



## PART – A

1. Fill one appropriate article in the following:

It was \_\_\_\_\_ honour for people to be the part of the freedom Movement.

- A) an                      B) on                      C) the                      D) a

2. A Compound word is

- A) two words joined together                      B) two words separate from each other  
C) two words contrary in meaning                      D) two words similar in meaning

3. A symbol is

- A) an object that stands for other than itself  
B) that stands for itself  
C) that stands for nothing  
D) that stands for everything

4. Choose correct expression from the following

- A) My mother was very young when my father marry her  
B) My mother was very young when my father married her  
C) My mother was very young when my father did marry her  
D) My mother was very young when my father got married her

5. Which of the given spellings is correct ?

- A) Mississippi                      B) Misissippi  
C) Missisippi                      D) Mississipi

6. What is meant by 'to do away' ?

- A) to send away                      B) to abolish  
C) to cut off                      D) to make up

7. The play Tuglaq was written by

- A) Mahesh Dattani                      B) Anita Desai  
C) Chaman Nahal                      D) Girish Karnad

8. The heroine in R.K. Narayan's Guide is a

- A) Musician                      B) Painter                      C) Dancer                      D) Teacher

9. Who authored the novel A Salt Doll ?

- A) A.K. Ramanujan                      B) Kamala Das  
C) Molly Ramanujan                      D) Nayantara Sehgal



10. The epical poem Savitri was written by  
A) Gorakshnath  
B) Dayanand Saraswati  
C) Aurobindo Ghosh  
D) Swami Vivekananda
11. The playground of baseball is known as  
A) court  
B) diamond  
C) ring  
D) pitch
12. The Indian to beat the computers in mathematical wizardry is  
A) Ramanujam  
B) Ran Panigrahi  
C) Raja Ramanna  
D) Shakunthala Devi
13. Which of the following temple was built by the Cholas ?  
A) Shore Temple, Mahabalipuram  
B) Brihadeeswara Temple, Tanjavur  
C) Sun Temple, Konark  
D) Meenakshi Temple, Madurai
14. The Export Import (EXIM) Bank was set up in  
A) 1980  
B) 1982  
C) 1981  
D) 1989
15. The Chairman of Bank Board Bureau is  
A) Shri Vinod Dua  
B) Shri Vinod Khanna  
C) Shri Vinod Rai  
D) Shri Vinod Shastri
16. If a,b,c are integers;  $a^2 + b^2 = 45$  and  $b^2 + c^2 = 40$ , then the values of a,b and c respectively are  
A) 2,6,3  
B) 3,6,2  
C) 5,4,3  
D) None of these
17. A student secures 90%, 60% and 54% marks in test papers with 100,150 and 200 respectively as maximum marks. The percentage of his aggregate is  
A) 64  
B) 68  
C) 70  
D) 72
18. A sum was put at simple interest at a certain rate for 3 years. Had it been put at 2% higher rate, it would have fetched Rs. 360 more. Find the sum.  
A) Rs. 8,000  
B) Rs. 7,000  
C) Rs. 6,000  
D) Rs. 5,000







36. When oxygen is used for respiration, it is called
- A) Aerobic Respiration                      B) Anaerobic Respiration  
C) Metabolic Respiration                  D) Anabolic Respiration
37. The inflammation of bronchi is called as
- A) Bronchial Asthma                          B) Emphysema  
C) Bronchitis                                  D) Pneumonia
38. A contraction of heart is called as
- A) Atria                      B) Systole                      C) Diastole                      D) Ventricle
39. When there is an abnormal curvature of spine from front to back resulting in hump towards the back, it is
- A) Kyphosis              B) Lordosis              C) Scoliosis              D) Diagnosis
40. Anabolic steroids directly affect
- A) Muscles              B) Lungs              C) Heart              D) Liver
41. Full form of CPR is
- A) Cardiopulmonary Restore              B) Cardiopulmonary Resuscitation  
C) Cardiopulmonary Rehabilitation      D) Cardiopulmonary Recreation
42. Shin Splint occurs in
- A) Back                      B) Chest                      C) Upper leg                      D) Lower leg
43. When the Fulcrum is placed between the effort and resistance it is
- A) Class I lever                                  B) Class II lever  
C) Class III lever                                D) None of these
44. What is the full form of RICE ?
- A) Rest, Ice, Compression, Evaluation  
B) Rest, Ice, Compression, Elevation  
C) Rest, Ice, Compression, Elimination  
D) Rest, Ice, Compression, Examination
45. Study of Joints is called
- A) Physiology                                  B) Psychology  
C) Arthrology                                 D) Biology



46. An athlete covering 100 mtr. distance in 10 seconds ran at a speed of  
A) 15 m/s                      B) 20 m/s                      C) 5 m/s                      D) 10 m/s
47. On command “SET” the sprinter is in  
A) Stable equilibrium                      B) Unstable equilibrium  
C) Neutral equilibrium                      D) None of these
48. Best method to enhance explosive strength in lower extremities is  
A) Long Distance Running                      B) Depth Jumps  
C) Sand Jumps                      D) Circuit Training
49. Longest bone in the human body is  
A) Femur                      B) Humerus                      C) Tibia                      D) Fibula
50. The sternum is located in  
A) Skull                      B) Leg                      C) Hand                      D) Chest
51. Increase performance in the beginning but gradual decline later is indicated by  
A) Convex Graph                      B) Concave Graph  
C) Both A & B                      D) None
52. Theory of Conditioning was given by  
A) Gestalt                      B) Pavlov                      C) Thorndike                      D) Watson
53. Cognitive learning is also called as  
A) Motor Learning                      B) Social Learning  
C) Mental Learning                      D) Affective Learning
54. Trial & Error theory is also known as  
A) Conditioning                      B) Insight  
C) Connectionism                      D) None
55. The minimum qualification to become a coach in India is  
A) M.P.Ed                      B) M. Phil                      C) Ph.D.                      D) NSNIS Diploma
56. Research proposal is also called  
A) Abstract                      B) Synopsis                      C) Summary                      D) Methodology
57. What is ‘Triangle and Two’ in basketball ?  
A) A Combination Offence                      B) Team Defense  
C) Man to Man Defense                      D) Defense Zone



58. Who among the following gave the test of Volleyball ?  
A) Johnson  
B) Mathew  
C) Russel Lange  
D) Schimithel
59. Weight of javelin for men is  
A) 800 Grams  
B) 900 Grams  
C) 700 Grams  
D) 600 Grams
60. The movements around ball and socket joints are  
A) flexion and extension  
B) rotation and circumduction  
C) hyper extension  
D) all the above
61. Duration of Macro-Cycle is  
A) 1 year plus  
B) 2 months  
C) 2 weeks  
D) 6 days
62. Which vitamin is easily destroyed by heat ?  
A) Vitamin D  
B) Vitamin K  
C) Vitamin E  
D) Vitamin C
63. The chief source of Vitamin A is  
A) Carrot  
B) Apple  
C) Banana  
D) Guava
64. Which of the following is an element of positive environment ?  
A) Yoga  
B) Clean Air  
C) Agility  
D) All the given
65. 400 meter Standard Track consists of  
A) Two straights and two curves  
B) Three curves and one straight  
C) Three straights and one curve  
D) None of the above
66. Total no. of field events in athletics are  
A) 4  
B) 6  
C) 8  
D) 10
67. Fartlek is a Swedish word which means  
A) Power Play  
B) Slow Play  
C) Foul Play  
D) Speed Play
68. Which of the following disease is caused by Mosquitoes ?  
A) Rabies  
B) Chickenpox  
C) Leprosy  
D) Malaria



69. Santosh Trophy is associated with  
A) Cricket  
B) Football  
C) Hockey  
D) Handball
70. Pushing against the stationary wall is an example of  
A) Isometric exercise  
B) Isotonic exercise  
C) Isokinetic exercise  
D) All the above
71. Stadiometer is used to measure  
A) Age  
B) Weight  
C) Height  
D) Girth
72. Who invented Circuit Training ?  
A) Herbert Spencer  
B) Morgan and Adamson  
C) H. C. Buck  
D) Watson & Grill
73. In 3000 Meter steeple chase the number of water jumps are  
A) 5  
B) 7  
C) 9  
D) 11
74. Height of antenna above the net in volleyball is  
A) 50 cm  
B) 60 cm  
C) 70 cm  
D) 80 cm
75. Three second rule is applied in the game of  
A) Hockey  
B) Basketball  
C) Football  
D) Chess
76. The use of particular method of teaching depends upon  
A) Skill of teacher  
B) Age of teacher  
C) Nature of teacher  
D) Weight of teacher
77. Intra mural competitions creates in students a sense of  
A) Humor  
B) Achievement  
C) Enjoyment  
D) Involvement
78. IAAF stands for  
A) Indian Amateur Athletic Federation  
B) International Amateur Athletic Federation  
C) International Amateur African Federation  
D) International Amateur Aqua sports Federation







87. Weight and height are used to determine
- A) Growth
  - B) Fitness
  - C) Alertness
  - D) None of the given
88. Olympic rings indicate
- A) Five Rivers
  - B) Five Continents
  - C) Five Countries
  - D) Five Mountains
89. Who was the pioneer of Medical Gymnastics ?
- A) Gestalt
  - B) Plato
  - C) Mathew
  - D) Hippocrates
90. Muscles which act in opposition to other muscles are
- A) Single muscle twitch
  - B) Agonistic
  - C) Antagonistic
  - D) All the given
91. The extra oxygen consuming during recovery is called
- A) Oxygen debt
  - B) Oxygen intake
  - C) Oxygen force
  - D) Oxygen uptake
92. The amount of blood pumped by heart per minute is called
- A) Lung capacity
  - B) Cardiac Output
  - C) Heart beat
  - D) Heart palpitation
93. Which of the following branches helps in diagnostic teaching and coaching in sports
- A) Anthropometry
  - B) Biomechanics
  - C) Psychology
  - D) Physiology
94. An activity in which any external object is made to come nearer to the body with the help of muscle strength
- A) Jumping
  - B) Throwing
  - C) Pushing
  - D) Pulling



95. Trapezius muscle helps in
- A) Pushing the neck backward
  - B) Punching
  - C) Raising the leg forward
  - D) Pushing the leg backward
96. The personal factors in learning are
- A) Psychological factors
  - B) Fitness factors
  - C) Heredity factors
  - D) All the given
97. Physical education teachers need a time table because
- A) It helps them to plan their household works
  - B) It helps them to plan budget
  - C) It ensures proper utilization of time and energy
  - D) It ensures students attentiveness
98. Fats are also known as
- A) Vitamins
  - B) Lipids
  - C) Minerals
  - D) None
99. Aerobic fitness is achieved through
- A) Long distance running
  - B) Circuit training
  - C) Sprints
  - D) None
100. An efficient coach is he who
- A) Tells
  - B) Tells and demonstrates
  - C) Tells, demonstrates and explain
  - D) Tells, demonstrates, explain and inspire
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**SPACE FOR ROUGH WORK**



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