

Section 1 - General Awareness

1) Deficiency of iron causes which disease?

- A) Anemia
 - B) Kwashiorkor
 - C) Diabetes
 - D) Hypocalcaemia
-

2) The scientist who first discovered that the earth revolves round the sun was

- A) Newton
 - B) Galileo
 - C) Copernicus
 - D) Einstein
-

3) Maximum amount of gas found in air is

- A) Oxygen
 - B) Carbon dioxide
 - C) Hydrogen
 - D) Nitrogen
-

4) The largest cantilever bridge of India is

- A) Chambal Bridge
 - B) Mahatama Gandhi Setu
 - C) Howrah Bridge
 - D) None of the above
-

5) Which part of plant evaporates water?

- A) Stomata
- B) Fruit
- C) Branch
- D) Root

6) The national flag was adopted by the Constituent Assembly of India on

- A) August 15, 1947
 - B) July 22, 1947
 - C) January 26, 1950
 - D) January 2, 1950
-

7) Who is the current Sports Minister in India?

- A) Anurag Thakur
 - B) Anuroop Thakur
 - C) Anukul Thakur
 - D) Ajay Thakur
-

8) Excessive bleeding from an injury is due to deficiency of

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

9) Indira Gandhi was assassinated in

- A) 1974
 - B) 1984
 - C) 1994
 - D) 2004
-

10) The number of chromosomes in human body is

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

11) Study of earthquakes is known as

- A) ecology
- B) seismology
- C) numismatics
- D) None of the above

12) What is the national fruit of India?

- A) Guava
 - B) Mango
 - C) Apple
 - D) Black plum
-

13) Who is called the "Flying Sikh of India"?

- A) Ajit Pal Singh
 - B) Milkha Singh
 - C) Ajmer Singh
 - D) Dalip Singh
-

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

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

15) In which state of India the Chipko Movement started?

- A) Rajasthan
 - B) Madhya Pradesh
 - C) Uttarakhand
 - D) Himachal Pradesh
-

16) Where is the largest river island located?

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

17) What is the full form of HDFC?

- A) Housing Development Finance Corporation
- B) Home Development Finance Corporation
- C) Housing Debit Finance Corporation
- D) Housing Development Finance Collection

18) The function of hemoglobin is

- A) Transportation of oxygen
 - B) Destruction of bacteria
 - C) Prevention of anemia
 - D) Utilization of energy
-

19) Who is the first Prime Minister of India?

- A) Lal Bahadur Shastri
 - B) Jawaharlal Nehru
 - C) Indira Gandhi
 - D) Morarji Desai
-

20) Who is the current President of India?

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

Section 2 - English Comprehension

21) The island is so small that there are only five houses_____ it.

- A) on
 - B) in
 - C) at
 - D) to
-

22) "She was wearing beautiful earrings" The word "beautiful" is

- A) adjective
 - B) adverb
 - C) noun
 - D) verb
-

23) When you phoned, I _____ a shower.

- A) was having
 - B) am having
 - C) had
 - D) have
-

24) Which one of the following is the antonym of the word "trivial"?

- A) significant
 - B) worthless
 - C) insignificant
 - D) pure
-

25) "Meena _____ on the stage." Choose the correct form of verb from the following:

- A) dance
 - B) dances
 - C) dancing
 - D) None of the above
-

26) What is the synonym of "spontaneous"?

- A) Unforced
 - B) intentional
 - C) slow
 - D) fast
-

27) She walks slowly. The word slowly is:

- A) adjective
 - B) adverb
 - C) verb
 - D) noun
-

28) She _____ me since 2004

- A) knows
 - B) has known
 - C) knew
 - D) is know
-

29) He is still trying to get _____ the financial crisis.

- A) on
 - B) over
 - C) off
 - D) in
-

30) Those are the _____ curtains in the store.

- A) fanciest
 - B) most fanciest
 - C) very fanciest
 - D) fancier
-

31) He bought the books and put _____ in the bag.

- A) it
 - B) them
 - C) those
 - D) him
-

32) He _____ catch the first train tonight

- A) is to
- B) was to have
- C) is to have
- D) will has

33) I have been _____ (try) to bake a perfect cake since morning.

- A) tries
 - B) try
 - C) trying
 - D) tried
-

34) He was _____ by a snake.

- A) bitten
 - B) bite
 - C) bit
 - D) bitted
-

35) _____ honest person is better than all the riches of the world.

- A) A
 - B) An
 - C) The
 - D) None of the above
-

36) _____ President of the United States of America lives in The White house.

- A) A
 - B) The
 - C) That
 - D) An
-

37) Somebody invited me, _____

- A) did they?
 - B) didn't they?
 - C) don't they
 - D) does they?
-

38) Which word is the material noun? "Does wood sink in water?"

- A) does
 - B) wood
 - C) sink
 - D) in
-

39) She advised that I _____curtail expenditure.

- A) should
 - B) shall
 - C) should have
 - D) will
-

40) She expects that her son_____

- A) can return
- B) may return
- C) should return
- D) could return

Section 3 - Sports Specific General Knowledge

41) The state which declared 1995-1996 as the Hockey year is

- A) Punjab
 - B) Gujarat
 - C) Tamil Nadu
 - D) New Delhi
-

42) In which weight category, Saikhom Mirabai Chanu won Silver medal in weightlifting in Tokyo Olympics 2020?

- A) Women's 45 kg
 - B) Women's 49 kg
 - C) Women's 55 kg
 - D) Women's 59 kg
-

43) Who is the current Vice Chancellor of National Sports University, Manipur

- A) N. Biren Singh
 - B) Najma Heptulla
 - C) Kiren Rijiju
 - D) R. C. Mishra
-

44) When did India first participate in Olympic?

- A) 1912
 - B) 1908
 - C) 1904
 - D) 1900
-

45) Who has become First-ever Indian Taekwondo Athlete to Qualify for Tokyo Paralympics?

- A) Aruna Tanwar
 - B) Tarun Dhillon
 - C) Pramod Bhagat
 - D) Krishna Nagar
-

46) Ngangom Dingku Singh, the gold medalist of the Bangkok Asian Games 1998, is associated with which game?

- A) Weight Lifting
 - B) Boxing
 - C) Wrestling
 - D) Shooting
-

47) Who is the winner of the 2021 Wimbledon women's singles title in Tennis?

- A) Simona Halep
 - B) Sofia Kenin
 - C) Karolina Pliskova
 - D) Ashleigh Barty
-

48) India First won the Olympic Hockey Gold at

- A) London
 - B) Amsterdam
 - C) Berlin
 - D) Rome
-

49) Which team is the winner UEFA European Football Championship, 2020?

- A) Italy
 - B) England
 - C) Argentina
 - D) Portugal
-

50) The Olympic Flame, was, for the first time, ceremonially lighted and burnt in a giant torch at the entrance of the stadium at

- A) Athens Games (1896)
 - B) London Games (1908)
 - C) Paris Games (1924)
 - D) Amsterdam Games (1928)
-

51) Who was the first Indian woman to win a medal in the Olympics?

- A) P.T.Usha
 - B) KarnamMalleshwari
 - C) Kunjarani Devi
 - D) Bachendri Pal
-

52) Who was the first Indian to win an individual Gold medal in Olympics?

- A) Milkha Singh
- B) P.T.Usha
- C) Abhinav Bindra
- D) K.D.Jadhav

53) Who is the current president of Indian Olympic Association?

- A) Dr. Narinder Dhruv Batra
 - B) Pramod Chandurkar
 - C) Arjun Munda
 - D) Adille J. Sumariwalla
-

54) Velodrome is an arena for which sporting event?

- A) Lawn Tennis
 - B) Ice Hockey
 - C) Track Cycling
 - D) Formula 1 Racing
-

55) Which of the following trophy is not related to Cricket in India?

- A) Syed Mushtaq Ali Trophy
 - B) Deodhar Trophy
 - C) Santosh Trophy
 - D) Duleep Trophy
-

56) The five interlinked rings of different colors of the Olympic flag reflects _____

- A) Brotherhood of mankind
 - B) International Cooperation
 - C) Globalization
 - D) Unity of the world
-

57) Himanta Biswas Sarma has been elected as the member of the council of which world sports federation?

- A) FIFA
 - B) United World Wrestling
 - C) Badminton World Federation
 - D) World Athletics
-

58) Where was first Khelo India University Games held?

- A) Pune, Maharashtra
- B) Imphal, Manipur
- C) Patiala, Punjab
- D) Cuttack, Odisha

59) Where did 2010 Commonwealth Games took place?

- A) Beijing, China.
 - B) Kuala Lumpur, Malaysia
 - C) Victoria, Canada
 - D) New Delhi, India
-

60) Which Indian-American tennis player has created history by winning the junior championship title at Wimbledon?

- A) Sanjeet Verma
 - B) Samir Banerjee
 - C) Abhimanyu Sharma
 - D) Sanjay Mathur
-

61) In which year the Olympic medals made of pure gold was last awarded?

- A) 1912
 - B) 1920
 - C) 1936
 - D) 1948
-

62) Who has been named the flag bearer of the Indian Contingent in Tokyo Paralympic 2020?

- A) Sundar Singh Gurjar
 - B) Varun Singh Bhakti
 - C) DevandarJhajharia
 - D) MariyappamThangavelu
-

63) When Khelo India Scheme was started?

- A) January, 2018
 - B) January, 2019
 - C) April, 2020
 - D) April, 2021
-

64) Which country is to play host to the FIFA world cup 2022?

- A) France
- B) Qatar
- C) Brazil
- D) Japan

65) The term which denotes that each side has made equal point at game point, in Tennis, is referred to as

- A) baseline
 - B) deuce
 - C) fault
 - D) grand slam
-

66) Olympic emblem is composed of five intertwined rings, each of a different colour, representing the five continents of the world as

- A) Blue ring - Europe; Yellow ring - Asia; Black ring - Africa; Red ring- America; Green ring - Oceania
 - B) Blue ring - Asia; Yellow ring - Europe; Black ring - Oceania; Red
 - C) Blue ring - Europe; Yellow ring - Asia; Black ring - Africa; Red ring- Oceania; Green ring - America
 - D) Blue ring - Asia; Yellow ring - Europe; Black ring - Africa; Red ring- America; Green ring – Oceania
-

67) Who has won the Rajiv Gandhi Khel Ratna Award, 2020 in wrestling?

- A) Sakshi Malik
 - B) Mirabai Chanu
 - C) Vinesh Phogat
 - D) None of the above
-

68) Which body is implementing the 'Believe in Sports' campaign?

- A) NABA
 - B) WADA
 - C) IOC
 - D) SAI
-

69) Which one is the oldest football competition in India?

- A) Rovers Cup
 - B) Durand Cup
 - C) Federation Cup
 - D) IFA Shield
-

70) The first Khelo India sports school of the North-East India, is situated in which city?

- A) Shillong
- B) Imphal
- C) Guwahati
- D) Gangtok

Section 4 - Specialized Sports

71) 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
-

72) International Weightlifting Federation headquarters is located?

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

73) What are auxiliary lifts?

- A) Lower body lifts
 - B) Core lifts
 - C) Supplementary lifts that work on specific muscle groups
 - D) Upper body lifts
-

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

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

75) 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
-

76) The raised heel of weightlifting shoes is

- A) 0.5"- 1.5"
 - B) 0.5"- 1"
 - C) 1"- 1.5"
 - D) 0.5"- 2.0"
-

77) 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
-

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 weigh-in of each competition begins ---- hours before the start of the concerned group.

- A) 1.5 hours
 - B) 1 hours
 - C) 2.5 hours
 - D) 2 hours
-

80) The sit and reach is an example of what component of fitness?

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

81) 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
-

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

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

83) 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
-

84) 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
-

85) Name the Indian women, who won a gold medal in Commonwealth Games, Glasgow

- A) Khumukcham Sanjita Chanu
 - B) Saikhom Mirabai Chanu
 - C) S Sunaina
 - D) Pratima Kumari
-

86) IWF events a team consist of maximum -----players.

- A) 10 players
 - B) 11 players
 - C) 12 players
 - D) 9 players
-

87) 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
-

88) The two muscles of the calf are:

- A) The gastrocnemius & the soleus
- B) The quadriceps & hamstrings
- C) The adductors & abductors
- D) The deltoids & the traps

89) What does total volume means?

- A) Reps x weight x work
 - B) Weight x work
 - C) Reps x sets x weight
 - D) Sets x work x water
-

90) Gradual increase in overload necessary to achieve higher levels of fitness is called?

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

91) 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
-

92) Where is the Headquarters of Indian Weightlifting Federation located?

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

93) 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
-

94) IWF was founded in?

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

95) 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
-

96) The maximum width of a weightlifting belt is

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

97) When women weightlifting was introduced in Olympic Games?

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

98) What is hypertrophy range?

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

99) The rest time between exercises is called?

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

100) Which statement is true about weight training?

- A) Proper form is not important if you use heavy weight
- B) You reduce your risk of injury when you lower and raise the weights very quickly
- C) Using slow controlled movements with proper technique can help to reduce the risk of injury
- D) It is important to train the same muscle part every day, without a rest, in order to become fit. 12-24 reps