

Section 1 - General Awareness

1) Who is known as the iron man of India

- A) Subhash Chandra Bose
 - B) Sardar Vallabhbhai Patel
 - C) Bal Gangadhar Tilak
 - D) Jawaharlal Nehru
-

2) Who is the current President of India?

- A) Pranab Kumar Mukherjee
 - B) Ram Nath Kovind
 - C) Kocheril Raman Narayanan
 - D) Pratibha Devisingh Patil
-

3) Where is the largest river island located?

- A) Brahmaputra, Assam
 - B) Amazon, Brazil
 - C) Nongkhnum, Meghalaya
 - D) Bananal, Brazil
-

4) Which one is the longest dam in India

- A) Tehri Dam
 - B) Hirakud Dam
 - C) Kallanai Dam
 - D) Bhakra Nangal Dam
-

5) Teachers day is celebrated on the birthday of

- A) Lal Bahadur Shastri
 - B) Sarvepalli Radhakrishnan
 - C) Rajendra Prasad
 - D) B. R. Ambedkar
-

6) What is the national vegetable of India?

- A) Cabbage
 - B) Cauliflower
 - C) Pumpkin
 - D) Brinjal
-

7) Highest airport in India located

- A) Leh, Ladakh
 - B) Mizoram
 - C) Sikkim
 - D) Nagaland
-

8) Gayatri Mantra is composed by

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

9) Who is known as the Lady with a lamp?

- A) Florence Nightingale
 - B) Sarojini Naidu
 - C) Mother Teresa
 - D) Madame Curie
-

10) What is the real name of Mother Teresa?

- A) Agnes Gonxha Bojaxhiu
- B) Dranafie Bojaxhiu
- C) Lazar Bojaxhiu
- D) Aga Bojaxhiu

Section 2 - Aptitude

11) The dimensions of a hall are 40 m, 25 m and 20 m. If each person requires 200 cubic meters, find the number of persons who can be accommodated in the hall.

- A) 150
 - B) 140
 - C) 120
 - D) 100
-

12) Find the next letter for the series MPSV...

- A) X
 - B) Y
 - C) Z
 - D) A
-

13) In a top secret message, if LIVING is coded as KGSHLD. How will BUDDHA is Coded?

- A) ATEEIB
 - B) ATACFX
 - C) ATCCGZ
 - D) KGSHLD
-

14) Shoe always has _____?

- A) Laces
 - B) Leather
 - C) Strap
 - D) Soles
-

15) 40 % of 280 =?

- A) 112
 - B) 116
 - C) 115
 - D) 120
-

16) Today is Wednesday, after 68 days, it will be

- A) Friday
 - B) Sunday
 - C) Monday
 - D) Thursday
-

17) How many times the hands of a clock coincide in a day?

- A) 24
 - B) 22
 - C) 23
 - D) 21
-

18) What is the number that comes next in the sequence?

2, 5, 9, 19, 37, __

- A) 75
 - B) 76
 - C) 74
 - D) 50
-

19) 10 typists can type 600 pages in 8 hours. Find the average number of pages typed by each typist in an hour.

- A) 7 pages
 - B) 7.5 pages
 - C) 8 pages
 - D) 8.5 pages
-

20) What was the day of the week on June 17, 1991?

- A) Tuesday
- B) Wednesday
- C) Friday
- D) Monday

Section 3 - Sport Sciences

21) 'Pyramid Training' was invented by

- A) German
 - B) Americans
 - C) Russians
 - D) Swedish
-

22) BPM refers to

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

23) End product of anaerobic respiration is

- A) Citric Acid
 - B) Carbonic Acid
 - C) Lactic Acid
 - D) Hydrochloric Acid
-

24) Muscle Hypertrophy means

- A) Increase in muscle size
 - B) Decrease in muscle size
 - C) Weakness in the muscle
 - D) Damage of muscle cells
-

25) The amount of air moved in and out of the lungs per minute is

- A) Dead Space Ventilation
 - B) Pulmonary Ventilation
 - C) Systemic Ventilation
 - D) Tidal Volume
-

26) Speed can be defined as

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

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

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

28) What is the advantage of Exercise?

- A) Improve quality of life
 - B) Decrease chronic disease
 - C) Stress relief
 - D) All the Above
-

29) The training cycle which has normal duration of 3-10 days is called

- A) Micro Cycle
 - B) Meso Cycle
 - C) Macro Cycle
 - D) None of these
-

30) Sports Training is done for improving

- A) Physical Performance
 - B) Mental Performance
 - C) Sports Performance
 - D) Spiritual Performance
-

31) Sunlight is the Source of

- A) D
 - B) B
 - C) C
 - D) A
-

32) Fast twitch muscle fiber are

- A) Red muscle fiber
- B) White muscle fiber
- C) Both
- D) None of these

33) Speed play is also called as

- A) Circuit Training
 - B) Fartlek Training
 - C) Psychological Training
 - D) Interval Training
-

34) The ability to overcome or to act against resistance is called

- A) Speed
 - B) Power
 - C) Strength
 - D) Muscular Stamina
-

35) Adaptation takes a longer time in case of

- A) Beginners
 - B) Advanced Sportsmen
 - C) High Level Sportsmen
 - D) None of these
-

36) Which one is the somatic-functional symptom of overload?

- A) Loss of sleep
 - B) Loss of weight
 - C) Loss of appetite
 - D) All of the above
-

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

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

38) The permanent headquarters of the IOC is located in

- A) Atlanta (USA)
- B) Beijing (China)
- C) Lausanne (Switzerland)
- D) Stockholm (Sweden)

39) Isometric exercise is the one in which muscle length is

- A) Shortens
 - B) Lengthens
 - C) Constant
 - D) Both (A) and (B)
-

40) Swimming and Road Cycling is good example of

- A) Explosive Strength
 - B) Strength Endurance
 - C) Maximum Strength
 - D) None of these
-

41) Which body types is the Sheldon's Classification?

- A) Endomorph, Mesomorph, Dyplastic
 - B) Endonorph, Athletics, Asthenic
 - C) Endomorph, Mesomorph, Ectomorph
 - D) Pyknic, Athletic, Asthenic, Dyplastic
-

42) Aerobic refers to the utilization of oxygen

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

43) Sports Training is based on

- A) Scientific Knowledge
 - B) Planned and Systematic
 - C) Educational Process
 - D) All of the above
-

44) Fast pace training methods is very effective for improving the VO2max

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

45) Overload is also called

- A) High Training
 - B) Increased Training
 - C) Over Training
 - D) Maximum Training
-

46) Automatisations of a motor action is called

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

47) Which Gland has both Endocrine and Exocrine Functions?

- A) Adrenals
 - B) Thyroid
 - C) Pancreas
 - D) Pituitary
-

48) WADA stands for

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

49) Philosophy deal with

- A) Function of Mind
 - B) Human behavior
 - C) Love of wisdom
 - D) Social traditions
-

50) Transition Period aims at

- A) Recovery
 - B) Supercompensation
 - C) Rest
 - D) Recreation
-

51) Talent Identification is of immense important in performance sports

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

52) The Cell Membrane (plasma) surrounding a muscle fiber is

- A) Sarcolemma
 - B) Myofibrils
 - C) Sarcoplasm
 - D) Sarcomere
-

53) What does BMI Measures?

- A) Flexibility
 - B) Muscle Weight
 - C) Body Weight
 - D) Strength
-

54) Single periodization has

- A) One transitional period
 - B) Two transitional period
 - C) Three transitional period
 - D) Four transitional period
-

55) The Instrument used to measure Flexibility is

- A) Goniometer
 - B) Dynamometer
 - C) Stadiometer
 - D) Flexometer
-

56) 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

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

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

58) The value pi (π) is

- A) $22/7$
 - B) $21/7$
 - C) $7/22$
 - D) $7/21$
-

59) Newton's Third law of motion is also known as

- A) Law of Inertia
 - B) Law of Action and Reaction
 - C) Law of Gravitation
 - D) Law of Momentum
-

60) Sitting without chair is an example of

- A) Isokinetic Exercise
- B) Isotonic Exercise
- C) Isometric Exercise
- D) None of these

Section 4 - Specialized Sports

61) Hurdles in Steeple Jump shall be _____m wide

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

62) The formula to find out the Straight or Radius of the Track is

- A) Track = $2st + 2\pi r$
 - B) Track = $2st + \pi r$
 - C) Track = $st + 2\pi r$
 - D) Track = $st + \pi r$
-

63) 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) 30 min
 - B) 60 min
 - C) 90 min
 - D) 120 min
-

64) Width of the line in Track is

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

65) IAAF stands for

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

66) Formula of Stagger is

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

67) Length of Javelin (Men) is

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

68) Weight of Shot Put for Men is

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

69) How much time is given to a Pole Vaulter to take Jump when more than 3 athlete are there

- A) 0.5min
 - B) 1.0min
 - C) 1.5min
 - D) 2.0min
-

70) Exchange Zone in 4 x 100m relay is

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

71) Length of the Javelin (Women)

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

72) Width of the lane of the Track is

- A) 1.12m
 - B) 1.13m
 - C) 1.22m
 - D) 1.32m
-

73) Time shall be taken at the moment at which _____ of the athlete crosses the line

- A) Head
 - B) Arms
 - C) Torso
 - D) Legs
-

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

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

75) Height of the Hurdles in 110m Hurdle

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

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

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

77) Distance of Marathon Race is

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

78) Indian Record of 100m (Men) is

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

79) The part of each spike which projects from the sole of the heel shall not exceed

- A) 7mm
 - B) 8mm
 - C) 9mm
 - D) 10mm
-

80) Distance of the Take-off Board from jumping pit in Triple Jump is

- A) 9m to 11m
 - B) 10m to 12m
 - C) 11m to 13m
 - D) 12m to 14m
-

81) Distance from the starting line to the first hurdles in 110m Hurdles is

- A) 13.17m
 - B) 13.27m
 - C) 13.71m
 - D) 13.72m
-

82) Angle of Pole vault box is

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

83) Distance of the Take-off Board from jumping pit for Long Jump

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

84) Payyoli Express missed the Olympic Medal by

- A) 0.01sec
- B) 0.05sec
- C) 0.09sec
- D) 0.10sec

85) IAAF changed name to

- A) Athletics World
 - B) World Athletics
 - C) World of Athletics
 - D) World Athletics Association
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86) Width of the Take-off Board

- A) 10cm
 - B) 20cm
 - C) 30cm
 - D) 40cm
-

87) Angle of Javelin Throw Sector is

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

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

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

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

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

90) Material of Take-off Board

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

91) Valid Trial in High Jump and Pole Vault is marked as

- A) V
 - B) O
 - C) X
 - D) √
-

92) Width of the Plastisine board

- A) 5cm
 - B) 10cm
 - C) 15cm
 - D) 20cm
-

93) Width of the Javelin arch is

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

94) Sign of Loss of Contact in Race walk is

- A) ~ ~
 - B) > >
 - C) ❌ ❌
 - D) ∟ ∟
-

95) Distance from starting line to the first hurdle in Men 400m is

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

96) Angle of Shot Put Sector is

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

97) Radius of Shot Put Circle is

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

98) In Heptathlon how many events are conducted in first day?

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

99) WADA

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

100) Width of the Plasticine Indicator Board

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