IMPORTANT INSTRUCTIONS

(i) The question paper is in the form of Test-Booklet containing 100 (Hundred) 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., 100 questions (70 in Part-A + 30 in Part–B). 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 100 rows (70 in Part-A + 30 in Part–B) 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 any 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.
PART–A

1. Olympics first time internationally broadcast on television.
   (A) 1964 Winter Olympics
   (B) 1956 Winter Olympics
   (C) 1960 Summer Olympics
   (D) 1964 Summer Olympics

2. Indian Olympic Association is under the process suspension by the International Olympic Committee due to the reason:
   1. Criminally charged persons cannot hold official position in IOA
   2. 70 years age limit for the office bearers
   3. By passing two term norms for office bearers
   4. 12 years as office bearer and not more than 70 years of age

Find the correct answer:
   (A) 1, 2
   (B) 3, 4
   (C) 2, 3
   (D) 1, 4

3. Olympic oath, which included declaration against doping and drugs, was introduced in which Olympic Games?
   (A) Sydney, 2000
   (B) Athens, 2004
   (C) London, 2012
   (D) Mexico City, 1968

4. Olympic songs made by:
   (A) Coubertin
   (B) Antonio Samaranch
   (C) Henry Didon
   (D) Carl Diem

5. India unofficially participated in Olympics Games for the First time in:
   (A) 1896
   (B) 1900
   (C) 1904
   (D) 1924

6. In Judo competition, Waza-ari awarded to player is worth ________?
   (A) One point
   (B) Half point
   (C) A quarter point
   (D) Two points

7. When the blockers in volleyball have their hands over the net, it is named as:
   (A) Smoke
   (B) Roof
   (C) Cover
   (D) Shield
8. Old name of Volleyball is:
   (A) Ping pong
   (B) Battledore
   (C) Mintonette
   (D) Naismith Ball

9. K.D. Jadhav is a Player of:
   (A) Wrestling
   (B) Boxing
   (C) Football
   (D) Basketball

10. Khelo India First Event Held in:
    (A) 2013
    (B) 2019
    (C) 2018
    (D) 1998

11. Khelo India launched for:
    (A) Grass Root Talent
    (B) Elite Athlete
    (C) Weightlifters
    (D) Aquatics

12. Asian Games in 2022 held in:
    (A) China
    (B) New Zealand
    (C) India
    (D) Japan

13. NAPER formed in:
    (A) 1987
    (B) 1978
    (C) 1956
    (D) 2002

14. Special area Games founded in:
    (A) 1990
    (B) 2003
    (C) 2011
    (D) 1986

15. Ad Doc Inquiry Committee Founded in which year:
    (A) 1959
    (B) 1958
    (C) 1956
    (D) 1954

16. First Director of National Institute of sports was:
    (A) James Naismith
    (B) M.K. Kaul
    (C) M.L. Karmal
    (D) S.K. Mishra
17. All of the following needed for strong bones except:
   (A) Thiamine
   (B) Calcium
   (C) Magnesium
   (D) Vitamin D

18. Known as Slim disease:
   (A) Leprosy
   (B) Cancer
   (C) AIDS
   (D) Typhoid

19. The component of wellness include all of the following except:
   (A) Spiritual
   (B) Physical
   (C) Intellectual
   (D) Psychological

20. First Doping Test:
   (A) 1968
   (B) 1998
   (C) 1967
   (D) 1976

21. First Athlete dies in 1912 due to exhaustion and dehydration was:
   (A) George Fedricks
   (B) Francisco Lazaro
   (C) William Morgan
   (D) Roman Reigns

22. First President of WADA was:
   (A) Craig Reedie
   (B) Dick Pound
   (C) Witold Banka
   (D) Hans Gunnar

23. NADA formed in:
   (A) 24 Nov. 2005
   (B) 23 Nov. 2007
   (C) 22 Nov. 2005
   (D) 27 Nov. 2006

24. Anxiety reduced by:
   (A) Stimulants
   (B) Beta blockers
   (C) Peptide Hormones
   (D) Diuretics
25. Also Known as Protein Hormones and Effects the muscle growth:
   (A) Peptide Hormones
   (B) Anabolic Steroids
   (C) Diuretics
   (D) Beta blockers

26. CSS stands for:
   (A) Cascading Style Sheets
   (B) Collecting Style Sheets
   (C) Comparative Style Sheet
   (D) Comprehensive style sheets

27. The satellite communication works with:
   (A) Service module
   (B) Radar
   (C) Power Connection
   (D) Transmitter

28. Transfer of data from one application to another line is known as:
   (A) Dynamic disk exchange
   (B) Dodgy data exchange
   (C) Dogmatic data exchange
   (D) Dynamic data exchange

29. An unsolicited e-mail message sent to many recipients at once is a:
   (A) Worm
   (B) Virus
   (C) Threat
   (D) Spam

30. The main objective of National Mission on Teachers and Training is to improve:
   (A) Students enrolment
   (B) Quality of teaching
   (C) Women education
   (D) All the above

31. The modern state is described as:
   (A) A police state
   (B) A welfare state
   (C) A laissez faire state
   (D) Autocratic state

32. Essential element of the state is:
   (A) Population
   (B) Territory
   (C) Sovereignty
   (D) Democracy
33. Mostly which therapy recommended for back wrap:
   (A) Cold therapy
   (B) Heat therapy
   (C) Hydro therapy
   (D) Cryo therapy

34. Central nervous system direct the:
   (A) External environment changes
   (B) Internal environment changes
   (C) External messages
   (D) None of these

35. F.I.M.S. stands for:
   (A) Federation International of Medicine and Sports
   (B) Federation of Indian Medicine and Surgery
   (C) Federation International Medico-sportive
   (D) International Federation of Medico-sportive

36. Knee cartilage injuries are normally related with:
   (A) Rowing
   (B) Wrestling
   (C) Boxing
   (D) Football

37. Water in the muscles are responsible for:
   (A) Strength
   (B) Endurance
   (C) Suppleness
   (D) Power

38. The correct racing posture of a swimmer, a cyclist or a downhill skier minimizes the effect of:
   (A) Lift
   (B) Propulsion
   (C) Turbulence
   (D) Gravity

39. Isotonic exercises are also called:
   (A) PROM
   (B) AROM
   (C) RST
   (D) Static

40. According to WHO, sodium amount should not more than:
   (A) 1 gm. Per day
   (B) 3 gm. Per day
   (C) 5 gm. Per day
   (D) 7 gm. Per day
41. Bicycle set at 90-degree evolution per minute is an example of:
(A) Isotonic
(B) Isometric
(C) Isokinetic
(D) None of these

42. Main extensor of hip joint is:
(A) Vastus femoris
(B) Biceps Femoris
(C) Soleus
(D) Gluteus Maximum

43. To promote intrinsic motivation we should avoid which of the following:
(A) Promoting individual mastery
(B) Providing choices
(C) Peer comparisons of performance
(D) Teaching the value of physical activity for health

44. Positive influence due to the presence of other is termed as:
(A) Social Influence
(B) Social loafing
(C) Bandwagon effect
(D) Social facilitation

45. The Eysenik Personality Inventory (EPT) measures:
(A) Introversion only
(B) Extroversion only
(C) Personality structure
(D) Introversion and extroversion dependence

46. A person's awareness of his own personality traits is reflected in his:
(A) Self-regard
(B) Self-concept
(C) Self-efficacy
(D) Self-esteem

47. Abrasion comes in the:
(A) Hard tissue injury
(B) Acute injury
(C) Chronic injury
(D) Soft tissue injury

48. Fracture in which there is an open wound or break in the skin near the size of the broken bone:
(A) Compound Fracture
(B) Comminuted Fracture
(C) Green Stick Fracture
(D) Impacted Fracture
49. Fracture that has the break which has a curved or slopped pattern:
   (A) Transverse fracture
   (B) Oblique fracture
   (C) Hairline fracture
   (D) Simple fracture

50. The technique used for the treatment of fractures:
   (A) Tapotement
   (B) Traction
   (C) Stroking
   (D) Pounding

51. Active form of Vitamin $B_{12}$ is:
   (A) Calcitriol
   (B) Retinal
   (C) Both (A) and (B)
   (D) Methylcobalamin and Homocystein

52. Excess amount of potassium in the body causes malfunctioning of the:
   (A) Heart
   (B) Brain
   (C) Kidneys
   (D) Liver

53. The damage to human health due to noise based on noise:
   (A) Type
   (B) Direction
   (C) Intensity
   (D) Transit

54. The greatest health risk at the moment is:
   (A) Number of vehicles on the road
   (B) Drinking and smoking habit with man
   (C) Population explosion
   (D) Pollution of air and water

55. Mostly progression method can be used in teaching the activities other than:
   (A) Mass physical training
   (B) Pole vault
   (C) Dance
   (D) Hammer throw

56. Maximum momentum (force stimulation) may be gained by all except:
   (A) Using as many body segments as possible
   (B) Using large muscle first followed by smaller and faster muscles
   (C) Correct timings
   (D) Using smallest range of motion possible
57. The ability of the organism to meet the demands of the environment is called:
   (A) Fitness
   (B) Health
   (C) Wellness
   (D) Endurance

58. A measure of the percentage of one's maximum capacity necessary to perform the exercise is referred as:
   (A) Absolute Volume
   (B) Absolute Intensity
   (C) Relative Volume
   (D) Relative Intensity

59. The chief results of correlation is known as:
   (A) Coefficient of correlation
   (B) Correlation matrix
   (C) Kendall coefficient of concordance
   (D) Scatterogram

60. Pearson-product correlation technique is used when:
   (A) Two variables are dichotomous
   (B) One variable is metric and other ordinal
   (C) Both variables are metric
   (D) Both variables are ordinal

61. A examine generates real data which are obtain from:
   (A) Inferred situations
   (B) Actual measurements process
   (C) Opinionated ideas
   (D) Rational assertions

62. The formula 3 median-2 mean is used to compute:
   (A) Arithmetic mean
   (B) Mode
   (C) Median
   (D) Weighted mean

63. Bass stick test is used to measuring:
   (A) Flexibility
   (B) Strength
   (C) Endurance
   (D) Balance

64. The degree of consistency with which a measuring device may be applied is ascertained through:
   (A) Reliability
   (B) Validity
   (C) None of the above
   (D) Both of the above
65. Bredemeir Athletic Aggression Checklist (1975) is able to assess:
   (A) Hostility and Frustration
   (B) Instrumental aggression
   (C) Reactive aggression
   (D) Both Instrumental and reactive aggression

66. Helman test battery used of:
   (A) Soccer
   (B) Volleyball
   (C) Badminton
   (D) Hockey

67. The best methods of sports administration is:
   (A) Autocratic
   (B) Democratic
   (C) Dictatorial
   (D) Laissez faire

68. Taxonomy of behaviour of physical education teacher is developed by:
   (A) Stimulated training
   (B) Workshop
   (C) Refresher course
   (D) Micro teaching

69. The ethos of management in any field of human interaction is:
   (A) Co-action
   (B) Co-existence
   (C) Coordination
   (D) Cooperation

70. SNIPES merged with Sports Authority of India in:
   (A) 1982
   (B) 1984
   (C) 1985
   (D) 1987
71. Rojgar Bazaar 2.0 portal, which was seen in the news recently, is associated with which state/UT?
   (A) New Delhi
   (B) Bihar
   (C) Uttar Pradesh
   (D) Assam

72. Which city has become the guest city in the world to implement 100 percent paperless strategy in its government functioning?
   (A) New Delhi
   (B) Tel Aviv
   (C) Abu Dhabi
   (D) Dubai

73. In which of the following year, Lucknow pact was signed by Congress and Muslim League?
   (A) 1915
   (B) 1916
   (C) 1917
   (D) 1918

74. Which of the following is/ are Constitutional Body/Bodies.
   1. GST Council
   2. NITI Aayog
   3. Election Commission
   4. Union Public Service Commission
   (A) 1, 2 and 3 only
   (B) 1, 3 and 4 only
   (C) 2, 3, and 4 only
   (D) All the above

75. Who won the 'Padma Vibhushan 2020' award under the 'Public Affairs' category?
   (A) Shinzo Abe
   (B) Gotabaya Rajapaksa
   (C) Sheikh Hasina
   (D) K P Sharma Oli

76. Which of the following separates lesser Himalayas from Shivalik?
   (A) Suture Zone
   (B) Main Central Thrust
   (C) Great Boundary Fault
   (D) Main Boundary Fault

77. Choose the plural of the given word: "Bacillus"
   (A) Bacilluses
   (B) Bacissusis
   (C) Bacilli
   (D) Bacilliusess

78. Choose the antonym of the given word: "Benign"
   (A) Evil
   (B) Damaged
   (C) Poor
   (D) Sick
79. Which of the following is a synonym of word: "Tyrant"

(A) Dictator
(B) Timorous
(C) Laborious
(D) Rapport

80. Choose the indirect speech for the sentence given below?

He said to me, "You were reading the novel.

(A) He told me that I was reading the novel
(B) He told me that I had been reading the novel.
(C) He told me that I have been reading the novel.
(D) He told me that I would have been reading the novel.

81. Find out the error part in following sentence.

The real important thing of our life is our childhood which discriminates us from animals.

(A) The real important thing
(B) Of our life is our childhood
(C) Which discriminates us from animals
(D) No error

82. Find out the error part in following sentence

I warned him for the danger he was going to face during the hiking.

(A) I warned him
(B) For the danger
(C) He was going
(D) To face during the hiking

83. What will be the 21st term in the series

3, 9, 15, ?

(A) 117
(B) 121
(C) 123
(D) 129

84. Complete the following series.

AYBZC, DWEXF, GUHVI, JSKTL, ...

(A) MQORN
(B) MQNRO
(C) NQMOR
(D) QMONR


(A) Copper
(B) Magnesium
(C) Cobalt
(D) Calcium

86. EWS quota introduced by Government of India was implemented by which constitutional amendment?

(A) 101st
(B) 103rd
(C) 102nd
(D) 105th
Directions (Questions 87 to 89) :

Study the information given below to answer these questions:

A is the father of two children B and D, who are of different sexes.
C is B’s spouse.
E is of the same sex as D.
B and C have two children: F, who is of the same sex as B, and G, who is of the same sex as C.
E's mother H, who is married to L, is the sister of D's mother, M.
E and E's spouse I, have two children J and K, who are of the same sex as I.
No person has married more than once and no children have been born out of wedlock.
The only restrictions on marriage are that marriage to a sibling, to a direct descendant, or to more than one person at the same time is forbidden.

87. According to the rules, D can marry
(A) F only
(B) G only
(C) J only
(D) F J or K

88. If the generation of F and K's parents and their siblings contains more females than males, then which of the following must be true?
(A) K and G are of the same sex.
(B) A is of the same sex as D.
(C) J is a male.
(D) There are more females than males in F and K's generation.

89. Who is F?
(A) D's niece or nephew
(B) G's brother
(C) G's sister
(D) B's daughter

90. Kotla lake is situated in which of the following district of Haryana?
(A) Mewat
(B) Faridabad
(C) Palwal
(D) Gurugram

91. Arrange the following districts in ascending order in terms of population density as per the Census of India 2011.
1. Hisar
2. Faridabad
3. Bhiwani
4. Gurugram
(A) 3-1-4-2
(B) 1-3-4-2
(C) 1-3-2-4
(D) 3-1-2-4

92. B is the husband of P, Q is the only grandson of E, who is wife of D and Mother-in-Law of P. How is B related to D?
(A) Nephew
(B) Son
(C) Son-in-Law
(D) Cousin
93. Which of the following pairs are correctly matched.
Vitamin Deficiency Diseases
1. Vitamin A Xerophthalmia
2. Vitamin B₂ Reddish Eyes
3. Vitamin D Rickets
4. Vitamin E Less Fertility
(A) 1, 2 and 4 only
(B) 2, 3 and 4 only
(C) 2 and 3 only
(D) All the above

94. Among six members P, Q, R, G, S, and M sitting along a circle facing the centre.
I. R is between G and P.
II. M is between P and S.
What is the position of Q?
(A) To the immediate left of G
(B) To the immediate right of S
(C) Can't be determined
(D) None of the above

95. Vikas is twice as good a workman as Suresh and is therefore able to finish a piece of work in 30 days less than Suresh. In how many days they can complete the whole work; working together?
(A) 40 days
(B) 30 days
(C) 20 days
(D) 10 days

96. When twice the original number is divided by the same divisor, the remainder is 11. What is the value of the divisor?
(A) 33
(B) 35
(C) 37
(D) 39

97. A bus can travel 50% faster than a car. Both start from point A at the same time and reach point B 75 kms away from A at the same time. On the way, however, the bus lost about 12.5 minutes while stopping at the bus-stops. The speed of the car is:
(A) 120 kmph
(B) 130 kmph
(C) 140 kmph
(D) 150 kmph

98. The simple interest on a certain sum for 8 months at 4% per annum is Rs. 129 less than the simple interest on the same sum for 15 months at 5% per annum. The sum is:
(A) Rs 3500
(B) Rs 3600
(C) Rs 3700
(D) Rs 3800

99. A spherical metal ball of radius 6 cm is melted and small metal balls of radius 3 mm are made. The total number of possible small metal balls is
(A) 7000
(B) 8000
(C) 9000
(D) 10000

100. If the cost price of 120 apples is equal to the selling price of 100 apples, what is the profit percent in this transaction?
(A) 5%
(B) 10%
(C) 15%
(D) 20%
ROUGH WORK
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