

Section 1 - General Awareness

1) Gayatri Mantra is composed by

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

2) Teachers day is celebrated on the birthday of

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

3) Who is known as the iron man of India

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

4) Who is the current President of India?

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

5) Which one is the longest dam in India

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

6) What is the real name of Mother Teresa?

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

7) Highest airport in India located

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

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

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

9) Where is the largest river island located?

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

10) What is the national vegetable of India?

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

Section 2 - Aptitude

11) 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
-

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

2, 5, 9, 19, 37, __

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

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

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

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

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

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

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

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

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

17) 40 % of 280 =?

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

18) Shoe always has _____?

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

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

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

20) 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

Section 3 - Sport Sciences

21) What is the advantage of Exercise?

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

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

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

23) Overload is also called

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

24) The value pi (π) is

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

25) Sports Training is based on

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

26) 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
-

27) Philosophy deal with

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

28) 'Pyramid Training' was invented by

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

29) Sports Training is done for improving

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

30) 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
-

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

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

32) WADA stands for

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

33) Adaptation takes a longer time in case of

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

34) BPM refers to

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

35) 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
-

36) What does BMI Measures?

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

37) 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
-

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

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

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

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

40) Which Gland has both Endocrine and Exocrine Functions?

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

41) End product of anaerobic respiration is

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

42) 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
-

43) Swimming and Road Cycling is good example of

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

44) Talent Identification is of immense important in performance sports

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

45) Fast twitch muscle fiber are

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

46) The Instrument used to measure Flexibility is

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

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

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

48) The permanent headquarters of the IOC is located in

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

49) Muscle Hypertrophy means

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

50) Aerobic refers to the utilization of oxygen

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

51) Sitting without chair is an example of

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

52) Single periodization has

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

53) Sunlight is the Source of

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

54) 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
-

55) Speed can be defined as

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

56) Transition Period aims at

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

57) Automatisatation of a motor action is called

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

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

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

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

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

60) Speed play is also called as

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

Section 4 - Specialized Sports

61) Who scored the winning goal for Germany against Argentina in the finals of World Cup 2014?

- A) Mario Gotze
 - B) Miroslave Klose
 - C) Mats Hummels
 - D) Thomas Muller
-

62) If a spectator blows a whistle which interferes with play how should the match restart?

- A) Indirect kick for the team who has the ball
 - B) Direct kick for the team who has the ball
 - C) Restarted with a dropped ball
 - D) None of these
-

63) The position of the AR (assistant referee) is where on the field?

- A) Next to the goalkeeper
 - B) Next to last defender
 - C) Even with the ball
 - D) second last defender
-

64) Circumference of the ball

- A) 70 cm
 - B) 65 cm
 - C) 70cm to 68cm
 - D) 70 cm to 65 cm
-

65) How many countries played at the World Cup 2014 tournament?

- A) 36
 - B) 32
 - C) 28
 - D) 30
-

66) In which country are the headquarters of FIFA (International Federation of Association Football) located?

- A) Switzerland
 - B) Brazil
 - C) France
 - D) The Netherlands
-

67) Who will host the 2026 FIFA world cup

- A) Mexico and Canada
 - B) United states, Mexico and Canada
 - C) Germany
 - D) United states
-

68) What is radius of the corner arc?

- A) 1ft
 - B) 2ft
 - C) 1yd
 - D) 1.5yd
-

69) Length of the international matches football field

- A) 110m
 - B) 120m
 - C) 90m
 - D) 95m
-

70) What is the minimum height of a corner flag?

- A) 1.22m (4ft)
 - B) 1.5m (5ft)
 - C) 1.83m (6ft)
 - D) None of these
-

71) When is the ball out of play?

- A) The ball wholly passed over the goal line or touchline on the ground or in the air
 - B) Play has been stopped by the referee
 - C) Either A or B
 - D) None of these
-

72) If the match is abandoned at half-time or in the 2nd half what will happen to the match?

- A) The team that is leading is declared the winner.
- B) You restart the match another day with same remaining time and place of stoppage of play
- C) An abandoned match is replayed unless the competition rules or organizers determine otherwise
- D) Does not matter what competition rules states you replay the match

73) What is the maximum width of all lines?

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

74) Can you play without a goalkeeper?

- A) Yes
 - B) No
 - C) Sometimes
 - D) None of these
-

75) From where may a substitute enter the field?

- A) From his bench area
 - B) At the halfway line
 - C) From any place
 - D) All the above
-

76) What are the roles of fourth official?

- A) Supervising the substitution procedure
 - B) Supervising the replacement balls
 - C) Informing the referee of irresponsible behavior by any technical area occupant
 - D) All the above
-

77) Which trophy was awarded to the winners of World Cup tournament until 1970?

- A) Arsenal Trophy
 - B) Heisman Trophy
 - C) Grondona Cup
 - D) Jules Rimet Trophy
-

78) Which team was awarded the FIFA Fair Play Award at the World Cup 2018 tournament?

- A) England
- B) Japan
- C) Spain
- D) Croatia

79) Which direction should the ball have to travel on a kick-off?

- A) Does not matter which direction
 - B) Backward
 - C) Forward
 - D) None of these
-

80) Which team scored the highest number of goals at the FIFA World Cup 2018?

- A) Belgium
 - B) France
 - C) England
 - D) Croatia
-

81) What kind of animal was Zabivaka, the mascot for FIFA World Cup 2018?

- A) Tiger
 - B) Cat
 - C) Polar Bear
 - D) Wolf
-

82) The ball crosses completely over the touchline, but does not touch the ground and is blown back onto the field by the wind. What should the referee do?

- A) Allow player to continue since the ball never touched the ground outside the field of play
 - B) Stop play and restart with a throw-in
 - C) Stop play and restart with a corner kick
 - D) Stop play and restart with a goal-kick
-

83) Who of the following was awarded the Golden Boot Award for most goals in the tournament of 2014?

- A) Miroslav Klose
 - B) James Rodriguez
 - C) Thomas Muller
 - D) Neymar
-

84) Who has the record for scoring the most goals in World Cup history?

- A) Ronaldo
- B) Diego Maradona
- C) Miroslav Klose
- D) Lionel Messi

85) If a dropped ball enters the goal without touching at least two players play is restarted with

- A) A goal kick if enters the opponent's goal
 - B) A corner kick if it enters the team's goal
 - C) Either A or B
 - D) Dropped ball again
-

86) Weight of the ball

- A) Not less than 410g
 - B) Not less than 450g
 - C) Between (450-410)g
 - D) Between (450-400)g
-

87) Which country has won the 2nd highest number of world cup?

- A) Italy
 - B) France
 - C) England
 - D) Uruguay
-

88) Who was the captain of the 2018 World Cup winning team of France?

- A) Hugo Lloris
 - B) Paul Pogba
 - C) Kylian Mbappe
 - D) Antoine Griezmann
-

89) Can additional time be allowed for taking a penalty kick

- A) Only if the team score are the same
 - B) Yes
 - C) No
 - D) If another team is leading
-

90) What must take place for a player to change places with goalkeeper?

- A) The referee must be informed before the change is made
- B) There must be stoppage in play
- C) Must have the coaches permission
- D) Both A and B

91) Which one is Law number 15?

- A) The Free kick
 - B) The Goal kick
 - C) The Penalty kick
 - D) The throw-in
-

92) Can a goal be scored directly against the opponents from the kick-off?

- A) Yes
 - B) No
 - C) Both A and B
 - D) None of the above
-

93) Half-time interval must not exceed how many minutes?

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

94) What direction does the ball have to travel on a kick off?

- A) Opponent half
 - B) Own half
 - C) Above the half way line
 - D) Any where
-

95) Who is the captain of Indian men football team

- A) Sunil cherty
 - B) Gurpreet singh
 - C) Arindam singh
 - D) Baichung bhutia
-

96) From which confederation did the most number of teams qualify for the World Cup 2018 final 32?

- A) CCONCAAF
 - B) CONMEBOL
 - C) UEFA
 - D) CAF
-

97) Can you score directly from a goal kick?

- A) If touches opponent player
 - B) No
 - C) Yes
 - D) Two touches is needed
-

98) If at the taking of penalty kick, the kicker plays the ball backwards , what will be the referee decision

- A) Retake the penalty kick
 - B) Caution the kicker
 - C) Indirect free kick to the opponent
 - D) Dropped ball
-

99) In which country is FIFA World Cup 2018 scheduled to be played?

- A) Russia
 - B) Qatar
 - C) South Korea
 - D) France
-

100) What is the main responsibility of the assistant referee during penalty kicks?

- A) To see if the goalkeeper moves forward before the kick is taken
- B) To see if the ball crosses the goal line
- C) No special duties
- D) Both A and B