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TS DSC PET

Previous Year Paper
18 Jul, 2024 Shift 2



Telangana State Commissioner and Director of School Education

Notations :

- 1.Options shown in green color and with ✓ icon are correct.
- 2.Options shown in red color and with ✗ icon are incorrect.

Question Paper Name :	Physical Education Teacher English 18th July 2024 Shift 2
Subject Name :	Physical Education Teacher English
Duration :	180
Total Marks :	100
Display Marks:	Yes
Actual Answer Key :	Yes
Change Font Color :	No
Change Background Color :	No
Change Theme :	No
Help Button :	No
Show Reports :	No
Show Progress Bar :	No

GK and Current Affairs

Number of Questions :	20
Section Marks :	10
Maximum Instruction Time :	0

Question Number : 1 Question Id : 6981778011 Display Question Number : Yes

Among the following constituents of the crust of the earth the element that is lowest in percentage is

Options :

1. ✗ Aluminum
2. ✓ Iron

3. ✘ Silicon

4. ✘ Oxygen

Question Number : 2 Question Id : 6981778012 Display Question Number : Yes

One of the following is **NOT** included in the composition of Council of Ministers in Government of India

Options :

1. ✘ Cabinet Ministers

2. ✔ Joint Ministers

3. ✘ Ministers of State

4. ✘ Deputy Ministers

Question Number : 3 Question Id : 6981778013 Display Question Number : Yes

The number of assembly constituencies in Telangana for which by-election was held along with General Elections, 2024

Options :

1. ✔ One

2. ✘ Two

3. ✘ Three

4. ✘ Four

Question Number : 4 Question Id : 6981778014 Display Question Number : Yes

In a human body, on combustion one gram of this substance yields 9.0 Kilo
Calories of energy

Options :

1. ✓ Fats
2. ✗ Proteins
3. ✗ Minerals
4. ✗ Carbohydrates

Question Number : 5 Question Id : 6981778015 Display Question Number : Yes

In 2020 Tokyo Olympics Ravi Kumar Dahiya of India has won a bronze medal
in this category of Wrestling

Options :

1. ✗ Men's Freestyle 60 Kg
2. ✗ Men's Freestyle 65 Kg
3. ✓ Men's Freestyle 57 Kg
4. ✗ Men's Freestyle 86 Kg

Question Number : 6 Question Id : 6981778016 Display Question Number : Yes

The Indian Martial Art 'Kalaripayattu' originated in this state

Options :

1. ✗ Tamil Nadu

2. ✘ Manipur
3. ✔ Kerala
4. ✘ Meghalaya

Question Number : 7 Question Id : 6981778017 Display Question Number : Yes

The level of India Open Badminton tournament held in January, 2024 was

Options :

1. ✘ Super 1000
2. ✘ Super 500
3. ✘ Super 300
4. ✔ Super 750

Question Number : 8 Question Id : 6981778018 Display Question Number : Yes

The theme of 'World Children's Day', 2023 was

Options :

1. ✔ For every child, every right
2. ✘ Inclusion for every child
3. ✘ A better future for every child
4. ✘ Investing in our future means investing in our children

Question Number : 9 Question Id : 6981778019 Display Question Number : Yes

India has entered into '123 Agreement' on Civil Nuclear Agreement with this country

Options :

1. ✘ China
2. ✘ Russia
3. ✘ France
4. ✔ USA

Question Number : 10 Question Id : 6981778020 Display Question Number : Yes

Identify the **INCORRECT** pair

Options :

1. ✘ Vikram Sarabhai Space Research Institute – Thiruvananthapuram
2. ✘ Satish Dhawan Space Center – Sriharikota
3. ✘ National Remote Sensing Agency – Hyderabad
4. ✔ ISRO Telemetry Tracking and Command Network – Mumbai

Question Number : 11 Question Id : 6981778021 Display Question Number : Yes

The oldest daily news paper published in India

Options :

1. ✘ Anand Bazar Patrika
2. ✘ Dainik Jagran

3. ✓ Mumbai Samachar

4. ✗ Hindustan

Question Number : 12 Question Id : 6981778022 Display Question Number : Yes

Shravanabelagola is an important piligrimage centre of

Options :

1. ✓ Jains

2. ✗ Hindus

3. ✗ Buddhists

4. ✗ Parsis

Question Number : 13 Question Id : 6981778023 Display Question Number : Yes

One of the following is **NOT** a river bank site of Khumbh Mela

Options :

1. ✓ Mahabaleshwar

2. ✗ Haridwar

3. ✗ Nashik

4. ✗ Prayagraj

Question Number : 14 Question Id : 6981778024 Display Question Number : Yes

The cities that were adjudged as 'India's Cleanest Cities' as per Swachh Sarvekshan cleanliness rankings in January, 2024

Options :

1. ✘ Vadodara and Nagpur
2. ✘ Surat and Nagpur
3. ✘ Vadodara and Indore
4. ✔ Surat and Indore

Question Number : 15 Question Id : 6981778025 Display Question Number : Yes

Lucknow, the Capital city of Uttar Pradesh is on the banks of this river

Options :

1. ✔ Gomti
2. ✘ Yamuna
3. ✘ Sarayu
4. ✘ Rapti

Question Number : 16 Question Id : 6981778026 Display Question Number : Yes

The homeopathy system of medicine was discovered by

Options :

1. ✘ French scientist
2. ✘ Spanish scientist

3. ✓ German scientist

4. ✗ Dutch scientist

Question Number : 17 Question Id : 6981778027 Display Question Number : Yes

The INS Garuda used for training by Indian Navy is at

Options :

1. ✗ Odisha

2. ✗ Coimbatore

3. ✓ Kochi

4. ✗ Lonawala

Question Number : 18 Question Id : 6981778028 Display Question Number : Yes

The PM e-Bus Seva Scheme launched in 2024 will cover cities with population
(as per 2011 census) above

Options :

1. ✗ 5 lakhs

2. ✗ 10 lakhs

3. ✗ 15 lakhs

4. ✓ 3 lakhs

Question Number : 19 Question Id : 6981778029 Display Question Number : Yes

The Language that was replaced by English as the official language by the British in the 19th Century

Options :

1. ✘ Hindi
2. ✔ Persian
3. ✘ Arabic
4. ✘ Sanskrit

Question Number : 20 Question Id : 6981778030 Display Question Number : Yes
Secondary colour among the following is

Options :

1. ✘ Red
2. ✔ Green
3. ✘ Yellow
4. ✘ Blue



General English

Number of Questions : 20
Section Marks : 10
Maximum Instruction Time : 0

Question Number : 21 Question Id : 6981778031 Display Question Number : Yes

The girl _____ arrived late is my sister.
Choose the correct option to fill in the blank.

Options :

1. ✘ which
2. ✔ who
3. ✘ whom
4. ✘ what

Question Number : 22 Question Id : 6981778032 Display Question Number : Yes

Gold is a _____ metal.

Pick the correct word to complete the sentence.

Options :

1. ✔ precious
2. ✘ preciose
3. ✘ precaiious
4. ✘ presious

Question Number : 23 Question Id : 6981778033 Display Question Number : Yes

Identify the part that contains an error in the sentence.

Kolkata is on the banks of a river Hooghly.

A B C D

Options :

1. ✘ A
2. ✘ B
3. ✘ C

4. ✓ D

Question Number : 24 Question Id : 6981778034 Display Question Number : Yes

Rearrange the jumbled parts of the sentence.

- A) There is no reason
- B) the East and the West
- C) there are fundamental
- D) differences between
- E) to believe that

Choose the correct answer:

Options :

- 1. ✗ A, B, C, E, D
- 2. ✗ A, D, B, C, E
- 3. ✓ A, E, C, D, B
- 4. ✗ A, C, B, D, E

Question Number : 25 Question Id : 6981778035 Display Question Number : Yes

One who speaks many languages is called

Options :

- 1. ✗ Polyphonist.
- 2. ✓ Polyglot.
- 3. ✗ Polyphonic.
- 4. ✗ Polygynist.

Question Number : 26 Question Id : 6981778036 Display Question Number : Yes

She is modest about her achievements.
Identify the antonym for the word 'modest'.

Options :

1. ✘ quite
2. ✘ simple
3. ✔ boastful
4. ✘ humble

Question Number : 27 Question Id : 6981778037 Display Question Number : Yes

Judges have great discretionary powers.
Identify the meaning of the word 'discretionary'.

Options :

1. ✘ compulsory
2. ✘ mandatory
3. ✘ obligatory
4. ✔ arbitrary

Question Number : 28 Question Id : 6981778038 Display Question Number : Yes

Pick the correctly punctuated sentence.

Options :

1. ✔ I said, "I know this man."
2. ✘ I said, "i know this man."
3. ✘

I said, "I Know this Man."

4. ✘ I Said, "I know this man"

Question Number : 29 Question Id : 6981778039 Display Question Number : Yes

They said, "We pray every day."

Select the one which best expresses the given sentence in indirect speech.

Options :

1. ✘ They said that we prayed every day.
2. ✘ They said that they pray every day.
3. ✘ They said that they have been praying every day.
4. ✔ They said that they prayed every day.

Question Number : 30 Question Id : 6981778040 Display Question Number : Yes

Honey is made by bees.

Select the one which best expresses the given sentence in active voice.

Options :

1. ✘ Bees makes honey.
2. ✔ Bees make honey.
3. ✘ Bees are making honey
4. ✘ Bees made honey.

Question Number : 31 Question Id : 6981778041 Display Question Number : Yes

Honesty is the best policy.
The word “honesty” is an example for

Options :

1. ✘ Common Noun.
2. ✘ Collective Noun.
3. ✘ Countable Noun.
4. ✔ Abstract Noun.

Question Number : 32 Question Id : 6981778042 Display Question Number : Yes

‘Close the door’. This is a/an

Options :

1. ✔ Imperative sentence.
2. ✘ Exclamatory sentence.
3. ✘ Declarative sentence.
4. ✘ Interrogative sentence.

Question Number : 33 Question Id : 6981778043 Display Question Number : Yes

Kiran was brought ____ by his grandparents.
Complete the sentence with correct option.

Options :

1. ✘ in
2. ✔ up
3. ✘ out

4. ✘ about

Question Number : 34 Question Id : 6981778044 Display Question Number : Yes

Pick the correct sentence.

Options :

1. ✘ The baby saw the balloons flying in a air with joy.

2. ✘ The baby saw the balloons flying in the air of joy.

3. ✔ The baby saw the balloons flying in the air with joy.

4. ✘ The baby saw the balloons flyings in the air with joy.

Question Number : 35 Question Id : 6981778045 Display Question Number : Yes

The farmer owns twenty-five _____ .
Identify the option to complete the sentence.

Options :

1. ✘ sheeves

2. ✘ sheepes

3. ✘ sheeps

4. ✔ sheep

Question Number : 36 Question Id : 6981778046 Display Question Number : Yes

Sentence A: I went to the stationery shop to buy a birthday card.

Sentence B: I went to the stationary shop to buy a birthday card.

Pick the correct sentence.

Options :

1. ✓ Only the Sentence A is correct.
2. ✗ Only the Sentence B is correct.
3. ✗ Both the Sentences A and B are correct.
4. ✗ Both the Sentences A and B are not correct.

Question Number : 37 Question Id : 6981778047 Display Question Number : Yes

The team has pulled their socks up in the final match.
The meaning of the idiom 'Pull your socks up' is to

Options :

1. ✗ keep their socks in a right place.
2. ✗ wear your socks correctly.
3. ✓ make an effort to improve one's work.
4. ✗ get ready to walk.

Question Number : 38 Question Id : 6981778048 Display Question Number : Yes

On his way to corridor, Rakesh broke the window pane in anger.
Identify the verb in the given sentence.

Options :

1. ✗ way
2. ✓ broke
3. ✗ corridor

4. ✘ anger

Question Number : 39 Question Id : 6981778049 Display Question Number : Yes

She lives in Hyderabad now, _____.
Pick the correct option to complete the sentence.

Options :

1. ✘ isn't she?
2. ✘ do she?
3. ✘ does she?
4. ✔ doesn't she?

Question Number : 40 Question Id : 6981778050 Display Question Number : Yes

Rekha and Surekha are twins, but they do not look _____ .
Identify the correct option to complete the sentence.

Options :

1. ✘ likely
2. ✘ aliked
3. ✔ alike
4. ✘ like

Content

Number of Questions :	160
Section Marks :	80
Maximum Instruction Time :	0

Question Number : 41 Question Id : 6981778051 Display Question Number : Yes

The primary goal of physical education

Options :

1. ✘ Developing techniques
2. ✘ Winning the competitions
3. ✘ Promote social interaction
4. ✔ Improving physical fitness and overall health

Question Number : 42 Question Id : 6981778052 Display Question Number : Yes

The group of activities which fall under the scope of physical education

- A) Corrective exercises for deformities
- B) Self-defence activities
- C) Recreation activities for the management of leisure

Choose the correct answer:

Options :

1. ✘ A & B only
2. ✘ B & C only
3. ✘ A & C only
4. ✔ A, B & C

Question Number : 43 Question Id : 6981778053 Display Question Number : Yes

One of the following is NOT an objective of Physical Education

Options :

1. ✘ Social development
2. ✘ Mental development
3. ✔ Development of academic Knowledge
4. ✘ Motor development

Question Number : 44 Question Id : 6981778054 Display Question Number : Yes

The key benefit of incorporating physical education in the curriculum

Options :

1. ✘ Increasing sedentary behaviour
2. ✘ Higher stress level
3. ✘ Reducing physical activity
4. ✔ Improved academic performance

Question Number : 45 Question Id : 6981778055 Display Question Number : Yes

One of the components of general education

Options :

1. ✘ Focusing on physical activities only
2. ✔ Teaching a wide range of subjects and concepts
3. ✘ Developing specific technical skills

4. ✘ Developing specialised professional skills

Question Number : 46 Question Id : 6981778056 Display Question Number : Yes

The ancient Indian text which contains references to physical education and sports activities

- A) Ramayana
- B) Bhagavad Gita
- C) Vedas

Choose the correct answer:

Options :

1. ✘ A only

2. ✘ B only

3. ✔ C only

4. ✘ A, B & C

Question Number : 47 Question Id : 6981778057 Display Question Number : Yes

During this period the Gurukulas were promoted by our ancient teachers

Options :

1. ✔ The medieval period

2. ✘ Indus valley Civilization period

3. ✘ The Vedic period

4. ✘ Early Hindu Period

Question Number : 48 Question Id : 6981778058 Display Question Number : Yes

The civilization which gave creditability to laying foundation for physical education and sports

- A) Roman Empire
- B) Greek civilization
- C) Egyptian civilization

Choose the correct answer:

Options :

- 1. ✘ A only
- 2. ✔ B only
- 3. ✘ C only
- 4. ✘ A, B & C

Question Number : 49 Question Id : 6981778059 Display Question Number : Yes

The year in which National Institute of Sports (NIS) was established

Options :

- 1. ✘ 1964
- 2. ✘ 1958
- 3. ✔ 1961
- 4. ✘ 1951

Question Number : 50 Question Id : 6981778060 Display Question Number : Yes

The age in which the physical education in ancient Greece was studied

Options :

1. ✘ Pan- Hellenic Festivals
2. ✘ Physical Education in Athens
3. ✘ Physical education in Sparta
4. ✔ Heroic age or the Homeric times

Question Number : 51 Question Id : 6981778061 Display Question Number : Yes

The primary objective of the Khelo India program launched by the Government of India

Options :

1. ✔ Nurturing sports talent
2. ✘ Development of sports infrastructure
3. ✘ Promoting traditions sports
4. ✘ Enhancing international sports

Question Number : 52 Question Id : 6981778062 Display Question Number : Yes

The sports policies and schemes were implemented by

Options :

1. ✘ Ministry of Finance
2. ✘

Ministry of Education

3. ✓ Ministry of Sports and Youth affairs

4. ✗ Sports Authority of India

Question Number : 53 Question Id : 6981778063 Display Question Number : Yes

The Indian state that launched a sports policy for the first time

Options :

1. ✗ Kerala

2. ✗ Punjab

3. ✓ Haryana

4. ✗ Maharashtra

Question Number : 54 Question Id : 6981778064 Display Question Number : Yes

The highest individual sports award in India was named after

Options :

1. ✓ Dhyan chand

2. ✗ Sachin Tendulkar

3. ✗ Kapil Dev

4. ✗ Milkha Singh

Question Number : 55 Question Id : 6981778065 Display Question Number : Yes

The sports award presented to sportsperson for his or her outstanding performance

Options :

1. ✘ Maulana Abul Kalam Azad Trophy
2. ✔ Arjuna Award
3. ✘ Khel Ratna Award
4. ✘ Padmashri award

Question Number : 56 Question Id : 6981778066 Display Question Number : Yes

The organisation, which is responsible for the promotion and development of physical education and sports in India

Options :

1. ✘ SAT
2. ✔ SAI
3. ✘ IOA
4. ✘ BCCI

Question Number : 57 Question Id : 6981778067 Display Question Number : Yes

The order of severity of disciplinary sanctions depends upon degree of fault committed by IOC member

Options :

1. ✘

Warning, Caution, Expulsion

Suspension, Expulsion

2. ✘

Caution, Expulsion, warning

3. ✘

4. ✔ Caution, Warning, suspension, Expulsion

Question Number : 58 Question Id : 6981778068 Display Question Number : Yes

The objective of SGFI

- A) To strive for the physical welfare of the school pupils in India
- B) To hold sports meets for school pupils at national and international levels
- C) To promote and popularize indigenous games as well as recognised Olympic events

Choose the correct answer:

Options :

1. ✘ A & B only

2. ✘ B & C only

3. ✘ A & C only

4. ✔ A, B & C

Question Number : 59 Question Id : 6981778069 Display Question Number : Yes

The premier national sports institute in India which provides training to elite athletes

Options :

1. ✘ SAI

2. ✓ NSNIS

3. ✗ LNIPE

4. ✗ IOC

Question Number : 60 Question Id : 6981778070 Display Question Number : Yes

The year of establishment of Lakshmibai College of Physical Education

Options :

1. ✓ 1957

2. ✗ 1973

3. ✗ 1982

4. ✗ 1857

Question Number : 61 Question Id : 6981778071 Display Question Number : Yes

Johann Friedrich Herbart is a

Options :

1. ✗ Greek Philosopher and psychologist

2. ✓ German Philosopher and psychologist

3. ✗ Britain Philosopher and psychologist

4. ✗ Sweden Philosopher

Question Number : 62 Question Id : 6981778072 Display Question Number : Yes

The committee which made recommendations for the development of Physical Education recreation in India

Options :

1. ✘ Kothari Committee
2. ✘ Swaminathan committee
3. ✘ Sarkaria Committee
4. ✔ Tara Chand Committee

Question Number : 63 Question Id : 6981778073 Display Question Number : Yes

The branch of biology which deals with structure, function, growth & development of organism

Options :

1. ✘ Botany
2. ✘ Sports medicine
3. ✔ Physiology
4. ✘ Zoology

Question Number : 64 Question Id : 6981778074 Display Question Number : Yes

The scientific discipline responsible to study the measurement of the human individual's body

Options :

1. ✘ Kinesiology

2. ✘ Biomechanics
3. ✔ Anthropometry
4. ✘ Anthropology

Question Number : 65 Question Id : 6981778075 Display Question Number : Yes

As per Kretschmer's body types the body type which has abnormal body shape and has mixed personality characteristics

Options :

1. ✘ Athletic
2. ✔ Dysplastic
3. ✘ Pyknic
4. ✘ Aesthetic

Question Number : 66 Question Id : 6981778076 Display Question Number : Yes

The principle which explains that all persons are able to utilize time of leisure or time in between working hours

Options :

1. ✘ Principle of re-inforcement
2. ✔ Principle of utility of time
3. ✘ Principles of release of sorrow and emotion

4. ✘ Natural principle

Question Number : 67 Question Id : 6981778077 Display Question Number : Yes

The age in which secretion of hormones from glands and functional condition of the organs is taken into account in a child

Options :

1. ✘ Anatomical age

2. ✘ Chronological age

3. ✔ Physiological age

4. ✘ Psychological age

Question Number : 68 Question Id : 6981778078 Display Question Number : Yes

Non-competitive recreational activity

Options :

1. ✘ Canoeing

2. ✔ Hiking

3. ✘ Rowing

4. ✘ Skating

Question Number : 69 Question Id : 6981778079 Display Question Number : Yes

Clubs, Camp Fire and Girl Glides are organised by

Options :

1. ✘ Governmental agencies
2. ✘ Private agencies
3. ✘ Commercial agencies
4. ✔ Voluntary agencies

Question Number : 70 Question Id : 6981778080 Display Question Number : Yes

The following activity fosters the value of teamwork and cooperation during picnic

Options :

1. ✘ Competitive events
2. ✘ Treasure hunt
3. ✔ Group Cooking
4. ✘ Individual reading

Question Number : 71 Question Id : 6981778081 Display Question Number : Yes

Importance of Administration in an organisation

Options :

1. ✘ Simplifies organisational structure
2. ✔ Ensures efficient utilization of resources and efforts
3. ✘ Increases the competition in the field
4. ✘

Preparing Blue Print

Question Number : 72 Question Id : 6981778082 Display Question Number : Yes

An organisation

- A) Setting the things
- B) Plans the work
- C) Helps in preparation of work

Choose the correct answer:

Options :

- 1. ✘ A & B only
- 2. ✘ B & C only
- 3. ✘ A & C only
- 4. ✔ A, B & C

Question Number : 73 Question Id : 6981778083 Display Question Number : Yes

The objective of organisational set up in the sports program within the context of an educational institution

- A) to enhance the image of the school or college
- B) to develop individual spirit
- C) to develop negative association with the institution

Choose the correct answer:

Options :

- 1. ✔ A only
- 2. ✘ B only
- 3. ✘

C only

4. ✘ A, B & C

Question Number : 74 Question Id : 6981778084 Display Question Number : Yes

The steps in dispensing formal organisation

- A) Work must be broken down into specific tasks
- B) Activities must be grouped into units of workable size
- C) Resources must be provided

Choose the correct answer:

Options :

1. ✘ A & B only

2. ✘ B & C only

3. ✘ A & C only

4. ✔ A, B & C

Question Number : 75 Question Id : 6981778085 Display Question Number : Yes

The person who deals the sports program in a school/college is

Options :

1. ✔ Athletic Director or Director of sport program

2. ✘ Business Manager

3. ✘ Coach

4. ✘ Vice principal

Question Number : 76 Question Id : 6981778086 Display Question Number : Yes

The sport which associates with velodrome is

Options :

1. ✓ Cycling
2. ✗ Rowing
3. ✗ Skating
4. ✗ Skiing

Question Number : 77 Question Id : 6981778087 Display Question Number : Yes

Number of byes in upper half (UH) and lower half (LH), if the participation teams are 11

Options :

1. ✗ UH-3, LH-3
2. ✓ UH-2, LH-3
3. ✗ UH-2, LH-2
4. ✗ UH-3, LH-2

Question Number : 78 Question Id : 6981778088 Display Question Number : Yes

The playing field in the game of 'Soft Ball' is known as

Options :

1. ✗ Court

2. ✘ Field

3. ✔ Diamond

4. ✘ Course

Question Number : 79 Question Id : 6981778089 Display Question Number : Yes

The other name of 'Dangal' in India

Options :

1. ✔ Wrestling

2. ✘ Judo

3. ✘ Fencing

4. ✘ Weight lifting

Question Number : 80 Question Id : 6981778090 Display Question Number : Yes

The register in which achievements of the students behaviour, leadership, performance in sports are noted

Options :

1. ✘ Summary Register

2. ✘ Health register

3. ✔ Cumulative register

4. ✘ Skill register

Question Number : 81 Question Id : 6981778091 Display Question Number : Yes

The method of purchase of sports equipment by a committee for combined institutions

Options :

1. ✘ Purchase from the suppliers
2. ✘ Calling for quotations
3. ✔ Centralised purchase
4. ✘ Calling tenders

Question Number : 82 Question Id : 6981778092 Display Question Number : Yes

The factors determining the type of competition in arranging the tournament

- A) Purpose of competition
- B) Type of activity
- C) Availability of facilities and officials

Choose the correct answer:

Options :

1. ✘ A & B only
2. ✘ B & C only
3. ✘ A & C only
4. ✔ A, B & C

Question Number : 83 Question Id : 6981778093 Display Question Number : Yes

The term used to describe a situation in knock-out tournament where a team is eliminated without playing a match

Options :

1. ✘ Bye
2. ✘ Forfeit
3. ✔ Walkover
4. ✘ Default

Question Number : 84 Question Id : 6981778094 Display Question Number : Yes

In a round robin league tournament, each team plays

Options :

1. ✘ Twice against every other team
2. ✔ Once against every other team
3. ✘ Thrice against every other team
4. ✘ Four time against every other team

Question Number : 85 Question Id : 6981778095 Display Question Number : Yes

'Play days' in schools are important because they

Options :

1. ✘ Increase the academic work
2. ✘ For the sake of parents
3. ✔ Improve social skills and teamwork
4. ✘

Spending sports budget

Question Number : 86 Question Id : 6981778096 Display Question Number : Yes

One of the following is **NOT** a source of income to the games budget

Options :

1. ✘ Income from sale of grass
2. ✘ Income from rent of play field
3. ✘ Contribution made by management
4. ✔ Income from library membership

Question Number : 87 Question Id : 6981778097 Display Question Number : Yes

The ideal class size for physical education activities in schools

Options :

1. ✘ 25-30
2. ✘ 20-25
3. ✔ 30-35
4. ✘ 35-40

Question Number : 88 Question Id : 6981778098 Display Question Number : Yes

The Strength of students in participation period

Options :

1. ✘ 10 -15 students

- 2. ✘ 1-10 students
- 3. ✔ 15-25 students
- 4. ✘ 20-25 students

Question Number : 89 Question Id : 6981778099 Display Question Number : Yes

The limit of amount required for Revenue stamped receipts towards expenditure in a school

Options :

- 1. ✘ 400 rupees
- 2. ✘ 300 rupees
- 3. ✔ 500 rupees and above
- 4. ✘ 250 rupees

Question Number : 90 Question Id : 6981778100 Display Question Number : Yes

The criteria of a good budget

- A) The budget will provide a realistic estimate of income to balance the expenditure
- B) Key persons in the organisation have been consulted
- C) The possibility of emergencies is recognised

Choose the correct answer:

Options :

- 1. ✘ A & B only
- 2. ✘ B & C only

3. ✘ A & C only

4. ✔ A, B & C

Question Number : 91 Question Id : 6981778101 Display Question Number : Yes

The purpose of test in physical education and sport is

A) It compares individual performances

B) It is used to track changes in performance

Choose the correct answer:

Options :

1. ✘ A only

2. ✘ B only

3. ✔ Both A & B

4. ✘ Neither A nor B

Question Number : 92 Question Id : 6981778102 Display Question Number : Yes

The term 'reliability' in the context of fitness testing

Options :

1. ✘ The difficulty level of the test

2. ✘ Personal influence of the tester should not involve

3. ✔ Consistency and stability of the test results

4. ✘ Reliability of instruments

Question Number : 93 Question Id : 6981778103 Display Question Number : Yes

If a student completed 4 laps plus 5 flags in a 400m track, the total distance covered by him in Cooper 12 min. run/walk test

Options :

1. ✘ 1600 m
2. ✔ 1800 m
3. ✘ 2000 m
4. ✘ 1500 m

Question Number : 94 Question Id : 6981778104 Display Question Number : Yes

The purpose of testing Bent knee sit-up for school students

Options :

1. ✘ to measure leg strength
2. ✘ to measure leg endurance
3. ✔ to measure abdominal strength and endurance
4. ✘ to measure trunk strength and endurance

Question Number : 95 Question Id : 6981778105 Display Question Number : Yes

In the year 1590, the word 'psychology' is coined by

Options :

1. ✘ Sigmund Freud
2. ✔ Rudolf Goeckel

3. ✘ Carl Jung
4. ✘ Wilhelm Wundt

Question Number : 96 Question Id : 6981778106 Display Question Number : Yes
the primary focus of sports psychology is on

Options :

1. ✘ Studying physical fitness
2. ✔ Application of psychological principles to sports and physical activity
3. ✘ Analysing sports skill and techniques
4. ✘ Designing the sports equipment

Question Number : 97 Question Id : 6981778107 Display Question Number : Yes
Motivation is important in achieving goals and success because

Options :

1. ✘ It provides physical strength
2. ✘ First requisite for temporary learning
3. ✘ It guarantees immediate results
4. ✔ It sustains effort and energy

Question Number : 98 Question Id : 6981778108 Display Question Number : Yes

The correct order of the stages of human development is

Options :

1. ✘ Childhood, Adolescence, Adulthood, Infancy
2. ✘ Adolescence, Childhood, infancy, Adulthood
3. ✔ Infancy, Childhood, Adolescence, Adulthood
4. ✘ Infancy, Adolescence, Childhood, Adulthood

Question Number : 99 Question Id : 6981778109 Display Question Number : Yes

Identify a non-verbal communication skill among the following

Options :

1. ✘ Speaking clearly
2. ✔ Active listening
3. ✘ Writing effectively
4. ✘ Using formal words

Question Number : 100 Question Id : 6981778110 Display Question Number : Yes

A sense of empathy towards other's feelings typically developed by children during

Options :

1. ✘ Puberty
2. ✘ Preschool Years
3. ✔

Toddlerhood

4. ✘ Adolescence

Question Number : 101 Question Id : 6981778111 Display Question Number : Yes

The play theory which suggests that play brings individuals together and strengthens the group behaviour

Options :

1. ✔ Social contact theory

2. ✘ Play is life theory

3. ✘ Psycho-analytic theory

4. ✘ Instinctive practice theory

Question Number : 102 Question Id : 6981778112 Display Question Number : Yes

Socialization through sports influences

A) Self -image

B) Competition and Cooperation

C) Focus on training

Choose the correct answer:

Options :

1. ✘ A, B & C

2. ✘ B & C only

3. ✘ A & C only

4. ✓ A & B only

Question Number : 103 Question Id : 6981778113 Display Question Number : Yes

The cultural characteristic which explains ways of behaviour like Namaskars, wearing clothes, combing the hair, worship etc.

Options :

1. ✗ Culture is transmissive

2. ✗ Culture is social

3. ✗ Culture is shared

4. ✓ Culture is learnt

Question Number : 104 Question Id : 6981778114 Display Question Number : Yes

The qualities which are powerful forces in socialization process and motor performance in sports and games

Options :

1. ✗ Status and image

2. ✗ Learning and training

3. ✗ Ability and performance

4. ✓ Competition and cooperation

Question Number : 105 Question Id : 6981778115 Display Question Number : Yes

The social factor that effects the sports performance

Options :

1. ✘ Self-control
2. ✘ Body image
3. ✘ Friendship
4. ✔ Team cohesion

Question Number : 106 Question Id : 6981778116 Display Question Number : Yes

The teaching method that emphasizes self-directing learning and critical thinking skills

Options :

1. ✘ Drill and practice
2. ✘ Lecture based teaching
3. ✔ Problem based learning
4. ✘ Direct instruction

Question Number : 107 Question Id : 6981778117 Display Question Number : Yes

Management of class room that children have very low ideals of conduct

Options :

1. ✘ Ability to prevent disorder
2. ✘ Ability to lessen strain

3. ✓ Ability to establish morale

4. ✗ Ability to manage routine affairs

Question Number : 108 Question Id : 6981778118 Display Question Number : Yes

In the context of student classification, the Dr. Mcloys method emphasizes

Options :

1. ✓ Cognitive abilities

2. ✗ Creativeness

3. ✗ Emotional intelligence

4. ✗ Physical abilities

Question Number : 109 Question Id : 6981778119 Display Question Number : Yes

The teaching method in which the students are given an opportunity to perform the activity on their own

Options :

1. ✗ Whole method

2. ✓ At will method

3. ✗ Set drill method

4. ✗ Part method

Question Number : 110 Question Id : 6981778120 Display Question Number : Yes

The sequence of commands of preliminaries for file formation in formal part

Options :

1. ✘ Class- FALL IN, Atten..TION, Right...DRESS, Eyes...FRONT
2. ✔ Class- FALL IN, Atten..TION, Forward...DRESS, Arms....DOWN
3. ✘ Right...DRESS, Eyes...FRONT, Class- FALL IN, Atten..TION
4. ✘ Atten..TION, Right...DRESS, Eyes...FRONT, Class- FALL IN,

Question Number : 111 Question Id : 6981778121 Display Question Number : Yes

The primary purpose of a Lesson Plan is

Options :

1. ✘ To restrict the students in the class
2. ✘ performing his job chart
3. ✔ To provide roadmap for teaching learning
4. ✘ To keep students busy in learning

Question Number : 112 Question Id : 6981778122 Display Question Number : Yes

The first step in creating an effective Lesson Plan

Options :

1. ✘ Evaluating students' performance
2. ✘

Choosing a teaching method randomly

- 3. ✓ Setting learning objectives
- 4. ✗ to understand students

Question Number : 113 Question Id : 6981778123 Display Question Number : Yes

The following theory of learning emphasized that learning takes place without any guidance and merely by the force of circumstances

Options :

- 1. ✗ Observation and imitation theory
- 2. ✓ Trial and error theory
- 3. ✗ Insight theory
- 4. ✗ Play theory

Question Number : 114 Question Id : 6981778124 Display Question Number : Yes

The type of learning that depends on stimulus and response

Options :

- 1. ✓ Conditioning learning
- 2. ✗ Trial and error method
- 3. ✗ Learning by insight
- 4. ✗ Programmed learning

Question Number : 115 Question Id : 6981778125 Display Question Number : Yes

One of the following is **NOT** a Thorndike's laws of learning

Options :

1. ✘ Law of readiness
2. ✔ Law of reciprocal
3. ✘ Law of exercise
4. ✘ Law of effect

Question Number : 116 Question Id : 6981778126 Display Question Number : Yes

The primary function of RAM in a computer system

Options :

1. ✘ Long term storage capacity
2. ✘ Displaying graphs on the monitor
3. ✔ Temporary storage of data
4. ✘ speed of computer

Question Number : 117 Question Id : 6981778127 Display Question Number : Yes

The MS Office application which is best suited for creating multimedia presentations

Options :

1. ✘ Word
2. ✘ Excel

3. ✓ PowerPoint

4. ✗ Outlook

Question Number : 118 Question Id : 6981778128 Display Question Number : Yes

The function key is used to spell check a document in MS Word

Options :

1. ✗ F4

2. ✗ Cnrl+V

3. ✓ F7

4. ✗ F9

Question Number : 119 Question Id : 6981778129 Display Question Number : Yes

The branch of anatomy which deals with the study of tissues

Options :

1. ✓ Histology

2. ✗ Physiology

3. ✗ Zoology

4. ✗ Microbiology

Question Number : 120 Question Id : 6981778130 Display Question Number : Yes

One of the following is **NOT** a function of physiology

Options :

1. ✘ Function of organs
2. ✔ Structure of organs and their treatment
3. ✘ Function of tissues
4. ✘ Function of cell

Question Number : 121 Question Id : 6981778131 Display Question Number : Yes

The main function of ribosome in a cell is

Options :

1. ✘ Energy Production
2. ✘ Lipid synthesis
3. ✔ Protein synthesis
4. ✘ Waste disposal

Question Number : 122 Question Id : 6981778132 Display Question Number : Yes

The synthesis of all compounds needed by the cell

Options :

1. ✘ Catabolism
2. ✔ Anabolism
3. ✘ Aallelism
4. ✘

Moralism

Question Number : 123 Question Id : 6981778133 Display Question Number : Yes

The cell organelle responsible for detoxifying harmful substances in a cell

Options :

1. ✘ Mitochondria
2. ✘ Lysosome
3. ✔ Smooth Endoplasmic Reticulum
4. ✘ Golgi apparatus

Question Number : 124 Question Id : 6981778134 Display Question Number : Yes

The number of groups of elementary tissues in the body

Options :

1. ✘ 3
2. ✔ 4
3. ✘ 5
4. ✘ 2

Question Number : 125 Question Id : 6981778135 Display Question Number : Yes

The part of the bone which is responsible for producing blood cells

Options :

1. ✘ Head of the bone
2. ✘

Shaft of the bone

- 3. ✘ Outer layer of bone
- 4. ✔ Bone marrow

Question Number : 126 Question Id : 6981778136 Display Question Number : Yes

The body part which connects bones in a joint

Options :

- 1. ✘ Muscle
- 2. ✘ Tendon
- 3. ✔ Ligament
- 4. ✘ Nerve

Question Number : 127 Question Id : 6981778137 Display Question Number : Yes

The purpose of joint in human body

Options :

- 1. ✘ Allows movements between bones
- 2. ✘ Increase friction
- 3. ✘ Provides flexibility
- 4. ✔ Instability

Question Number : 128 Question Id : 6981778138 Display Question Number : Yes

Inflammation of the joint, causing pain and stiffness

Options :

1. ✓ Arthritis
2. ✗ Osteoporosis
3. ✗ Osteoarthritis
4. ✗ Rickets

Question Number : 129 Question Id : 6981778139 Display Question Number : Yes

The filaments in the muscle

Options :

1. ✓ Actin and myosin
2. ✗ Haemoglobin and myoglobin
3. ✗ Fast twitch fibre and slow twitch fibres
4. ✗ tendons and ligaments

Question Number : 130 Question Id : 6981778140 Display Question Number : Yes

The muscle of the shoulder joint

Options :

1. ✗ Quadriceps
2. ✗ Hamstring
3. ✗ Gluteus

4. ✓ Deltoids

Question Number : 131 Question Id : 6981778141 Display Question Number : Yes

The following is a long term effect of regular exercise on muscular system

Options :

1. ✗ Decreased atrophy

2. ✓ Increased muscle mass and tone

3. ✗ Decreases coordination

4. ✗ Decrease flexibility

Question Number : 132 Question Id : 6981778142 Display Question Number : Yes

The role of gallbladder in the digestive system

Options :

1. ✗ Producing insulin

2. ✗ Breaking down of carbohydrates

3. ✗ Absorbing nutrients

4. ✓ Storing and releasing bile

Question Number : 133 Question Id : 6981778143 Display Question Number : Yes

The hormone which is released during exercise that can suppress appetite temporarily

Options :

1. ✗

Leptin

2. ✘ Insulin

3. ✔ Ghrelin

4. ✘ Cortisol

Question Number : 134 Question Id : 6981778144 Display Question Number : Yes

The amount of oxygen needed to recover after the vigorous activity is known as

Options :

1. ✘ Second wind

2. ✔ Oxygen debt

3. ✘ Athlete Heart

4. ✘ Tachy Cardia

Question Number : 135 Question Id : 6981778145 Display Question Number : Yes

One of the effects of cardio vascular system

Options :

1. ✘ Decreased heart size

2. ✘ Decreased cardiac output

3. ✔ Increased stroke volume

4. ✘ Decreased stroke volume

Question Number : 136 Question Id : 6981778146 Display Question Number : Yes

Bradycardia due to training

Options :

1. ✓ Decreased heart rate
2. ✗ Increased heart rate
3. ✗ Size of the heart increases
4. ✗ Cardiac output increases

Question Number : 137 Question Id : 6981778147 Display Question Number : Yes

The basic structural and functional unit of nervous system

Options :

1. ✗ Motor Unit
2. ✓ Neuron
3. ✗ Axon
4. ✗ Spinal cord

Question Number : 138 Question Id : 6981778148 Display Question Number : Yes

The disorder which is caused by the deficiency of dopamine

Options :

1. ✗ Alzheimer's disease
2. ✓ Parkinson's disease

3. ✘ Epilepsy

4. ✘ Polio

Question Number : 139 Question Id : 6981778149 Display Question Number : Yes

By which the heat is lost by the skin

A) Evaporation

B) Conduction

C) Radiation

Choose the correct answer:

Options :

1. ✘ A & B only

2. ✘ B only

3. ✘ C only

4. ✔ A, B & C

Question Number : 140 Question Id : 6981778150 Display Question Number : Yes

The glands which produces sweat in the skin

Options :

1. ✘ Hair Follicles

2. ✘ Apocrine glands

3. ✔ Eccrine glands

4. ✘ Sebaceous

Question Number : 141 Question Id : 6981778151 Display Question Number : Yes

The length of the each kidney in an adult is

Options :

1. ✓ 10-13 cm
2. ✗ 3-5 cm
3. ✗ 7-9 cm
4. ✗ 15-18 cm

Question Number : 142 Question Id : 6981778152 Display Question Number : Yes

The Longest bone in the human body is

Options :

1. ✗ Humerus
2. ✓ Femur
3. ✗ Tibia
4. ✗ Sternum

Question Number : 143 Question Id : 6981778153 Display Question Number : Yes

The primary goal of Health Education

Options :

1. ✗ Treating diseases
2. ✗ Conducting medical research

3. ✓ Providing health and preventing diseases

4. ✘ Providing health care services

Question Number : 144 Question Id : 6981778154 Display Question Number : Yes

Health education aims to

Options :

1. ✘ Decrease public awareness

2. ✘ Increase the cost of health care

3. ✓ Civil responsibility especially in respect of health

4. ✘ Cure all diseases

Question Number : 145 Question Id : 6981778155 Display Question Number : Yes

The personnel involved in health education efforts

Options :

1. ✘ Only teachers

2. ✘ Only doctors

3. ✘ Only Government officials

4. ✓ Health care professionals, Educators, Community leaders and individuals

Question Number : 146 Question Id : 6981778156 Display Question Number : Yes

The personal factors which influence health

- A) Daily exercises
- B) Personal cleanliness
- C) Regular balanced diet

Choose the correct answer:

Options :

- 1. ✘ A & B only
- 2. ✘ B only
- 3. ✘ C only
- 4. ✔ A, B & C

Question Number : 147 Question Id : 6981778157 Display Question Number : Yes

One of the following is **NOT** a vector-borne disease

Options :

- 1. ✘ Malaria
- 2. ✘ Dengue fever
- 3. ✔ Influenza
- 4. ✘ Zika virus

Question Number : 148 Question Id : 6981778158 Display Question Number : Yes

The primary way to prevent the spread of communicable diseases

Options :

- 1. ✘ Isolation of infected individuals

2. ✘ Staying indoors always
3. ✘ Doing regular exercises
4. ✔ Practicing good hygiene and sanitation

Question Number : 149 Question Id : 6981778159 Display Question Number : Yes

The leading cause of death globally

Options :

1. ✘ Infectious diseases
2. ✘ Accidents
3. ✔ Non communicable diseases
4. ✘ Malnutrition

Question Number : 150 Question Id : 6981778160 Display Question Number : Yes

The Main cause of type II diabetes is

Options :

1. ✘ Genetic factors
2. ✔ Excess sugar consumption and sedentary lifestyle
3. ✘ Bacterial infection
4. ✘ Disturb lifestyle

Question Number : 151 Question Id : 6981778161 Display Question Number : Yes

The fresh water percentage on entire earth

Options :

1. ✘ 30.1%
2. ✔ 3%
3. ✘ 2%
4. ✘ 0.3%

Question Number : 152 Question Id : 6981778162 Display Question Number : Yes

The following is an example of renewable natural resource

Options :

1. ✘ Natural Gas
2. ✘ Coal
3. ✔ Solar energy
4. ✘ Crude oil

Question Number : 153 Question Id : 6981778163 Display Question Number : Yes

The main cause of earthquakes

Options :

1. ✘ Volcanic activity
2. ✔ Tectonic plate movements
3. ✘ Heavy rainfall

4. ✘ Global warming

Question Number : 154 Question Id : 6981778164 Display Question Number : Yes

The following organisation is primarily focussing on children's rights, Nutrition, Education and Emergency relief

- A) UNESCO
- B) WHO
- C) UNICEF

Choose the correct answer:

Options :

- 1. ✘ A & B only
- 2. ✘ B & C only
- 3. ✔ C only
- 4. ✘ A, B & C

Question Number : 155 Question Id : 6981778165 Display Question Number : Yes

The following is physical aspect of yoga practice

Options :

- 1. ✘ Meditation
- 2. ✘ Pranayama
- 3. ✔ Asana
- 4. ✘ Dhyana

Question Number : 156 Question Id : 6981778166 Display Question Number : Yes

Breathig exercise in yoga

Options :

1. ✘ Sun salutation
2. ✔ Kapalabathi
3. ✘ Tree pose
4. ✘ Padmasana

Question Number : 157 Question Id : 6981778167 Display Question Number : Yes

The branch of yoga which emphasizes the path of knowledge and wisdom

Options :

1. ✘ Bhakti yoga
2. ✘ Raja yoga
3. ✔ Jnana yoga
4. ✘ Hatha yoga

Question Number : 158 Question Id : 6981778168 Display Question Number : Yes

The asana which is known to improve flexibility and strength in spine and back muscles

Options :

1. ✘ Savasana

2. ✘ Tadasana

3. ✔ Paschimottanasana

4. ✘ Vrukshasana

Question Number : 159 Question Id : 6981778169 Display Question Number : Yes

The number of categories that exceptional children are divided into

Options :

1. ✘ 3

2. ✘ 2

3. ✘ 5

4. ✔ 4

Question Number : 160 Question Id : 6981778170 Display Question Number : Yes

One of the following is a common cause of postural deformities

Options :

1. ✘ Lack of exercises

2. ✘ Inadequate sleep

3. ✔ Poor ergonomic design of furniture and tools

4. ✘ Balanced diet

Question Number : 161 Question Id : 6981778171 Display Question Number : Yes

Good posture can be maintained through

Options :

1. ✘ avoiding physical activity
2. ✘ wearing high heel shoes regularly
3. ✔ Regular stretching and strengthening exercises
4. ✘ Sitting on a soft couch all day

Question Number : 162 Question Id : 6981778172 Display Question Number : Yes

One of the following is **NOT** a basic element of Naturopathy

Options :

1. ✘ Nutrition
2. ✘ Exercise
3. ✘ Natural treatment like mud bath
4. ✔ Surgery

Question Number : 163 Question Id : 6981778173 Display Question Number : Yes

The exercises which can help in correcting misalignment of feet and for weak arches

Options :

1. ✘ Trikonasana
2. ✘ Bending trunk

- 3. ✘ Hanging oneself from the hands
- 4. ✔ Stand and raise on balls of feet

Question Number : 164 Question Id : 6981778174 Display Question Number : Yes

The therapy which is often used in naturopathy for cleansing and detoxification

Options :

- 1. ✘ Chemotherapy
- 2. ✔ Hydrotherapy
- 3. ✘ Antibiotic therapy
- 4. ✘ Radiation therapy

Question Number : 165 Question Id : 6981778175 Display Question Number : Yes

The ideal time to consume a balanced meal before a workout or competition

Options :

- 1. ✘ 15-20 minutes before
- 2. ✔ 1-2 hours before
- 3. ✘ 3-4 hours before
- 4. ✘ after workout

Question Number : 166 Question Id : 6981778176 Display Question Number : Yes

The primary role of antioxidants in sports nutrition

Options :

1. ✘ Increase muscle mass
2. ✘ Increase endurance
3. ✔ Reduce oxidative stress and inflammation
4. ✘ Boost energy levels

Question Number : 167 Question Id : 6981778177 Display Question Number : Yes

The common cause of sports injuries

Options :

1. ✘ Adequate warm up and stretching
2. ✘ Proper technique and form
3. ✔ Overuse and Repetitive motions
4. ✘ Rest and recovery

Question Number : 168 Question Id : 6981778178 Display Question Number : Yes

The fundamental principle of First-Aid

- A) Do first things first quickly, quietly and without panic
- B) Do not attempt too much
- C) Stop bleeding

Choose the correct answer:

Options :

1. ✘ A & B only

2. ✘ B & C only
3. ✘ A & C only
4. ✔ A, B & C

Question Number : 169 Question Id : 6981778179 Display Question Number : Yes

In first aid in the term 'DRABC' R stands for

Options :

1. ✔ Response
2. ✘ Rest
3. ✘ Ready
4. ✘ Respiration

Question Number : 170 Question Id : 6981778180 Display Question Number : Yes

The part of the arm primarily affected in golfer's elbow

Options :

1. ✔ Inside of the elbow
2. ✘ Outside of the elbow
3. ✘ Back of the elbow
4. ✘ Front of the elbow

Question Number : 171 Question Id : 6981778181 Display Question Number : Yes

In rehabilitation, the term physical therapy primarily focuses on

Options :

1. ✘ Psychological therapy
2. ✔ Initiation and improvement of motion
3. ✘ Intensive exercise
4. ✘ Kinaesthetic flexibility

Question Number : 172 Question Id : 6981778182 Display Question Number : Yes

The aim of using cold therapy as a rehabilitation modality is

Options :

1. ✘ To improve joint flexibility
2. ✘ To increase blood flow
3. ✔ To reduce inflammation and pain
4. ✘ To avoid fracture

Question Number : 173 Question Id : 6981778183 Display Question Number : Yes

Importance of officiating in competitions

- A) It increases interest among players
- B) Developing healthy competition
- C) Developing negative qualities among players

Choose the correct answer:

Options :

1. ✘ A, B & C

2. ✘ B & C only

3. ✘ A & C only

4. ✔ A & B only

Question Number : 174 Question Id : 6981778184 Display Question Number : Yes

The primary role of an official in sports competition is

Options :

1. ✘ Coaching athletes

2. ✘ Spectating the game

3. ✔ Enforcing rules and ensuring fair play

4. ✘ Assess the players in the competition

Question Number : 175 Question Id : 6981778185 Display Question Number : Yes

The principle which explains the decision of fouls and violations are used signals during the competition

Options :

1. ✘ Immediate decision

2. ✘ Use of whistle

3. ✔ Use of signal

4. ✘ Firm officiating

Question Number : 176 Question Id : 6981778186 Display Question Number : Yes

One of the following signals does the first referee use to indicate an antenna fault

- A) Pointing to the antenna with an open hand
- B) Touching the antenna with closed fist
- C) Pointing to the antenna with closed fist

Choose the correct answer:

Options :

- 1. ✓ A only
- 2. ✗ B & C only
- 3. ✗ A & C only
- 4. ✗ A, B & C

Question Number : 177 Question Id : 6981778187 Display Question Number : Yes

The official responsible for calling foot faults in tennis match

Options :

- 1. ✗ Umpire
- 2. ✗ Judge
- 3. ✓ Chair umpire
- 4. ✗ Chief judge

Question Number : 178 Question Id : 6981778188 Display Question Number : Yes

The start which is allowed by an official in 110 m hurdles race for men athletes

- A) Standing start
- B) Lunging start
- C) Crouch

Choose the correct answer:

Options :

- 1. ✘ A, B & C
- 2. ✘ B & C only
- 3. ✔ C only
- 4. ✘ A & B only

Question Number : 179 Question Id : 6981778189 Display Question Number : Yes

The length of each straight in 400m track in international competitions

Options :

- 1. ✘ 84 m
- 2. ✔ 84.39 m
- 3. ✘ 84.80 m
- 4. ✘ 36.80 m

Question Number : 180 Question Id : 6981778190 Display Question Number : Yes

The standard height of the high jump bar in decathlon for men

Options :

- 1. ✘ 1.75m

2. ✘ 1.80m

3. ✔ 1.90m

4. ✘ 2.00m

Question Number : 181 Question Id : 6981778191 Display Question Number : Yes

The official responsible for disqualifying athletes who violates the rules in track events

Options :

1. ✘ Umpire

2. ✔ Judge

3. ✘ Referee

4. ✘ Track umpire

Question Number : 182 Question Id : 6981778192 Display Question Number : Yes

In 3000m steeple chase what is the purpose of water jump barrier

Options :

1. ✘ it is the third hurdle jump

2. ✘ to add the excitement to the event

3. ✘ to make it more challenging to the runner

4. ✔ to clear an obstacle

Question Number : 183 Question Id : 6981778193 Display Question Number : Yes

One of the characteristics of a good coach is

Options :

1. ✘ Impatience and a desire quick results
2. ✘ Lack of interest in trainees personal development
3. ✔ Open-mindedness and willing to learn from trainees
4. ✘ Providing solutions without understanding trainees challenges

Question Number : 184 Question Id : 6981778194 Display Question Number : Yes

While planning a practice session, what should be incorporated for 'positive play' by the coach

- A) allot equal time for all athletes
- B) Co-operative activities
- C) Time for free play with no direction

Choose the correct answer:

Options :

1. ✘ A & B only
2. ✘ B & C only
3. ✘ A & C only
4. ✔ A, B & C

Question Number : 185 Question Id : 6981778195 Display Question Number : Yes

Coaching camps are designed to

Options :

1. ✘ Test athletes skills
2. ✔ Provide intensive training and guidance
3. ✘ Organise friendly matches
4. ✘ For entertainment

Question Number : 186 Question Id : 6981778196 Display Question Number : Yes

Importance of sports training is

- A) to help in developing physical fitness and overall health
- B) to enhance teamwork and cooperation skills
- C) to improve mental discipline and concentration

Choose the correct answer:

Options :

1. ✘ A & B only
2. ✘ B & C only
3. ✘ A & C only
4. ✔ A, B & C

Question Number : 187 Question Id : 6981778197 Display Question Number : Yes

The primary purpose of retraining in an athlete's career is

Options :

1. ✘ to increase their social media presence

2. ✘ to learn new hobbies
3. ✔ to refine their skills and performance
4. ✘ to take a break from sport

Question Number : 188 Question Id : 6981778198 Display Question Number : Yes

The principle of interval training is

Options :

1. ✘ Speed Play
2. ✘ High Load
3. ✘ Low task
4. ✔ Speed Work

Question Number : 189 Question Id : 6981778199 Display Question Number : Yes

One of the following is **NOT** a component of load

Options :

1. ✘ Intensity
2. ✘ Volume
3. ✔ Hypertrophy
4. ✘ Frequency

Question Number : 190 Question Id : 6981778200 Display Question Number : Yes

The term 'Overtraining' refers to in sports

Options :

1. ✘ Training with intensity
2. ✔ Training with insufficient recovery and rest
3. ✘ Training without proper equipment
4. ✘ Training on particular muscle

Question Number : 191 Question Id : 6981778201 Display Question Number : Yes

The term used for reducing the training load before a competition for the body recovery

Options :

1. ✔ Tapering
2. ✘ Cross-training
3. ✘ Maintenance of training
4. ✘ Plateau

Question Number : 192 Question Id : 6981778202 Display Question Number : Yes

The maximum improvement in the percentage of VO₂max in endurance training

Options :

1. ✘ 40%
2. ✔ 20%
3. ✘ 35%

4. ✘ 5%

Question Number : 193 Question Id : 6981778203 Display Question Number : Yes

High lactate threshold in an athlete means

Options :

1. ✘ Runners are prone to cramps
2. ✘ Athletes should avoid high intensity training
3. ✘ slow metabolism
4. ✔ Athletes' can exercise for longer periods without fatigue

Question Number : 194 Question Id : 6981778204 Display Question Number : Yes

The fundamental principle of PNF is

Options :

1. ✘ Isometric stretching
2. ✘ Passive stretching
3. ✘ Proprioceptive
4. ✔ Combination of stretching and contraction

Question Number : 195 Question Id : 6981778205 Display Question Number : Yes

The recommended minimum duration for a continuous training session

Options :

1. ✘

10-15 minutes

- 2. ✓ 30-60 minutes
- 3. ✗ 2-3 hours
- 4. ✗ 15-20 minutes

Question Number : 196 Question Id : 6981778206 Display Question Number : Yes

The repetitions of lower paced LSD-Fartlek training as suggested by the training experts

Options :

- 1. ✗ Once a week after exhaustive workload
- 2. ✗ Thrice a week after high intensity load
- 3. ✗ Four times a week low intensity load
- 4. ✓ Twice a week after exhaustive workload

Question Number : 197 Question Id : 6981778207 Display Question Number : Yes

In talent identification, the term "trainability" refers to

Options :

- 1. ✓ Potential for improvement with training and coaching
- 2. ✗ The athlete attitude towards training
- 3. ✗ The ability to train others

4. ✘ The ability to handle rigorous training schedule

Question Number : 198 Question Id : 6981778208 Display Question Number : Yes

Referee signalling 'Holding' foul in basketball by

Options :

1. ✘ Striking the wrist
2. ✘ Rotate fists one over the other
3. ✔ Grasping the wrist
4. ✘ Chop with hand or finger up and down

Question Number : 199 Question Id : 6981778209 Display Question Number : Yes

In high jump, dimensions of spikes should not exceed

Options :

1. ✘ 9mm
2. ✘ 11mm
3. ✔ 12mm
4. ✘ 10mm

Question Number : 200 Question Id : 6981778210 Display Question Number : Yes

'Pole dive' related to

Options :

1. ✔ Kho-Kho

2. ✖ Handball

3. ✖ Sepak takraw

4. ✖ Kabaddi



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