

Test Booklet
Series

A

Paper No.

16

Written Test Paper, 2021

**SENIOR SKILL INSTRUCTOR
(SPORTS)**

Test Booklet No.

Name of Applicant Answer Sheet No.

Application No. : SVSU/2020/Estt/NT/ Signature of Applicant :

Date of Examination: **25 / 12 / 2021**

Signature of the Invigilator(s)

1.

Time of Examination :

2.

Duration : 60 Minutes]

[Maximum Marks : 50

IMPORTANT INSTRUCTIONS

- (i) The question paper is in the form of Test-Booklet containing **50 (Fifty)** questions. All questions are compulsory. Each question carries four answers marked (A), (B), (C) and (D), out of which only one is correct.
- (ii) On receipt of the Test-Booklet (Question Paper), the candidate should immediately check it and ensure that it contains all the pages, i.e., **50** questions. Discrepancy, if any, should be reported by the candidate to the invigilator immediately after receiving the Test-Booklet.
- (iii) A separate Answer-Sheet is provided with the Test-Booklet/Question Paper. On this sheet there are **50** rows containing four circles each. One row pertains to one question.
- (iv) The candidate should write his/her Application number at the places provided on the cover page of the Test-Booklet/Question Paper and on the Answer-Sheet and NOWHERE ELSE.
- (v) No second Test-Booklet/Question Paper and Answer-Sheet will be given to a candidate. The candidates are advised to be careful in handling it and writing the answer on the Answer-Sheet.
- (vi) For every correct answer of the question **One (1) mark will be awarded**. For every unattempted question, Zero (0) mark shall be awarded. **There is no Negative Marking**.
- (vii) Marking shall be done only on the basis of answers responded on the Answer-Sheet.
- (viii) To mark the answer on the Answer-Sheet, candidate should **darken** the appropriate circle in the row of each question with Blue or Black pen.
- (ix) For each question only **one** circle should be **darkened** as a mark of the answer adopted by the candidate. If more than one circle for the question are found darkened or with one black circle any other circle carries no mark, the question will be treated as cancelled.
- (x) The candidates should not remove any paper from the Test-Booklet/Question Paper. Attempting to remove any paper shall be liable to be punished for use of unfair means.
- (xi) Rough work may be done on the blank space provided in the Test-Booklet/Question Paper only.
- (xii) *Mobile phones (even in Switch-off mode) and such other communication/programmable devices are not allowed inside the examination hall.*
- (xiii) No candidate shall be permitted to leave the examination hall before the expiry of the time.

DO NOT OPEN THIS QUESTION BOOKLET UNTIL ASKED TO DO SO.

[P.T.O.

1. Which of the following do not considered as aerobics?
 - (A) Calisthenics
 - (B) Yogic exercises
 - (C) Rhythmic exercises
 - (D) Cycling
2. Drill is meant to discipline body movements through repetitive procedure of –
 - (A) Stimulus response bonding
 - (B) Individual Group Interaction
 - (C) Classical conditioning
 - (D) Teacher-taught Interaction
3. The average resting heart rate of elite 30 years old female athlete ranges from –
 - (A) 30 to 35 beats per minute
 - (B) 40 to 45 beats per minute
 - (C) 54 to 59 beats per minute
 - (D) 65 to 70 beats per minute
4. Which of the following regarded "physical activity as a strong means of bringing moral perfection in youth"?
 - (A) Aristotle
 - (B) Plato
 - (C) Galen
 - (D) Kretchme
5. Who established the Indian Boys Scout Association in 1916?
 - (A) Lord Baden Powell
 - (B) Mrs. Annie Besant
 - (C) Mahatma Gandhi
 - (D) Swami Vivekananda
6. According to most sports sociologists a sport is firstly set out as what type of activity?
 - (A) Professionalized
 - (B) Idealized
 - (C) Institutionalized
 - (D) Masculinized
7. The most serious threat to a child's growth and development is caused by –
 - (A) Ecological degradation
 - (B) Psychosomatic disorders
 - (C) Lack of exercise
 - (D) Malnutrition
8. Muscular developed in anaerobic exercises are compact with more of –
 - (A) Explosive power
 - (B) Speed-based
 - (C) Agility based
 - (D) Strength based
9. Mascot of Tokyo Olympics, 2021 –
 - (A) Miraitowa and Somiyu
 - (B) Vinicius and tom
 - (C) Athena and Phevos
 - (D) Zavibaka
10. Total medals series of India in Tokyo Olympics?
 - (A) 1 Gold, 1 Silver, 2 Bronze
 - (B) 2 Gold, 1 Silver, 2 Bronze
 - (C) 1 Gold, 1 Silver, 5 Bronze
 - (D) 1 Gold, 2 Silver, 4 Bronze

11. A condition of Anemia occurs when there is low level of –
- (A) Blood plasma
 - (B) Haemoglobin
 - (C) Blood Sugar
 - (D) Blood Platelets
12. Mostly which therapy recommended for Back Wrap –
- (A) Cold Therapy
 - (B) Heat Therapy
 - (C) Hydro Therapy
 - (D) Cryotherapy
13. Central nervous system directs the –
- (A) External Environment changes
 - (B) Internal Environment changes
 - (C) External messages
 - (D) None of these
14. According to H.H. Mitchell, the brain and heart are composed of _____ Water.
- (A) 50%
 - (B) 63%
 - (C) 73%
 - (D) 93%
15. Hypoglycemia is a estate in which the body has a low level of _____.
- (A) Glucose
 - (B) Cholesterol
 - (C) Oxygen
 - (D) Body Fluid
16. Most exercise related stress fracture appear _____.
- (A) Below the knees
 - (B) Above the neck
 - (C) In the hands
 - (D) In the vertebrae
17. Aerobic exercise like weight Training help to –
- (A) Increase Depth Breathing
 - (B) Strengthen Cardiac system
 - (C) Postpone Fatigue
 - (D) Burn excess Fat
18. One complete Heart beat duration is –
- (A) 0.8 sec.
 - (B) 0.72 sec.
 - (C) 0.85 sec.
 - (D) None of these
19. Which Gland is closely associated with the immune system then with the endocrine system?
- (A) Rineal gland
 - (B) Adrenal Gland
 - (C) Salivary Gland
 - (D) Thymus Gland
20. All of the following are indications for the use of intermittent compression except –
- (A) Postsurgical edema
 - (B) Prevention of deep vein thrombosis
 - (C) Dermatitis
 - (D) Lymphedema

21. Which two countries first time participated in Rio Summer Olympics, 2016?
 (A) Kosovo, Iran
 (B) Kosovo, South Sudan
 (C) South Sudan, Iran
 (D) Iran, Iraq
22. Olympic Songs made by –
 (A) Coubertin
 (B) Antonio Samaranch
 (C) Henry Didon
 (D) Carl Diem
23. 11 players of Israel murdered in which Olympics?
 (A) 1936 Berlin
 (B) 1972 Munich
 (C) 1976 Montreal
 (D) 1980 Moscow
24. How many Joint Secretaries I.O.A. have?
 (A) 4
 (B) 7
 (C) 6
 (D) 10
25. First dope test in Olympics had begun in –
 (A) 1976 Montreal
 (B) 1980 Moscow
 (C) 1972 Munich
 (D) 1968 Mexico
26. International Sports away from politics is –
 (A) IOC
 (B) United Nations
 (C) UNESCO
 (D) Sports Federation
27. P.D. Coubertin was president of the IOC from –
 (A) 1894-1923
 (B) 1898-1927
 (C) 1896-1925
 (D) 1845-1924
28. In the ancient Olympics an Competition called Pankration Combined –
 (A) Kicking and Chopping
 (B) Running and Throwing
 (C) Horse racing and Charioting
 (D) Wrestling and Boxing
29. Milo, who has a track record of participating in six ancient Olympics was a –
 (A) Wrestler
 (B) Boxer
 (C) Runner
 (D) Swimmer
30. In Olympics Game age requirements for Equestrian events for riders and horses must be at least –
 (A) 18, 9
 (B) 16, 9
 (C) 18, 12
 (D) 16, 12

31. In table tennis how many lets can you have a row on a serve?
 (A) One
 (B) Two
 (C) Three
 (D) Unlimited
32. Strike rate is the average number of runs a batsman makes per –
 (A) Hour
 (B) Over
 (C) Innings
 (D) 100 Deliveries
33. Highest point in Judo is known as –
 (A) Waza-ari
 (B) Shido
 (C) Ippon
 (D) Hajime
34. A Key strategy in Squash is known as –
 (A) Dominating the "T"
 (B) Dominating the "L"
 (C) Dominating the "c"
 (D) Dominating the "v"
35. Who creates a high volume of shots on offense in basketball?
 (A) Blocker
 (B) Point guard
 (C) Libero
 (D) Shooting Guard
36. In Karate what is Yoko Geri?
 (A) Punch
 (B) Side Kick
 (C) Front Kick
 (D) Round house Kick
37. AAFI established in which year?
 (A) 1946
 (B) 1950
 (C) 1951
 (D) 1952
38. How many major Laws of Badminton?
 (A) 21
 (B) 11
 (C) 17
 (D) 27
39. Swimmers lose body heat to water through the process of –
 (A) Evaporation
 (B) Convection
 (C) Conduction
 (D) Radiation
40. In which game pressure training method first Experienced –
 (A) Hockey
 (B) Football
 (C) Volleyball
 (D) Basketball

41. Five types of Yama according to Patanjali are –
- (A) Ahimsa, Asteya, Satya, Brahmacharya and Asana.
 (B) Ahimsa, Satya, Asteya, Brahmacharya and Aparigraha
 (C) Satya, Asteya, Brahmacharya, Aparigraha and Dhyana
 (D) Asteya, Brahmacharya Satya, Dhyana and Asana
42. Which Mudra destroys all diseases of the rectum and prevents premature death?
- (A) Brahma Mudra
 (B) Shambhavi Mudra
 (C) Akashachari Mudra
 (D) Ashvini Mudra
43. Raja Yoga is the yoga of controlling our –
- (A) Sense Organs
 (B) Organs of Action
 (C) Mind
 (D) Our Emotions
44. The word "Nadi" is derived from the word "Nad" which means –
- (A) To Flow
 (B) To Blow
 (C) To Run
 (D) To Carry
45. The meaning of Prana is –
- (A) Air
 (B) Vital energy
 (C) Oxygen
 (D) All the above
46. The ratio between the Puraka, Kumbhaka and Rechaka is _____.
- (A) 1 : 2 : 4
 (B) 2 : 4 : 1
 (C) 1 : 4 : 2
 (D) 2 : 4 : 2
47. At which Chakra, the union of Ida and Pingala nadi takes place?
- (A) Manipura
 (B) Anahata
 (C) Ajna
 (D) Visudhi
48. Which form of hepatitis is also known as Serum Hepatitis?
- (A) Hepatitis D
 (B) Hepatitis B
 (C) Hepatitis A
 (D) Hepatitis C
49. A disease in which the body does not have enough vitamin B₁ (Thiamine)?
- (A) Scurvy
 (B) Rickets
 (C) Beri-Beri
 (D) Night Blindness
50. Which of the following known as slim disease?
- (A) Leprosy
 (B) Cancer
 (C) AIDS
 (D) Typhoid

ROUGH WORK

ANSWERS: Senior Skill Instructor(Sports)

| | |
|-------|-------|
| 1. B | 26. A |
| 2. A | 27. C |
| 3. C | 28. D |
| 4. B | 29. A |
| 5. B | 30. B |
| 6. C | 31. D |
| 7. D | 32. D |
| 8. A | 33. C |
| 9. A | 34. A |
| 10. D | 35. D |
| 11. B | 36. B |
| 12. B | 37. A |
| 13. A | 38. C |
| 14. C | 39. B |
| 15. A | 40. B |
| 16. A | 41. B |
| 17. B | 42. D |
| 18. A | 43. B |
| 19. D | 44. A |
| 20. C | 45. B |
| 21. B | 46. C |
| 22. B | 47. C |
| 23. B | 48. B |
| 24. C | 49. C |
| 25. D | 50. C |