
- (d) Naomi Osaka

Key: **A**

Itemcode : **DI1073**

Q26 The part of eye which can be transplanted ?
:

- (a) Retina
- (b) Cornea
- (c) Optic nerves
- (d) Complete eye

Key: **B**

Itemcode : **DI1077**

Q27 The breathing rate in normal human beings is :
:

- (a) 36 per minute
- (b) 12 to 20 per minute
- (c) 72 per minute
- (d) 20 to 30 per minute

Key: **B**

Itemcode : **DI1078**

Q28 The following is not a good source of vitamins
:

- (a) Milk
(b) Amla (Gooseberry)
(c) Lemon
(d) Green chilly
Key: **A**

Itemcode : **DI1079**

Q29 Essential amino acids are best described as those amino acids that are :

- (a) required for protein synthesis but cannot be made by the body
(b) naturally occurring substances that function in fighting infection
(c) important components of carbohydrates, fats, and proteins
(d) high-energy nutrients that promote growth and development
Key: **A**

Itemcode : **DI1080**

Q30 What is the primary nutrient that contributes to bone health ?

- (a) Iron
(b) Potassium
(c) Calcium
(d) Phosphorous
Key: **C**

Itemcode : **DI1081**

Q31 The length of exchange zone in 4 x 100 m relay is :

- (a) 10 meters
(b) 15 meters
(c) 20 meters
(d) 30 meters
Key: **C**

Itemcode : **DI1082**

Q32 Skill acquisition is mainly dependent upon :

- (a) Flexibility
(b) Coordination ability
(c) Muscular strength
(d) Speed
Key: **B**

Itemcode : **DI1083**

Q33 To break tie in long jumpevent :

- (a) Consider the performance of the first attempt
(b) Consider the performance of the last attempt
(c) Consider the next best performance
(d) Allow the participant more attempts till the tie is resolved.
Key: **C**

Itemcode : **DI1084**

Q34 Dimensions of the volleyball court are :

- (a) 9m x 18m (B x L)
(b) 18 m x 20 m (B x L)
(c) 11 m x 21 m (B x L)
(d) 8 m x 16 m (B x L)
Key: **A**

Itemcode : **DI1085**

Q35 Width of lanes in a standard Athletic track is :

- (a) 1.00 m
(b) 1.20 m
(c) 1.22 m
(d) 1.25 m
Key: **C**

Itemcode : **DI1086**

Q36 In volleyball, the distance of the attack line from centre line is :

- (a) one meter
(b) two meters
(c) three meters

(d) five meters

Key: **C**

Itemcode : **DI1087**

Q37 Three second rule is applied in the game of :

:

- (a) Basketball
- (b) Kabaddi
- (c) Kho-kho
- (d) Table Tennis

Key: **A**

Itemcode : **DI1088**

Q38 Events in 'Power lifting' are :

:

- (a) Squat, bench press, dead lift
- (b) Squat, push up, leg press
- (c) Dead lift, bench press, front press
- (d) None of the above

Key: **A**

Itemcode : **DI1089**

Q39 Pushing against a wall is an example of :

:

- (a) Eccentric exercise
- (b) Isometric exercise
- (c) Isotonic exercise
- (d) Isokinetic exercise

Key: **B**

Itemcode : **DI1090**

Q40 Adaptation to training load at high altitudes is known as

:

- (a) Climatization
- (b) Thermoregulation
- (c) Super compensation
- (d) Acclimatization

Key: **D**

Itemcode : **DI1091**

Q41 Aerobic fitness is best achieved through:

:

- (a) Swimming
- (b) Circuit training
- (c) Short sprints
- (d) Long distance running

Key: **D**

Itemcode : **DI1092**

Q42 Long term exercise program made up of different activities and sports for developing all round fitness is known as :

:

- (a) Set training
- (b) Circuit training
- (c) Interval training
- (d) Cross training

Key: **D**

Itemcode : **DI1093**

Q43 Physical ability which enables a person to rapidly change body position and direction in a precise manner is called :

:

- (a) Speed
- (b) Balance
- (c) Coordination
- (d) Agility

Key: **D**

Itemcode : **DI1094**

Q44 'Round Robin' is a name given to :

:

- (a) Knock out tournament
- (b) Ladder tournament
- (c) League type competition
- (d) None of the above

Key: **C**

Itemcode : **DI1095**

Q45 The super compensation effect of training is due to:

:

- (a) Improper proportion between load and recovery
- (b) Proper proportion between load and recovery
- (c) Massage
- (d) All the above

Key: **B**

Itemcode : **DI1096**

Q46 Best method to develop flexibility is :

:

- (a) Ballistic method
- (b) Slow method
- (c) Slow stretching and hold method
- (d) Yoga method

Key: **C**

Itemcode : **DI1097**

Q47 Main consideration for effective periodization should be :

:

- (a) Base creation
- (b) Achievement of top performance
- (c) Skill development.
- (d) Development of tactical ability

Key: **B**

Itemcode : **DI1098**

Q48 Tactical training is done :

:

- (a) After skills are mastered
- (b) Before skills are mastered
- (c) Both tactical training and technical training are done side by side
- (d) All the above

Key: **A**

Itemcode : **DI1099**

Q49 Overload in sports training relates to when :

:

- (a) The oxygen is adequate to supply the need of the body
- (b) The oxygen supplying mechanisms are not able to increase
- (c) The intake of oxygen is insufficient to meet the demand
- (d) The supply of oxygen is more than required

Key: **C**

Itemcode : **DI1100**

Q50 What does the acronym PRICE stand for in sports :

:

- (a) Protection, rest, ice, compression, elevation
- (b) Protection, rest, ice, concentration, effusion
- (c) Protection, rest, ice, concentration, elevation
- (d) Padding, rest, ice, compression, elevation

Key: **A**

Itemcode : **DI1101**

Q51 Research is

:

- (a) Searching again and again
- (b) Finding solution to any problem
- (c) Working in a scientific way to search for truth of any problem
- (d) None of the above

Key: **C**

Itemcode : **DI1102**

Q52 In the process of conducting research 'Formulation of Hypothesis' is followed by

:

- (a) Statement of Objectives
- (b) Analysis of Data
- (c) Selection of Research Tools
- (d) Collection of Data

Key: **C**

Itemcode : **DI1103**

Q53 Questionnaire is a:

:

- (a) Research method
- (b) Measurement technique

- (c) Tool for data collection
(d) Data analysis technique
Key: **C**

Itemcode : **DI1104**

Q54 Muscles get fatigue due to accumulation of
:

- (a) Lactic acid
(b) ATP
(c) Phosphate molecule
(d) Carbon dioxide

Key: **A**

Itemcode : **DI1105**

Q55 Movement in which a muscle contracts and bends joint is called
:

- (a) Flexion
(b) Bending
(c) Extension
(d) None of these

Key: **A**

Itemcode : **DI1106**

Q56 Extensor muscle on back of arm is called
:

- (a) Biceps
(b) Triceps
(c) Muscles
(d) None of these

Key: **B**

Itemcode : **DI1107**

Q57 Skeletal muscles is attached to bone by a bundle of collagen and non-elastic fibers called
:

- (a) Tendons
(b) Filaments
(c) Cartilage
(d) Hoofs

Key: **A**

Itemcode : **DI1108**

Q58 Name the term given to abnormally low levels of white blood cells?
:

- (a) Leukocytosis
(b) Leucopenia
(c) Lymphocyte
(d) Thrombopoietin

Key: **B**

Itemcode : **DI1109**

Q59 When you breathe in air, you bring oxygen into your lungs and blow out _____.
:

- (a) Carbon dioxide
(b) Carbon monoxide
(c) Oxygen
(d) Hydrogen

Key: **A**

Itemcode : **DI1110**

Q60 What are the parts of the Respiratory System?
:

- (a) Lungs, Alveoli, Ribs, Liver
(b) Lungs, Trachea, Larynx, Pharynx, Bronchi, Bronchioles, Alveoli, Nasal Cavity, Heart
(c) Intercostal Muscles, Lungs, Trachea, Larynx, Pharynx, Bronchi, Bronchioles, Alveoli, Nasal Cavity
(d) Throat, Bronchioles, Bronchi, Alveoli, Stomach, Ribs

Key: **B**

Itemcode : **DI1111**

Q61 Which out of the following statements is true about regulation of metabolic pathway?
:

- (a) Most of the metabolic pathways are regulated
(b) Most of the metabolic pathways are not regulated
(c) Regulation of metabolic pathways always involves changing the amount of enzymes
(d) Metabolic regulation always depends on control by hormones

Key: **A**

Itemcode : **DI1112**

Q62 Which of the following statements is true about brain metabolism in starvation?
:

- (a) The brain can use glucogenic amino acids for energy
- (b) The brain can only use glucose as fuel
- (c) Up to a quarter of energy requirement of the brain can come from fatty acids
- (d) Up to a half of energy requirement of the brain can come from ketone bodies

Key: **A**

Itemcode : **DI1113**

Q63 Endurance training increases the muscle's capacity to:
:

- (a) Contract faster
- (b) Breakdown phosphocreatine
- (c) Burn fat and carbohydrate
- (d) Generate energy anaerobically

Key: **C**

Itemcode : **DI1114**

Q64 A muscle fibre relaxes when:
:

- (a) The nerve stimulus is removed
- (b) The nerve stimulus is too forceful
- (c) The actin binding sites are uncovered
- (d) The actin binding sites are saturated

Key: **A**

Itemcode : **DI1115**

Q65 Muscle lactate production increases when:
:

- (a) Oxygen is readily available
- (b) Pruvate cannot be formed from glucose breakdown
- (c) The pH of the muscle falls
- (d) Glycolysis is activated at the onset of exercise

Key: **D**

Itemcode : **DI1116**

Q66 The major source of carbohydrate in a typical Western diet is:
:

- (a) Starch
- (b) Cellulose
- (c) Glycogen
- (d) Sucrose

Key: **A**

Itemcode : **DI1117**

Q67 Training for endurance has little effect on:
:

- (a) Muscle mass
- (b) Muscle triacylglycerol and glycogen content
- (c) Mitochondrial content of muscle
- (d) Aerobic capacity

Key: **A**

Itemcode : **DI1118**

Q68 When first International Yoga Day is observed in India?
:

- (a) 21 June 2014
- (b) 21 June 2015
- (c) 21 June 2016
- (d) None of the above

Key: **B**

Itemcode : **DI1119**

Q69 In 2019, which city host PM Narendra Modi's International Yoga celebration?
:

- (a) New Delhi, Rajpath
- (b) Ranchi, Jharkhand
- (c) Dehradun, Uttarakhand
- (d) Allahabad, UP

Key: **B**

Itemcode : **DI1120**

Q70 Which theory of anxiety suggests that stress and anxiety will influence performance and that each athlete will respond is a unique; way to competitive anxiety?
:

- (a) Drive theory
(b) Inverted U-hypothesis
(c) Catastrophe theory
(d) Optimal arousal theory
Key: **C**

Itemcode : **DI1121**

Q71 'Dead Ball' is associated with
:

- (a) Football
(b) Handball
(c) Hockey
(d) Cricket
Key: **D**

Itemcode : **DI1122**

Q72 Muscles whose contraction is under our control are
:

- (a) Skeletal muscles
(b) Nerve muscles
(c) Epidermal muscles
(d) Xylem muscles
Key: **A**

Itemcode : **DI1123**

Q73 Muscles that are involuntary in action are
:

- (a) Smooth and skeletal muscles
(b) Cardiac and smooth muscles
(c) Skeletal and cardiac muscles
(d) Squamous and ciliated muscles
Key: **B**

Itemcode : **DI1124**

Q74 'Neck joint' is an example of
:

- (a) Pivot joint
(b) Hinge joint
(c) Saddle joint
(d) Condylloid joint.
Key: **A**

Itemcode : **DI1125**

Q75 Which type of lever is most effective in sport movements?
:

- (a) Third class
(b) Second class
(c) First class
(d) None of the above
Key: **A**