

Section 1 - General Awareness

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

- A) Florence Nightingale
 - B) Sarojini Naidu
 - C) Mother Teresa
 - D) Madame Curie
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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) Which one is the longest dam in India

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

4) Highest airport in India located

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

5) What is the national vegetable of India?

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

6) Where is the largest river island located?

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

7) Who is known as the iron man of India

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

8) Teachers day is celebrated on the birthday of

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

9) Gayatri Mantra is composed by

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

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

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

12) 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
-

13) 40 % of 280 =?

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

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) Shoe always has _____?

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

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

2, 5, 9, 19, 37, __

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

18) 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
-

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

- A) 24
 - B) 22
 - C) 23
 - D) 21
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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) The Instrument used to measure Flexibility is

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

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

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

23) Philosophy deal with

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

24) What is the advantage of Exercise?

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

25) Which Gland has both Endocrine and Exocrine Functions?

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

26) Sunlight is the Source of

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

27) Single periodization has

- A) One transitional period
 - B) Two transitional period
 - C) Three transitional period
 - D) Four transitional period
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28) Swimming and Road Cycling is good example of

- A) Explosive Strength
 - B) Strength Endurance
 - C) Maximum Strength
 - D) None of these
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29) Aerobic refers to the utilization of oxygen

- A) True
 - B) False
 - C) Partially True
 - D) Partially False
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30) Talent Identification is of immense important in performance sports

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

31) Fast twitch muscle fiber are

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

32) Automatisations of a motor action is called

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

33) 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
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34) The value pi (π) is

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

35) Sitting without chair is an example of

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

36) Transition Period aims at

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

37) The permanent headquarters of the IOC is located in

- A) Atlanta (USA)
 - B) Beijing (China)
 - C) Lausanne (Switzerland)
 - D) Stockholm (Sweden)
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38) Speed play is also called as

- A) Circuit Training
 - B) Fartlek Training
 - C) Psychological Training
 - D) Interval Training
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39) End product of anaerobic respiration is

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

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

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

41) 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
-

42) BPM refers to

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

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

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

44) Adaptation takes a longer time in case of

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

45) What does BMI Measures?

- A) Flexibility
 - B) Muscle Weight
 - C) Body Weight
 - D) Strength
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46) Speed can be defined as

- A) Time x Time
 - B) Distance x Time
 - C) Distance x Distance
 - D) Distance x Weight
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47) The Cell Membrane (plasma) surrounding a muscle fiber is

- A) Sarcolemma
 - B) Myofibrils
 - C) Sarcoplasm
 - D) Sarcomere
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48) Muscle Hypertrophy means

- A) Increase in muscle size
 - B) Decrease in muscle size
 - C) Weakness in the muscle
 - D) Damage of muscle cells
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49) 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
-

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

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

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

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

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

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

53) WADA stands for

- A) World Anti Doping Association
 - B) World Anti Doping Agency
 - C) World Anti Drugs Association
 - D) World Anti Drugs Agency
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54) Sports Training is done for improving

- A) Physical Performance
 - B) Mental Performance
 - C) Sports Performance
 - D) Spiritual Performance
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55) 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
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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) Sports Training is based on

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

58) Overload is also called

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

59) 'Pyramid Training' was invented by

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

60) 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

Section 4 - Specialized Sports

61) Tactical training is done

- A) After skills are mastered.
 - B) Before skills are mastered.
 - C) Both tactical training and technical training are done side by side.
 - D) At the beginning stage
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62) International Weightlifting Federation headquarters is located

- A) Zurich, Switzerland
 - B) Budapest, Hungary
 - C) Paris, France
 - D) Lausanne, Switzerland
-

63) Which of the following is a benefit of RESISTANCE TRAINING?

- A) Increases muscular strength/endurance
 - B) Reduces metabolism
 - C) Increases body fat
 - D) Prevents old age
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64) The minimum weights which must be lifted at IWF events in women section

- A) 15 kg
 - B) 20 kg
 - C) 21 kg
 - D) 26 kg
-

65) The 2019 Asian Youth and junior Weightlifting Championships will be hosted by

- A) Russia
 - B) North Korea
 - C) Japan
 - D) Turkey
-

66) IWF events competition platform dimension is

- A) 350cm on each side
 - B) 300 cm on each side
 - C) 4/4 feet
 - D) 3.5/3.5 feet
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67) What is the most important thing to do when lifting weights?

- A) Lift light weights.
 - B) Lift heavy weights
 - C) Lifts moderate weights with music.
 - D) Use proper form
-

68) What is the desired amount of rest between sets if muscular strength is the goal?

- A) 30 seconds or less.
 - B) 2 minutes
 - C) 60 seconds
 - D) 3 minutes
-

69) Which is a common term used to describe an individual's best one-time, all-out effort

- A) Best lift.
 - B) Good lift.
 - C) Best effort
 - D) One repetition maximum
-

70) An example of high-intensity weightlifting is

- A) A load that can be lifted 5-8 times before failure due to fatigue.
 - B) A load that can be lifted 100 times before failure due to fatigue.
 - C) A load that can be lifted 20-30 times before failure due to fatigue.
 - D) A load that can be lifted 50-60 times before failure due to fatigue
-

71) Before the jerk, the athlete may adjust the position of the barbell for the reason of

- A) Any deliberate oscillation of the barbell to gain advantage.
 - B) If breathing is impeded.
 - C) Any apparent effort to jerk.
 - D) Failing to fully extend the knees.
-

72) What term describes muscle size increases?

- A) Atrophy.
- B) Hypertrophy.
- C) Tonus
- D) Strength

73) When women weightlifting was introduced in Olympic Games?

- A) 2004 Athens Olympic
 - B) 1992 Barcelona Olympic
 - C) 2000 Sydney Olympic
 - D) 1928 Amsterdam Olympic
-

74) IWF was founded in

- A) 1905
 - B) 1950
 - C) 1952
 - D) 1925
-

75) What is hypertrophy range?

- A) 14-16 reps
 - B) 6-12 reps
 - C) 4-8 reps
 - D) 12-24 reps
-

76) When the bar reaches the shoulder

- A) The legs should be parallel and the knees straight.
 - B) The legs should be parallel and the knees flexed.
 - C) The dominant leg should be forward and the knees straight.
 - D) The non-dominant leg should be forward and the knees straight.
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77) The length and the diameter of men's Olympic barbell is

- A) 2010 mm and 26 mm
 - B) 2200 mm and 28 mm
 - C) 2010 mm and 28 mm
 - D) 2200 mm and 25 mm
-

78) When and where was weightlifting introduced in Olympics?

- A) 1986 at Athens
- B) 1988 at Seoul
- C) 1924 at St. Louis
- D) 1908 at London

79) The “thigh-to-shoulder phase” is also called the

- A) First pull.
 - B) Catch
 - C) Rack.
 - D) Second pull
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80) What does the phrase “**back-to-back sets**” refer to?

- A) An exercise arrangement.
 - B) A phase in exercise execution.
 - C) A program to vary intensity.
 - D) B and C
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81) When your goal is to tone your muscles, the number of reps you should perform is?

- A) 1 to 2 reps with more weight
 - B) 3 to 4 reps
 - C) 8 to 12 reps with less weight
 - D) 5 to 7 reps with more weight
-

82) What is a set?

- A) A group of reps.
 - B) A group of workout machines
 - C) A group of push-ups
 - D) Any two exercises done together
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83) Gradual increase in overload necessary to achieve higher levels of fitness is called?

- A) Workout
 - B) Cool-down
 - C) Over load
 - D) Progression
-

84) Which country allows women weightlifters to compete internationally?

- A) Afghanistan.
- B) Pakistan.
- C) India.
- D) Iran.

85) The International Weightlifting Federation has recently cleared which Indian weightlifter from the doping charge due to the non-conformities in handling of samples

- A) Ganaesh Mali.
 - B) K. Sanjita Chanu
 - C) Sukhen Dey
 - D) Mirabai Chanu
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86) Adaptation to training load at high altitudes is known as

- A) Thermoregulation.
 - B) Super compensation.
 - C) Acclimatization.
 - D) Coordination
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87) It is best to train larger muscle groups before smaller ones because the smaller ones act as

- A) Stabilizers.
 - B) Machine weights
 - C) Balancers.
 - D) Control
-

88) Who was the first Indian women weightlifter to win an Olympic medal?

- A) Khumukcham Sanjita Chanu.
 - B) Saikhom Mirabai Chanu.
 - C) Kunjarani Devi.
 - D) Karnam Malleswari
-

89) What does the “**FITT**” stand for?

- A) Fun, igloo, top, typical.
 - B) Frequency, intensity, time, type
 - C) Fast, intense, tough, tomorrow
 - D) Fun, indigo, together, typical
-

90) The purpose of the warm-up is to

- A) Elevate muscle temperature and increase blood flow to those muscles engaged in the workout.
- B) Increase heart rate to get ready for intense activity.
- C) Elevate muscle temperature, heart rate, blood pressure, and breathing rate.
- D) Elevate blood pressure, heart rate, and breathing rate.

91) Which muscle(s) are isolated when performing the leg extension exercise?

- A) Hamstrings.
 - B) Quadriceps.
 - C) Gluteus Maximus
 - D) Soleus.
-

92) The weight of collars used in weightlifting is

- A) 2.5 kg each
 - B) 1.5 kg each
 - C) 2 kg each
 - D) 5 kg each
-

93) Progression means

- A) Starting easy and going for a long period of time.
 - B) Changing from jogging to running.
 - C) Starting fast to improve quickly.
 - D) Slowly increasing the amount of exercise.
-

94) The key to success in the pyramid method of training is the use of

- A) Heavy loads at the start and light loads later in the workout.
 - B) One set, then increasing to three sets per workout.
 - C) Three sets the 1st week, four sets the 2nd week, five sets the 3rd week, and so on.
 - D) A progressively heavier loads in successive sets.
-

95) What are auxiliary lifts?

- A) Lower body lifts
 - B) Core lifts.
 - C) Supplementary lifts that work on specific muscle groups.
 - D) Upper body lifts
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96) The sit and reach is an example of what component of fitness?

- A) Endurance
- B) Body Composition
- C) Strength
- D) Flexibility

97) If you want to improve your endurance, you should...

- A) Lift heavy weights, with low reps
 - B) Lift heavy weights, with high reps
 - C) Lift low weights, with high reps
 - D) Lift low weights, with low reps
-

98) The rest time between exercises is called

- A) Rep
 - B) Spotter
 - C) Recovery
 - D) Sets
-

99) Where is the headquarters of Indian Weightlifting Federation located?

- A) Mumbai.
 - B) Hyderabad.
 - C) Kanpur
 - D) New Delhi
-

100) The maximum width of a weightlifting belt is

- A) 125 cm
- B) 115 mm
- C) 120 cm
- D) 120 mm