

Examination for Non-Teaching Positions
Adv. No. IITT/STAFFREC/02/2023 dated 23.08.2023

Physical Training Instructor

Maximum Marks: 90

Time: 90 Minutes

Candidate Name	
Post Serial Number	
Signature of Invigilator	

General Instructions:

Please read the following instructions carefully:

1. This test booklet contains 12 pages. Immediately after the commencement of the examination, you should check that this test booklet does not have any unprinted or torn or missing pages or items etc. If so, get it replaced.
2. This test booklet contains 90 questions. Each Question carries 1 mark. Each question comprises four answers. You will select the answers which you want to mark on the OMR sheet.
3. You have to mark only one answer otherwise it will be counted as wrong answer.
4. Use blue/black ink ball point pen for darkening the circles on the OMR answer sheet only. Do not use Pencil.
5. Folding, wrinkling or putting any unwanted mark or damaging the OMR answer sheet is prohibited. The candidate will be responsible for invalidation of the OMR answer sheet by doing such deeds.
6. Any kind of electronic devices, including smart watches, mobiles, calculators, and/or any paper chits, letters or printouts are not allowed inside the examination hall.
7. You have to hand-over the answered OMR sheet and the test booklet to the invigilator after the examination.

Level- II (90 Questions)

Physical Education (90 questions of 1 mark each)

1. The combination of strength and speed ability is called.

- A. Explosive strength
- B. Maximum strength
- C. Strength endurance
- D. None of these

2. What are the causes of muscle cramp

- a. Salt deficiency
- b. Hyper ventilation
- c. Any injury to muscle
- d. All of these

3. Sunlight is a source of

- a. Vitamin B
- b. vitamin C
- c. Vitamin D
- d. None of these

4. Elbow joint is a

- a. Pivot joint
- b. Condyloid joint
- c. Saddle joint
- d. Hinge Joint

5. Lobby is associated with

- a. Football
- b. Kabaddi
- c. Basketball
- d. Tennis

6. Absence of foot arch is known as

- a. Knock knees
- b. Bowlegs
- c. Flat foot
- d. Lordosis

7. What is the normal heart rate of an adult

- a. 64 beats per minute
- b. 72 beats per minute
- c. 50 beats per minute
- d. 80 beats per minute

<p>8. What is the total number of bones in human</p> <p>a. 208</p> <p>b. 200</p> <p>c. 198</p> <p>d. 206</p>
<p>9. Body obesity is measured with the help of</p> <p>a. Flexometer</p> <p>b. Dynamometer</p> <p>c. Goniometer</p> <p>d. Skin fold calipers</p>
<p>10. The duration of microcycle of training is</p> <p>a. 5-10 days</p> <p>b. 25-30 days</p> <p>c. 2-3 months</p> <p>d. One year</p>
<p>11. The muscle on the front thigh are called</p> <p>a. Hamstring</p> <p>b. Biceps</p> <p>c. Quadriceps</p> <p>d. Gastrocnemius</p>
<p>12. Arjuna award is awarded to</p> <p>a. Outstanding Players</p> <p>b. Outstanding coaches</p> <p>c. Outstanding teachers</p> <p>d. None of these</p>
<p>13. The National Sports day of India is celebrated on</p> <p>a. 29th August</p> <p>b. 28th August</p> <p>c. 28th september</p> <p>d. 29th September</p>
<p>14. Which of the following nutrients is an energy producing substances</p> <p>a. Minerals</p> <p>b. Proteins</p> <p>c. Carbohydrates</p> <p>d. All of these</p>
<p>15. The body which controls the participants of the Indian team in Olympic game is</p> <p>a. IOA</p> <p>b. IOC</p> <p>c. OCA</p> <p>d. AOC</p>
<p>16. The apex body for the promotion of sports in the country is</p> <p>a. NSNIS</p>

<ul style="list-style-type: none"> b. SAI c. IOA d. IOC
<p>17. Anaerobic capacity contributes to</p> <ul style="list-style-type: none"> a. Endurance development b. Flexibility development c. Coordination development d. Speed development
<p>18. The court dimension of Badminton Doubles is</p> <ul style="list-style-type: none"> a. 13.40 X 5.18m b. 13.40 X 6.10m c. 13.00 x 6.10m d. 13.00 x 5.18m
<p>19. Basketball, the length and width of the court ----- measured</p> <ul style="list-style-type: none"> a. 25m x 15m b. 28m x 15m c. 28 x 14m d. 28 x 14m
<p>20. The width of the net in Volleyball is</p> <ul style="list-style-type: none"> a. 1m b. 2m c. 1.50m d. 1.25m
<p>21. Duration of interval between sets in Volleyball is</p> <ul style="list-style-type: none"> a. 3min b. 6min c. 5min d. 4min
<p>22. WADA stands for</p> <ul style="list-style-type: none"> a. World Anti-Doping Agency b. World Anti-Doping Act c. World Anti-Doping Association d. World doping Act
<p>23. Weight of the Javelin for men is</p> <ul style="list-style-type: none"> a. 600 gms b. 800 gms c. 700 gms d. 500 gms
<p>24. Test used to measure cardio-respiratory endurance is</p> <ul style="list-style-type: none"> a. Treadmill test b. Dynamometer c. Elliptical d. Galvanometer
<p>25. Range of movements present at body joints refers to</p> <ul style="list-style-type: none"> a. Muscular endurance b. Muscular endurance c. Flexibility

d. Muscular speed
26. Dead ball is associated with a. Hockey b. Cricket c. Football d. Basketball
27. SAI was established in a. 1983 b. 1984 c. 1985 d. 1987
28. 12 minutes run and walk test is used to assess a. Strength b. Speed c. Cardio- respiratory endurance d. Power
29. Tension in competition will result a. Anger b. Poor performance c. Error in movements d. Anxiety
30. A warming- up serves to a. Decrease in heart rate b. Increase in body and muscle temperature c. Increase in lung volume d. Increase in speed
31. The longest training cycle is called a. Microcycle b. Mesocycle c. Macrocycle d. None of these
32. What is the immediate management for sprains and strains injuries a. Use of hot water b. Use crepe bandage c. Use ice packs d. None of these
33. Wind sprints, acceleration run are the variation of a. Interval method b. Continuous method c. Repetition method d. Fartlek training
34. Water therapy is also know as a. Electrotheraphy b. Waxtheraphy c. Hydrotheraphy d. None of these
35. In Basketball court, the radius of the centre circle is a. 180m

<ul style="list-style-type: none"> b. 3.60m c. 2.50m d. 3.20m
<p>36. Weight of the Basketball is</p> <ul style="list-style-type: none"> a. 567 to 650 gms b. 567 to 600 gms c. 567 to 575 gms d. 567 to 675 gms
<p>37. How many square in the chess board</p> <ul style="list-style-type: none"> a. 64 b. 32 c. 68 d. 38
<p>38. Carbohydrates</p> <ul style="list-style-type: none"> a. Are building blocks b. Increase blood cells c. Supply energy d. Reduce fatigue
<p>39. D.S.O is associated with</p> <ul style="list-style-type: none"> a. Sports supervision b. Social supervision c. Hospital supervision d. Religious supervision
<p>40. For better sports performance the level of stress should be</p> <ul style="list-style-type: none"> a. High b. Optimum c. Low d. Controlled
<p>41. Exclusive sports award of government of India is</p> <ul style="list-style-type: none"> a. Arjuna award b. Vikram award c. Padmashiri award d. Chatrapathi shivaji award
<p>42. Resistance workload of 90% to 100% improves</p> <ul style="list-style-type: none"> a. Explosive strength b. Strength endurance c. Maximum strength d. General strength
<p>43. The next Olympic game will be held at</p> <ul style="list-style-type: none"> a. Londen b. Beijing c. Sydney

d. Paris
44. Fatigue is the result of accumulation of a. Carbonic acid b. Sulphuric acid c. Lactic acid d. Carbon dioxide
45. Spirometer is used to assess a. Pulse rate b. Blood pressure c. Flexibility d. Vital capacity
46. The first aid for fainting is to provide a. Fresh air and oxygen b. Drinking water c. Coffee or tea d. Sitting position
47. The decathlon consists of ----- events a. 10 b. 7 c. 5 d. 8 <i>10 H, 100, High, Hammer,</i>
48. The final set in Volleyball is played for a. 25 points b. 15 points c. 21 points d. 20 points
49. The weight of the Table Tennis ball is a. 2.5 gms b. 2.7 gms c. 2.9 gms d. 3.0 gms
50. Duration of Hockey game is a. 35-10-35 min b. 30-10-30 min c. 40-10-40 min d. 45-10-45 min
51. The extra time in Football is played for a. 10min each half b. 15min each half c. 20min each half d. 25min each half
52. The height of the goal post in football is a. 2.44 m b. 2.14 m c. 1.50 m

d. 2.50 m
53. The game Football is started by a. Throw in b. Throw off c. Kick off d. None of these
54. The mid line in Kabaddi court is called as a. Centre line b. March line c. Half line d. Mid line
55. Direction of the runway shall be a. Left hand side b. Right hand side c. Straight d. Both left and right hand side
56. Dehydration is caused due a. Loss of blood b. Loss of appetite c. Loss of salt and water d. Less oxygen
57. The study of muscles is known as a. Histology b. Myology c. Anthropology d. Kinesiology
58. Lateral curvature of the spine is called a. Kyphosis b. Scoliosis c. Lordosis d. Flatback
59. The name of thigh bone is a. Femur b. Tibia c. Radial d. Ulna
60. The single periodization has a. Preparatory period b. Transitional period c. Relaxation period d. All of these

61. Identify the game associated with Thomas cup

- a. Chess
- b. Badminton
- c. Boxing
- d. Basketball

62. The height of the net for Volleyball women is

- a. 2.24m
- b. 2.43m
- c. 2.25m
- d. 2.50m

63. The weight of the Cricket ball is

- a. 155 - 165 gms
- b. 155.9 - 163 gms
- c. 155.9 - 165 gms
- d. 155 - 163 gms

64. In Basketball the top edge of the ring from the floor is

- a. 3.05m
- b. 2.05m
- c. 2.95m
- d. 2.50m

65. The maximum number of substitution allowed in Football is

- a. 4
- b. 3
- c. 5
- d. 6

66. Dimension of the Table Tennis table is

- a. 2.74 x 1.55m
- b. 2.74 x 1.525m
- c. 2.74 x 1.50m
- d. 2.74 x 1.75m

67. Obesity is due to

- a. Excessive amount of fluid in the body
- b. Excessive amount of fat in the body
- c. Functional defects of pituitary gland
- d. Hardening of bones

68. The distance of marathon race is

- a. 43.195 km
- b. 42.195 km
- c. 41.185 km
- d. 41.195 km

69. A moving body possesses

- a. Potential energy
- b. Magnetic energy
- c. Kinetic energy

d. Mechanical energy
70. The apex body for school education in India is a. RIE b. SCERT c. NIEPA d. NCERT
71. The 19 th Asian Games was held in a. India b. Bangladesh c. China d. Pakistan
72. Who won the most gold medal in the 19 th Asian Games a. Japan b. China c. India d. Korea
73. Hypertension is a. Normal blood pressure b. Low blood pressure c. Pulse pressure d. High blood pressure
74. Motor skills are learnt best by a. Imitation b. Practice c. Observation d. Recitation
75. The width of the lane in a standard track is a. 1.00m b. 1.25m c. 1.22m d. 1.23m
76. In weight training 1-RM denotes a. One recovery maximum b. One repetition minimum c. One repetition maximum d. One recovery minimum
77. A standard track consists of a. 6 lanes b. 8 lanes

<p>c. 10 lanes d. 12 lanes</p>
<p>78. The total number of feathers in a shuttle cock is</p> <p>a. 12 b. 13 c. 14 d. 16</p>
<p>79. Muscle that contracts and shortens under a constant load is</p> <p>a. Isometric b. Isotonic c. Eccentric d. Isokinetic</p>
<p>80. Tearing of muscle fibre leads to</p> <p>a. Sprain b. Cramp c. Muscle tone d. Strain</p>
<p>81. One of the open injuries is</p> <p>a. Laceration b. Sprain c. Stain d. None of these</p>
<p>82. Number of byes that can be given in the fixtures of 25 teams is</p> <p>a. 10 byes b. 7 byes c. 12 byes d. 6 byes</p> <div style="text-align: right; font-family: cursive;"> <p>Handwritten calculations for question 82:</p> $\begin{array}{r} 25 \\ - 10 \\ \hline 15 \end{array}$ $\begin{array}{r} 25 \\ - 18 \\ \hline 7 \end{array}$ $\begin{array}{r} 25 \\ - 18 \\ \hline 7 \end{array}$ $\begin{array}{r} 25 \\ - 18 \\ \hline 7 \end{array}$ </div>
<p>83. The term aerobic refers</p> <p>a. Without oxygen b. With oxygen c. With water d. Without water</p>
<p>84. The expression of NIS is</p> <p>a. National institute of science b. National Institute of sports c. National Integration of sports d. None of these</p>
<p>85. ----- is an important component of health related fitness</p> <p>a. Agility</p>

<ul style="list-style-type: none">b. Balancec. Cardio vascular enduranced. Power
86. The term LET is used in the game <ul style="list-style-type: none">a. Volleyballb. Tennisc. Basketballd. Cricket
87. Anatomy deals with <ul style="list-style-type: none">a. Structure of human bodyb. Studying the movementc. Studying the functions of systemd. Studying the force
88. The normal body temperature of human body is <ul style="list-style-type: none">a. 98.4 Fb. 72 Fc. 98 Fd. 86 F
89. Accumulation of lactic acid in the muscle leads to <ul style="list-style-type: none">a. Strengthb. Endurancec. Fatigued. Speed
90. Physical exercise helps to improve <ul style="list-style-type: none">a. Muscular systemb. Nervous systemc. Digestive systemd. All of these
