

Section 1 - General Awareness and Aptitude

1) An acceptable healthy blood pressure reading is _____

- A) 180/80
 - B) 120/80
 - C) 80/120
 - D) 145/95
-

2) What is chronological age?

- A) Age in years, months and days
 - B) Indicated by bones and definition
 - C) Determined by signs of puberty
 - D) Determined by use of intelligence tests
-

3) Which is the Master gland of the human body?

- A) Adrenal
 - B) Pituitary
 - C) Thymus
 - D) Thyroid
-

4) First Asian Games were held at

- A) National Stadium
 - B) Shivaji Stadium
 - C) Ambedkar Stadium
 - D) J. N. Stadium
-

5) What gland is located just superior to the kidneys?

- A) Pituitary
 - B) Adrenal
 - C) Pancreas
 - D) ovaries
-

6) Informal Education is

- A) Time bound
- B) Pre-planned
- C) Life long process
- D) School education

7) The Law of Natural selection is associated with

- A) Dalton
 - B) Darwin
 - C) Kepler
 - D) Mendel
-

8) Instrument for measuring body composition is

- A) Dynamometer
 - B) Skin fold caliper
 - C) Spectrometer
 - D) None of these
-

9) The storehouse of glycogen in the body is the

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

10) Iliad and Odyssey' was authored by

- A) Aristotle
 - B) Homer
 - C) Socrates
 - D) Guts Muths
-

11) Which of the following is the prime objective of planning in sports?

- A) Entertainment
 - B) For physical fitness
 - C) Development of oneness
 - D) All the above.
-

12) In top performance sports the training process is

- A) A long term process
- B) A short term process
- C) Both (A) & (B)
- D) None of these

13) A common test in research demands much priority on

- A) Reliability
 - B) Usability
 - C) Objectivity
 - D) All of the above
-

14) The deficiency of vitamin D causes

- A) Patches on the skin
 - B) Rickets in babies
 - C) Nervous imbalance
 - D) Poor digestion
-

15) The period of growth and development from 0-8 years of age is known as-

- A) Infancy
 - B) Childhood
 - C) Younghood
 - D) All of the above
-

16) From which one of the following chambers of the human heart is the oxygenated blood pumped into aorta?

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

17) Factors influencing growth are

- A) Heredity
 - B) Nutrition
 - C) Exercise
 - D) All of the above
-

18) The Law of acceleration is also known as—

- A) Law of inertia
- B) Law of action and reaction
- C) Law of momentum
- D) Boyle's law

19) The plan in which only the chief executive dictates initiates and monitors is called

- A) Democratic plan
 - B) Participative plan
 - C) Authoritarian plan
 - D) None of the above.
-

20) Who invented the game of Basketball?

- A) Dr. James Naismith
 - B) William Morgan
 - C) Dr. A. T. Halstead
 - D) None of these
-

21) What age is determined by signs of puberty?

- A) Chronological age
 - B) Anatomical age
 - C) Physiological age
 - D) Mental age
-

22) The number of chromosomes in human body is

- A) 42
 - B) 44
 - C) 46
 - D) 48
-

23) What is the circulatory system?

- A) The body's breathing system
 - B) The body's system of nerves
 - C) The body's food processing system
 - D) The body's blood transporting system
-

24) The period of growth and development from 11-14 years of age is known as

- A) Adolescence
- B) Childhood
- C) Puberty
- D) Youth hood

25) The basic unit of contraction is the_____.

- A) Tendon
 - B) Myosin
 - C) Sarcomeres
 - D) Action
-

26) Skeletal muscles are the target organ of the_____

- A) Autonomic nervous system
 - B) Somatic nervous system
 - C) Sympathetic nervous system
 - D) Parasympathetic nervous system
-

27) To regain lost vigor and get a sense of joy, refreshment and satisfaction is

- A) Joyful
 - B) Recreation
 - C) Happy
 - D) None of the above
-

28) The Second wind is Phenomenon in_____.

- A) Sprinter
 - B) Jumper
 - C) Hurdles
 - D) Distance Running
-

29) First Olympic Games were held in

- A) 394 AD
 - B) 1986 AD
 - C) 776 BC
 - D) 777 BC
-

30) Which of the following is related with teaching skill?

- A) Writing on Blackboard/Whiteboard
- B) Solving questions
- C) Asking questions
- D) All of the above

31) Diagnostic evaluation ascertains

- A) Students' performance at the beginning of instructions.
 - B) Learning progress and failures during instructions.
 - C) Degree of achievements of instructions at the end.
 - D) Causes and remedies of persistent learning problems during instructions.
-

32) The five color rings of Olympics Flag represent the

- A) Five countries
 - B) Five rivers
 - C) Five Continents
 - D) None of the above
-

33) The age in the years, months and days is known as

- A) Anatomical age
 - B) Chronological age
 - C) Psychological age
 - D) None of the above
-

34) Which of the following is more rapid than boys in-

- A) 6-10 years
 - B) 13-19 years
 - C) 19-25 years
 - D) Above 25 years
-

35) What is the name of the tiny air sacs in our lungs?

- A) Bronchioles
 - B) Ravioli
 - C) Bronx
 - D) Alveoli
-

36) The longest muscle in the body is--

- A) Deltoid
- B) Iliopsoas
- C) Pectoralis Major
- D) Sartorius

37) The diet for a weight lifter shall be rich in

- A) Fats
 - B) Carbohydrates
 - C) Proteins
 - D) All the above
-

38) The ability to execute movements with greater amplitude or range

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

39) The physical growth of the child is most rapid-

- A) Up to 3 years
 - B) Between 6 and 10 years
 - C) Between 13 and 19 years
 - D) Between 19 and 25 years
-

40) Automatization of a motor action is called

- A) Tactics
 - B) Technique
 - C) Style
 - D) Skill
-

41) "Controlled Group" is a term used in.....

- A) Survey research
 - B) Historical research
 - C) Experimental research
 - D) Descriptive research
-

42) Blood consists of a Solid Portion of_____.

- A) Red Blood Cells
 - B) White Blood Cells
 - C) Platelets
 - D) All the above
-

43) Muscle get fatigue due to accumulation of _____

- A) Lactic Acid
 - B) Phosphate Molecules
 - C) ATP
 - D) Carbon Dioxide
-

44) Standard Deviation represents spread of scores around–

- A) Mode
 - B) Medium
 - C) Mean
 - D) Range
-

45) Which of the following is against the principles of organisation?

- A) Proper decentralization
 - B) Proper communication
 - C) Overlapping of authority
 - D) Delegation of power.
-

46) Deficiency of vitamin K causes

- A) Prolonged blood clotting time
 - B) Rickets
 - C) Beriberi
 - D) None of these
-

47) The Neuron is the function unit of_____.

- A) Synopsis
 - B) Sensory Organs
 - C) Nervous System
 - D) Synopsis.
-

48) Which of the following is not characteristic of a good question paper?

- A) Objectivity
- B) Subjectivity
- C) No use of vague words
- D) Reliable.

49) Which of the following statement is correct about the cerebellum?

- A) It regulates the muscular movement for locomotion
 - B) It is a part of the brain
 - C) Both A and B
 - D) Neither A nor B
-

50) Which one of the following is a good method of teaching?

- A) Lecture and Dictation
 - B) Seminar and Project
 - C) Seminar and Dictation
 - D) Dictation and Assignment
-

51) Blood group O is called

- A) Universal recipient
 - B) Universal donor
 - C) Both
 - D) None of these
-

52) YMCA college of Physical Education (Madras) was established in

- A) 1918
 - B) 1922
 - C) 1991
 - D) 1920
-

53) Aerobic refers to the utilization of oxygen

- A) TRUE
 - B) FALSE
 - C) Partially True
 - D) Partially False
-

54) Protocol means.....

- A) Interchange of data between two devices
- B) Interchange of data between two computers
- C) Linkage between two computers
- D) Linkage between two devices

55) Sunlight is a source of

- A) Vitamin D
 - B) Vitamin B
 - C) Vitamin C
 - D) Vitamin K
-

56) The series of changes taking place between the beginning of the parental life & death is known as

- A) Growth
 - B) Development
 - C) Both growth & development
 - D) None of the above
-

57) Weight of the heart in human is_____.

- A) 200 gms
 - B) 250-250 gms
 - C) 300 gms
 - D) 400 gms
-

58) First aid for a chemical burn is

- A) Ice application
 - B) Wiping the chemical off
 - C) Washing away the chemical with a large quantity of water
 - D) Shake the limb vigorously
-

59) The sum total of strength, speed, endurance, flexibility, and co-ordination abilities together known as

- A) Motor fitness
 - B) General fitness
 - C) Physical fitness
 - D) None of these
-

60) CNS refers to which of the following?

- A) The central nervous system consisting of the brain and motor neuron
- B) The central nervous system consisting of the brain and spinal cord
- C) The cerebral nervous system consisting solely of the brain
- D) the cerebral nervous system consisting of the brain, spinal cord and retinas

61) Dyslexia is associated with

- A) Mental Disorder
 - B) Behavioural Disorder
 - C) Reading Disorder
 - D) Writing Disorder
-

62) The study of the functions of the human body is called _____.

- A) Botany
 - B) Anatomy
 - C) Physiology
 - D) Biology
-

63) Which of the following fruits is very rich in vitamin D?

- A) Orange
 - B) Carrot
 - C) Apple
 - D) Peach
-

64) The essential qualities of a researcher are

- A) Spirit of free enquiry
 - B) Reliance on observation and evidence
 - C) Systematization or theorizing of knowledge
 - D) All the above
-

65) Which one of the following is a key behaviour in effective teaching?

- A) Using student ideas and contributions
 - B) Structuring
 - C) Instructional variety
 - D) Questioning
-

66) Physical Education as well as sports experienced a 'Golden Age' in

- A) Rome
- B) Ancient Greece
- C) Germany
- D) Russia

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

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

68) The chief source of vitamin C is

- A) Egg
 - B) Guava
 - C) Milk
 - D) Banana
-

69) Approximately 12 (twelve) hours of sleep is an ideal period of rest for

- A) Women
 - B) Adolescents
 - C) Children
 - D) Adults
-

70) Funds for the sports programmes can be collected through

- A) Alumni associations
 - B) Donations/gifts
 - C) Funds from public sector undertakings
 - D) All the above.
-

71) Which of the following term is NOT a types of muscle_____.

- A) Skeletal
 - B) Smooth
 - C) Cardiac
 - D) Bone
-

72) "Education is the manifestation of perfection already in man" was stated by

- A) M. K. Gandhi
 - B) R. N. Tagore
 - C) Swami Vivekanand
 - D) Sri Aurobindo
-

73) Mean, Median and Mode are:

- A) Measures of deviation
 - B) Ways of sampling
 - C) Measures of control tendency
 - D) None of the above
-

74) The degree of consistency with which a measuring device may be applied is

- A) Reliability
 - B) Objectivity
 - C) Validity
 - D) Norms
-

75) Terms Administration and Management are

- A) Synonymous to each other
 - B) Entirely different from each other
 - C) Somewhat similar to each other
 - D) All the above.
-

76) Which of the following factors does not impact teaching?

- A) Teacher's Knowledge
 - B) Classroom activities that encourage learning
 - C) Socio-economic background of teachers and students
 - D) Learning through experience
-

77) In composition 75% of the muscle is all

- A) Water
 - B) Proteins
 - C) Carbohydrates
 - D) Mineral salts
-

78) Which of the following myofilament is called thin filament?

- A) myosin head
- B) myosin
- C) Actin
- D) Troponin

79) The motor procedure for tackling a motor task is called

- A) Skill
 - B) Technique
 - C) Style
 - D) Tactics
-

80) Who is the Father of Modern Olympics Games?

- A) Lord Welsley
 - B) Baron Piere de Cubertin
 - C) Queen Elizabeth – I
 - D) William James Morgan
-

81) Which of the following attributes denotes great strengths of a teacher?

- a) Full-time active involvement in the institutional management
- b) Setting examples
- c) Willingness to put assumptions to the test
- d) Acknowledging mistakes

Select the correct answer from the codes given below:

- A) (a) (b) and (d)
 - B) (b) (c) and (d)
 - C) (a) (c) and (d)
 - D) (a) (b) (c) and (d)
-

82) The agent for the transmission of airborne diseases is

- A) Body contact
 - B) Droplet nuclei
 - C) Ingestion
 - D) Inoculation
-

83) Is a process of information?

- A) Books
 - B) CD-ROM
 - C) Computers
 - D) None of the above
-

84) Light Year is related to

- A) Energy
 - B) Speed
 - C) Distance
 - D) Intensity
-

85) Blood from the right ventricle of the heart is taken to the lungs for purification by _____ Artery.

- A) Renal Artery
- B) Coronary Artery
- C) Pulmonary Artery
- D) Hepatic Artery

Section 2 - BPES and Sports knowledge

86) Which of the player represent India in Badminton Men's Single even at Tokyo Olympics 2020?

- A) B. Sai Praneeth
 - B) Satwiksairaj Rankireddy
 - C) Chirag Shetty
 - D) P. Kashyap
-

87) Raman Effect was Discovered by_____.

- A) W.B Raman
 - B) C.V.Raman
 - C) K.R.Raman
 - D) None of these
-

88) Gayatri Mantra is composed by

- A) Indra
 - B) Vasistha
 - C) Vishyamitra
 - D) Panini
-

89) Pointing to a man in a photograph, Ram said to a Gita, His mother is the only daughter of your father. How is Gita related to the man in the photograph?

- A) Sister
 - B) Mother
 - C) Wife
 - D) Daughter
-

90) Area of circle

- A) ab
 - B) bh
 - C) πr^2
 - D) $d\pi r^2$
-

91) Based on the below statements on Raja Ram Mohan Roy, choose the most appropriate one:

I: was a social reformer who tried to eradicate sati, purdah and child marriage

II: advocated widow remarriage and woman's education

III: was the founder of the Brahmo Samaj

- A) I & II only
 - B) II & III only
 - C) I, II, & III
 - D) None of the above
-

92) All Equal sides and equal diagonals

- A) Square
 - B) Rhombus
 - C) Rectangle
 - D) Triangular
-

93) Fill in the blank

ELFA GLHA ILJA ----- MLNA

- A) OLPA
 - B) KLMA
 - C) LLMA
 - D) KLLA
-

94) The next number in the sequence 1,7,3.9,5.11,..... Is

- A) 7
 - B) 13
 - C) 15
 - D) 17
-

95) Who have received both Arjuna and Dronacharya award?

- A) O.M. Nambiar
 - B) Saina Nehwal
 - C) Pullela Gopichand
 - D) Prakas Padukone
-

96) Indian's National Sports Day is observed on which of the following days?

- A) August 29th
 - B) July 29th
 - C) September 29th
 - D) October 29th
-

97) Which athlete was named as Payyoli Express?

- A) Shiny Wilson
 - B) Milkha Singh
 - C) Anju Bobby George
 - D) P.T.Usha
-

98) Who is the first President of India?

- A) Sarvepalli Radhakrishnan
 - B) Zakir Husain
 - C) Rajendra Prasad
 - D) Jawaharlal Nehru
-

99) The third highest nation award given for distinguished service in any field is

- A) Padma Vibhushan
 - B) Padma Bhushan
 - C) Padma Shri
 - D) Bharat Ratna
-

100) Adaptation takes place faster in case of -----

- A) Beginners
- B) Advanced Sportsmen
- C) High Level Sportsmen
- D) Both (A) & (B)