

Section 1 - Part-A

1) Ancient Olympics were held every four years between August 6 and September 19 during a religious festival honoring _____.

- A) Hercules
 - B) Apollo
 - C) Poseidon
 - D) Zeus
-

2) Beri-Beri is caused by the deficiency of _____

- A) Vitamin C.
 - B) Vitamin D.
 - C) Vitamin E.
 - D) Vitamin B.
-

3) HIIT in sports training stands for

- A) None of the above
 - B) High interval intense training
 - C) High interval intensive training
 - D) High intensity interval training
-

4) Exercising for a long period of time is called

- A) Aerobic
- B) Anaerobic
- C) Isotonic
- D) Isometric

5) In which state of India, the Chipko Movement started?

- A) Himachal Pradesh
 - B) Rajasthan
 - C) Madhya Pradesh
 - D) Uttarakhand
-

6) Small pox and rabies are caused by _____

- A) Protozoan.
 - B) Bacterium.
 - C) Nematode.
 - D) Virus.
-

7) Which of the following is not a criteria of the test selection?

- A) Educational application
 - B) Classification of test
 - C) Scientific authenticity
 - D) Administer feasibility
-

8) Which of the following is not a common injury?

- A) Rickets
- B) Muscle Cramps
- C) Blisters
- D) Shin Splints

9) According to the German Concept of Physical Education, the Mother of all Games and Sports is _____

- A) Combatives
 - B) Gymnastic
 - C) Athletics
 - D) Swimming
-

10) The liquid portion of blood is called _____?

- A) Plasma
 - B) Blood
 - C) Co2
 - D) water
-

11) National Sports University Imphal, Manipur had started in which Year?

- A) 2016
 - B) 2018
 - C) 2017
 - D) 2019
-

12) If 'air' is called 'green', 'green' is called 'red', 'red' is called 'sea', 'sea' is called 'blue', 'blue' is called 'water' and 'water' is called 'pink', then what is the color of grass?

- A) Green
- B) Pink
- C) Red
- D) Air

13) From which one of the following chambers of the human heart pumps oxygenated blood into aorta?

- A) Right Ventricle
 - B) Left atrium
 - C) Left Ventricle
 - D) Right atrium
-

14) What is the full form of ICU?

- A) Intensive cardio unit
 - B) Intensive care unit
 - C) Immune care unit
 - D) Internal control unit
-

15) Reliability denotes to _____

- A) Variability and Inconsistency
 - B) Consistency of performance
 - C) Inconsistency among subjects
 - D) Variability among groups
-

16) During an isometric contraction of a skeletal muscle: _____

- A) The thick and thin filaments slide past each other
- B) Sarcomere length does not change
- C) The length of the myosin change
- D) The I bands shorten and the A bands stay the same length

17) Physiology is the study of_____?

- A) The function of a Computer System
 - B) Health System
 - C) Structure of Organ System
 - D) The function of the Organ System
-

18) Number of transitional period in 1(one) annual plan is _____

- A) 1
 - B) 2
 - C) 3
 - D) 4
-

19) Sprain is the injury of the _____.

- A) Soft tissue.
 - B) Muscles.
 - C) Bones.
 - D) Ligament.
-

20) Calorie are _____

- A) Unit of diet
- B) Units of Math's
- C) Units of food energy
- D) Units of measurement

21) Which of the following tests measures cardio-respiratory function?

- A) Kraus Weber test
 - B) J.C.R.
 - C) Oregon motor fitness test
 - D) Harvard step test
-

22) Which one of the following is necessary for the fast healing of a wound?

- A) Carbohydrates
 - B) Proteins
 - C) Fats
 - D) Minerals
-

23) Arrange the correct sequence of the steps involved in the process of the human digestive system?

- A) Assimilation, Absorption, Ingestion, Digestion, and Egestion
 - B) Ingestion, Digestion, Absorption, Assimilation, and Egestion
 - C) Egestion, Absorption, Assimilation, and Egestion
 - D) Digestion, Ingestion, Assimilation, Egestion, and Absorption
-

24) Cooper test measures

- A) Cardio-respiratory endurance
- B) Body fat
- C) Strength
- D) Endurance

25) Who was the founder of school gymnastics in Germany?

- A) Adolph Spiess
 - B) Per Henrik Ling
 - C) Johan-Bernhard Basedow
 - D) Guts Muths
-

26) YMCA college of Physical Education was founded in 1920 by

- A) S. Radhkrishnan
 - B) H.C. Buck
 - C) Raj Kumari Amrit Kaur
 - D) Charles A. Bucher
-

27) Goiter is caused due to the deficiency of

- A) Sodium
 - B) Iron
 - C) Iodine
 - D) Vitamin D
-

28) The smallest unit in a digital system is a

- A) Byte
- B) Megabyte
- C) Bit
- D) Character

29) In a computer network, LAN means _____

- A) Large Area Network
 - B) Local Access Network
 - C) Local Area Network
 - D) Large Access Network
-

30) Which is the major source of harmful radiations in the house?

- A) Oven
 - B) Tubelight
 - C) Colour TV
 - D) Heater
-

31) The study of human size shape proportion maturation composition and gross function is called _____

- A) Kinanthropometry
 - B) Cephalometry
 - C) Biomechanics
 - D) Biochemistry
-

32) Which of the following is not an air pollutant?

- A) Carbon Dioxide
- B) Sulphur Dioxide
- C) Smoke
- D) Nitrogen Gas

33) The body type suitable for long distance running is

- A) Mesomorph
 - B) Mesomorphic endomorph
 - C) Ectomorph
 - D) Endomorph
-

34) Anatomy is the study of _____ of Human Body.

- A) Function
 - B) Structure
 - C) Health
 - D) A Cells
-

35) Pituitary gland known as the Master endocrine gland is under the control of_____?

- A) Adrenal gland
 - B) Hypothalamus
 - C) Pineal gland
 - D) Thyroid gland
-

36) What is the name of World's largest Health Care Scheme launched by Government of India in 2018?

- A) Deendayal Chalit Hospital Yojna
- B) Arunima Yojna
- C) Ayushman Bharat-Pradhan Mantri Jan Arogya Yojna
- D) Jan Dhan Yojna

37) Modern Olympic had started on the year

- A) 1892
 - B) 1886
 - C) 1890
 - D) 1896
-

38) Which principle of sports training says the load should be slightly above the capacity of the athlete for better adaptation of the body to the load or should be challenging to the system of the body

- A) Principle of overload
 - B) Principle of evaluation
 - C) Principle of reversibility
 - D) Principle of individualization
-

39) Which of the following tissues is most dependent upon a constant blood supply of glucose?

- A) Adipose tissue
 - B) Brain
 - C) Skeletal muscles
 - D) Liver
-

40) When muscle size is decreased it is called_____?

- A) Hyperplasia
- B) Fiber recruitment
- C) Hypertrophy
- D) Atrophy

41) Which of the following is often considered to be an unwritten law in social context?

- A) An Undertaking
 - B) An Instinct
 - C) A Tradition
 - D) A Statute
-

42) Cable tension test is used to measure

- A) Flexibility
 - B) Agility
 - C) Endurance
 - D) Strength
-

43) What is the Chronological Theory?

- A) Determine by signs of Puberty
 - B) Determined by use of Intelligence tests
 - C) Indicate by Bones and Dentition
 - D) Age in Years, Months and Days
-

44) Find the missing letters in the series, GAH, IBJ, KCL, MDN, _.

- A) OEA
- B) OEP
- C) OEB
- D) OEG

45) Which of the following does NOT manufacture the digestive juices?

- A) Kidneys
 - B) Pancreas
 - C) Stomach
 - D) Liver
-

46) Which place in our body is ATP stored?

- A) Kidneys
 - B) Pancreas
 - C) Neuron
 - D) Muscles
-

47) In Great Bath, the Bathing Pool is of _____ feet deep during Indus Valley Civilization.

- A) 8 feet
 - B) 7 feet
 - C) 5 feet
 - D) 6 feet
-

48) Plyometrics training helps to develop

- A) Co-ordination
- B) Endurance
- C) Explosive strength
- D) Strength

49) Renewable source of energy is _____

- A) Coal
 - B) Uranium
 - C) Plants
 - D) Petroleum
-

50) The main streets and roads in Indus Valley were set in a line, sometimes running straight for a mile, and were varying in width from

- A) 10 meters to 14 meters
- B) 1 meter to 4 meters
- C) 14 meters to 18 meters
- D) 4 meters to 10 meters

Section 2 - Part B - Athletics

51) WADA refers to _____

- A) World Anti Doping Association
 - B) World Anti Drugs Agency
 - C) World Anti Drugs Association
 - D) World Anti Doping Agency
-

52) Material of Take-off Board is _____

- A) Wood
 - B) Iron
 - C) Synthetic
 - D) Steel
-

53) Diameter of Shot Put Men is _____

- A) 110 mm to 130 mm
 - B) 100 mm to 120 mm
 - C) 120 mm to 140 mm
 - D) 90 mm to 110 mm
-

54) Indian Record of 100m (Men) is _____

- A) 10.26 sec
- B) 10.25 sec
- C) 10.15 sec
- D) 10.16 sec

55) In 3000mt Steeplechase how many water jumps are there?

- A) 35
 - B) 7
 - C) 28
 - D) 17
-

56) Minimum _____ meter extra space should be kept around the track.

- A) 7m
 - B) 3m
 - C) 10m
 - D) 5m
-

57) Angle of Javelin Throw Sector is _____

- A) 28.96°
 - B) 28.86°
 - C) 28.68°
 - D) 28.69°
-

58) Distance of the Take-off Board from jumping pit for Long Jump is _____

- A) 2m to 4m
- B) 2m to 3m
- C) 1m to 2m
- D) 1m to 3m

59) Length of the ear of the Shot put Circle is _____.

- A) 1.00m
 - B) 0.75m
 - C) 0.50m
 - D) 1.25m
-

60) Distance in between the hurdle in Women 400 m is _____

- A) 45 m
 - B) 30 m
 - C) 40 m
 - D) 35 m
-

61) Length of Javelin (Men) is _____

- A) 2.7m to 2.8m
 - B) 2.8m to 2.9m
 - C) 2.5m to 2.6m
 - D) 2.6m to 2.7m
-

62) Width of the Plasticine Indicator Board

- A) 0.10m
- B) 0.05m
- C) 0.15m
- D) 0.20m

63) Distance of Marathon Race is _____

- A) 42.591km
 - B) 42.195km
 - C) 42.519km
 - D) 42.159km
-

64) Name the First Indian to win World Championship medal in Athletics _____

- A) P.T. Usha
 - B) Rachita Mistri
 - C) Hima Das
 - D) Anju Bobby George
-

65) Width of the line in Track is

- A) 5.0 cm
 - B) 5.5 cm
 - C) 0.5 cm
 - D) 1.5 cm
-

66) BPM refers to _____

- A) Blood Pressure Measurement
- B) Bets Per Mile
- C) Blood Pressure Monitor
- D) Beats Per Minute

67) In 3000mt Steeplechase how many hurdles are there?

- A) 28
 - B) 25
 - C) 30
 - D) 35
-

68) IAAF stands for _____

- A) International Athletic Amateur Federation
 - B) International Athletics Association Federation
 - C) International Association of Athletics Federation
 - D) International Amateur Athletic Federation
-

69) Width of the Javelin arch is _____

- A) 5 cm
 - B) 6 cm
 - C) 7 cm
 - D) 8 cm
-

70) The Flying Sikh is the nick name of _____.

- A) Milkha Singh
- B) Yuvraj Singh
- C) Sriram Singh
- D) Shakti Singh

71) One of the events in the Olympic Games in Ancient Greece was _____

- A) Pole-Vault
 - B) Steeplechase
 - C) Discus
 - D) Hammer Throw
-

72) Exchange Zone in 4 x 100m relay is _____.

- A) 25 m
 - B) 35 m
 - C) 20 m
 - D) 30 m
-

73) Oldest existing Athletics World Record stands for _____ years?

- A) 36
 - B) 22
 - C) 32
 - D) 26
-

74) Sign of Loss of Contact in Race walk is

- A) > >
- B) ~ ~
- C) ☹ ☹
- D) √ √

75) Thickness of Take Off Board is _____

- A) 0.20 m
 - B) 0.25 m
 - C) 0.15 m
 - D) 0.30 m
-

76) Hurdles, in Steeple Jump shall be _____ m wide.

- A) 3.96m
 - B) 3.69m
 - C) 3.94m
 - D) 3.49m
-

77) Weight of Hammer (Men) is _____

- A) 7.26 kg
 - B) 7.16 kg
 - C) 7.36 kg
 - D) 7.46 kg
-

78) Weight of Shot Put for Men is?

- A) 7.62kg
- B) 7.26kg
- C) 7.16kg
- D) 7.20kg

79) Radius of Shot Put Circle is _____

- A) 1.067m
 - B) 1.760m
 - C) 1.076m
 - D) 1.670m
-

80) Draw for lanes for first four athletes are _____

- A) 1-2-3-4
 - B) 2-3-4-5
 - C) 4-5-6-7
 - D) 3-4-5-6
-

81) How many exchange zone are there in 4 x 100mt Relay Race?

- A) 3
 - B) 2
 - C) 5
 - D) 4
-

82) The overall length of the crossbar in Pole Vault is _____

- A) 4.00m
- B) 3.75m
- C) 4.25m
- D) 4.50m

83) Formula of Stagger is _____

- A) $[(W \times (n-1)) - 0.10] \times 2\pi$
 - B) $[(W \times (n-1)) - 0.01] \times 2\pi$
 - C) $[(W \times (1-n)) - 0.10] \times \pi$
 - D) $[(W \times (n-1)) - 0.10] \times \pi$
-

84) IAAF changed name to _____.

- A) Athletics World
 - B) World of Athletics
 - C) World Athletics Association
 - D) World Athletics
-

85) Angle of Shot Put Sector is _____?

- A) 34.29°
 - B) 34.69°
 - C) 34.92°
 - D) 34.39°
-

86) Carl Lewis won 100m Gold Medal in _____ Olympics.

- A) 1992
- B) 1988
- C) 1980
- D) 1984

87) Who had created National Record of 400m Women by clicking the timing of 50.79sec?

- A) Dutee Chand
 - B) Tintu Luka
 - C) Saraswati Saha
 - D) Hima Das
-

88) Angle of Pole vault box is _____

- A) 115°
 - B) 110°
 - C) 105°
 - D) 100°
-

89) Foul Throw will be awarded when the athlete is unable to commence the throw within _____ of calling his name.

- A) 90 sec
 - B) 30 sec
 - C) 45 sec
 - D) 60 sec
-

90) Distance from the last hurdles to Finish line in 100m Hurdles is

- A) 10.15m
- B) 10.50m
- C) 10.05m
- D) 10.55m

91) How much times must be allowed, in the races over 200m up to and including 1000m, between the last heat of any round and the first heat of a subsequent round or final ?

- A) 120 min
 - B) 90 min
 - C) 30 min
 - D) 60 min
-

92) Height of the Hurdles in 110m Hurdle _____

- A) 1.07m
 - B) 1.17m
 - C) 0.97m
 - D) 0.87m
-

93) Length of the Baton is

- A) 30cm to 32cm
 - B) 26cm to 28cm
 - C) 28cm to 30cm
 - D) 24cm to 26cm
-

94) How much time is given in High Jump when one athlete remains?

- A) 4 min
- B) 1 min
- C) 3 min
- D) 2 min

95) Speed can be defined as

- A) Distance x Time
 - B) Distance x Distance
 - C) Time x Time
 - D) Distance x Weight
-

96) Length of the Javelin (Women)

- A) 2.2 m to 2.3 m
 - B) 2.4 m to 2.5 m
 - C) 2.3 m to 2.4 m
 - D) 2.5 m to 2.6 m
-

97) Which is Penultimate Step in Javelin Throw?

- A) Second last Step
 - B) Withdrawal Step
 - C) Running Step
 - D) Last Step
-

98) Width of the Men Javelin Cord is _____

- A) 14cm to 15cm
- B) 15cm to 16cm
- C) 12cm to 13cm
- D) 13cm to 14cm

99) Micro cycle consist of –

- A) One month
 - B) One day
 - C) One year
 - D) One week
-

100) The sole and the heel of the shoes shall be so constructed as to provide for the use of up to _____ spikes.

- A) 11
- B) 13
- C) 7
- D) 9

Section 3 - Part B - Badminton

101) Pullela Gopichand received Arjuna Award in the year

- A) 1999
 - B) 1997
 - C) 2009
 - D) 2001
-

102) Who won the Yonex-Sunrise Indian Open 2019?

- A) Pusarla V. Sindhu
 - B) Saina Nehwal
 - C) Ratchanok Intanon
 - D) Carolina Marin
-

103) The shuttle cock is also known as

- A) Ball Badminton
 - B) Rubber
 - C) Bridge
 - D) Birdie
-

104) The width of lines of a badminton court

- A) 3 cm
- B) 5 cm
- C) 4 cm
- D) 6 cm

105) How many service faults are there in Badminton?

- A) 3
 - B) 6
 - C) 4
 - D) 5
-

106) In badminton, which player set a world record for the fastest ever smash in a competition, recording 426 km/h?

- A) Lin Dan
 - B) Lee Chong Wei
 - C) Mads Pieler Kolding
 - D) Victor Axelsen
-

107) What will happen if in service, the shuttle is hit by the receiver's partner?

- A) the service will not be counted
 - B) a warning will be given to the receiver's partner
 - C) the umpire will give a red card to the receiver's partner
 - D) a point will be awarded to the server
-

108) Where is the Headquarter of the Badminton World Federation situated?

- A) Kuala Lumpur, Malaysia
- B) Beijing, China
- C) Berlin, Germany
- D) New Delhi, India

109) Ibrahim Rahimtoola Cup in Badminton is

- A) Junior Girls' Team Championship
 - B) Women's Team Championship
 - C) Junior Boys' Team Championship
 - D) Men's Team Championship
-

110) Match the following:

<u>List I</u>	<u>List II</u>
i. P.V.Sindhu	1. Thailand
ii. Ratchanok Intanon	2. Taiwan
iii. Carolina Marin	3. India
iv. Tai Tzu-Ying	4. Spain

- A) i-3, ii-4, iii-2, iv-1
 - B) i-3, ii-1, iii-4, iv-2
 - C) i-4, ii-3, iii-1, iv-2
 - D) i-4, ii-3, iii-2, iv-1
-

111) The shuttle shall have _____ feathers fixed in the base.

- A) 16
- B) 17
- C) 15
- D) 18

112) Which team won the PBL 2020?

- A) Hyderabad Hunters
 - B) Northeastern Warriors
 - C) Bengaluru Raptors
 - D) Chennai Superstarz
-

113) Which of the following is not fault in a play?

- A) In a play if a player deliberately distracts an opponent by any action such as shouting or making gestures.
 - B) If the shuttle is hit by the receiver's partner during the service.
 - C) In a play if the shuttle lands outside the boundaries of the court.
 - D) The players shall not change their respective service courts until they win a point when their side is serving
-

114) Who won the World Badminton Championship 2019 for Men?

- A) Lee Chong Wei
 - B) Kento Momota
 - C) Viktor Axelsen
 - D) Kidambi Srikant
-

115) How many officials are there in an official game of badminton?

- A) 8
- B) 6
- C) 12
- D) 10

116) The Indian Ace Para-Badminton Player who died of Covid-19

- A) Rameshwar
 - B) Dinesh
 - C) Gaggarajan
 - D) Ramesh Thikaram
-

117) When is a shuttle not in play in the game the game of badminton?

I.It strikes the net or post and starts to fall towards the surface of the court on the striker's side of the net

II.It hits the surface of the court

III.When the rally for match point is commenced

IV.A 'fault' or a 'let' has occurred

- A) Only I, III and IV
 - B) Only I and III
 - C) Only I, II and IV
 - D) Only II and IV
-

118) What is the height of the Badminton net pole?

- A) 5.5 feet
 - B) 5.3 feet
 - C) 5.2 feet
 - D) 5.1 feet
-

119) If a player is awarded with red card, what will be the consequence?

- A) the player shall be exempted from the particular match
- B) a point shall be given to his/her opponent
- C) a warning shall be noted done by the umpire
- D) the player shall be exempted from the tournament

120) In 2015 Kimdambi Srikanth won India Open Super Series title by defeating

- A) Kento Momota
 - B) Lee Chong Wei
 - C) Chen Long
 - D) Viktor Axelsen
-

121) What is the situation which is called 'an undue delay' ?

- A) Delay caused only by the server
 - B) Delay caused by the player in entering the court
 - C) Delay caused by the Umpire or any official
 - D) Any delay in the start of service
-

122) Who was the first badminton player to be awarded with Rajiv Gandhi Khel Ratna Award?

- A) Srikanth Kidambi
 - B) Prannoy H S
 - C) Parupalli Kashyap
 - D) Pullela Gopichand
-

123) The national governing body of badminton in India

- A) Association of Indian Badminton
- B) Badminton Association of India
- C) Indian Badminton Federation
- D) Badminton Federation of India

124) U.Vimal Kumar received Dronacharya Award in the year

- A) 2018
 - B) 2020
 - C) 2019
 - D) 2017
-

125) Current World Number 1 Badminton Men's Singles Player is

- A) Kento Momota
 - B) Viktor Axelsen
 - C) Chou Tien-chen
 - D) Anthony Sinisuka Ginting
-

126) In the game of badminton what are the cards that an Umpire can implement?

- A) Yellow, Red and Black
 - B) Only Yellow
 - C) Only Red
 - D) Yellow and Red
-

127) The length of a badminton court is

- A) 14.3 m
- B) 13.4 m
- C) 14.745 m
- D) 12. 9 m

128) Which of the following cards is not used in badminton?

- A) Yellow card
 - B) White card
 - C) Black card
 - D) Red card
-

129) In case the umpire misses the turn for end change during a match, what shall be the Umpire's decision the moment the mistake is discovered?

- A) It shall be done so as soon as the mistake is discovered, even if the rally must be called to stop
 - B) A let shall be called and the game may be started from the back score where the change was to be made
 - C) It shall be done so as soon as the mistake is discovered, when the shuttle is not in play and the score shall resume from where the change was to be made
 - D) It shall be done so as soon as the mistake is discovered, when the shuttle is not in play and the existing score shall stand
-

130) The current BWF ranking of Saina Nehwal Women Singles is

- A) 9
 - B) 20
 - C) 7
 - D) 15
-

131) In a game of badminton when the leading score reaches 11 points, players have a

- A) 30 seconds interval
- B) 60 seconds interval
- C) 90 seconds interval
- D) 120 seconds interval

132) In the game of badminton during occurrence of the act of 'fault' what action shall be taken?

- A) Let the rally end and award a point to the opponent
 - B) Stop the rally Immediately and restart from the existing score
 - C) Let the rally end and restart from the existing score
 - D) Stop the rally Immediately and award a point to the opponent
-

133) Which of the following is a condition of 'fault'?

- A) The shuttle after passing over the net, is caught in the net during a service
 - B) During play, the shuttle break and the base completely separates from the rest of the shuttle
 - C) The shuttle is caught on the net and remains suspended on its top during a rally
 - D) The server serves before the receiver is ready
-

134) Uber Cup is named after

- A) Betty Uber
 - B) Margaret Uber
 - C) Karan Bridge Uber
 - D) Hazel Hogarth Uber
-

135) Who was the first female player from India to achieve world no. 1 spot in the game badminton?

- A) P V Sindhu
- B) Jwala Gutta
- C) Ashwini Ponnappa
- D) Saina Nehwal

136) Badminton World Federation was formed in the year

- A) 1941
 - B) 1937
 - C) 1945
 - D) 1934
-

137) Which of the following is not badminton service?

- A) Forehand flick serve
 - B) Forehand high serve
 - C) Forehand slow serve
 - D) Backhand flick serve
-

138) The first Arjuna Awardee in Badminton

- A) Meena Shah
 - B) Suresh Goel
 - C) Nandu Natekar
 - D) Dinesh Khanna
-

139) The First Indian Badminton Player to won Silver Medal in Olympic Games

- A) Jwala Gutta
- B) Saina Nehwal
- C) P.V.Sindhu
- D) Aparna Popat

140) Which of the following is not a service fault?

- A) The whole shuttle is below 1.15 metres from the surface of the court at the instant of being hit by the server's racket
 - B) In attempting to serve, the server misses the shuttle
 - C) The server's racket does not hit the base of the shuttle while serving
 - D) The servers racket head is pointing diagonally towards the surface of the court
-

141) If a line judge is unsighted and the umpire is unable to make any decision

- A) the referee will give warning to the line judge
 - B) a let will be given by the umpire
 - C) the line judge will be change
 - D) the referee will give the decision
-

142) Badminton was included for the first time in Asian Games

- A) 1964
 - B) 1962
 - C) 1960
 - D) 1958
-

143) Which is the only country outside Asia have won Uber Cup?

- A) USA
- B) Spain
- C) England
- D) Denmark

144) The first All England Open Badminton Championship was held in the year

- A) 1888
 - B) 1898
 - C) 1889
 - D) 1878
-

145) Who among the following are the winner of All England Open Badminton Championships Men and Women 2020?

- A) Chen Long and Carolina Marin
 - B) Kento Momota and Chen Yufei
 - C) Vikto Axelsen and Tai Tzu-Ying
 - D) Lee Chong Wei and Nozomi Okuhara
-

146) Which of the following is not badminton competition?

- A) Uber Cup
 - B) Thomas Cup
 - C) Rogers Cup
 - D) Sudirman Cup
-

147) First Indian to become All England Champions

- A) Chetan Anand
- B) Pullela Gopichand
- C) Prakash Padukone
- D) Pranav Chopra

148) Which bird's feather is used to prepare standard badminton feather shuttle?

- A) Brant
 - B) Morph
 - C) Duck
 - D) Goose
-

149) Instant review system was first introduce in the year

- A) 2010
 - B) 2013
 - C) 2012
 - D) 2009
-

150) Who is the female Badminton player who became the youngest Padma Shri Awardee in 2015?

- A) Saina Nehwal
- B) Jwala Gutta
- C) Aparna Popat
- D) P.V.Sindhu

Section 4 - Part B - Football

151) Which country won the inaugural edition of first AIFF's Hero Intercontinental Cup which was held at Mumbai. And India won the inaugural edition, defeating Kenya 2-0 in the final?

- A) DPR Korea
 - B) Syria
 - C) Kenya
 - D) India
-

152) Who was the winner of the 2018-19 Santosh Trophy?

- A) Punjab
 - B) Services
 - C) Goa
 - D) Kerala
-

153) _____ is the nickname of Indian National Football Team.

- A) Blue Tiger
 - B) Bengal Tiger
 - C) Royal Tiger
 - D) None of the above
-

154) From which year football world cup was started

- A) 1930
- B) 1932
- C) 1934
- D) 1928

155) Top Goal Scorer player in the FIFA World Cup Tournament is honour with the title of _____

- A) Golden Glove Award
 - B) Ballon d'Or
 - C) Golden Boot Award
 - D) Golden Ball Award
-

156) Who has won the FIFA World player of the year in 2019?

- A) Luka Modric
 - B) Lionel Messi
 - C) Van Dijk
 - D) Cristiano Ronaldo
-

157) Goal-line technology is also known as

- A) Goal decision system
 - B) Goal assessment system
 - C) Goal analyzing system
 - D) Goal Evaluation system
-

158) VAR stand for

- A) Video assistant referee
- B) Video analysis reference
- C) None of the above
- D) Video analysis by referee

159) Which of the following player won the Golden Shoe award for the fifth time?

- A) Mohamed Salah
 - B) Harry Kane
 - C) Cristiano Ronaldo
 - D) Lionel Messi
-

160) Which confederation is associated with which continent?

List-1	List-2
I.Uefa	1. Asia
II.OFC	2. Europe
III.CAF	3. African
IV.AFC	4. Oceania

- A) I-1, II-2, III-3, IV-4
 - B) I-2, II-4, III-3, IV-1
 - C) I-3, II-1, III-4, IV-2
 - D) I-4, II-2, III-1, IV-3
-

161) What was the official mascots of FIFA World Cup which was held in Russia, 2018?

- A) Alo, Kaz and NIK
- B) Zabivaka
- C) Fuleco
- D) Zakumi

162) Which of the following team won the 2019 Champions League title recently?

- A) Barcelona
 - B) Real Madrid
 - C) Liverpool
 - D) Juventus
-

163) The most prestigious individual award for football players in the FIFA World Cup is.....

- A) Golden Glove Award
 - B) Golden Ball Award
 - C) Ballon d'Or
 - D) Golden Boot Award
-

164) Who is the president of All India Football Federation?

- A) Bhaichung Bhutia
 - B) Praful Patel
 - C) Larsing Ming
 - D) Kushal Das
-

165) Who is the current captain of Indian women football team?

- A) Aditi Chauhan
- B) Oinam Bembem Devi
- C) N. Bala Devi
- D) L. Ashalata Devi

166) The goal wrongly awarded despite the ball not having crossed the goal line is refereed as

- A) Ghost Goal
 - B) Phantom Goal
 - C) Wrong Goal
 - D) Both A and B
-

167) Which country won the 2019 SAFF (South Asian Football Federation) U-15 Women's Championship?

- A) India
 - B) Bangladesh
 - C) Nepal
 - D) Bhutan
-

168) FIFA Stand for:

- A) None of the above
 - B) Federation International De Football Association
 - C) Federation International Football Association
 - D) Federation India Football Association
-

169) In which year,VAR was first written into the Laws of the Game by the International Football Association Board (IFAB)

- A) 2018
- B) 2019
- C) 2017
- D) 2016

170) What is the maximum width of all lines?

- A) 12 cm
 - B) 15 cm
 - C) 10 cm
 - D) 17 cm
-

171) The referee:

- A) Enforces the Laws of the Game
 - B) Supervises and/or indicates the restart of play
 - C) Controls the match in cooperation with other match officials
 - D) all of the above
-

172) During play on the field of play a player spits at an opponent, what referee should give

- A) Direct kick with yellow card
 - B) Yellow Card
 - C) Direct kick with red card
 - D) Red Card
-

173) FIFA Head quarter is located at which city

- A) London
- B) Munich
- C) Zurich
- D) Barcelona

174) Which country has won the most soccer world cup titles?

- A) Germany
 - B) Brazil
 - C) Uruguay
 - D) France
-

175) Match the Following for FIFA world Cup Winner with the year

List-1	List-2
I. 2006	1. France
II. 2010	2. Italy
III. 2014	3. Germany
IV. 2018	4. Spain

- A) I-1, II-2, III-3, IV-4
 - B) I-4, II-1, III-3, IV-2
 - C) I-4, II-3, III-2, IV-1
 - D) I-2, II-4, III-3, IV-1
-

176) The time added to the end of any period according to the referee's judgment of time lost due to player injuries or intentional stalling by a team is known as

- A) Injury Time
- B) Additional Time
- C) Extra Time
- D) None of the above

177) Who won the 25th Senior Women's National Football Championship held in Arunachal Pradesh?

- A) Manipur
 - B) Railways
 - C) Jharkhand
 - D) Tamil Nadu
-

178) Who was the first Arjuna Awardee in the history of Indian football?

- A) Bhaichung Bhutia
 - B) Chunni Goswami
 - C) P.K Banerjee
 - D) T Balaram
-

179) 'A kick is awarded to the defending team when the ball is played over the goal line by the attacking team. It can take by any player though it is normally taken by the goalkeeper'

- A) Free Kick
 - B) Penalty Kick
 - C) Goal Kick
 - D) Direct Kick
-

180) The two boundary lines located at each end of the field.

- A) End Line
- B) Side Line
- C) Corner line
- D) Goal Line

181) Which country won the first FIFA world cup?

- A) Argentina
 - B) Brazil
 - C) Uruguay
 - D) West Germany
-

182) Which playing position of players is responsible for linking play between attackers and defenders.

- A) Midfielder
 - B) Sweeper
 - C) Left Winger
 - D) Right Winger
-

183) Recently, who has been named the Men's Footballer of the Year by AIFF?

- A) Bhaichung Bhutia
 - B) Sunil Chhetri
 - C) Anirudh Thapa
 - D) Sandesh Jingan
-

184) 'A restart situation which will not score a goal unless touched or played by one other player before going into the goal' is referred as

- A) Indirect Kick
- B) Direct Kick
- C) Free Kick
- D) Kick-off

185) The small circular spot located 12 yards in front of the center of the goal line from which all penalty kicks are taken-

- A) Penalty arc
 - B) Optional Mark
 - C) Penalty Area
 - D) Penalty Spot
-

186) _____ became the first Indian to score 50 goals in international matches when he scored against Maldives in the SAFF Cup.

- A) Sunil Chettri
 - B) Bhaichung Bhutia
 - C) Renedy Singh
 - D) Jeje Lalpekhlua
-

187) The rectangular area in front of the goal and also known as the 6-yard box is referred as

- A) Goal Area
 - B) None of the above
 - C) Penalty Area
 - D) Goal Mouth
-

188) Who is the administrative body for association football, futsal and beach soccer in Europe?

- A) AFC
- B) UEFA
- C) CAF
- D) CONCACAF

189) Which Team was emerged as the maiden champions of the Indian Super League first season in the year 2014?

- A) Bengaluru FC
 - B) Kerala Blaster
 - C) Chennaiyin FC
 - D) Atletico de Kolkata
-

190) Which club won the English Premier League- season 2019?

- A) Leicester City
 - B) Manchester City
 - C) Liverpool FC
 - D) Manchester United
-

191) All balls used in matches played in an official competition organized under the auspices of FIFA or confederations must bear one of the following:

- A) IMS (International Match Standard)
 - B) All of the above
 - C) FIFA Quality PRO
 - D) FIFA Quality
-

192) Who prepare the laws of the game of football?

- A) FIFA
- B) UEFA
- C) CONCACAF
- D) IFAB

193) Indian Super League (ISL) is a professional football league of India which is founded in the year

- A) 21 October, 2013
 - B) 21 October, 2014
 - C) 21 October, 2015
 - D) 21 October, 2012
-

194) Choose the correct sequence of the Laws of the Game (Law No. 1 to law 5).

- A) The field of play, the ball, the referee, Players' equipment and the players.
 - B) The field of play, the ball, the players, Players' equipment and the referee.
 - C) The field of play, the players, the ball, Players' equipment and the referee.
 - D) The field of play, the ball, Players' equipment, the players and the referee.
-

195) The FIFA U-17 Women's World Cup, to be hosted by India, will be held in the month of

- A) December, 2020
 - B) February, 2021
 - C) November, 2020
 - D) January, 2021
-

196) If an offside occurs, what should be the referee award?

- A) Indirect kick with caution
- B) Direct kick without caution
- C) Indirect kick without caution
- D) Direct kick with caution

197) Which tournament is considered as the oldest football tournament of India?

- A) Federation Cup
 - B) Durand Cup
 - C) Santosh Trophy
 - D) Nehru Cup
-

198) Goal-line technology was firstly introduced in_____ FIFA World Cup.

- A) 2018, Russia
 - B) 2010, South Africa
 - C) 2006, Germany
 - D) 2014, Brazil
-

199) Who score the first goal for India in the FIFA U-17 World Cup, which was held in India?

- A) Nongdamba Singh
 - B) Jeakson Singh
 - C) Amarjit Singh
 - D) Anwar Ali
-

200) In what condition the off-side, cannot be declared

- A) Goal Kick
- B) All of the above
- C) Corner Kick
- D) Throw in

Answer Keys
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1	D	41	C	81	A	121	A	161	B
2	D	42	D	82	D	122	D	162	C
3	D	43	D	83	A	123	B	163	C
4	A	44	B	84	D	124	C	164	B
5	D	45	A	85	C	125	A	165	D
6	D	46	D	86	B	126	D	166	D
7	B	47	A	87	D	127	B	167	A
8	A	48	C	88	C	128	B	168	B
9	B	49	C	89	D	129	D	169	A
10	A	50	D	90	B	130	B	170	A
11	B	51	D	91	B	131	B	171	D
12	C	52	A	92	A	132	D	172	C
13	C	53	A	93	C	133	A	173	C
14	B	54	A	94	C	134	A	174	B
15	B	55	B	95	A	135	D	175	D
16	B	56	D	96	A	136	D	176	A
17	D	57	A	97	A	137	C	177	A
18	A	58	D	98	B	138	C	178	C
19	D	59	B	99	D	139	C	179	C
20	C	60	D	100	A	140	D	180	D
21	D	61	D	101	A	141	B	181	C
22	B	62	A	102	C	142	B	182	A
23	B	63	B	103	D	143	A	183	B
24	A	64	D	104	C	144	B	184	A
25	A	65	A	105	D	145	C	185	D
26	B	66	D	106	C	146	C	186	A
27	C	67	A	107	D	147	C	187	A
28	C	68	C	108	A	148	D	188	B
29	C	69	C	109	D	149	B	189	D
30	B	70	A	110	B	150	D	190	C
31	A	71	C	111	A	151	D	191	B
32	D	72	D	112	C	152	B	192	D
33	C	73	A	113	D	153	A	193	B
34	B	74	B	114	B	154	A	194	B
35	B	75	A	115	C	155	C	195	C

36	C	76	A	116	D	156	B	196	C
37	D	77	A	117	C	157	A	197	B
38	A	78	B	118	D	158	A	198	D
39	B	79	A	119	B	159	D	199	B
40	D	80	D	120	D	160	B	200	B