

**OLYMPIC PHYSICAL EDUCATION COACHING CENTER
TIRUPATTUR - VELLORE DISTRICT**

1. ----- Objective is involved with attitudes, appreciations and values
A) Physical B) Recreational C) **Affective** D) Emotional
2. -----development is helping individuals to adjust with the group
A) Emotional B) Recreational C) Cognitive D) **Social**
3. ----- is the basic objective of physical education
A) Spiritual development B) Recreational development C) Emotional development
D) **Organic development**
4. Objective(s) of physical education include(s)
I. Aims II. Purpose III. Goals IV. Desired outcomes
I alone is correct B) I & III are correct C) I, II and III are correct D) **all are correct**
5. Objective(s) of physical education is (are)
I. physical development II. Neuromuscular development III. Recreational development
IV. Cognitive development
A) I alone is correct B) I & III are correct C) I, II and III are correct D) **all are correct**
6. Physical education is
A) To display the spirit of citizenship B) To build the nation C) For determination
D) **All-round holistic development of the individual**
7. John Dewey is referred to as the father of
A) **Pragmatism** B) Realism C) Idealism D) Naturalism
8. The aim of physical education is
A) Immediate goal B) Ultimate goal C) Final goal D) **Infinite goal**
9. Which of the following is correctly matched
A) Socio- Economic – refers to growth development
B) Physical development – refers to cultural development
C) **Wholesome development – refers to objective of physical education**
D) Emotional development – refers to status
10. Physical education is related to
A) Arts B) Science C) Culture D) **All of these**
11. Father of gymnastics
A) Goubertin B) **Gutsmuth** C) Frederich John D) Per Hendrick ling
12. The first government college of physical education was founded at
A) **Hyderabad** B) Chennai C) Mumbai D) Banglore
13. NCERT Expanded form stands for
A) **National Council for Educational Research and Training**
B) National Council for Entertainment, Recreation and therapy
C) National Council for Teacher Education and Research
D) National Council for Exercise, Recreation and Training

14. The first national school games meet was held at
A) **Pachmarhi, Mathiya Pradesh** B) Hyderabad, Andra pradesh C) Banglore, Karnataka
D) New Delhi
15. Which of the following is a set of five events included in Modern Pentathlon?
A) Cycling, Skating, Shooting, Gymnastics & Running
B) Judo, Shooting, Swimming, Cycling & Running
C) Horse riding, Fencing, Shooting, and Gymnastics & Running
D) **Horse riding, Fencing, Shooting, Swimming & Running**
16. Name of the organization which is responsible for conducting Indian University Sports is
A) SAI B) SDAT C) **AIU** D) IOA
17. Which of the Olympic Games did not held due to 1st World war
A) **1914 Olympics** B) 1904 Olympics C) 1908 Olympics D) 1920 Olympics
18. 1983 world cup cricket tournament was held at
A) Australia B) India C) **England** D) West Indies
19. First people who have given structure to physical education were
A) Romans B) **Greeks** C) Americans D) Indians
20. Thinking ability to promote
A) Physical development B) Motor development C) **Cognitive development**
D) Social development
21. In which year was the Federation of de Chess founded
A) **1924** B) 1923 C) 1925 D) 1950
22. Which of the following correctly matched?
A) **2006 Asian Games was held at Doha**
B) 2008 Olympic Games held at London
C) 2014 Commonwealth Games held at India
D) 2012 Olympic Games held at Beijing
23. The Olympic flame symbolizes
A) Speed, Perfection & Strength B) **Continuity between the ancient and modern games**
C) Unity among various nations for the world D) Sports a means for securing harmony among the nations
24. The Olympic symbol comprises five rings or circles linked together to represent
A) Sporting friendship of all peoples B) **Five continents** C) Both A & B D) None of these
25. The order of colours of the Olympic ring is
A) **Blue Yellow Black Green and Red** B) Blue Green Black Yellow Red
C) Blue Yellow Red Black Green D) Blue Black Green Red Yellow
26. National syllabus of physical activities was formed in
A) **1956** B) 1920 C) 1931 D) 1947
27. The Olympic Games Motto "Citrus, Altius, and Fortius" in Latin means in English
A) Higher, Faster, and Stronger B) Faster, Stronger and Higher C) **Faster, Higher and Stronger** D) Stronger, Faster and Higher
28. Who is known as "Father of Asian Games?"
A) Raja Balendra Singh B) **G.D Sondhi** C) D.J Tata D) Maharaja Yadavendra Singh
29. National Institute of Sports was formed in the year
A) 1951 B) **1961** C) 1963 D) 1941
30. Central Government introduced the Rajkumari Sports Coaching Scheme in india in the year
A) 1982 B) 1935 C) 1593 D) **1953**

31. The Central Government of India first appointed a Physical Education Committee in 1948 under the name of
A) **Tarachand** B) Rajkumari Kaur C) Bhonsle D) Kunzru
32. Sports Authority of India has been established at Delhi in
A) 1983 B) **1984** C) 1982 D) 1981
33. What is the expansion of SDAT?
A) **Sports Development Authority of Tamil Nadu**
B) Authority of Tamil Nadu for Sport Development
C) Tamil Nadu Sports Development Authority
D) Development Authority of Sports in Tamil Nadu
34. The Head Quarters of International Olympic Committee is at
A) **Lausanne** B) Moscow C) Los Angeles D) New York
35. The minimum area needed for conducting the Judo competition is
A) **14m X 14m** B) 10m X 10m C) 12m X 12m D) 18m X 18m
36. Which one of the following is correctly matched?
A) Basketball _ India B) Kabaddi _ U S A C) Football _ Japan D) **Cricket _ England**
37. In walking race the colour of warning card is
A) Green B) **Red** C) White D) Yellow
38. The width of the Hurdle is
A) **from 1.18 m to 1.20 m** B) from 1.20 m to 1.22 m C) from 1.22 m to 1.24 m
D) From 1.22 m to 1.26 m
39. The measurement of the sitting square in KHO-KHO
A) 25 cm X 25 cm B) 30 cm X 30 cm C) **30 cm X 35 cm** D) 35 cm X 35 cm
40. In Basketball protest concern in the result shall be submitted within how much time
A) **20 minutes** B) 30 minutes C) 15 minutes D) 45 Minutes
41. 'Air ball' is a term used in the game of
A) **Basket ball** B) Volleyball C) Ball badminton D) Cricket
42. Fast break is a move of
A) Offensive B) **Defensive** C) Between offensive and defensive D) Centre
43. The federation international De Football Association was formed in 1904 at
A) Berlin B) **Paris** C) Rome D) London
- 44) In which year was all India football federation established
A) 1938 B) **1937** C) 1939 D) 1940
45. The first one day international cricket match played between Australia and England at Melbourne was in
A) **1971** B) 1970 C) 1972 D) 1973
46. The rules of cricket game were prepared by
A) **ICC** B) MCC C) BCCI D) ECC
47. Match the following:
- | List I | List II |
|--|----------------|
| A. The Olympic movement started in | 1. 1959 – 60 |
| B. Indian Olympic association was started in | 2. 1919 |
| C. SGFI | 3. 1927 |
| D. NPED Launched in | 4. 1954 |
| a) 4 1 2 3 b) 2 4 3 1 c) 2 3 4 1 d) 2 3 1 4 | |

48. Match the following:

List I

- A. China man
- B. Fast break
- C. Tee
- D. Gambit

- a) **4 3 1 2** b) 4 2 3 1 c) 1 3 4 2 d) 3 2 1 4

List II

- 1. Golf
- 2. Chess
- 3. Basketball
- 4. Cricket

49. Match the following:

List I

- A) Hockey was introduced in India at
- B) Hockey was introduced in India by
- C) Indian Hockey federation was started in
- D) Indian hockey men's team first took part in

- a) 4 1 2 3 b) 4 1 3 2 c) **2 4 1 3**

List II

- 1.1925
- 2.Calcutta in 1880
- 3.1928 Olympic
- 4. British Army in Calcutta

- d) 2 3 1 4

50. Match the following:

List I

- A) I.O. C President
- B) I.C.C President
- C) I.A.A. F President
- D) I. O. A President

- a) 4 2 3 1 b) 4 1 3 2 c) 4 3 1 2 d) **4 1 2 3**

List II

- 1.Zaheer Abbas
- 2. Sabastin Coe
- 3. Narayana Ramachandran
- 4. Thomas Bach

51. Match the following:

List I

- A) I.C.L
- B) I.C.C
- C) B.C.C.I
- D) I.P.L

- a) **3 4 1 2** b) 4 3 1 2 c) 2 1 4 3 d) 2 3 1 4

List II

- 1. Board of Control for Cricket in India
- 2.Indian premier league
- 3. Indian Cricket league
- 4.Internstional Cricket council

52. In India physical education and sports sciences are governed by

- A) Sports Authority of India
- B) **Ministry of Human Resource Development**
- C) Federation of games and sports in India
- D) Ministry of Health and Family welfare

53. Standard 10 lanes Swimming pool measurement

- A) 50 m X 20 m
- B) 50 m X 21 m
- C) **50 m X 25 m**
- D) 50 m X 22 m

54. Match the following:

List I

- A) Badmiton
- B) Cricket
- C) Footbal
- D) Hockey

- a) **4 3 2 1** b) 4 2 3 1 c) 4 3 1 2 d) 3 2 1 4

List II

- 1.Agha Khan Cup
- 2.Santhosh trophy
- 3Ranji trophy
- 4Thomas Cup

55. Winter Olympic came into being in

- A) 1912
- B) 1916
- C) 1920
- D) **1924**

56. Which Olympic Games is known as Dark game in the Olympic history so far

- A) 1980 Moscow
- B) **1972 Munich**
- C) 1936 Berlin
- D) 1948 London

57. Eleven Israeli athletes were killed by Palestine terrorists during the Olympics

- A) 1980 Moscow
- B) 1948 London
- C) 1936 Berlin
- D) **1972 Munich**

58. Match the following

List I

- A. Rohinton Baria Cup
- B. Sikkim Gold Cup
- C. Azlan Shah cup
- D. Hopman Cup

- a. 4 2 1 3 b. 2 1 3 4 c. **4 3 1 2** d. 4 1 2 3

List II

- 1. Hockey
- 2. Tennis
- 3. Football
- 4. Cricket

58. Match the following

List I

- A. Olympic games allotted to a
- B. Olympic games flag rings denote
- C. Olympic games are allotted by
- D. Olympic games are organized once in

- a) **2 3 4 1** b) 2 1 3 4 c) 4 3 2 1

List II

- 1. 4 years
- 2. City
- 3. Continents
- 4. I.O.C

- d) 2 3 1 4

59. Match the following:

List I

- A. India
- B. England
- C. South Africa
- D. West indies

- a) 4 1 2 3 b) 2 4 1 3 c) 3 4 1 3 d) **2 1 4 3**

List II

- 1. 1975
- 2. 2011
- 3. 2007
- 4. 2003

60. Match the following:

List I

- A. Karnam malleswari
- B. Dhanraj pillai
- C. Abhinav bindra
- D. Mary Kom

- a) **2 3 4 1** b) 4 1 2 3 c) 3 4 1 2 d) 4 2 1 3

List II

- 1. 2009
- 2. 1994-95
- 3. 1999-2000
- 4. 2001

61. Match the following:

List I

- A. Pullar Gopichind
- B. Gagan Narang
- C. Lander Paes
- D. Susil Kumar

- a) 2 3 4 1 b) 4 1 2 3 c) **3 1 2 4** d) 4 2 1 3

List II

- 1. Shooting
- 2. Tennis
- 3. Badmiten
- 4. Wrestling

62. Which one of the following award to given life time achievement sporting honour in India

- A) Arjuna award B) **Dhyan chand award** C) MAKA Award D) IOA award

63. Which one of the person receive Padma Shri Award in 2016

- A) **Ms. Deepika Kumari** B) Saina nehwal C) Sakshi malic D) P.V Sindhu

64. In pole vault at cross bar shall be raised at each jump height at

- A) 7 cm B) 2 cm C) 3cm D) **5 cm**

65. Judo was invented in

- A) India B) Korea C) China **D) Japan**
66. Identify the correct sequence of the countries staged Olympic games
A) London, Sidney, China, Tokyo **B) Sidney, china, London, Tokyo**
C) China, Sidney, London, Tokyo D) London, China, Sidney, Tokyo
67. First all India basket ball championship was held in 1934 at
A) Hyderabad **B) Delhi** C) Kanpur D) Bhopal
68. Lactic acid is a byproduct of
A) Aerobic glycolysis **B) Anearobic glycolysis** C) Both A & B D) None of these
69. Spiro meter is used to assess
A) Pulse rate B) Blood pressure C) Flexibility **D) Vital capacity**
70. Olympic torch was introduced in the year
A) 1924 **B) 1936** C) 1940 D) 1928
71. Sliding filament theory was proposed by
A) Huxley B) Hudson C) Sendeson D) Donahue
72. The height of the women's 400 m Hurdles is
A) 0.914 m B) 0.840 m **C) 0.762 m** D) 0.852 m
73. How many squares are there in the chess board
A) 64 B) 62 C) 60 D) 66
74. In which year were women athletes admitted to Olympic games
A) 1856 **B) 1900** C) 1887 D) 1901
75. Pentathlon is conducted only for
A) Girls B) Women **C) Men** D) Boys
76. Angle of landing sector of shotput is
A) 60° B) 90° **C) 34.92°** D) 40°
77. Continuous training method was introduced by
A) L. P Mathew B) Minon **C) Ernest Van Aaken** D) John Terkey
78. Ability to carry out daily task is an indication of
A) Physical fitness B) Motor fitness C) Total fitness D) Motor ability
79. Awareness of the body position is called
A) Kinesthetic sense B) Aesthetic sense C)) Kinesthetic Knowledge D) Perception
80. Direction of the runway shall be
A) Left hand side B) Straight C) Right hand side D) Both Right and left hand side
81. "Throw-off" is a term associated with
A) Basketball **B) Handball** C) Softball D) Football
82. The distance between the take-off board and the far end of the triple jump landing area shall be at least
A) 20 m B) 25 m **C) 21 m** D) 18 m
83. Dehydration is caused due to
A) Loss of blood B) Loss of appetite **C) Loss of salt and water** D) Loss of oxygen
84. Lateral curvature of the spine is called
A) Kyphosis **B) Scoliosis** C) Lordosis D) Flat back
85. How many chasers occupy the square in kho-kho

- A) 12 B) 10 C) 9 **D) 8**
86. The temperature regulation and water balance of the body are controlled by
A) Cerebrum B) cerebellum C) **hypothalamus** D) medulla
87. The name of thigh bone
A) **Femur** B) tibia C) radial D) ulna
88. The condition that occurs due to the exposure to environmental heat is called
A) Dehydration B) fainting C) heat exhaustion and fatigue **D) stroke**
89. The cold compression is a treatment modality given for
A) Bleeding B) wound C) cramps **D) sprains**
90. Anchor leg of relay is
A) Third leg B) second leg C) **fourth leg** D) first leg
91. Sprains are caused by
A) Broken bones **B) stretched ligaments** C) fracture D) stretched muscle
92. "Interval Training" is an effective method for improving
A) **Endurance** B) flexibility C) speed D) strength
93. The immediate source of energy for muscular contraction is
A) **ATP** B) fat C) ADP D) glucose
94. The instrument used for estimation of body fat is
A) Dynamometer **B) skin fold caliper** C) Goniometer D) flexo measure
95. The shape of the kidney is
A) Circular B) oval **C) bean shaped** D) conical
96. The heart is composed of
A) **1 pump** B) 2 pump C) 3 pump D) 4 pump
97. Each heartbeat lasts about
A) **0.8 seconds** B) 10.0 seconds C) 0.4 seconds D) 0.5 seconds
98. The cardiac output in an adult individual is about
A) 4 liters **B) 5 liters** C) 6 liters D) 3 liters
99. Anaerobic capacity contributes to
A) **Speed development** B) agility development
C) Strength development D) height development
100. Substitute of relay races can be
A) One athlete **B) two athlete** C) three athlete D) four athlete
101. The width of the mouth cage is
A) 7 m B) 5 m **C) 6 m** D) 4 m
102. Which city is known as symbolic city?
A) Athens B) Rome **C) Greece** D) Sparta
103. The energy releasing reaction are called
A) Anabolic B) exogenic **C) metabolic** D) A & B
104. Which of the following is rich in vitamin D?
A) Butter **B) Egg yolk** C) Milk D) nuts
105. The richest source of fat is

- A) Meat **B) butter** C) milk D) liver
106. The time of race shall be taken from the
A) Sound of the gun B) action of the referee C) **flash or smoke** D) action of the starter
107. The height of finishing post shall be
A) 1.22 m B) 1.50 m **C) 1.40 m** D) 1.25 m
108. The game of kho- kho shall be started by
A) Referee **B) time-keeper** C) the scorer D) umpire
109. Weight of football is
A) 400 - 410 g B) 450 – 480 g C) 350 – 400 g **D) 410 – 450 g**
110. How many players constitute a Handball Team?
A) 10 B) 12 C) 8 **D) 14**
111. While organizing competition, the track, the runway, throwing circles and throwing sectors are to be checked by
A) Meet Manager B) Call Room Manager
C) Competition Director **D) Technical Manager**
112. The number of beats per minute in heart is
A) Heart rate B) Cardiac output C) Cardiac cycle D) Stroke volume
113. The number of Hurdles to be placed for 110 m hurdles is
A) 11 **B) 10** C) 12 D) 9
114. Muscle that contracts and shortens under a constant load is
A) Isometric **B) isotonic** C) eccentric D) isokinetic
115. The balanced diet consists of
A) Carbohydrate B) Protein C) Fat **D) All of these**
116. Tearing of muscle fiber leads to
A) Sprain **B) Strain** C) Cramp D) Muscle tone
117. Muscle strength can be measured by
A) Stadiometer B) Spirometer **C) Dynamometer** D) Sphygmomanometer
118. The muscle which surrounded by a dense connective tissue sheet is called
A) Epimysium B) Perimysium C) Endomysium D) None of these
119. One of the open injuries is
A) Laceration B) Sprain C) Strain D) None of these
120. The committee was recommended the establishment of NCC in India
A) Baden Powell **B) HN Kunzru** C) Bhonsle D) Tarachand
121. ----- tournament is a modified form of ladder tournament
A) Knock Out B) League C) League cum knock out **D) Pyramid**
122. Heat cramps may be relieved after administration of
A) Honey B) Cool drinks C) Tea **D) Salt water**
123. How many byes will be given in the lower half when 19 teams are enrolled in a single knock-out tournament?
A) 6 **B) 7** C) 8 D) 5
124. The landing area in long jump shall have a minimum width of

- A) 2.50 m B) 2.05 m C) **2.75 m** D) 3.00 m
125. The formula to find out full stagger distance of a track with kerb
A) $[W(N-1)] 2\pi$ B) $[W(N-1)] 2\pi + .20$ C) $[W(N-1)] 2\pi - .20$ D) $[W(N-1) - 0.10] 2\pi$
126. Who is authorized body to frame and modify the rules and regulation in football?
A) AIFF B) FIFA C) **IFAB** D) FA
127. The cross bar shall have no bias and when in place shall sag a maximum of---- in the pole vault
A) 10 mm B) 20mm C) **30mm** D) 40 mm
128. ----- provides relaxation to the body by working through the special senses
A) **Yoga** B) Chakara Meditation C) Pranayama D) kriyas
129. The main aim of ----- is to preserve glandular function and maintain energy
A) **Asanas** B) Mediation C) Pranayama D) All of these
129. ----- helps to develop endurance
A) Purekha B) Kumbhaka C) Rechaka D) **Pranayama**
130. Yoga is an ----- exercise
A) **Energy producing** B) Energy conserving C) Energy exhausting D) Energy depleting
131. The cricket bat overall length shall not be more than
A) **38 inches** B) 37 inches C) 40 inches D) 39 inches
132. What are the specifications of the playing surface in table tennis?
A) **2.74 m X 1.525 m** B) 2.74 m X 1.515 m C) 2.75 m X 1.515 m D) 2.75 m X 1.525 m
133. "Cant" is a term used in
A) Kkp-Kho B) **Kabaddi** C) Wrestling D) Fencing
134. How much percentage of athletes are placed in second arc start
A) 65% B) 60% C) 40% D) **35%**
135. An athlete, after voluntarily leaving the track, shall not be allowed to
A) Discontinue in the race B) **Continue in the race**
C) Continue in the race after taking rest D) none of these
136. In which game the referee acts as time keeper and keeps a record of the match
A) Kho-Kho B) Kabaddi C) **Football** D) Cricket
137. The Handball goal line width shall be
A) 7cm B) 5 cm C) 6 cm D) **8 cm**
138. What are the specifications of check-mark in relay event?
A) 5 X 25 cm B) 5 x 30 cm C) 5 X 35 cm D) **5 X 40 cm**
139. In javelin the angle of landing sector shall be
A) 34.92° B) 29° C) **28.96°** D) 40°
140. 'Stalemate' is a term used in
A) Golf B) Carom C) Sepak Takraw D) **Chess**
141. Cart wheeling techniques are not permitted in event
A) Hammer throw B) Discus throw C) Javelin throw D) **Shotput**
142. Who is the first Chairman of SAI?
A) Indira Gandhi B) Zail Singh C) Morarji Desai D) **Rajiv Gandhi**
143. All india rural sports meet and tournament was first organized by NSNIS

- A) Calcutta B) Bangalore C) **Patiala** D) Lucknow
144. The length of the 4 X 100 m relay race acceleration zone line's marking is
A) 0.60 m B) **10 m** C) 20 m D) 30 m
145. In a 400 m standard track how much stagger distance has to be given when 6 teams are participating in 4 X 400 m men relay race
A) Full stagger B) Half stagger + Diagonal excess distance
C) **1 ½ stagger + Diagonal excess distance** D) none of these
146. The school of Gymnastics is called in Athens as
A) Greece B) Grammar school C) **Palaestra** D) Didascaleum
147. Stagger distances in the first lane for the 4 X 100 m relay race is
A) 7.04 m B) 2.6 m C) 8.06 m D) **None of these**
148. In Sanskrit 'prana' refers to the
A) Excel B) Mastery C) **Soul** D) Cosmic energy
149. Nehru Gold cup is associated with
A) Basketball B) **Football** C) Volleyball D) Cricket
150. The duration of basketball match is
A) 10 – 5 – 10 – 15 – 10 – 5 – 10 mts B) 10 – 2 – 10 – 2 – 10 – 2 – 10 mts
C) **10 – 2 – 10 – 15 – 10 – 2 – 10 mts** D) 10 – 5 – 10 – 5 – 10 – 5 – 10 mts
151. PYKKA was launched by department of youth affairs and sports government of India in the year
A) 2007 B) **2008** C) 2009 D) 2010
152. Wind Gauges shall be used in the following events
A) 100 m, 200 m, 400 m, 100 m Hurdles, 110 m Hurdles
B) **100 m, 100 m Hurdles, 110 m Hurdles, 200 m, Long jump, Triple jump**
C) 100 m, 200 m, long jump, Triple jump, and High jump
D) 100 m, 200 m, 400 m, 800 m, Long jump
153. What is the major fuel for muscle activity in high intensity exercise?
A) Fat B) **Carbohydrates** C) Proteins D) Vitamins
154. _____ is a powerful exercise for stimulating the abdominal viscera and gastro – intestinal system
A) Dhauti B) Basti C) **Nauli** D) None of these
155. The inner size of football goal post is
A) 7.32 m X 2.24 m B) 7.30 m X 2.44 m C) 7.24 m X 2.48 m D) **7.32 m X 2.44 m**
156. What is the stagger distance for lane number two for a 800 m run conducted using staggered start in a 400 m standard track
A) **3.526 m** B) 7.384 m C) 15.151 m D) 11.260 m
157. The javelin throw run way is :
A) 4 m wide and minimum 20 m length B) **4 m wide and minimum 30 m length**
C) 4.50 m wide and minimum 40 m length D) 3 m wide and minimum 30 m length
158. Macronutrition's are:

- A) **Carbohydrates, Fat, proteins and water** B) Carbohydrates, Fat, proteins and Vitamins
C) Carbohydrates, fat, vitamins and mineral D) Carbohydrates, Fat, proteins and minerals
159. Officials required to conduct the Handball match:
A) One referee, two umpire and one scorekeeper B) Three referee and one scorekeeper
C) **Two referee, one scorekeeper and one time keeper** D) None of the above
160. The retina is in
A) Ear B) Tongue C) nose D) **eye**
161. Up to 200 m the minimum time which must be allowed between the last heat of any round and the first heat of a subsequent round is
A) Not for the same day B) 120 minutes C) 90 minutes D) **45 minutes**
162. Circuit training is a very effective method for improving
A) Endurance B) speed C) **strength endurance** D) flexibility
163. The base of the food pyramid consists of
A) Vegetables B) **bread and cereals** C) dairy products and meat D) fats and sweets
164. The height of the post in Kho-Kho is
A) 120 cm to 122 cm B) 120cm to 123 cm C) 120 cm to 124 cm D) **120 cm to 125 cm**
165. Athlete shall not touch the ground with his hand or hands during the start of races.
A) **long than 400 m** B) longer than 800 m C) longer than 200 m D) longer than 1500 m
166. The distance of take over zone in relay races is
A) 10 m B) **20 m** C) 22 m D) 25 m
167. Starting block shall not be used in
A) 100 m relay B) 200 m relay C) **800 m relay** D) 4 X 400 m relay
168. In athletics, width of the finish line is
A) 2 cm B) 3 cm C) 2.25 cm D) **5 cm**
169. The diameter of the hammer circle is
A) 2.650 m B) 2.500 m C) 2.250 m D) **2.135 m**
170. The overall inclination in the running direction shall not exceed
A) **1:1000** B) 1: 750 C) 1: 500 D) 1:1 00
171. The inner edge of the running track shall have a raised border with height and width
A) 5cm and 2cm B) 5cm and 5cm C) 7cm and 5cm D) **5cm to 6.5cm and 5cm to 25 cm**
172. Retention of breathing pranayama is
A) Puraka B) Rechaka C) **Kumbhaka** D) None of these
173. Salabhasana is ----- posture
A) **Locust** B) Semi circular C) Bow D) All of these
174. "nb" stands for-----
A) **Total number of byes** B) Total number of rounds
C) Total number of matches D) none of these
175. Bye is usually given in which rounds
A) **First round** B) Second round C) Third round D) Fourth round
176. In case of the participating number is power of two, then the power of two shall be
A) **Number of rounds** B) Number of matches C) Both A & B D) none of these
177. Which of the following is the challenge tournament?

- A) Ladder tournament B) Pyramid tournament C) Only A D) **Both A & B**
178. 8 Team participating in knockout tournament means, how many rounds will come?
A) **3** B) 4 C) 5 D) 6
179. Elimination tournament called as
A) League tournament B) **Knock-out tournament**
C) Challenge tournament D) Combination tournament
180. Round robin tournament is mainly divided in to-----
A) **Two types** B) Three types C) Four types D) Double league tournaments
181. Sports Talent Search scholarship scheme was introduced in the year
A) 1992-93 B) 1961-62 C) 1984-85 D) **1970-71**
182. The Badminton all lines width shall be
A) **4cm** B) 4mm C) 2cm D) 5cm
182. "Konica cup" is associated with game of
A) Hockey B) Football C) **Badminton** D) Kabaddi
183. The term "Crease and clash" is associated with _____
A) Hockey B) Football C) **Badminton** D) Tennikoit
184. The First Asian Kho-Kho Championship was started in
A) **1996** B) 1975 C) 1998 D) 1980
185. Where was the first Asian Kho-Kho Championship held ?
A) **Calcutta** B) Chennai C) China D) Pune
186. The term "Active Defender" is associated with _____
A) Hockey B) **Kho-Kho** C) Badminton D) Foot ball
187. Abbreviate "TENS"
A) **Transcutaneous Electrical Nerve Stimulation** B) Transcutaneous Electrical Nerve System
C) Transverse Electrical Nerve Stimulation D) Transcutaneous Electrical Nerve System
188. Abbreviate "RICE"
A) **Rest, Ice, Compression, Elevation** B) Rest, Ice, Comfort, Elevation
C) Rest, Immune, Compression, Elevation D) Restart, Ice, Comfort, Elevation
189. What is Duration of IOC President?
A) 4 Years B) **8 years** C) 10years D) 6 years
190. Heat Stroke _____
A) Causes very high body temperature B) Hot red or dry skin
C) Rapid weak pulse, shallow breathing D) **All of the above**
191. In Which Team, played for the first "Ranji cup" is?
A) **Madras, Mysore** B) Madras, Bombay C) Bombay, Baroda D) Madras, Calcutta
192. In Which year, Indian Football (Men) Team Qualify For "FIFA World Cup" is ?
A) **1950** B) 1930 C) 1934 D) 1954
193. In Which year, Indian Football (Men) Team Qualify For "Olympic Games" is ?
A) 1928 B) 1932 C) 1936 D) **1948**
194. In Which year, Indian Hockey (Men) Team won the "Hockey World Cup"?
A) **1975** B) 1970 C) 1971 D) 1984
195. 2018 World cup Hockey will be held in

- A) Germany B) New Delhi C) **Bhubaneswar** D) Netherland
196. The height of the men Participating in steeplechase shall be
A) **0.84 m** B) 0.91 m C) 0.762 m d) 1.22 m
197. "Vijay merchant Trophy" is associated with
A) Lawn tennis B) Table tennis C) **Cricket** D) Hockey
198. Health related fitness does not include
A) Endurance B) **Speed** C) Flexibility D) Body composition
199. The weight of a Basket Ball is
A) 400-500 ounce B) 500-600 gm C) 567-650 ounce D) **567-650 gm**
200. in voluntary muscles are
A) Skeletal muscle B) Thigh muscle C) **Cardiac muscle** D) none of these
201. The first Football Asian cup was held in
A) 1955 B) **1956** C) 1954 D) 1953

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PREPARED BY

J.SIVACHANDRAN B.P.E.S., M.Sc., M.P.Ed., M.Phill., P.G.D.Y

PHYSICAL DIRECTOR GRD-I

TIRUPATTUR,

VELLORE DTS,

CELL NO: 8098618230