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) Bangalore

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 pradash  C) Bangalore, 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  
B) 2008 Olympic Games held at  
C) 2014 Commonwealth Games held at  
D) 2012 Olympic Games held at

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) Basketball  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
A. The Olympic movement started in
B. Indian Olympic association was started in
C. SGFI
D. NPED Launched in

List II
1. 1959 – 60
2. 1919
3. 1927
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:

<table>
<thead>
<tr>
<th>List I</th>
<th>List II</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. China man</td>
<td>1. Golf</td>
</tr>
<tr>
<td>B. Fast break</td>
<td>2. Chess</td>
</tr>
<tr>
<td>C. Tee</td>
<td>3. Basketball</td>
</tr>
<tr>
<td>D. Gambit</td>
<td>4. Cricket</td>
</tr>
</tbody>
</table>

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

49. Match the following:

<table>
<thead>
<tr>
<th>List I</th>
<th>List II</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) Hockey was introduced in India at</td>
<td>1. 1925</td>
</tr>
<tr>
<td>B) Hockey was introduced in India by</td>
<td>2. Calcutta in 1880</td>
</tr>
<tr>
<td>C) Indian Hockey federation was started in</td>
<td>3. 1928 Olympic</td>
</tr>
<tr>
<td>D) Indian hockey men’s team first took part in</td>
<td>4. British Army in Calcutta</td>
</tr>
</tbody>
</table>

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

50. Match the following:

<table>
<thead>
<tr>
<th>List I</th>
<th>List II</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) I.O.C President</td>
<td>1. Zaheer Abbas</td>
</tr>
<tr>
<td>B) I.C.C President</td>
<td>2. Sebastian Coe</td>
</tr>
<tr>
<td>C) I.A.A.F President</td>
<td>3. Narayana Ramachandran</td>
</tr>
<tr>
<td>D) I.O.A President</td>
<td>4. Thomas Bach</td>
</tr>
</tbody>
</table>

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

51. Match the following:

<table>
<thead>
<tr>
<th>List I</th>
<th>List II</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) I.C.L</td>
<td>1. Board of Control for Cricket in India</td>
</tr>
<tr>
<td>B) I.C.C</td>
<td>2. Indian Premier League</td>
</tr>
<tr>
<td>C) B.C.C.I</td>
<td>3. Indian Cricket League</td>
</tr>
<tr>
<td>D) I.P.L</td>
<td>4. International Cricket Council</td>
</tr>
</tbody>
</table>

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

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:

<table>
<thead>
<tr>
<th>List I</th>
<th>List II</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) Badminton</td>
<td>1. Agha Khan Cup</td>
</tr>
<tr>
<td>B) Cricket</td>
<td>2. Santosh Trophy</td>
</tr>
<tr>
<td>C) Football</td>
<td>3. Ranji Trophy</td>
</tr>
<tr>
<td>D) Hockey</td>
<td>4. Thomas Cup</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>List I</th>
<th>List II</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Rohinton Baria Cup</td>
<td>1. Hockey</td>
</tr>
<tr>
<td>B. Sikkim Gold Cup</td>
<td>2. Tennis</td>
</tr>
<tr>
<td>C. Azlan Shah cup</td>
<td>3. Football</td>
</tr>
<tr>
<td>D. Hopman Cup</td>
<td>4. Cricket</td>
</tr>
</tbody>
</table>

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

60. Match the following:

<table>
<thead>
<tr>
<th>List I</th>
<th>List II</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Karnam Malleswari</td>
<td>1. 2009</td>
</tr>
<tr>
<td>B. Dhanraj Pillai</td>
<td>2. 1994-95</td>
</tr>
<tr>
<td>C. Abhinav Bindra</td>
<td>3. 1999-2000</td>
</tr>
<tr>
<td>D. Mary Kom</td>
<td>4. 2001</td>
</tr>
</tbody>
</table>

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

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 Malik  
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) 3 cm  
D) **5 cm**

65. Judo was invented in
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) Anaerobic 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

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 crams 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) \([W (N-1)] \times 2\pi\)  B) \([W (N-1)] \times 2\pi + .20\)  C) \([W (N-1)] \times 2\pi - .20\)  D) \([W (N-1) - 0.10] \times 2\pi\)

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) 20 mm  C) 30 mm  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

130. Yoga is an ------ exercise

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) Fenching

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) 7 cm  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
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 wind and minimum 40 m length  D) 3 m wind 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) 120 cm 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) 1:100

171. The inner edge of the running track shall have a raised border with height and width
A) 5 cm and 2 cm  B) 5 cm and 5 cm  C) 7 cm and 5 cm  D) 5 cm to 6.5 cm and 5 cm 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
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) Football
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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