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# **TS DSC SA**

**Previous Year Paper  
(Physical Education)  
05 Aug, 2024 Shift 1**



# 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 :	School Assistant Physical Education English
	05th Aug 2024 Shift 1
Subject Name :	School Assistant Physical Education 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 : 71505323257 Display Question Number : Yes

From among the following identify the INCORRECT pair of boundary line and the countries it is demarcating

**Options :**

- 1. ✓ 38<sup>th</sup> Parallel – U.S.A. and Canada
- 2. ✖ Durand line – Pakistan and Afghanistan

Maginot line – France and Germany

3. ✖

Radcliff line – India and Pakistan

4. ✖

**Question Number : 2 Question Id : 71505323258 Display Question Number : Yes**

The contingency fund of India is held by the following on behalf of the President of India

**Options :**

1. ✖ Governor of RBI

2. ✔ Secretary to Government of India, Ministry of Finance

3. ✖ Prime Minister

4. ✖ Finance Minister

**Question Number : 3 Question Id : 71505323259 Display Question Number : Yes**

One among the following has received the 'Dadasaheb Phalke' award posthumously

**Options :**

1. ✖ Devika Rani

2. ✖ Lata Mangeshkar

3. ✔ Vinod Khanna

4. ✖ Akkineni Nageswara Rao

**Question Number : 4 Question Id : 71505323260 Display Question Number : Yes**

Ms. M Fathima Beevi who was a Justice of the Supreme Court of India and conferred the 'Padma Bhushan' award posthumously in the year 2024 belongs to this state

**Options :**

1. ✖ Tamil Nadu

2. ✔ Kerala

3. ✖ Maharashtra

4. ✖ Karnataka

**Question Number : 5 Question Id : 71505323261 Display Question Number : Yes**

Among the following states, identify the states in which the ruling political party was elected again in the state assembly elections held in 2024 along with the General Elections, 2024

A) Andhra Pradesh

B) Odisha

C) Sikkim

D) Arunachal Pradesh

Choose the correct answer:

**Options :**

1. ✖ A, B & D only

2. ✖ C only

3. ✔ C & D only

4. ✖

A, B, C & D

Question Number : 6 Question Id : 71505323262 Display Question Number : Yes

Albinism is a

Options :

- 1. ✖ Communicable disease
- 2. ✖ Allergic condition
- 3. ✖ Deficiency disease
- 4. ✔ Genetic disorder

Question Number : 7 Question Id : 71505323263 Display Question Number : Yes

Dhiraj Bommadevara has qualified to participate in this sport at the Summer Olympics to be held in Paris in July, 2024

Options :

- 1. ✔ Archery
- 2. ✖ Shooting
- 3. ✖ Wrestling
- 4. ✖ Boxing

Question Number : 8 Question Id : 71505323264 Display Question Number : Yes

Sri Lanka and Netherlands have qualified to play in the ICC Cricket World Cup held in India in 2023 in the World Cup Qualifier game held in this country in June – July, 2023

**Options :**

1. ✓ Zimbabwe
2. ✗ Netherlands
3. ✗ Sri Lanka
4. ✗ West Indies

**Question Number : 9 Question Id : 71505323265 Display Question Number : Yes**

This institution is a member of the World Bank Group that focuses exclusively on the private sector

**Options :**

1. ✗ International Development Association
2. ✓ International Finance Corporation
3. ✗ International Bank for Reconstruction and Development
4. ✗ The Multilateral Investment Guarantee Agency

**Question Number : 10 Question Id : 71505323266 Display Question Number : Yes**

The United Nations Organisation that received Nobel Peace Prize in 2020

**Options :**

1. ✗ The World Health Organisation



2. ✖ United Nations International Children's Fund

3. ✔ The World Food Programme

4. ✖ International Labour Organisation

**Question Number : 11 Question Id : 71505323267 Display Question Number : Yes**

UPI is an abbreviation for

**Options :**

1. ✖ Unique Payments Interface

2. ✖ United Payments Interface

3. ✖ Upgraded Payments Interface

4. ✔ Unified Payments Interface

**Question Number : 12 Question Id : 71505323268 Display Question Number : Yes**

The Central Board of Film Certification certifies films under these many categories

**Options :**

1. ✖ 3

2. ✖ 2

3. ✖ 5

4. ✔ 4



Question Number : 13 Question Id : 71505323269 Display Question Number : Yes

Iron Pillar in Mehrauli, Delhi belongs to the period of

Options :

1. ✓ Guptas
2. ✗ Sultans
3. ✗ Mughals
4. ✗ Mauryans

Question Number : 14 Question Id : 71505323270 Display Question Number : Yes

Vishnusharma wrote 'Panchatantra' in Sanskrit around

Options :

1. ✓ 4<sup>th</sup> Century BC
2. ✗ 14<sup>th</sup> Century AD
3. ✗ 4<sup>th</sup> Century AD
4. ✗ 14<sup>th</sup> Century BC

Question Number : 15 Question Id : 71505323271 Display Question Number : Yes

The first Post Office in India was opened at

Options :

1. ✗ Delhi
2. ✓ Kolkata

3. ✖ Mumbai

4. ✖ Ahmedabad

**Question Number : 16 Question Id : 71505323272 Display Question Number : Yes**

The Two houses of Parliament of Pakistan are

**Options :**

1. ✖ Lok Sabha and Rajya Sabha

2. ✔ National Assembly and Senate

3. ✖ Legislative Assembly and Council of States

4. ✖ Congress and Chambers

**Question Number : 17 Question Id : 71505323273 Display Question Number : Yes**

Sri C. P. Radhakrishnan who has assumed office as the Governor of Telangana State in March, 2024 is the

**Options :**

1. ✔ 3<sup>rd</sup> Governor of Telangana state

2. ✖ 2<sup>nd</sup> Governor of Telangana state

3. ✖ 4<sup>th</sup> Governor of Telangana state

4. ✖ 5<sup>th</sup> Governor of Telangana state

Question Number : 18 Question Id : 71505323274 Display Question Number : Yes

The strategic framework of the African Union that aims to deliver on its goal for inclusive and sustainable development is

Options :

- 1. ✖ Agenda 2053
- 2. ✖ Agenda 2043
- 3. ✖ Agenda 2033
- 4. ✔ Agenda 2063

Question Number : 19 Question Id : 71505323275 Display Question Number : Yes

The Dravidian group of Gondis is **NOT** concentrated in this state

Options :

- 1. ✖ Andhra Pradesh
- 2. ✖ Maharashtra
- 3. ✔ Tamil Nadu
- 4. ✖ Telangana

Question Number : 20 Question Id : 71505323276 Display Question Number : Yes

The initiative of the Ministry of Home Affairs, Government of India to deal with cyber crime in the country among the following is

Options :

- 1. ✖ IIC

2. ✓ I4C

3. ✗ I3C

4. ✗ I5C

## General English

Number of Questions : 20

Section Marks : 10

Maximum Instruction Time : 0

Question Number : 21 Question Id : 71505323277 Display Question Number : Yes

The stationery shop is right \_\_\_\_\_ the bus stop.

Choose the correct option to fill in the blank.

Options :

1. ✓ in front of

2. ✗ in front on

3. ✗ at front of

4. ✗ by front of

Question Number : 22 Question Id : 71505323278 Display Question Number : Yes

Choose the correctly spelt word.

Options :

1. ✗ homeogeneous

2. ✗ homogenious

3. ✖

4. ✓

**Question Number : 23 Question Id : 71505323279 Display Question Number : Yes**

Identify the part that contains an error in the sentence.

One of the function of a teacher is to spot the cases of maladjustment.

A

	A	B
1	1	1
2	1	1
3	1	1
4	1	1
5	1	1
6	1	1
7	1	1
8	1	1
9	1	1
10	1	1
11	1	1
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94	1	1
95	1	1
96	1	1
97	1	1
98	1	1
99	1	1
100	1	1

A	B	C
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A	B	C	D
1	1	1	1
2	1	1	1
3	1	1	1
4	1	1	1
5	1	1	1
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7	1	1	1
8	1	1	1
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96	1	1	1
97	1	1	1
98	1	1	1
99	1	1	1
100	1	1	1

**Options :**

1. ✓ A

2.  B

3.  C

4.  D

Question Number : 24 Question Id : 71505323280 Display Question Number : Yes

Rearrange the jumbled parts of the sentence.

A) they feel restless even

B) when they are

C) at home.

D) so disciplined that

E) Army personnel are

Choose the correct answer:

### Options :

1. ✖ E, B, C, A, D

2. ✖ E, A, B, D, C

3. ✓ E, D, A, B, C

4. ✗ E, A, B, D, C

Question Number : 25 Question Id : 71505323281 Display Question Number : Yes

A group of camels is called

Options :

1. ✓ caravan

2. ✗ troop

3. ✗ colony

4. ✗ gang

Question Number : 26 Question Id : 71505323282 Display Question Number : Yes

Scientists are trying to pull together disparate ideas in astronomy. Identify the antonym for the word 'disparate'.

Options :

1. ✗ different

2. ✗ distinct

3. ✗ diverse

4. ✓ similar

Question Number : 27 Question Id : 71505323283 Display Question Number : Yes

He was adamant about becoming a dancer.

Identify the meaning of the word 'adamant'.

**Options :**

1. ✗ flexible
2. ✗ tender
3. ✓ stubborn
4. ✗ amenable

**Question Number : 28 Question Id : 71505323284 Display Question Number : Yes**

Pick the correctly punctuated sentence.

**Options :**

1. ✗ The interviewer, asked raghav why he had left that job the previous year.
2. ✗ The interviewer asked Raghav Why he had left that Job the previous Year.
3. ✓ The interviewer asked Raghav why he had left that job the previous year.
4. ✗ The Interviewer asked Raghav why he had left that job the previous year?

**Question Number : 29 Question Id : 71505323285 Display Question Number : Yes**

Vikram said, "I brought a gift for you."

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

**Options :**

1. ✓ Vikram said that he had brought a gift for me.
2. ✗ Vikram says, I had brought a gift for me.



3. ✖ Vikram said that he had brought a gift for you.

4. ✖ Vikram said that I brought a gift for me.

**Question Number : 30 Question Id : 71505323286 Display Question Number : Yes**

Vijaya has not written a story.

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

**Options :**

1. ✖ A story has not being written by Vijaya.

2. ✖ A story has not been write by Vijaya.

3. ✖ A story is not being written by Vijaya.

4. ✔ A story has not been written by Vijaya.

**Question Number : 31 Question Id : 71505323287 Display Question Number : Yes**

The players \_\_\_\_\_ when asked to do so.

Pick the correct word to complete the sentence.

**Options :**

1. ✖ risen their hands

2. ✔ raised their hands

3. ✖ rises their hands

4. ✖ arise their hands

**Question Number : 32 Question Id : 71505323288 Display Question Number : Yes**

The two girls looked so alike that it was impossible to \_\_\_\_ between them.

Choose the correct option.

**Options :**

- 1. ✓ distinguish
- 2. ✗ identify
- 3. ✗ overlook
- 4. ✗ confuse

**Question Number : 33 Question Id : 71505323289 Display Question Number : Yes**

The principal \_\_\_\_\_ made a presentation on the topic of child rights..

Complete the sentence with correct option.

**Options :**

- 1. ✗ itself
- 2. ✗ herselfes
- 3. ✗ her
- 4. ✓ herself

**Question Number : 34 Question Id : 71505323290 Display Question Number : Yes**

Pick the grammatically correct sentence.

**Options :**

- 1. ✗ You can't make a omelette without breaking an few eggs.

2. ✓ People in glass houses shouldn't throw stones.
3. ✗ The gross is always greener in the other side of the fence.
4. ✗ Actions speaker louder than words

**Question Number : 35 Question Id : 71505323291 Display Question Number : Yes**

Among the following Singular and Plural form pairs, pick the **INCORRECT** one.

**Options :**

1. ✗ Alumnus - Alumni
2. ✗ Syllabus - Syllabi
3. ✓ Oasis - Oases
4. ✗ Ox - Oxen

**Question Number : 36 Question Id : 71505323292 Display Question Number : Yes**

Rakesh visited \_\_\_\_\_.

Complete the sentence with most appropriate option.

**Options :**

1. ✗ the shop
2. ✓ a shop
3. ✗ shop
4. ✗ an shop

Question Number : 37 Question Id : 71505323293 Display Question Number : Yes

She is a queer fish. I have failed to understand her.

The meaning of the idiom 'a queer fish' is to

Options :

- 1. ✖ sensible person
- 2. ✖ funny person
- 3. ✖ quarrelsome person
- 4. ✔ strange person

Question Number : 38 Question Id : 71505323294 Display Question Number : Yes

The cricket match had to be \_\_\_\_\_ because of the weather.

Identify the most appropriate phrase to complete the sentence.

Options :

- 1. ✖ called out
- 2. ✔ called off
- 3. ✖ called over
- 4. ✖ called on

Question Number : 39 Question Id : 71505323295 Display Question Number : Yes

She hasn't finished her project yet, \_\_\_\_\_.

Pick the correct option to complete the sentence.

Options :

- 1. ✔

has she

2. ✖ did she?

3. ✖ will she?

4. ✖ can she?

Question Number : 40 Question Id : 71505323296 Display Question Number : Yes

One must learn to \_\_\_\_\_ oneself to the circumstances of life.

Identify the correct option to complete the sentence.

Options :

1. ✖ adopt

2. ✔ adapt

3. ✖ adept

4. ✖ adust

## Content

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

Question Number : 41 Question Id : 71505323297 Display Question Number : Yes

In Physical Education the word 'Education' means

- A) Systematic instruction
- B) Systematic training
- C) Systematic Planning

Choose the correct answer:

**Options :**

- 1. ✖ A only
- 2. ✖ B only
- 3. ✖ C only
- 4. ✔ Both A and B

**Question Number : 42 Question Id : 71505323298 Display Question Number : Yes**

The person who defined Physical Education as 'the sum of those experiences which come to the individual through movement'

**Options :**

- 1. ✖ Jesse Feiring Williams
- 2. ✔ Delbert Obeteuffer
- 3. ✖ H.C. Buck
- 4. ✖ Tom Bentley

**Question Number : 43 Question Id : 71505323299 Display Question Number : Yes**

The Vedic Period is

**Options :**

1. ✖ 320 A.D – 1000 A.D
2. ✖ 600 B.C – 320 A.D
3. ✔ 2500 B.C – 600 B.C
4. ✖ 3250 BC – 2500 BC

**Question Number : 44 Question Id : 71505323300 Display Question Number : Yes**

In 1953, this minister of Health, Government of India initiated the coaching scheme for Games and Sports

**Options :**

1. ✖ Sardar Vallab Bai Patel
2. ✔ Raj kumari Amrit Kaur
3. ✖ Jawaharlal Nehru
4. ✖ Lal Bahadur Shastri

**Question Number : 45 Question Id : 71505323301 Display Question Number : Yes**

The PYKKA scheme is revised and named as

**Options :**

1. ✖ SAF Games
2. ✖ SGF Games
3. ✔ RGKA Games



4. ✖ SAI Games

**Question Number : 46 Question Id : 71505323302 Display Question Number : Yes**

The Arjuna Award is given in the following category of

- A) Olympic/Asian/Commonwealth games
- B) Kho-Kho, Kabaddi
- C) Physically Challenged Category

Choose the correct answer:

**Options :**

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

**Question Number : 47 Question Id : 71505323303 Display Question Number : Yes**

The cup in cricket played between reigning Ranji winners and rest of India team

**Options :**

- 1. ✖ Kings Cup
- 2. ✔ Irani Cup
- 3. ✖ Federation Cup
- 4. ✖ Duleep Trophy

Question Number : 48 Question Id : 71505323304 Display Question Number : Yes

The person who said "the cosmos is all that is or ever was or ever will be"

Options :

- 1. ✖ Plato
- 2. ✖ Brubacher
- 3. ✔ Carl Sagan
- 4. ✖ H.C. Buck

Question Number : 49 Question Id : 71505323305 Display Question Number : Yes

The philosophy that emphasizes the "Mind as central to understanding"

Options :

- 1. ✔ Idealism
- 2. ✖ Naturalism
- 3. ✖ Pragmatism
- 4. ✖ Realism

Question Number : 50 Question Id : 71505323306 Display Question Number : Yes

The increase caused by the natural process is called

Options :

- 1. ✖ Development
- 2. ✔

Growth

3. ✖ Improvement

4. ✖ Increase

**Question Number : 51 Question Id : 71505323307 Display Question Number : Yes**

The science that deals with the heredity, known as genetics

**Options :**

1. ✖ Zoology

2. ✖ Physics

3. ✔ Biology

4. ✖ Micro Biology

**Question Number : 52 Question Id : 71505323308 Display Question Number : Yes**

Sheldon classifies the characteristics of big massy neck, pot belly and lengthy intestines are in

A) Ectomorph

B) Mesomorph

C) Endomorph

Choose the correct answer:

**Options :**

1. ✖ A only

2. ✖ B only

3. ✓ C only

4. ✗ A, B & C

Question Number : 53 Question Id : 71505323309 Display Question Number : Yes

Gross anatomy is

Options :

1. ✓ Non-Microscope anatomy

2. ✗ Macroscopic anatomy

3. ✗ Mesoscopic anatomy

4. ✗ Nano anatomy

Question Number : 54 Question Id : 71505323310 Display Question Number : Yes

The smallest structural and functional unit of the human body is

Options :

1. ✓ cell

2. ✗ tissue

3. ✗ organ

4. ✗ Bone

Question Number : 55 Question Id : 71505323311 Display Question Number : Yes

The viscous fluid in the cell is

**Options :**

1. ✓ Cytoplasm
2. ✗ Nucleolus
3. ✗ Golgi apparatus
4. ✗ Centrioles

**Question Number : 56 Question Id : 71505323312 Display Question Number : Yes**

Maintaining arterial blood pressure and regulating the flow of blood into the capillaries are the functions of

- A) Pulmonary Circulation
- B) Systemic Circulation
- C) Portal circulation

Choose the correct answer:

**Options :**

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

**Question Number : 57 Question Id : 71505323313 Display Question Number : Yes**

The adult heart weighs about

**Options :**

1. ✓ 8-9 oz.

2. ✖ 7-8 oz.

3. ✖ 8-10 oz.

4. ✖ 6-8 oz.

**Question Number : 58 Question Id : 71505323314 Display Question Number : Yes**

The maximum volume of air that can be voluntarily moved in and out of lungs

**Options :**

1. ✔ Vital capacity

2. ✖ Total lung capacity

3. ✖ Inspiratory capacity

4. ✖ Expiratory capacity

**Question Number : 59 Question Id : 71505323315 Display Question Number : Yes**

The muscles involved in the pull-ups

**Options :**

1. ✖ Biceps, Trapezius

2. ✔ Biceps, Rhomboids

3. ✖ Biceps, Triceps

4. ✖

Latissimusdorsi, Biceps

Question Number : 60 Question Id : 71505323316 Display Question Number : Yes

The ability of muscle to return to its original position

Options :

1. ✗ conductivity
2. ✗ Contractibility
3. ✓ Elasticity
4. ✗ spasticity

Question Number : 61 Question Id : 71505323317 Display Question Number : Yes

The gland which hangs from the base of the brain

Options :

1. ✗ Thyroid
2. ✗ Pineal
3. ✓ Pituitary
4. ✗ Thymus

Question Number : 62 Question Id : 71505323318 Display Question Number : Yes

The function of thyroid hormone

Options :

1. ✓ Increase in oxygen consumption and heat production in tissue



- 2. ✖ Temperature regulation
- 3. ✖ Stimulates milk production in females
- 4. ✖ Maintain electrolyte and water balance

**Question Number : 63 Question Id : 71505323319 Display Question Number : Yes**

The type of muscle fibre which initially contract during running and swimming

**Options :**

- 1. ✔ Slow-Twitch
- 2. ✖ Fast-Twitch
- 3. ✖ Type II fibre
- 4. ✖ Moderate fast-twitch

**Question Number : 64 Question Id : 71505323320 Display Question Number : Yes**

The part of nerve cell that carries impulses away from cell body

**Options :**

- 1. ✖ Dendroids
- 2. ✔ Axon
- 3. ✖ Terminal buttons
- 4. ✖

Schwan cell

**Question Number : 65 Question Id : 71505323321 Display Question Number : Yes**

Educational technology prepares individuals by

- A) Learning resources
- B) Process of analysing and devising solutions to problems
- C) Involved in organization and personnel management

Choose the correct answer:

**Options :**

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

**Question Number : 66 Question Id : 71505323322 Display Question Number : Yes**

The odd one of the following technology devices in Education

**Options :**

- 1. ✘ Computer
- 2. ✘ V.C.R
- 3. ✔ Bulletin board
- 4. ✘ Television

Question Number : 67 Question Id : 71505323323 Display Question Number : Yes

Learning from daily experiences is

Options :

1. ✘ Formal education
2. ✔ Informal education
3. ✘ General education
4. ✘ Non-Formal Education

Question Number : 68 Question Id : 71505323324 Display Question Number : Yes

The most highly recommended method in teaching

Options :

1. ✘ Command Method
2. ✘ Dramatization method
3. ✘ Observation and visualization method
4. ✔ Demonstration method

Question Number : 69 Question Id : 71505323325 Display Question Number : Yes

In the process of presentation after demonstration

Options :

1. ✘ Supervision

2. ✓ Exploration

3. ✗ Explanation

4. ✗ Feedback

**Question Number : 70 Question Id : 71505323326 Display Question Number : Yes**

In lesson plan, the Right-DRESS command is used

- A) To take the attendance
- B) To straight the line
- C) To know the total numbers

Choose the correct answer:

**Options :**

1. ✗ A only

2. ✓ B only

3. ✗ C only

4. ✗ A, B & C

**Question Number : 71 Question Id : 71505323327 Display Question Number : Yes**

Drama, Puppet show and Talking doll are

**Options :**

1. ✗ Videos

2. ✗ Cinema

3. ✖ Audios

4. ✔ Audio-Visuals

Question Number : 72 Question Id : 71505323328 Display Question Number : Yes

Tabular method is a

Options :

1. ✖ Knock out tournament

2. ✔ League tournament

3. ✖ League cum Knockout

4. ✖ Knockout cum league

Question Number : 73 Question Id : 71505323329 Display Question Number : Yes

How many tournaments are in combination?

Options :

1. ✖ 3

2. ✖ 5

3. ✔ 4

4. ✖ 2

Question Number : 74 Question Id : 71505323330 Display Question Number : Yes

Pre-service and in-service teacher training is a part of

**Options :**

- 1. ✖ Distance education
- 2. ✖ Online teaching
- 3. ✖ Virtual teaching
- 4. ✔ Micro teaching

**Question Number : 75 Question Id : 71505323331 Display Question Number : Yes**

The festival which is used by the Greeks as a calendar

**Options :**

- 1. ✖ Olympia
- 2. ✖ Olympics
- 3. ✔ Olympiads
- 4. ✖ Olympium

**Question Number : 76 Question Id : 71505323332 Display Question Number : Yes**

The festival which provided a separate contest for Greek women

- A) Pax Olympica
- B) Bera
- C) Altar of Zeus

Choose the correct answer:

**Options :**

- 1. ✖ A only

2. ✓ B only

3. ✗ C only

4. ✗ A, B & C

**Question Number : 77 Question Id : 71505323333 Display Question Number : Yes**

The shape of the letter in the arrangement of Olympic five rings

**Options :**

1. ✗ V

2. ✓ W

3. ✗ U

4. ✗ O

**Question Number : 78 Question Id : 71505323334 Display Question Number : Yes**

The words of Olympic motto 'Citius, Altius, Fortius' stand for

**Options :**

1. ✓ Encourage the athletes for best abilities

2. ✗ To participate in Olympics

3. ✗ Sportsman spirit

4. ✗ To feel proud



Question Number : 79 Question Id : 71505323335 Display Question Number : Yes

Winter Olympic program lasts for

Options :

- 1. ✓ 10 days only
- 2. ✗ 15 days only
- 3. ✗ 8 days only
- 4. ✗ 20 days only

Question Number : 80 Question Id : 71505323336 Display Question Number : Yes

The Paralympics was initiated by

Options :

- 1. ✗ IOC
- 2. ✓ Sir Ludwig Guttman
- 3. ✗ De Coubertin
- 4. ✗ Thomas Bach

Question Number : 81 Question Id : 71505323337 Display Question Number : Yes

IOC permanent headquarter is located at

Options :

- 1. ✗ New York
- 2. ✗ Berlin

3. ✓ Lausanne

4. ✗ Toronto

Question Number : 82 Question Id : 71505323338 Display Question Number : Yes

The distance of Javelin throw in Tokyo Olympics by Neeraj Chopra

Options :

1. ✗ 88.06m

2. ✗ 89.94m

3. ✗ 86.47m

4. ✓ 87.58m

Question Number : 83 Question Id : 71505323339 Display Question Number : Yes

The anti-gravity muscle in upright position is

Options :

1. ✗ Vastus lateralis

2. ✗ Tibialis anterior

3. ✓ Gluteus maximus

4. ✗ Sartorius

Question Number : 84 Question Id : 71505323340 Display Question Number : Yes

In fosbury flop of high jump the major principle of biomechanics is that the centre of gravity passes

Options :

- 1. ✓ Under the bar
- 2. ✗ Through the bar
- 3. ✗ Above the bar
- 4. ✗ through the Body

Question Number : 85 Question Id : 71505323341 Display Question Number : Yes

The type of motion of shot-put when released at 45 degree angle

Options :

- 1. ✗ Rotatory Motion
- 2. ✗ Circular motion
- 3. ✓ Curvilinear motion
- 4. ✗ Linear motion

Question Number : 86 Question Id : 71505323342 Display Question Number : Yes

$F=ma$  is a

- A) Newton's 2<sup>nd</sup> law
- B) Newton's 1<sup>st</sup> law
- C) Newton's 3<sup>rd</sup> law

Choose the correct answer:

**Options :**

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

**Question Number : 87 Question Id : 71505323343 Display Question Number : Yes**

The state of the body is changed due to the application of

**Options :**

- 1. ✗ Speed
- 2. ✗ Base
- 3. ✓ External Force
- 4. ✗ Strength

**Question Number : 88 Question Id : 71505323344 Display Question Number : Yes**

Description of different types of movements

**Options :**

- 1. ✗

Kinaesthetic

2. ✓ Kinematics

3. ✗ Kinetics

4. ✗ Kinesiology

Question Number : 89 Question Id : 71505323345 Display Question Number : Yes

This is **NOT** a measuring unit in SI

Options :

1. ✗ mol

2. ✗ A

3. ✓ Cm

4. ✗ m

Question Number : 90 Question Id : 71505323346 Display Question Number : Yes

The aspects of distance and displacement

A) All distances are not displacements

B) All displacements are distances

C) All velocities are not speed

Choose the correct answer:

Options :

1. ✗ B & C only

2. ✗ A & C only

3. ✓ A & B only

4. ✗ A only

**Question Number : 91 Question Id : 71505323347 Display Question Number : Yes**

On Health Education, the definition "Quality of life as may enable individual may live most and to serve best" is given by

**Options :**

1. ✗ Carl Anderson

2. ✓ W.H.O

3. ✗ Pro. Ruth Ellen Grout

4. ✗ Red Cross of India

**Question Number : 92 Question Id : 71505323348 Display Question Number : Yes**

The Germ theory of diseases is a

**Options :**

1. ✗ Holistic concept

2. ✗ Psychological concept

3. ✗ Ecological concept

4. ✓ Biomedical concept

**Question Number : 93 Question Id : 71505323349 Display Question Number : Yes**

The component of nutrition which plays a vital role in the production of energy

Options :

- 1. ✖ Carbohydrates
- 2. ✖ Proteins
- 3. ✔ Vitamins
- 4. ✖ Minerals

Question Number : 94 Question Id : 71505323350 Display Question Number : Yes

The major responsibilities in the supervision of school health programs

Options :

- 1. ✔ medical examination
- 2. ✖ to understand orientation for the success
- 3. ✖ Sports training
- 4. ✖ Participation in sports competition

Question Number : 95 Question Id : 71505323351 Display Question Number : Yes

The disease commonly known as “Flu” is

Options :

- 1. ✖ Pertussis
- 2. ✖ Mumps



3. ✓ Influenza

4. ✗ Measles

Question Number : 96 Question Id : 71505323352 Display Question Number : Yes

The virus which causes Chicken pox

Options :

1. ✗ Paramyxovirus

2. ✓ Herpes virus

3. ✗ Bordetella

4. ✗ HIV virus

Question Number : 97 Question Id : 71505323353 Display Question Number : Yes

The energy requirement for normal life for every kg of body weight per hour

Options :

1. ✗ 1.5 calories

2. ✓ 1.3 calories

3. ✗ 4 calories

4. ✗ 2 calories

Question Number : 98 Question Id : 71505323354 Display Question Number : Yes

The International Day of Climate Action

Options :

1. ✖ 12<sup>th</sup> September
2. ✖ 5<sup>th</sup> December
3. ✔ 24<sup>th</sup> October
4. ✖ 11<sup>th</sup> December

Question Number : 99 Question Id : 71505323355 Display Question Number : Yes

The chemical used to make plastic bags

- A) Xylene
- B) Ethylene oxide
- C) Benzene

Choose the correct answer:

Options :

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

Question Number : 100 Question Id : 71505323356 Display Question Number : Yes

Animals and plants are polluted more with toxic by products of

Options :

1. ✔

## Nuclear Energy

- 2. ✖ Hydroelectricity
- 3. ✖ Coal
- 4. ✖ Natural Gas

Question Number : 101 Question Id : 71505323357 Display Question Number : Yes

The function of measurement

- A) Drawing conclusion
- B) Determine status
- C) Determine quality

Choose the correct answer:

Options :

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

Question Number : 102 Question Id : 71505323358 Display Question Number : Yes

A test is one that measures what it is intended to measure

Options :

- 1. ✖ Reliability
- 2. ✖ Objectivity

3. ✓ Validity

4. ✗ Credibility

Question Number : 103 Question Id : 71505323359 Display Question Number : Yes

One of the physical fitness tests for women

Options :

1. ✓ Flexed arm hang

2. ✗ Push-ups

3. ✗ Pull-ups

4. ✗ 1500 m walk

Question Number : 104 Question Id : 71505323360 Display Question Number : Yes

Administration is the process of

A) Activity

B) Managing things

C) Pre-during-post tests

Choose the correct answer:

Options :

1. ✗ A only

2. ✓ B only

3. ✗ C only

4. ✖ A, B & C

Question Number : 105 Question Id : 71505323361 Display Question Number : Yes

The maximum duration of Harward step test

Options :

1. ✖ 200 seconds

2. ✖ 500 seconds

3. ✖ 180 seconds

4. ✔ 300 seconds

Question Number : 106 Question Id : 71505323362 Display Question Number : Yes

Cardio respiratory endurance test

Options :

1. ✔ Cooper 12 minutes walk and run test

2. ✖ Standing broad jump test

3. ✖ Flying start test

4. ✖ VO<sub>2</sub>max

Question Number : 107 Question Id : 71505323363 Display Question Number : Yes

The test in which, to measure shooting, Dribbling, Dodge, Circular tackle, Drive for distance and push

**Options :**

1. ✖ Russel Lange test
2. ✖ Mcdonald Volleying test
3. ✔ Schmithals French Achievement test
4. ✖ Lockhart-Mcpherson test

**Question Number : 108 Question Id : 71505323364 Display Question Number : Yes**

Johnson Basketball test is proposed to measure

**Options :**

1. ✖ basketball throwing ability
2. ✖ Dribbling & playing ability
3. ✖ Shooting & Dribbling ability
4. ✔ Basketball ability & Potential basketball ability

**Question Number : 109 Question Id : 71505323365 Display Question Number : Yes**

The leisure life of a nation reflects its fundamental values and

**Options :**

1. ✖ Psychology

- 2. ✖ Behaviour
- 3. ✔ Character
- 4. ✖ Responsibility

**Question Number : 110 Question Id : 71505323366 Display Question Number : Yes**

The theory which illustrates playing tennis after a long days of work, discharges surplus physical energy and rest or mental energy

**Options :**

- 1. ✖ Energy theory
- 2. ✖ Learning theory
- 3. ✔ Recreation theory
- 4. ✖ Motivational theory

**Question Number : 111 Question Id : 71505323367 Display Question Number : Yes**

The benefits of leisure in one's life

- A) To get happiness
- B) to get pleasure
- C) to get satisfaction

Choose the correct answer:

**Options :**

- 1. ✖ A only



2. ✖ B only

3. ✖ C only

4. ✔ A, B & C

Question Number : 112 Question Id : 71505323368 Display Question Number : Yes

Higher percentage of people who participate in aerobic exercises

Options :

1. ✔ Females

2. ✖ Males

3. ✖ Adults

4. ✖ Children

Question Number : 113 Question Id : 71505323369 Display Question Number : Yes

Health spas, dancing schools, amusement parks are the

Options :

1. ✖ Voluntary agencies

2. ✔ Commercial enterprises

3. ✖ Private organisations

4. ✖ Public organisation

**Question Number : 114 Question Id : 71505323370 Display Question Number : Yes**

Therapeutic recreation services are provided to meet the needs of persons with

- A) Poor health
- B) Mental disabilities
- C) Dependent aging person

Choose the correct answer:

**Options :**

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

**Question Number : 115 Question Id : 71505323371 Display Question Number : Yes**

To reach extreme limits in performance in sports, the sportsmen should develop

**Options :**

- 1. ✔ Physical and Psychic capacities
- 2. ✖ Physiological abilities only
- 3. ✖ Mental and Performance abilities
- 4. ✖ Physical and physiological abilities

**Question Number : 116 Question Id : 71505323372 Display Question Number : Yes**

The training objective involved in "Sprinting faster times over a previously established distance"

**Options :**

- 1. ✖ Progression
- 2. ✔ Progressive
- 3. ✖ Consistent
- 4. ✖ Trackable

**Question Number : 117 Question Id : 71505323373 Display Question Number : Yes**

The method in which load is increased and maintained for some training sessions

**Options :**

- 1. ✔ Step method
- 2. ✖ Linear method
- 3. ✖ Over load method
- 4. ✖ Regression method

**Question Number : 118 Question Id : 71505323374 Display Question Number : Yes**

The body goes beyond its previous level of fitness in

**Options :**

- 1. ✔ Super compensation

- 2. ✖ Over load
- 3. ✖ Compensation
- 4. ✖ Target zone

**Question Number : 119 Question Id : 71505323375 Display Question Number : Yes**

A slow dead- lift of 150 kg barbell is a classic example of

**Options :**

- 1. ✖ Maximum speed
- 2. ✖ Explosive strength
- 3. ✔ Maximum strength
- 4. ✖ Maximum speed

**Question Number : 120 Question Id : 71505323376 Display Question Number : Yes**

Performing gymnastics on the balance beam requires

- A) Active flexibility
- B) Passive flexibility
- C) Kinetic flexibility

Choose the correct answer:

**Options :**

- 1. ✖ A only
- 2. ✖ B only

3. ✓ C only

4. ✗ A, B & C

**Question Number : 121 Question Id : 71505323377 Display Question Number : Yes**

Movement quality, types of exercise, load volume and load intensity are the components of

**Options :**

1. ✓ Demand

2. ✗ Load

3. ✗ Periodisation

4. ✗ Exercise

**Question Number : 122 Question Id : 71505323378 Display Question Number : Yes**

The target heart rate zone for beginner is

**Options :**

1. ✓ 50-70 percent

2. ✗ 60-70 percent

3. ✗ 70-80 percent

4. ✗ 70-85 percent

**Question Number : 123 Question Id : 71505323379 Display Question Number : Yes**

The periodization for intermediate athletes with two macro cycles, two peaking for preparatory, competitive and transitional periods

**Options :**

- 1. ✖ Single periodization
- 2. ✖ Multiple periodization
- 3. ✔ Double periodization
- 4. ✖ Triple Periodization

**Question Number : 124 Question Id : 71505323380 Display Question Number : Yes**

The Longest cycle in sports training

**Options :**

- 1. ✖ Micro cycle
- 2. ✔ Macro cycle
- 3. ✖ Meso cycle
- 4. ✖ Monthly cycle

**Question Number : 125 Question Id : 71505323381 Display Question Number : Yes**

Positive self-esteem is a

**Options :**

- 1. ✔ Mental wellness

2. ✖ Social wellness

3. ✖ Physical wellness

4. ✖ Spiritual wellness

Question Number : 126 Question Id : 71505323382 Display Question Number : Yes

The behaviors which contribute to wellness

- A) Avoiding tobacco
- B) Sociability
- C) Choosing a healthy diet

Choose the correct answer:

Options :

1. ✖ A only

2. ✖ B only

3. ✖ C only

4. ✔ A, B & C

Question Number : 127 Question Id : 71505323383 Display Question Number : Yes

The recommended frequency of aerobic exercise for adults

Options :

1. ✖ Once a week

2. ✖



Every day

3. ✓ Five days a week

4. ✗ Three days a week

**Question Number : 128 Question Id : 71505323384 Display Question Number : Yes**

One of the effects of exercise on cardiac system

**Options :**

1. ✗ Maintain LDL cholesterol

2. ✓ Increase HDL cholesterol

3. ✗ Increase LDL cholesterol

4. ✗ Lower HDL cholesterol

**Question Number : 129 Question Id : 71505323385 Display Question Number : Yes**

Healthy way to cope with stress

**Options :**

1. ✓ Engaging in physical activity

2. ✗ Avoiding social interactions

3. ✗ Making good friends

4. ✗

Ignoring the stressor

Question Number : 130 Question Id : 71505323386 Display Question Number : Yes

Stress hormone

Options :

1. ✖ Endorphins
2. ✖ Thyroxin
3. ✖ Oxitosin
4. ✔ Cortisol

Question Number : 131 Question Id : 71505323387 Display Question Number : Yes

The weight divided by the square of the height

Options :

1. ✔ Body Mass Index
2. ✖ Fat percentage
3. ✖ Lean body mass
4. ✖ Density

Question Number : 132 Question Id : 71505323388 Display Question Number : Yes

The impact of obesity on overall health

Options :

1. ✖ Increases wellness
2. ✔ Increases the risk of diseases
3. ✖ Increases cardiorespiratory efficiency
4. ✖ Increases overall fitness

**Question Number : 133 Question Id : 71505323389 Display Question Number : Yes**

The science concerned with the mental and emotional aspects of sports performance is

**Options :**

1. ✖ Biomechanics
2. ✖ Sport sociology
3. ✔ Sport psychology
4. ✖ Exercise physiology

**Question Number : 134 Question Id : 71505323390 Display Question Number : Yes**

The vital organs of the body function efficiently compared to childhood

- A) Physical development
- B) Maturation
- C) Psychological development

Choose the correct answer:

**Options :**

1. ✖ A only

2. ✓ B only

3. ✗ C only

4. ✗ A, B & C

Question Number : 135 Question Id : 71505323391 Display Question Number : Yes

To formulate theory of learning, 'Kohler' experimented on

Options :

1. ✗ Dogs

2. ✗ Cats

3. ✓ Chimpanzees

4. ✗ Monkeys

Question Number : 136 Question Id : 71505323392 Display Question Number : Yes

The law of use and disuse is also known as

Options :

1. ✗ Law of readiness

2. ✗ Law of effect

3. ✗ Rule of law

4. ✓ Law of exercise

**Question Number : 137 Question Id : 71505323393 Display Question Number : Yes**

Culture idea that describes a regular patterned way of appearing or behaving

**Options :**

- 1. ✖ Orthodoxy
- 2. ✖ Culture
- 3. ✔ Custom
- 4. ✖ Sentiment

**Question Number : 138 Question Id : 71505323394 Display Question Number : Yes**

The group which has the sense of WE-NESS feeling (We-feeling)

**Options :**

- 1. ✖ Social group
- 2. ✔ Primary group
- 3. ✖ Remote Group
- 4. ✖ Urban Group

**Question Number : 139 Question Id : 71505323395 Display Question Number : Yes**

Way of living, singing, wearing were encompassed by

**Options :**

- 1. ✖ Customs

- 2. ✓ Culture
- 3. ✗ Tradition
- 4. ✗ Sentiments

**Question Number : 140 Question Id : 71505323396 Display Question Number : Yes**

The type of motivation where the attention is fixed on the material gain accruing from performance

- A) Intrinsic motivation
- B) Extrinsic motivation
- C) Superficial motivation

Choose the correct answer:

**Options :**

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

**Question Number : 141 Question Id : 71505323397 Display Question Number : Yes**

The major primary services of sports medicine

- A) Rehabilitation
- B) Injury prevention
- C) Diagnosis

Choose the correct answer:

**Options :**

1. ✖ A only

2. ✖ B only

3. ✖ C only

4. ✔ A, B & C

**Question Number : 142 Question Id : 71505323398 Display Question Number : Yes**

The primary responsibility of suspicion of someone having a heart attack

**Options :**

1. ✖ Administer CPR

2. ✔ Call emergency service immediately

3. ✖ Have them lie down

4. ✖ Provide some water

**Question Number : 143 Question Id : 71505323399 Display Question Number : Yes**

The size of the triangular bandage

**Options :**

1. ✖ 40 square inches

2. ✔ 38 square inches

3. ✖



12 square inches

4. ✖ 14 square inches

**Question Number : 144 Question Id : 71505323400 Display Question Number : Yes**

The purpose of using ultrasound therapy in sports injuries

**Options :**

1. ✖ To treat fractures

2. ✖ To diagnose internal injuries

3. ✔ To promote tissue healing and inflammation

4. ✖ To measure pulse

**Question Number : 145 Question Id : 71505323401 Display Question Number : Yes**

In physiotherapy 'ROM' stand for

A) Respiratory oxygen measurement

B) Range of Motion

C) Rapid orthopaedic manipulation

Choose the correct answer:

**Options :**

1. ✖ A only

2. ✔ B only

3. ✖

C only

4. ✖ A, B & C

Question Number : 146 Question Id : 71505323402 Display Question Number : Yes

R.I.C.E stands for

Options :

1. ✖ Relaxation Intensity Concentration Exhale

2. ✖ Rest Ice Compression Exercises

3. ✖ Rest Ice Compression Evaluation

4. ✔ Rest Ice Compression Elevation

Question Number : 147 Question Id : 71505323403 Display Question Number : Yes

The percussion in massage therapy includes

Options :

1. ✖ squeezing, circular, ironing

2. ✖ picking up, wringing, Rolling

3. ✔ Hacking, clapping, Beating

4. ✖ Vibration, Shaking

Question Number : 148 Question Id : 71505323404 Display Question Number : Yes

The contraindication rule for manipulation

Options :

- 1. ✖ Muscle spasm
- 2. ✖ Tiresomeness
- 3. ✔ Cellulitis
- 4. ✖ strenuous training

Question Number : 149 Question Id : 71505323405 Display Question Number : Yes

The therapeutic movements done with the help of a therapist

Options :

- 1. ✔ Passive flexibility
- 2. ✖ Active flexibility
- 3. ✖ Ballistic flexibility
- 4. ✖ Moderate flexibility

Question Number : 150 Question Id : 71505323406 Display Question Number : Yes

The condition benefited from therapeutic exercise focusing on developing  
balance and coordination

Options :

1. ✖ Hypertension
2. ✖ Mental disorders
3. ✔ Parkinson disease
4. ✖ Giddiness

**Question Number : 151 Question Id : 71505323407 Display Question Number : Yes**

The last function of management

**Options :**

1. ✖ Staffing
2. ✔ Controlling
3. ✖ Planning
4. ✖ Directing

**Question Number : 152 Question Id : 71505323408 Display Question Number : Yes**

The essential aspect of sports manager

**Options :**

1. ✖ Athletic ability
2. ✖ Teaching skills
3. ✔ Event Planning

4. ✖ Qualifications

Question Number : 153 Question Id : 71505323409 Display Question Number : Yes

The leadership characterised by making decisions without consulting others

Options :

1. ✖ Dictatorial leadership

2. ✖ Democratic leadership

3. ✔ Autocratic leadership

4. ✖ Laissez-faire leadership

Question Number : 154 Question Id : 71505323410 Display Question Number : Yes

The quality of administrative leader

A) Visibility

B) Image

C) Academic record

Choose the correct answer:

Options :

1. ✖ A only

2. ✖ B only

3. ✖ C only

4. ✔ A, B & C

**Question Number : 155 Question Id : 71505323411 Display Question Number : Yes**

The allocation of receipts and expenditure under various heads in a year

**Options :**

- 1. ✖ Finance
- 2. ✖ Balance sheet
- 3. ✔ Budget
- 4. ✖ Profit and balance account

**Question Number : 156 Question Id : 71505323412 Display Question Number : Yes**

The primary goal of financial management in schools

**Options :**

- 1. ✖ Maximising the expenditure
- 2. ✖ Maximising the student enrolment
- 3. ✖ Maximising the teachers' salaries
- 4. ✔ Maximise the educational outcomes

**Question Number : 157 Question Id : 71505323413 Display Question Number : Yes**

The person responsible for organisation and conduct of physical education programs in the school

**Options :**

1. ✖ DEO
2. ✔ Head Master
3. ✖ Physical Education Teacher
4. ✖ Sports committee

**Question Number : 158 Question Id : 71505323414 Display Question Number : Yes**

Comparing of performance standards with the results that are manifested in the program

**Options :**

1. ✖ Reporting system
2. ✔ Evaluation
3. ✖ Awarding system
4. ✖ Annual achievement

**Question Number : 159 Question Id : 71505323415 Display Question Number : Yes**

The primary aim of yoga

**Options :**

1. ✖ Physical fitness
2. ✖ Improves flexibility



3. ✓ Peace and spiritual growth

4. ✗ Weight loss

Question Number : 160 Question Id : 71505323416 Display Question Number : Yes

In yoga 'Asana' refers to

Options :

1. ✗ Meditation

2. ✗ Breathing techniques

3. ✓ Postures and poses

4. ✗ Chanting

Question Number : 161 Question Id : 71505323417 Display Question Number : Yes

It is **NOT** a principle of yoga

Options :

1. ✗ Ahimsa (Non-violence)

2. ✗ Satya (Truthfulness)

3. ✗ Asteya (Non-stealing)

4. ✓ Lobha (greed)

Question Number : 162 Question Id : 71505323418 Display Question Number : Yes

The eightfold path of yoga philosophy

Options :

1. ✓ Raja yoga
2. ✗ Karma yoga
3. ✗ Jnana yoga
4. ✗ Bhakti yoga

Question Number : 163 Question Id : 71505323419 Display Question Number : Yes

The text book which is popularised as Hatha yoga which emphasizes physical practices

Options :

1. ✗ Bhagavad Gita
2. ✗ Upanishads
3. ✗ Yoga sutras of Patanjali
4. ✓ Hatha yoga Pradipika

Question Number : 164 Question Id : 71505323420 Display Question Number : Yes

The asana known as "Warrior pose"

Options :

1. ✗ Bhujanga asana

2. ✖ Dhanurasana

3. ✔ Virabhadrasana

4. ✖ Garudasana

Question Number : 165 Question Id : 71505323421 Display Question Number : Yes

The asana which promotes order in the intestines and stomach

Options :

1. ✖ Bujangasana

2. ✖ Parvathasana

3. ✖ Vrushabhasana

4. ✔ Matsyasana

Question Number : 166 Question Id : 71505323422 Display Question Number : Yes

The kriya which involves cleansing the nasal passages with saltwater

Options :

1. ✖ Bastrika

2. ✔ Neti

3. ✖ Kapalbathi

4. ✖ Nauli

**Question Number : 167 Question Id : 71505323423 Display Question Number : Yes**

The skills of a participant, judges look for in competitive yoga

**Options :**

- 1. ✖ Most complex postures
- 2. ✖ Faster performance
- 3. ✔ Precision, balance and grace
- 4. ✖ Chanting loud while performing

**Question Number : 168 Question Id : 71505323424 Display Question Number : Yes**

The international organisation which promotes and organise yoga championships

**Options :**

- 1. ✖ World Yoga Federation
- 2. ✖ International Yoga Association
- 3. ✔ International Yoga Federation
- 4. ✖ Yoga Alliance Association

**Question Number : 169 Question Id : 71505323425 Display Question Number : Yes**

The purposes of instant replay in sports officiating is

**Options :**

1. ✖ To entertain the audience
2. ✖ To provide feedback to the athletes
3. ✔ To review and make accurate decision
4. ✖ To slow down the game

Question Number : 170 Question Id : 71505323426 Display Question Number : Yes

The expectation of a player about an official on duty

- A) Fairness
- B) Understanding
- C) Consistent

Choose the correct answer:

Options :

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

Question Number : 171 Question Id : 71505323427 Display Question Number : Yes

The relationship between official and players should be

- A) friendly and helpful
- B) won players respect
- C) Stern, firm but courteous attitude

Choose the correct answer:

**Options :**

A only

1. ✖

B only

2. ✖

C only

3. ✖

4. ✔ A, B & C

**Question Number : 172 Question Id : 71505323428 Display Question Number : Yes**

The sign used by assistant referee in football to indicate an offside

**Options :**

Raising the flag straight up

1. ✔

Waving the flag vigorously

2. ✖

Pointing the flag towards the post

3. ✖

Raising the flag obliquely

4. ✖

**Question Number : 173 Question Id : 71505323429 Display Question Number : Yes**

The pattern of standing of the two referees in the game of handball

Options :

- 1. ✖ Parallel to each other
- 2. ✔ Diagonally opposite to each other
- 3. ✖ Right angle to each other
- 4. ✖ They move as they wish

Question Number : 174 Question Id : 71505323430 Display Question Number : Yes

In a game of badminton, the fast and downward shot that cannot be returned is termed as

Options :

- 1. ✖ Smash
- 2. ✔ Kill
- 3. ✖ Drop
- 4. ✖ Wood shot

Question Number : 175 Question Id : 71505323431 Display Question Number : Yes

The type of 'out' when the batter hits the ball twice other than for the purpose of protecting his wicket

Options :

- 1. ✔ Hit the ball twice



2. ✖ Hit wicket

3. ✖ Timed out

4. ✖ Leg before wicket

Question Number : 176 Question Id : 71505323432 Display Question Number : Yes  
IAAF is presently known as

Options :

1. ✖ Association of Athletics

2. ✔ World Athletics

3. ✖ Athletic federation

4. ✖ IAF

Question Number : 177 Question Id : 71505323433 Display Question Number : Yes  
The name of the line behind which defenders must stay until raider enters their half

Options :

1. ✔ Mid line

2. ✖ Baulk line

3. ✖ Bonus line

4. ✖

End line

**Question Number : 178 Question Id : 71505323434 Display Question Number : Yes**

The height of the poles in badminton

**Options :**

1. ✖ 1.57m away from the double line
2. ✖ 1.55m away from the doubles line
3. ✔ 1.55 m over side line for doubles
4. ✖ 1.52 m over side line for doubles

**Question Number : 179 Question Id : 71505323435 Display Question Number : Yes**

The standard track curve distance radius (CDR) as per World athletics

**Options :**

1. ✖ 36.80 m
2. ✔ 36.50 m
3. ✖ 36.785 m
4. ✖ 37.80 m

**Question Number : 180 Question Id : 71505323436 Display Question Number : Yes**

Number of foul starts for disqualification in running events in combined events

Options :

- 1. ✖ 1
- 2. ✔ 2
- 3. ✖ 3
- 4. ✖ 4

Question Number : 181 Question Id : 71505323437 Display Question Number : Yes

The period for which the wind velocity shall be measured from the time of pistol in 100m run

Options :

- 1. ✔ 10 seconds
- 2. ✖ 13 seconds
- 3. ✖ 15 seconds
- 4. ✖ 5 seconds

Question Number : 182 Question Id : 71505323438 Display Question Number : Yes

The trophy awarded to the football world cup winners

Options :

- 1. ✖ UEFA
- 2. ✔ FIFA

3. ✖ Durand cup

4. ✖ EFL CUP

**Question Number : 183 Question Id : 71505323439 Display Question Number : Yes**

The term 'Add out' related to

**Options :**

1. ✖ Rugby

2. ✖ Basketball

3. ✔ Tennis

4. ✖ Table tennis

**Question Number : 184 Question Id : 71505323440 Display Question Number : Yes**

A strategic offensive play where hitters approach the net one after another in  
Volleyball

**Options :**

1. ✖ Spiking

2. ✖ Blocking

3. ✖ Smashing

4. ✔ Wave attack

Question Number : 185 Question Id : 71505323441 Display Question Number : Yes

The lobby area in men kabaddi court

Options :

- 1. ✖ 10 m × 1.5 m
- 2. ✖ 1 m × 12.50 m
- 3. ✔ 13 m × 1m
- 4. ✖ 13 m × 1.75 m

Question Number : 186 Question Id : 71505323442 Display Question Number : Yes

Signalling foul by striking the wrist in basketball

Options :

- 1. ✖ Pushing
- 2. ✖ Travelling
- 3. ✖ Holding
- 4. ✔ Illegal use of hands

Question Number : 187 Question Id : 71505323443 Display Question Number : Yes

Left arm wrist spinner can bowl

Options :

- 1. ✖ In swinger
- 2. ✖ Out swinger

3. ✓ Chinaman

4. ✗ Englishman

Question Number : 188 Question Id : 71505323444 Display Question Number : Yes

The distance between goal posts in handball

Options :

1. ✓ 3m

2. ✗ 4m

3. ✗ 8m

4. ✗ 5m

Question Number : 189 Question Id : 71505323445 Display Question Number : Yes

The year in which football was introduced in Olympics

Options :

1. ✗ 1908

2. ✗ 1904

3. ✗ 1896

4. ✓ 1900

Question Number : 190 Question Id : 71505323446 Display Question Number : Yes

'Southpaw' is related to

Options :

1. ✖ Judo
2. ✖ Wrestling
3. ✔ Boxing
4. ✖ Taekwondo

**Question Number : 191 Question Id : 71505323447 Display Question Number : Yes**

Height of the Table Tennis table

**Options :**

1. ✔ 76cm
2. ✖ 86cm
3. ✖ 80cm
4. ✖ 70cm

**Question Number : 192 Question Id : 71505323448 Display Question Number : Yes**

The first Indian woman to win a javelin gold

**Options :**

1. ✖ Nikhat Zareen
2. ✔ Annu Rani
3. ✖ Anju Bobby George
4. ✖ Amrut kaur



Question Number : 193 Question Id : 71505323449 Display Question Number : Yes

The primary purpose of research is

Options :

1. ✖ To confirm existing knowledge
2. ✖ To entertain readers
3. ✖ To criticise established knowledge
4. ✔ To explore new phenomena and generate knowledge

Question Number : 194 Question Id : 71505323450 Display Question Number : Yes

A tentative explanation of the problem being studied

Options :

1. ✖ Limitation
2. ✖ Delimitation
3. ✖ Significance
4. ✔ Hypothesis

Question Number : 195 Question Id : 71505323451 Display Question Number : Yes

An overview of existing research and theories related to the topic

Options :

1. ✖ Methodology

2. ✓ Review of related literature

3. ✗ Analysis of data

4. ✗ Summary

**Question Number : 196 Question Id : 71505323452 Display Question Number : Yes**

Single group design, reverse group design and repeated measures design are used in

**Options :**

1. ✗ Philosophical research

2. ✓ Experimental research

3. ✗ Historical research

4. ✗ Qualitative research

**Question Number : 197 Question Id : 71505323453 Display Question Number : Yes**

The indication of data having negative skewness

**Options :**

1. ✗ Data is evenly distributed

2. ✗ Data is skewed to the right

3. ✓ Data is skewed to the left

4. ✖ Data is normally skewed

**Question Number : 198 Question Id : 71505323454 Display Question Number : Yes**

The percentage of data which falls within one standard deviation from the mean in a normal distribution

**Options :**

1. ✖ 95%

2. ✖ 84%

3. ✔ 68%

4. ✖ 48%

**Question Number : 199 Question Id : 71505323455 Display Question Number : Yes**

The representation of interquartile range (IQR)

**Options :**

1. ✖ The range between maximum and minimum values

2. ✔ The range between first and third quartiles

3. ✖ The average of all data points

4. ✖ The difference between mean and median

**Question Number : 200 Question Id : 71505323456 Display Question Number : Yes**

Correlation co-efficient representing the weakest relationship between two variables

**Options :**

1. ✖ -0.95

2. ✔ 0.25

3. ✖ 0.75

4. ✖ 0.50



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