

Q.1 In Planning, defining procedure means

- a. Setting goals
- b. Making a policy
- c. Formation of rules and regulation
- d. Defining course of action

Answer- (d) Defining course of action

Q.2 Logistics committee deals with-

- a. Accommodation
- b. Transportation
- c. Medical Staff
- d. All of the above

Answer-(d) All of the above

Q.3 Factors affecting motor development-

- a. Personal
- b. Psychological
- c. Genetic
- d. All of the above

Answer-(d) All of the above

Q.4 Standing board jump is administered to test-

- a. Explosive leg speed
- b. Explosive leg endurance
- c. Explosive leg strength
- d. (a) and (c) both

Answer- (c) Explosive leg strength

Q.5 Floor based physical activities should be planned for-

- a. Less than the 1-year child
- b. 1-2 year child
- c. 3-4 year child
- d. 5-17 year child

Answer- (a) Less than the 1-year child

Q.6 Extension is ----- movement, that increases the angle at a joint.

- a. Bending
- b. Straightening
- c. Twisting
- d. Turning

Answer- (b) Straightening

Q.7 Carrot and orange comes under-

- a. Energy giving foods
- b. Body building foods
- c. Protective or regulatory foods
- d. Normal foods

Answer- (c) Protective or regulatory foods

Q.8 Which of the following tests is conducted to measure cardiovascular fitness?

- a. Back scratch test
- b. Rockport one mile test

- c. Harvard step test
- d. Both (b) and (c)

Answer- (c) Harvard step test

Q.9 If an odd number of teams are participating in a Round-robin tournament then the formula for calculating number of rounds is-

- a. $N-1$
- b. $N(N-1)2$
- c. N
- d. $N+1$

Answer- (c) N

Q.10 Which test is to be conducted to measure agility?

- a. Standing board jump
- b. 4*10 shuttle run
- c. Partial curl up
- d. Push-ups

Answer- (b) 4*10 shuttle run

Q.11 Mechanical analysis of javelin thrown by the Neeraj Chopra will be done under-

- a. Biology
- b. Biomechanics
- c. Physiology
- d. Anatomy

Answer-(b) Biomechanics

Q.12 Rebound of the rubber ball is the example of which newton law?

- a. Newton's 3rd law
- b. Newton's 2nd law
- c. Newton's 1st law
- d. Newton's 1st and 2nd law

Answer-(a) Newton's 3rd law

Q.13 IPL cricket tournament is an example of-

- a. Knockout Tournament
- b. League Tournament
- c. Combination Tournament
- d. Single League Tournament

Answer- (b) League Tournament

Q.14 Balanced diet is related to -

- a. Consuming the right amount of vitamins
- b. Consuming the correct ratio of carbohydrates and fats
- c. Consuming all the nutrients in right amount
- d. Consuming an excess of protein and minerals

Answer(c) Consuming all the nutrients in the right amount

Q.15 Which postural deformity is shown in the figure(Flat foot picture was given that doesn't have arc)

- a. Bow leg
- b. Knock knee
- c. Flat Foot

d. Round Foot

Answer-(c) Flat Foot

16. ____ refers to inability to digest a particular kind of food.

- a. Food Myths
- b. Food Intolerance
- c. Food Tolerance
- d. healthy Food

Answer-(b) Food Intolerance

17. In a knockout tournament, if byes are in odd numbers then number of byes in lower half is calculated by -

- a. $NB + \frac{1}{2}$
- b. $NB - \frac{1}{2}$
- c. $NB/2$
- d. $NB - 1$

Answer-(a) $NB + \frac{1}{2}$

18. which vitamins were consumed the most during Covid?

- a. vitamin C and D
- b. vitamin B and C
- c. vitamin A and B
- d. vitamin B and D

Answer-(a) vitamin C and D

19. Flexion is _____ movement, that decreases the angle at the moving joint.

- a. Turning
- b. Straightening
- c. Twiffting
- d. Bending

Answer-(d) Bending

21. Rockpost test is used to measure —

- a. V0 3 Max.
- b. V0 4 Max.
- c. V0 5 Max.
- d. V0 2 Max.

Answer-(d) V0 2 Max.

22. _____ helps in smooth elimination or stool or faeces.

- a. Carbohydrates
- b. Roughage
- c. Minerals
- d. Vitamins

Answer-(b) Roughage

23. “Sway Back” is also known as -

- a. Lordosis
- b. Kyphosis
- c. Scoliosis
- d. Round Shoulder

Answer-(a) Lordosis

24. Following are the constraints for women which restrict their participation in sports, except -

- a. Psychological constraints
- b. Social constraints
- c. Eating habits
- d. Economical constraints

Answer-(b) Social constraints

Section-B

25. In a knockout tournament, if 9 teams are participating then number of byes in upper half will be

- a. 3
- b. 4
- c. 5
- d. 2

Answer-(c) 5

26. In sports, a Snooker shot is an example of -

- a. Loco motor skill
- b. Extended motor skill
- c. Fine motor skill
- d. Gross motor skill

Answer-(a) Loco motor skill

28. In 50 mt. standing start of Motor Fitness Test, time is taken nearest to -

- a. 10th of a second
- b. 9th of a second
- c. 5th of a second
- d. 20th of a second

Answer-(a) 10th of a second

29. Match the following vitamins with their functions:

- | | |
|--------------|---|
| 1. Vitamin K | (i) Need for blood clotting |
| 2. Vitamin D | (ii) For protection of cell wall |
| 3. Vitamin E | (iii) For vision in dim light |
| 4. Vitamin A | (iv) For Absorption of calcium and phosphorus |

Select the correct answer :

Answer-(d) 1-(i), 2-(iv), 3-(ii), 4-(iii)

30. Movement of leg from "Stand at ease" position to attention is -

- a. Abduction
- b. Adduction
- c. Flexion
- d. Extension

Answer-(a) Abduction

31. Match the following:

- | | |
|-------------------------|--|
| 1. Marketing Committee | (i) Head of organizing committee |
| 2. Chairperson
Media | (ii) Responsible for liaison with Print
Media |

3. Tournament (iii) Series of the contest between a number of Competitors
4. Fixture (iv) A sports match that has been arranged for a particular time and date

Answer-(b) 1-ii, 2-i, 3-iv, 4-iii

Q.35 In a knockout tournament 4th Bye will be given to-

- a. Last team of Lower half
- b. Last team of Upper half
- c. First team of Upper half
- d. First team of Lower half

Answer-(b) Last team of Upper half

Q.36 Assertion (A): Consuming food that are low in calories and fat, and increasing in physical activity will help in maintaining a healthy weight.

Reason(R): There are several ways of assessing a healthy body weight that include weight and height chart, Body Mass Index(BMI) or assessment of body fat percentage.

In the context of above two statements, which one of the following is correct-

- a. Both(A) and (R) are true and (R) is correct explanation of (A)
- b. Both (A) and (R) are true but (R) is not correct explanation of (A)
- c. (A) is true, but (R) is false
- d. (A) is false, but (R) is true

Answer-(b) Both (A) and (R) are true but (R) is not correct explanation of (A)

Q.38 Following are energy giving food except-

- a. Cereals
- b. Sugar and Jaggery
- c. Fats and Oil
- d. Yellow and Orange fruits

Answer-(d) Yellow and Orange fruits

Q. 39 Heading the football into opposite goal through a corner kick is an example of-

- a. Newton's 1st Law of motion
- b. Newton's 2nd Law of motion
- c. Newton's 3rd Law of motion
- d. (a) and (b) Both

Answer-(d) (a) and (b) Both

Q.41 How many matches will be played in 2nd round, if 14 teams are participating in knockout tournaments?

- a. 3
- b. 2
- c. 4
- d. 6

Answer-(c) 4

Q.42 Match the following minerals with their functions:

- 1. Iron (i) Found in red blood cell
- 2. Calcium (ii) Found in thyroid hormone

- 3. Sodium (iv) Needed for muscle contraction
- 4. Iodine (v) For healthy bone and teeth

Answer- 1-(i), 2-(iv), 3-(iii), 4-(ii)

Q.46 Choose odd one from the check list of organizing a sports event-

- a. Accommodation
- b. Place of event
- c. Art integration
- d. Sponsorship

Answer-(c) Art integration

Q.47 Which statement is not true about food myths?

- a. Don't drink water during meal
- b. Eating potatoes increases obesity
- c. The fewer the carbohydrates, healthier you are
- d. Vitamins are essential for your body

Answer-(c) The fewer the carbohydrates, healthier you are

Q.48 Assertion(A): Achieving health for all means doing what is best for health right from the beginning of people's lives says WHO Director General Dr. Tedras Adhanam

Reason(R): For children at least 180 minutes of physical activities of which 60 minutes is moderate to vigorous intensity physical activity should be planned.

In the context of the above two statements, which one of the following is correct?

- a. Both(A) and (R) are true and (R) is correct explanation of (A).
- b. Both(A) and (R) are true and (R) is not correct explanation of (A).
- c. (A) is true but (R) is false
- d. (A) is false but (R) is true

Answer-(a) Both(A) and (R) are true and (R) is correct explanation of (A).

Q.49 If you want to be on the top position in games and sports, you have to adhere to proper sports planning. The attainment of good performance in the field of games and sports depends on effective planning.

Following are the objectives of planning, except-

- a. Goal orientation
- b. Making strategies
- c. Facilitate recreation
- d. Formation of rule and regulation

Answer-(c) Facilitate recreation

Q.51 Children and sports are closely related to each other. Children have a innate tendency to participate in sports. We must focus on the motor development of the children. The important thing is that the motor development of the children should always be according to the requirement of the sports.

Following are the example of gross motor development, except-

- a. Running
- b. Jumping
- c. Standing
- d. Painting

Answer-(d) Painting

Q.52 The chief aim of physical activities during 5 to 17 years of age groups is to improve cardio-respiratory and muscular fitness, bone health, cardiovascular and to reduce symptoms of anxiety and depression.

Rate at which activity is performed is known as-

- a. Volume
- b. Intensity
- c. Type of activity
- d. Frequency

Answer-(b) Intensity

Q.53 Rock port test may be useful for those who are unable to run due to sedentary lifestyle or for older individual or for those of low fitness level or injury.

In Rockport test gender value for men is-

- a. 1
- b. -1
- c. 0
- d. +1

Answer-(a) 1

55. Archana a P.E. Teacher of ABC School sent invitations to 26 teams to play Kho-Kho under Khelo India programme. All teams accepted the invitation. Now, help Archana and suggest her which type of tournament she should organise to make the competition successful.

- a. Knockout tournament
- b. League tournament
- c. Round robin tournament
- d. Berger tournament

Answer- (c) Round robin tournament

56. Mirabai Chanu is from a very simple family but she always used to dream big. Though she knew that her family would not be able to afford her nutrition still she continued to pursue her dreams. And finally the day came when she won the silver medal in weight-lifting in Tokyo Olympics.

The women who got two medals in Olympics in —

- a. P.V. Sindhu
- b. Lolvina Borgohain
- c. Sakshi Malik
- d. Meerabai Chanu

Answer-(a) P.V. Sindhu

59. During the morning assembly in the school, Anu fell unconscious. she was taken to nearby doctor. The doctor declared her malnourished and advised her to take balanced diet everyday.

Balance diet consists-

- a. Macro Nutrients
- b. Micro Nutrients
- c. Nutritive and Non-Nutritive components
- d. Nutritive component

Answer- (c) Nutritive and Non-Nutritive components

60. In general sports biomechanics is a quantitative based study and analysis of professional athletes and sports activities. It explains how and why the human body moves in the way that it does.

Following are the importance of biomechanics, except -

- a. Improvement in training
- b. Improvement in equipment
- c. Improvement in performance
- d. Improvement in aesthetic

Answer-(d) Improvement in aesthetic