

PROVISIONAL ANSWER KEY

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Question1:-Who defined this statement "Physical education, an integral part of total education process, is a field of endeavor which has as its aim the development of physically, mentally, emotionally and socially fit citizens" ?

- A:-Barrow
- B:-Jackson R.
- C:-Charles A.
- D:-Harry Crowe Buck

Correct Answer:- Option-C

Question2:-Training allows the athlete to run freely over varying distances and at varying speeds.

- A:-Speed training
- B:-Up and Down running
- C:-Fartlek training
- D:-Continuous run training

Correct Answer:- Option-C

Question3:-Classification of Somatotype

- A:-Endomorphy-Mesomorphy
- B:-Mesomorphy-Ectomorphy
- C:-Endomorphy-Ectomorphy
- D:-Endomorphy-Mesomorphy-Ectomorphy

Correct Answer:- Option-D

Question4:-Reinforcement theory discovery by

- A:-Skinner
- B:-Gestalt
- C:-Carl Rogers
- D:-Plato

Correct Answer:- Option-A

Question5:-Capacity of a group of muscle to exert maximal effort against a resistance

- A:-Muscular Endurance
- B:-Muscular Strength
- C:-Muscular Power
- D:-Muscular Energy

Correct Answer:- Option-B

Question6:-The ability to think and solve problems effectively

- A:-Emotional Development
- B:-Social Development
- C:-Moral Development
- D:-Mental Development

Correct Answer:- Option-D

Question7:-_____ considered as an activity played by more than two people combined as a team.

- A:-Game
- B:-Sport
- C:-Recreation
- D:-Physical Culture

Correct Answer:- Option-A

Question8:-All-play-all tournament is otherwise known as

- A:-Single knockout tournament
- B:-Double elimination tournament
- C:-Round-robin tournament
- D:-Swiss system tournament

Correct Answer:- Option-C

Question9:-Deformity means

- A:-The malformation of any component of the body
 - B:-The malfunction of body's organs
 - C:-The malfunction of joints of the body
 - D:-De-shaped of muscles
- Correct Answer:- Option-A

Question10:-A measure of body fat calculated on the basis of height and weight by using

- A:-Skinfold calliper
 - B:-Body mass index
 - C:-Vo2 max
 - D:-Underwater weight of the body
- Correct Answer:- Option-B

Question11:-A small structure contained within a cell that performs one or more specific functions.

- A:-Tissue
 - B:-Organelle
 - C:-Cytoplasm
 - D:-Brain
- Correct Answer:- Option-B

Question12:-Which system of the body provides protection and support, allows body movements, produces blood cells and stores minerals and fat ?

- A:-Muscular system
 - B:-Skeletal system
 - C:-Endocrine system
 - D:-Integumentary system
- Correct Answer:- Option-B

Question13:-What it means 'superior' is the term refers to a human in the anatomical position ?

- A:-Toward the front of the body
 - B:-Toward the back of the body
 - C:-A structure below another
 - D:-A structure above another
- Correct Answer:- Option-D

Question14:-The multidisciplinary study of physical activity or movement is called

- A:-Movement Science
 - B:-Physical Fitness
 - C:-Kinesiology
 - D:-Biomechanics
- Correct Answer:- Option-C

Question15:-What are Synarthroses ?

- A:-Immovable joints
 - B:-Movable joints
 - C:-Slightly movable joints
 - D:-Suture of the skull
- Correct Answer:- Option-A

Question16:-The Movement of hinge joint is

- A:-Inversion and eversion
 - B:-Abduction and adduction
 - C:-Extension and flexion
 - D:-Lateral and medial
- Correct Answer:- Option-C

Question17:-Which plane is a horizontal plane dividing the body or any of its parts into upper and lower parts ?

- A:-Frontal plane
 - B:-Sagittal plane
 - C:-Transverse plane
 - D:-Diagonal plane
- Correct Answer:- Option-C

Question18:-A small sphere made of DNA, RNA and protein is called

- A:-Mitochondria
- B:-Ribosomes
- C:-Nucleolus

D:-Golgi apparatus

Correct Answer:- Option-C

Question19:-A single layer of flat cells are called

A:-Simple squamous epithelial tissue

B:-Cuboidal epithelial tissue

C:-Ciliated epithelial tissue

D:-Stratified squamous epithelial tissue

Correct Answer:- Option-A

Question20:-Which is called as involuntary muscle ?

A:-Thoracic muscle

B:-Smooth muscle

C:-Skeletal muscle

D:-Abdomen muscle

Correct Answer:- Option-B

Question21:-Movement in which all parts of the body travel the same distance in the same time in the same direction ?

A:-Linear motion

B:-Angular motion

C:-General motion

D:-Great motion

Correct Answer:- Option-A

Question22:-The ability of a body to do work by virtue of its motion is called

A:-Magnus effect

B:-Kinetic energy

C:-Potential energy

D:-Drag force

Correct Answer:- Option-B

Question23:-The number of vertebral bone in the spinal column are

A:-7

B:-12

C:-33

D:-35

Correct Answer:- Option-C

Question24:-Which gland secreting Insulin ?

A:-Thyroid gland

B:-Adrenal gland

C:-Pituitary gland

D:-Pancreas

Correct Answer:- Option-D

Question25:-Which part of the body is responsible for the regulation of body temperature ?

A:-Skin

B:-Hypothalamus

C:-Sweat gland

D:-Urinary system

Correct Answer:- Option-B

Question26:-What equipment is used to the study of muscle activity in sports movements ?

A:-Dynamometer

B:-Skin fold calliper

C:-Cinematography

D:-Electromyography

Correct Answer:- Option-D

Question27:-The most important cellular components of immunity is

A:-White blood cells

B:-Red blood cells

C:-Thrombocytes

D:-Platelets

Correct Answer:- Option-A

Question28:-An enzyme secreted by the stomach, which breaks down proteins is

A:-Salivary amylase

B:-Glycerol

C:-Pepsin

D:-Lipase

Correct Answer:- Option-C

Question29:-Which hormone response to a high blood potassium level, to a low blood sodium level or to a decrease in blood pressure ?

A:-Thyroid

B:-Prolactin

C:-Adrenocorticotrophic

D:-Aldosterone

Correct Answer:- Option-D

Question30:-The forces that the ground or other external surface exerts on the sports performer is

A:-Reaction force

B:-Magnetic force

C:-Frictional force

D:-Tension force

Correct Answer:- Option-A

Question31:-"Management of everything begins with management of yourself" which master teacher said this ?

A:-Chanakya

B:-Buddha

C:-Confucius

D:-None of the above

Correct Answer:- Option-A

Question32:-Name the philosophy which implies a leader who gives little guidance and frequently leaves decision making to group members ?

A:-Authoritarian theory

B:-Laissez-faire theory

C:-Democratic theory

D:-Systems theory

Correct Answer:- Option-B

Question33:-How many members are there in the Executive Council of the Indian Olympic Association ?

A:-28

B:-32

C:-45

D:-12

Correct Answer:- Option-B

Question34:-Who was the President of the Kerala State Sports Council from its formation until his demise ?

A:-Col GV Raja

B:-Chithira Thirunal Balarama Varma

C:-Raja Ravi Varma

D:-Sir C. P. Ramaswamy Iyyar

Correct Answer:- Option-A

Question35:-Which management function is the process of logically and purposefully outlining the work to be performed together with the methods to be used in the performance of that work ?

A:-Directing

B:-Organizing

C:-Controlling

D:-None of the above

Correct Answer:- Option-D

Question36:-What type of planning generally assumes the existence of objectives and specifies ways to achieve them ?

A:-Tactical planning

B:-Operational planning

C:-Strategic planning

D:-None of the above

Correct Answer:- Option-B

Question37:-The best examples of _____ type of planning, with regards to physical education can be had in National plan of physical education and recreation - 1956 and for sports in National Sports Policy - 1984.

A:-Tactical planning

B:-Operational planning

C:-Strategic planning

D:-None of the above

Correct Answer:- Option-C

Question38:- _____ is the formal process of asking suppliers or manufacturers to bid on the products and services required by a company, institution, organisation or government department.

- A:-Purchase order
- B:-Quotation
- C:-Tender
- D:-Advertisement

Correct Answer:- Option-C

Question39:-A _____ is the space or setting where one teacher or staff member can carry on physical education activities for one group of students.

- A:-Team
- B:-Teaching station
- C:-Activity group
- D:-Teaching zone

Correct Answer:- Option-B

Question40:-Three fairly popular leadership styles are

- A:-Motivational style, power style and supervisory style
- B:-Authoritarian style, democratic style and dominating style
- C:-Laissez-faire style, positive style and negative style
- D:-None of the above

Correct Answer:- Option-A

Question41:-Two types of relationship organizations or structures called line organization and line and staff organisation fall under which organization category ?

- A:-Departmental Organization
- B:-Authority Relationship Organization
- C:-Inter Personal Relationship Organization
- D:-None of the above

Correct Answer:- Option-B

Question42:-The systematic and scientific development of leadership in physical education in India began with the founding of YMCA College of physical education at Madras in 1920 by whom ?

- A:-Dr. P. M. Joseph
- B:-Dr. Robson
- C:-H. C. Buck
- D:-Dr. Chella Durai

Correct Answer:- Option-C

Question43:-The chairman of a physical education department who very seldom holds a staff meeting, instead, he issues directives from his office indicating the policies and procedures that each staff member is expected to follow is an example of which management theory ?

- A:-Systems theory
- B:-Authoritarian theory
- C:-Democratic theory
- D:-Laissez-Faire theory

Correct Answer:- Option-B

Question44:-To promote fitness as easy, fun and free. Is the objectives of which SAI Programme launched in August, 2019 ?

- A:-Khelo India
- B:-SPDA
- C:-SAG
- D:-None of the above

Correct Answer:- Option-D

Question45:- _____ is the first and foremost step in planning.

- A:-Establishing activity sequence
- B:-Setting up objectives
- C:-Identification of limitations
- D:-Establishment of planning premises

Correct Answer:- Option-B

Question46:-The three most common managerial skills according to Katz are 1. human relation skill 2. technical skills and the third is _____

- A:-Adaptive skills
- B:-Conceptual skills
- C:-Interpersonal skills

D:-Leadership skills

Correct Answer:- Option-B

Question47:-Which is an elected body of the nominated representative officials of the state and union territory education departments of the country ?

A:-ICSE

B:-CBSE

C:-SGFI

D:-SNIPES

Correct Answer:- Option-C

Question48:-What is the depth of an Olympic size swimming pool ?

A:-1.80 M

B:-2.10 M

C:-1.90 M

D:-2.00 M

Correct Answer:- Option-D

Question49:-Sportsmanship is an example of a subobjective of which developmental objectives ?

A:-Organic developmental objectives

B:-Skill developmental objectives

C:-Cognitive developmental objectives

D:-Social-Affective developmental objective

Correct Answer:- Option-D

Question50:-Who is the Member of IOC from India ?

A:-Mr. Dileep Tirky

B:-Mrs. Nita Ambani

C:-Mr. Rajvardan Singh Rathod

D:-Mr. Anurag Takur

Correct Answer:- Option-B

Question51:-The objectives of intramural and extramural programme may be classified into four headings :

1. Health

2. Skill

3. Social Development and

4. _____ ?

A:-Fitness

B:-Recreation

C:-Endurance

D:-Self esteem

Correct Answer:- Option-B

Question52:-How many byes are there in a single knock out tournament of 15 teams ?

A:-1

B:-7

C:-8

D:-2

Correct Answer:- Option-A

Question53:-Pyramid tournament is an example of which type of Tournament ?

A:-Double Elimination

B:-Round Robin

C:-Challenge Tournament

D:-Combination Tournament

Correct Answer:- Option-C

Question54:-The Headquarters for the IAAF was initially established in stockholm. It was moved to London in 1946 where it remained until 1993 when Congress voted to move it to its present location in

A:-Monaco

B:-Lausanne

C:-Zurich

D:-New York

Correct Answer:- Option-A

Question55:-How many water jumps in a 3000 meter steeple chase race ?

A:-8

B:-7

C:-11

D:-5

Correct Answer:- Option-B

Question56:-Who invented the game of Basket Ball ?

A:-Dr. James Naismith

B:-Dr. William Morgan

C:-Harrison Clarke

D:-Micheal Jordan

Correct Answer:- Option-A

Question57:-Which is the official match ball of FIFA World Cup Qatar 2022 ?

A:-Adidas Al Rihla Pro Ball

B:-Adidas Tiro League Sala Football

C:-Adidas Tango Rosario Football

D:-Nike Pro

Correct Answer:- Option-A

Question58:-What is the objective of World Athletics level 3 course of Technical Officials Education and Certification System (TOECS) ?

A:-To provide participants with the theoretical and practical training required to make them capable of officiating at national level competitions and at international competitions held within the country.

B:-To provide participants with the theoretical and practical training required to make them capable of officiating at international competitions up to the Area level.

C:-To provide participants with the theoretical and practical training required to make them capable of officiating at international competitions up to the highest level.

D:-To provide participants with the theoretical and practical training required to make them capable of officiating at continental competitions of a particular continent.

Correct Answer:- Option-C

Question59:-Which playing actions of the volleyball libero mentioned below is not true ?

A:-The libero is allowed to replace in player that is in a back row position

B:-The libero may not block or attempt to block

C:-A libero can serve

D:-A player may not complete an attack hit from higher than the top of the net, if a ball is coming from an overhead finger pass from a libero in the front zone or it's extension

Correct Answer:- Option-C

Question60:-Who was the Man of the Match in 1983 ODI Cricket World Cup Final match ?

A:-Kapil Dev

B:-Mohinder Amarnath

C:-Sandeep Patil

D:-K. Srikanth

Correct Answer:- Option-B

Question61:-Name the Artificial playing surface where hockey is played in modern days

A:-Poly grass

B:-Astro turf

C:-Hybrid grass

D:-Tartan track

Correct Answer:- Option-B

Question62:-Consistently remaining determined, focused, confident and cool under pressure is

A:-Mental toughness

B:-Confidence

C:-Motivational

D:-Flow state

Correct Answer:- Option-A

Question63:-Which one is not a cricket match referee's responsibility ?

A:-To ensure that the ICC Cricket Code of conduct is upheld during the game

B:-To assess any breaches of the code

C:-To hand out penalties for any breaches

D:-To review video replays and help the umpires

Correct Answer:- Option-D

Question64:-How high is the badminton net at the centre ?

A:-1.524 M

B:-1.550 M

C:-1.500 M

D:-1.495 M

Correct Answer:- Option-A

Question65:-The three generally accepted styles of coaching in sports are

1. autocratic
2. democratic and
3. _____ ?

A:-Power

B:-Stylish

C:-Holistic

D:-Diplomatic

Correct Answer:- Option-C

Question66:-How many feathers does a standard Shuttlecock have ?

A:-18

B:-24

C:-16

D:-12

Correct Answer:- Option-C

Question67:-_____ is an annual series of elite track and field athletic competitions comprising fourteen of the best invitational athletics meetings. The series sits in the top tier of the World Athletics one-day meeting competitions.

A:-The golden league

B:-Grand prix

C:-The Diamond league

D:-IAAF World meet

Correct Answer:- Option-C

Question68:-Which is not an indigenous sport of India ?

A:-Hekko

B:-Sqay

C:-Roll Ball

D:-Silat

Correct Answer:- Option-D

Question69:-Jury of appeal of an athletic meet consists of a minimum of how many members ?

A:-3

B:-4

C:-8

D:-6

Correct Answer:- Option-A

Question70:-Which Indian included in the Emirates ICC Elite Panel of Umpires ?

A:-Nitin Menon

B:-Anil Chaudhary

C:-Virender Sharma

D:-K. N. Ananthapadmanabhan

Correct Answer:- Option-A

Question71:-JCR Test was developed by

A:-B. E. Phillips

B:-Willam James

C:-Nikola Tesla

D:-James Watson

Correct Answer:- Option-A

Question72:-Rorschach projective test is a _____ test.

A:-Physiological

B:-Psychological

C:-Social

D:-Physical

Correct Answer:- Option-B

Question73:-Cooper test was developed in the year

A:-1962

B:-1963

C:-1965

D:-1968

Correct Answer:- Option-D

Question74:-Barrow 3 items battery consist of

- A:-Standing broad jump, zig zag run, medicine ball throw
 - B:-Push up, pull up, sit up
 - C:-Standing broad jump, 600 meters run, tennis ball throw
 - D:-Zig zag run, 600 meters run
- Correct Answer:- Option-A

Question75:-Maximum Heart Rate can be approximated by

- A:-220 - age
 - B:-3x (100-age)
 - C:-2xage
 - D:-Maximum heart rate cannot be estimated
- Correct Answer:- Option-A

Question76:-Kraus-Weber test was devised in the year

- A:-1970
- B:-1972
- C:-1940
- D:-1952

Correct Answer:- Option-C

Question77:-Plumb-line method is used to test

- A:-Postural testing
- B:-Body composition
- C:-Speed
- D:-Agility

Correct Answer:- Option-A

Question78:-Air displacement plethysmography is used to measure

- A:-Personality
- B:-Speed
- C:-Body density
- D:-Reaction ability

Correct Answer:- Option-C

Question79:-Rock port walking test measure

- A:-VO2 Max
- B:-Oxygen transport
- C:-Anaerobic capacity
- D:-Power

Correct Answer:- Option-A

Question80:-EPI stands for

- A:-Eysenck Personality Inventory
- B:-Electronic Pain Inventory
- C:-Extrovert Prime Inventory
- D:-Eysenck Pain Inventory

Correct Answer:- Option-A

Question81:-Modified version of Harvard step test

- A:-Tecumseh step test
- B:-Toveno step test
- C:-Jean Plaget step test
- D:-All the above

Correct Answer:- Option-A

Question82:-Split-half is a method to establish

- A:-Validity
- B:-Reliability
- C:-Objectivity
- D:-None of the above

Correct Answer:- Option-B

Question83:-Dr. Kenneth cooper is the exponent of

- A:-Harvard step test
- B:-JCR test
- C:-12 minutes run or walk test
- D:-None of the above

Correct Answer:- Option-C

Question84:-The instrument used to measure range of motion in joint is

- A:-Caliper
- B:-Goniometer
- C:-Dynamo meter
- D:-All the above

Correct Answer:- Option-B

Question85:-Sociogram is a tool to measure

- A:-Cooperation
- B:-Team satisfaction
- C:-Task orientation
- D:-Affiliation and attraction among group members

Correct Answer:- Option-D

Question86:-Strength endurance can be measured from

- A:-Medicine ball throw
- B:-Squat jump
- C:-Vertical jump
- D:-Sit - ups

Correct Answer:- Option-D

Question87:-Dual - Energy X ray absorptiometry is used to assess

- A:-Body composition
- B:-Strength
- C:-Flexibility
- D:-Vital capacity

Correct Answer:- Option-A

Question88:-Cable tension meter is used to measure

- A:-Balance
- B:-Coordination
- C:-Strength
- D:-Speed

Correct Answer:- Option-C

Question89:-A scale used to measure a clients subjective rating of exercise intensity

- A:-EPE scale
- B:-RPE scale
- C:-RPD scale
- D:-PDR scale

Correct Answer:- Option-B

Question90:-BMI between 25 to 29.9 Kg/m² is called

- A:-Over weight
- B:-Obesity
- C:-Under weight
- D:-None of the above

Correct Answer:- Option-A

Question91:-_____ is a motion analysis software used to measure kinematic parameters.

- A:-Kinovea
- B:-Turnitin
- C:-Uni check
- D:-Quetex

Correct Answer:- Option-A

Question92:-_____ is a mediated environment which creates the sensation in a user of being present in a physical surrounding.

- A:-WWW
- B:-VR
- C:-HMD
- D:-GVI

Correct Answer:- Option-B

Question93:-What does EDM stand for ?

- A:-Electronic Dispute Manager
- B:-Electric Distance Manager

C:-Electronic Distance Measurement

D:-Elevated Distance Manager

Correct Answer:- Option-C

Question94:-Name the computer and camera system technology which track the trajectory of the ball

A:-Hawk eye

B:-Eagle eye

C:-Owl eye

D:-Falcon eye

Correct Answer:- Option-A

Question95:-What does VAR stand for ?

A:-Video Assessor Referee

B:-Viral Assistance Referee

C:-Video Assistance Referee

D:-Video Analysis Robot

Correct Answer:- Option-C

Question96:-Advantages of using smart clothing in sports include

A:-Remote monitoring

B:-Regular monitoring

C:-Correction of work

D:-All the above

Correct Answer:- Option-D

Question97:-Joystick is a _____ device.

A:-Output

B:-Input

C:-Storage

D:-None of these

Correct Answer:- Option-B

Question98:-F5 key is used for _____ in PowerPoint.

A:-Delete slide

B:-Slide show from beginning

C:-Add new slide

D:-None of these

Correct Answer:- Option-B

Question99:-Examples of primary storage

A:-Hard disk

B:-Floppy disk

C:-RAM

D:-SD Card

Correct Answer:- Option-C

Question100:-By default _____ number of worksheet are present in a workbook.

A:-One

B:-Two

C:-Three

D:-Four

Correct Answer:- Option-C