

Section 1 - General Awareness

1) Who is the current President of India?

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

2) What is the national vegetable of India?

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

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

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

4) Which one is the longest dam in India

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

5) Gayatri Mantra is composed by

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

6) Highest airport in India located

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

7) What is the real name of Mother Teresa?

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

8) Who is known as the iron man of India

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

9) Teachers day is celebrated on the birthday of

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

10) Where is the largest river island located?

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

Section 2 - Aptitude

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

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

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

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

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

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

14) 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
-

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

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

16) Shoe always has _____?

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

17) 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
-

18) 40 % of 280 =?

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

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

2, 5, 9, 19, 37, __

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

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

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

Section 3 - Sport Sciences

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

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

22) 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
-

23) Speed can be defined as

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

24) Philosophy deal with

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

25) Sunlight is the Source of

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

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

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

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

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

28) BPM refers to

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

29) The Instrument used to measure Flexibility is

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

30) 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
-

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

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

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

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

33) Overload is also called

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

34) What is the advantage of Exercise?

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

35) Talent Identification is of immense important in performance sports

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

36) Aerobic refers to the utilization of oxygen

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

37) Sports Training is done for improving

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

38) Fast twitch muscle fiber are

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

39) End product of anaerobic respiration is

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

40) 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
-

41) Automatisatation of a motor action is called

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

42) Fast pace training methods is very effective for improving the $VO_2\text{max}$

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

43) Transition Period aims at

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

44) 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

45) Muscle Hypertrophy means

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

46) 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
-

47) 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
-

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) Single periodization has

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

50) The value pi (π) is

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

51) Speed play is also called as

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

52) Sitting without chair is an example of

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

53) Adaptation takes a longer time in case of

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

54) The permanent headquarters of the IOC is located in

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

55) Sports Training is based on

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

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

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

57) Which Gland has both Endocrine and Exocrine Functions?

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

58) 'Pyramid Training' was invented by

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

59) Swimming and Road Cycling is good example of

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

60) What does BMI Measures?

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

Section 4 - Specialized Sports

61) In 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
-

62) The defensive shots in badminton

- A) Smash
 - B) Drop
 - C) Drive
 - D) None of the above
-

63) One of these is not an international badminton event organised by Badminton World Federation

- A) Thomas Cup
 - B) Uber Cup
 - C) Sudirman cup
 - D) Sijeth Cup
-

64) The confederation name of Asia badminton region at present is

- A) Badminton Asia
 - B) Badminton Asia council
 - C) Asia Badminton Committee
 - D) Badminton Asia confederation
-

65) The Badminton World Federation named which Indian Shuttler as one of the brand Ambassadors for its 'I am Badminton' awareness campaign

- A) Srikanth Kidambi
 - B) Saina Nehwal
 - C) P.V. Sindhu
 - D) Sai Praneeth
-

66) The year India joined as affiliate of Badminton World Federation

- A) 1967
 - B) 1957
 - C) 1936
 - D) 1926
-

67) The old name of Badminton World Federation is

- A) World badminton federation
 - B) All Badminton Federation
 - C) International Badminton Federation
 - D) Event Badminton Federation
-

68) The word 'Badminton' was originally the name of:

- A) A City
 - B) A Plane
 - C) A Bird
 - D) An English house
-

69) Another less used name of the badminton shuttlecock is

- A) Feathers
 - B) Flyingcock
 - C) Shuttler
 - D) Birdie
-

70) Badminton World Federation (BWF) first World Championship were held in the year

- A) 1977
 - B) 1979
 - C) 1987
 - D) 1997
-

71) The current ranking of P.V. Sindhu in Women Singles is

- A) 2
 - B) 5
 - C) 7
 - D) 9
-

72) Thomas Cup in Badminton was founded by

- A) George Alan Thomas
- B) Ricky Alan Thomas
- C) Michael Alan Thomas
- D) Bilton Alan Thomas

73) Prakash Padukone was ranked World Number 1 in the year

- A) 1982
 - B) 1984
 - C) 1980
 - D) 1990
-

74) The width of a badminton court is

- A) 6.1 meters
 - B) 6.8 meters
 - C) 7.5 meters
 - D) 7.6 meters
-

75) Total number of penalty cards used in badminton

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

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

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

77) In badminton a match is completed

- A) When a player has won a game
 - B) When a player has won 2 out of 3 games
 - C) When a player has won 3 out of 5 games
 - D) None of the above
-

78) The present President of Badminton Association of India

- A) Sh. Devender Singh
- B) Dr. Om Datt Sharma
- C) Dr. Himanta Biswa Sarma
- D) D. Sh. S. Muralidharan

79) In a badminton match it shall be a 'let' if

- A) The server serves before the receiver is ready
 - B) During service, the receiver and server are both faulted
 - C) After the service is return, the shuttle is caught on the net and remains suspended on its top
 - D) All of the above
-

80) Lakshya Sen of India became the Number 1 Junior Singles Player in BWF World Junior Ranking in

- A) March 2016
 - B) February 2017
 - C) September 2018
 - D) October 2019
-

81) The fitness components required for a badminton player

- A) Flexibility
 - B) Agility
 - C) Explosive strength
 - D) All the above
-

82) The new service height rule in badminton is

- A) 1.10 m
 - B) 1.13 m
 - C) 1.15 m
 - D) 1.20 m
-

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

- A) 1868
 - B) 1878
 - C) 1888
 - D) 1898
-

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

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

85) The Sudirman Cup Badminton Championship was founded in the year

- A) 1986
 - B) 1988
 - C) 1989
 - D) 1991
-

86) The badminton shot that travels downward with great force is

- A) Clear
 - B) Drive
 - C) Drop
 - D) Smash
-

87) In 2014 Glasgow Commonwealth Games Parupalli Kashyap won

- A) Silver Medal
 - B) Gold Medal
 - C) Bronze Medal
 - D) None of the above
-

88) Pullela Gopichand received Arjuna Award in the year

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

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

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

90) The current total member nations with Badminton World Federation is

- A) 176
- B) 123
- C) 145
- D) 165

91) Indian Badminton Player who won the All England Badminton Championship in 2001 is

- A) Prakash Padukone
 - B) U. Vimal Kumar
 - C) Pullela Gopichand
 - D) Parupalli Kashyap
-

92) In a badminton match a shuttle is not in play when

- A) It strikes the net or post and starts to fall toward the surface of the court on the striker side of the net
 - B) It hits the surface of the court
 - C) A fault or a let has occurred
 - D) All of the above
-

93) Indian Badminton League (IBL) was founded in the year

- A) 2012
 - B) 2013
 - C) 2014
 - D) 2015
-

94) The term that indicated a violation of the rules during a badminton match

- A) Let
 - B) Replay
 - C) Feint
 - D) Fault
-

95) In 2012 Summer Olympics Sania Nehwal got

- A) Gold Medal
 - B) Silver Medal
 - C) Bronze Medal
 - D) None of the above
-

96) In 2014 Asian Championship Ashwini Ponnappa and Jwala Gutta won

- A) Bronze Medal
- B) Silver Medal
- C) Gold Medal
- D) None of the above

97) The first Arjuna Awardee in Badminton

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

98) Current World Number 1 Badminton Women's Singles Player is

- A) Chen Yufei
 - B) P.V.Sindu
 - C) Carolina Marin
 - D) Tai Tzu-ying
-

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

- A) Rameshwar
 - B) Dinesh
 - C) Ramesh Thikaram
 - D) D. Gagarajan
-

100) The first Indian Badminton Player to win the All England Open Badminton Championship is

- A) Pullela Gopichand
- B) Prakash Padukone
- C) Parupalli Kashyap
- D) Kidambi Srkanth