

PROVISIONAL ANSWER KEY

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Question1:-Where did India borrow the idea as the President of India is the Supreme Commander of Armed forces ?

- A:-America
- B:-New Zealand
- C:-Ireland
- D:-Japan

Correct Answer:- Option-A

Question2:-Who appointed the members to the Union Public Service Commission in India ?

- A:-Chief Justice of India
- B:-Prime Minister
- C:-HRD Minister
- D:-President of India

Correct Answer:- Option-D

Question3:-When was the Environmental Act come into force in India ?

- A:-` 12^(th)` April 1982
- B:-` 14^(th)` February 1984
- C:-` 19^(th)` November 1986
- D:-` 26^(th)` January 1987

Correct Answer:- Option-C

Question4:-Where is the Head Quarters of National Kidney Foundation of India ?

- A:-New Delhi
- B:-Mumbai
- C:-Kolkata
- D:-Madras

Correct Answer:- Option-B

Question5:-Who introduced 'poverty' (village) school scheme in Travancore in 1871 ?

- A:-T. Madhava Rao
- B:-T. Rama Rao
- C:-K. Krishnaswamy Rao
- D:-Nanoo Pillai

Correct Answer:- Option-A

Question6:-In which year Kerala Education Rules was introduced ?

- A:-1957
- B:-1959
- C:-1961
- D:-1962

Correct Answer:- Option-B

Question7:-Who said that 'Annadhanam' was an important form of dharma ?

- A:-Thycaud Ayya
- B:-Ayya Vaikundar
- C:-Sree Narayana Guru
- D:-Poikayil Appachan

Correct Answer:- Option-B

Question8:-Who was the founder editor of Kerala Kaumudi ?

- A:-Sahodaran Ayyappan
- B:-M.S. Mani
- C:-K. Sukumaran B.A.
- D:-M.S. Madhusoodanan

Correct Answer:- Option-C

Question9:-Who issued an order permitting the lower caste women who become converts to Christianity to cover their breast with Jacket ?

- A:-Colonel Joh Munroe
 - B:-M.E. Watts
 - C:-Muhammad Habibullah
 - D:-A.F. W. Dickinson
- Correct Answer:- Option-A

Question10:-Which among the following was considered as the first organised struggle against the social discriminations in Kerala in the post independent period ?

- A:-Kallara-Pangode struggle
 - B:-Paliyam Styagraha
 - C:-Kuttakulam Struggle
 - D:-Kiberation Movement
- Correct Answer:- Option-B

Question11:-Who contributed the 'abstention' for the famous Nivarthana Agitation ?

- A:-C. Kesavan
 - B:-P.K. Kunju
 - C:-I.C.Chacko
 - D:-N.V. Joseph
- Correct Answer:- Option-C

Question12:-Which among the following journal was considered as Ezhava Gazattee ?

- A:-Bhashaposhini
 - B:-Vivekodayam
 - C:-Gurunathan
 - D:-Mangalodhayam
- Correct Answer:- Option-B

Question13:-Who wrote the famous poem Ninne Njan Snehikkunnu ?

- A:-Vayalar Ramavarma
 - B:-Sreekumarn Thampi
 - C:-Rajalakshmi
 - D:-Sugathakumari
- Correct Answer:- Option-C

Question14:-Which is the auto-biography of Lalithambika Antharjanam ?

- A:-Kanaleriyum Kalam
 - B:-Atmakhadakkoru Amukham
 - C:-Atmakatha
 - D:-Ente Katha
- Correct Answer:- Option-B

Question15:-In which year Swami Ananda Theerthar started Sree Narayana Vidyalaya at Payyannur ?

- A:-1921
 - B:-1928
 - C:-1931
 - D:-1934
- Correct Answer:- Option-C

Question16:-Who was the recipient of Ezhuthachan Puraskaram in 1997 ?

- A:-Ponkunnam Varkey
 - B:-Balamani Amma
 - C:-Thakazhi Sivasankara Pillai
 - D:-O.V. Vijayan
- Correct Answer:- Option-A

Question17:-Who is the present speaker of the United States House of Representatives ?

- A:-Dennis Hastert
 - B:-Nancy Pelosi
 - C:-John Boehner
 - D:-Paul Ryan
- Correct Answer:- Option-D

Question18:-Where is the famous ancient historical village Hampi is situating ?

- A:-Tamil Nadu
- B:-Karnataka

C:-Andhra Pradesh

D:-Telangana

Correct Answer:- Option-B

Question19:-Who wrote the famous book Animal Farm and Nineteen Eighty Four ?

A:-George Orwell

B:-Oscar Wild

C:-J.K.Rowling

D:-Ernest Hemingway

Correct Answer:- Option-A

Question20:-Who was the FIFA world player of the year 2012 ?

A:-Christiano Ronaldo

B:-Kakka

C:-Lional Messi

D:-Ronaldinho

Correct Answer:- Option-C

Question21:-What is the height of the Cricket Stump ?

A:-26 inches from the ground level

B:-32 inches from the ground level

C:-28 inches from the ground level

D:-30 inches from the ground level

Correct Answer:- Option-B

Question22:-Where is the headquarters of FIFA ?

A:-London

B:-Munich

C:-Zurich

D:-Geneva

Correct Answer:- Option-C

Question23:-International YOGA day is celebrated on ?

A:-January 21

B:-March 25

C:-June 21

D:-December 19

Correct Answer:- Option-C

Question24:-Who is known as "Hockey wizard" ?

A:-Patrick Roy

B:-Dhyan Chand

C:-Dhanraj Pillay

D:-Sreejesh

Correct Answer:- Option-B

Question25:-How many feathers consists in a Shuttle Cock ?

A:-10

B:-26

C:-16

D:-12

Correct Answer:- Option-C

Question26:-The venue of 2018 cup football ?

A:-Croatia

B:-Russia

C:-Germany

D:-Qatar

Correct Answer:- Option-B

Question27:-Who is the first Keralite woman to get a medal in world athletic meet ?

A:-P.T. Usha

B:-Anju Bobby George

C:-M.D.Valsamma

D:-Shiny Wilson

Correct Answer:- Option-B

Question28:-What is the length of a Cricket pitch ?

A:-24 yards

B:-28 yards

C:-20 yards

D:-22 yards

Correct Answer:- Option-D

Question29:-Imaginary line passing laterally from one side to other

A:-Sagital Axis

B:-Sagital Plane

C:-Vertical Axis

D:-Lateral Axis

Correct Answer:- Option-D

Question30:-Name the city in India famous for sports goods.

A:-New Delhi

B:-Jalandhar

C:-Ahmadabad

D:-Dehra Dun

Correct Answer:- Option-B

Question31:-The first Indian woman to get a Silver Medal in Olympics

A:-Saniya Mirza

B:-Karnam Malleswari

C:-P.T. Usha

D:-P.V. Sindhu

Correct Answer:- Option-D

Question32:-President of the International Olympics Committee is elected for a term of ?

A:-6 yrs

B:-8 yrs

C:-10 yrs

D:-5 yrs

Correct Answer:- Option-B

Question33:-Which of the following award is given to recognize outstanding achievement in coaching ?

A:-Param Vir Chakra

B:-Arjun Award

C:-Dronacharya Award

D:-Ashok Chakra

Correct Answer:- Option-C

Question34:-National Sports Day is celebrated on ?

A:-August 29

B:-August 28

C:-August 27

D:-August 26

Correct Answer:- Option-A

Question35:-What is the meaning of Olympic motto 'Citius, Altius, Fortius'

A:-Citadel, Attitude, Fortitude

B:-Faster, Higher, Stronger

C:-Civility, Attainment, Fortune

D:-Quicker, Heavier, Taller

Correct Answer:- Option-B

Question36:-Who was won the maximum number of Gold medals at a single Olympic Games in the history of the Olympics ?

A:-Mark Spitz

B:-James Connelly

C:-Michael Phelps

D:-Abebe Bikila

Correct Answer:- Option-C

Question37:-How many times Aisan Games held in India

A:-2

B:-3

C:-1

D:-4

Correct Answer:- Option-A

Question38:-Who is known as the Flying Sikh of India ?

- A:-Ajit Pal Singh
- B:-Joginder Singh
- C:-Milkha Singh
- D:-Mohinder Singh

Correct Answer:- Option-C

Question39:-Measurement of Basketball mentioned in FIBA rules ?

- A:-25 x 15 meters
- B:-28 x 15 meters
- C:-28 x 20 meters
- D:-25 x 20 meters

Correct Answer:- Option-B

Question40:-The width of a single athletic track lane.

- A:-1.80 meters
- B:-1.22 meters
- C:-1.28 meters
- D:-1.50 meters

Correct Answer:- Option-B

Question41:-The term "Hypo Kinetic" means

- A:-High Blood Pressure
- B:-Lack of physical activity
- C:-Onset of illness or disease
- D:-High Blood Sugar

Correct Answer:- Option-B

Question42:-The term "Anaerobic" literally means

- A:-Muscular endurance
- B:-Performing dance
- C:-Without Using Air
- D:-Working out longer than 30 minutes

Correct Answer:- Option-C

Question43:-An informal way of assessing fitness level is

- A:-Blood test
- B:-Body temperature
- C:-Pulse rate check
- D:-Urine test

Correct Answer:- Option-C

Question44:-Hydrotherapy is given using _____ ?

- A:-Heat
- B:-Ice
- C:-Water
- D:-Wax

Correct Answer:- Option-C

Question45:-An individual who does moderate work needs ?

- A:-1700-2000 calories
- B:-2500-3000 calories
- C:-3000-3500 calories
- D:-4000-4500 calories

Correct Answer:- Option-B

Question46:-Profuse sweating during strenuous physical activity causes the loss of ?

- A:-Calcium
- B:-Glycogen
- C:-Sodium Chloride
- D:-Potassium

Correct Answer:- Option-C

Question47:-What is the weight of Javelin for Men and Women ?

- A:-400 gms and 300 gms
- B:-600 gms and 400 gms
- C:-800 gms and 600 gms
- D:-1000 gms and 800gms

Correct Answer:- Option-C

Question48:-Preparedness makes one learn more quickly associated with which law of learning ?

- A:-Law of exercise
- B:-Law of frequency
- C:-Law of readiness
- D:-Law of satisfication

Correct Answer:- Option-C

Question49:-Autogenic training technique is used for

- A:-Enchanging anxiety level
- B:-Lessening aggression level
- C:-Relaxation
- D:-Self assertion

Correct Answer:- Option-C

Question50:-When was the School Gemes Federation of India formed ?

- A:-1950
- B:-1954
- C:-1958
- D:-1962

Correct Answer:- Option-B

Question51:-The term effleurage is concerned with

- A:-Coaching
- B:-Exercising
- C:-Massaging
- D:-Training

Correct Answer:- Option-C

Question52:-Sphygmomameter is used to measure

- A:-Blood plessure
- B:-Blood Sugar
- C:-Cholesterol
- D:-Height

Correct Answer:- Option-A

Question53:-The longest muscle in the human body is

- A:-Biceps
- B:-Deltoid
- C:-Gluteus Maximus
- D:-Sartorius

Correct Answer:- Option-D

Question54:-The sports competitions outside the institution is called

- A:-Extramural
- B:-Inter club
- C:-Inter collegiate
- D:-Intramural

Correct Answer:- Option-A

Question55:-The highest percentage of gas present in exhaled air

- A:-Hydrogen
- B:-Carbon Dioxide
- C:-Nitrogen
- D:-Oxygen

Correct Answer:- Option-B

Question56:-Newton's second Law of Motion is also known as

- A:-Law of Gravitation
- B:-Law of Acceleration
- C:-Law of Inertia
- D:-Law of Reaction

Correct Answer:- Option-B

Question57:-Chronological age is determined by

- A:-Intelligence tests
- B:-Years, months and days
- C:-Bones and dentition
- D:-Signs of puberty

Correct Answer:- Option-B

Question58:-What is First Aid ?

A:-Assesing a victim's vital signs

B:-Completing a primary survey

C:-The first help given to the victim of an accident

D:-Treating a victim for shock

Correct Answer:- Option-C

Question59:-The game consists of both men and women players in a team ?

A:-Korfball

B:-Floorball

C:-Baseball

D:-Softball

Correct Answer:- Option-A

Question60:-Who conceived the idea of Asian Games ?

A:-H.C. Buck

B:-G.D. Sondhi

C:-Jawaharlal Nehru

D:-D.J. Tata

Correct Answer:- Option-B

Question61:-Pommel Horse is associated with

A:-Equestrian

B:-Gymnastics

C:-Horse Riding

D:-Horse Polo

Correct Answer:- Option-B

Question62:-When drawing fixtures byes will be given

A:-If the number of teams participating is not a power of two

B:-If the number of teams participating is a power two

C:-If the number of teams participating is not a power of three

D:-If the number of teams participating is a power of three

Correct Answer:- Option-A

Question63:-The first Padma Sree award in the field of Physical Education

A:-J.P. Thomas

B:-P.A. Vaidya

C:-P.M. Joseph

D:-S.D.Chopde

Correct Answer:- Option-C

Question64:-Which of the following line is related to Kabbadi ?

A:-Attack line

B:-Baulik line

C:-Penalty line

D:-Service line

Correct Answer:- Option-B

Question65:-Criteria in the selection of a test does not include

A:-Norms

B:-Reliability

C:-Clarity

D:-Validity

Correct Answer:- Option-C

Question66:-The height of the net for men and women shall be

A:-2.43 m and 2.24 m

B:-2.44 m and 2.23 m

C:-2.45 m and 2.21 m

D:-2.42 m and 2.20 m

Correct Answer:- Option-A

Question67:-The acquisition of motor skills falls into which category ?

A:-Motor conrol

B:-Motor development

C:-Motor learning

D:-Motor licensing

Correct Answer:- Option-C

Question68:-Which is the most accurate method to measure Body Composition ?

A:-Bio-impedance

B:-Body Mass Index

C:-Hydrostatic weighting

D:-Skinfold method

Correct Answer:- Option-C

Question69:-Structural and functional unit of kidney is

A:-Epidermis

B:-Mitochondria

C:-Nephron

D:-Neuron

Correct Answer:- Option-C

Question70:-Muscle pull is technically known as

A:-Abrasion

B:-Strain

C:-Contusion

D:-Sprain

Correct Answer:- Option-B

Question71:-Normal systolic and diastolic blood pressure in human body is

A:-110-80 mm Hg

B:-120-80 mm Hg

C:-130-90 mm Hg

D:-140-80 mm Hg

Correct Answer:- Option-B

Question72:-Test that measures the reaction time

A:-Sergeant Jump

B:-Shuttle Run

C:-Standing Board Jump

D:-Stick drop test

Correct Answer:- Option-D

Question73:-A downward movement of the foot at the ankle joint is known as

A:-Dorsi flexion

B:-Plantar flexion

C:-Pronation

D:-Supination

Correct Answer:- Option-B

Question74:-Peridisation process lasts for 2 weeks to one month is

A:-Macro cycle

B:-Meso cycle

C:-Micro cycle

D:-Nano cycle

Correct Answer:- Option-B

Question75:-Ectomorph is characterised by

A:-Fat and flabby

B:-Frail body

C:-Linearity and tallness

D:-Muscularity strength

Correct Answer:- Option-C

Question76:-Among the following factor which is NOT affecting growth and development

A:-Environmental

B:-Genetic

C:-Faith

D:-Nutritional

Correct Answer:- Option-C

Question77:-The ex-officio president of Sports Authority of India is

A:-The President of India

B:-The Prime Minister of India

C:-The Union Minister for Human Resources

D:-The Union Minister for Sports

Correct Answer:- Option-B

Question78:-Who said 'sound mind in a sound body'

A:-Aristotle

B:-Plato

C:-Rousseau

D:-Socrates

Correct Answer:- Option-B

Question79:-Kyphosis is the deformity of vertebral column at

A:-Cervical region

B:-Thoracic region

C:-Coccygeal region

D:-Lumbar region

Correct Answer:- Option-B

Question80:-An examples of a hinge joint

A:-Hip Joint

B:-Knee Joint

C:-Shoulder Joint

D:-Wrist Joint

Correct Answer:- Option-B

Question81:-Which leadership style takes full charge of the team ?

A:-Autocratic

B:-Directive

C:-Democratic

D:-Permissive

Correct Answer:- Option-B

Question82:-Lakshimibai National College of Physical Education, Thiruvananthapuram was established in

A:-1984

B:-1986

C:-1985

D:-1987

Correct Answer:- Option-C

Question83:-"Physical Education is a fundamental right to every citizen" is included in

A:-UNESCO Charter

B:-Indian constitution

C:-ILO Charter

D:-WHO Charter

Correct Answer:- Option-A

Question84:-Which of the following is NOT a basic function of sports management ?

A:-Directing

B:-Lobbying

C:-Organising

D:-Planning

Correct Answer:- Option-B

Question85:-What is the angle of a Shot-Put throwing sector ?

A:-30.50°

B:-44.92°

C:-34.92°

D:-45°

Correct Answer:- Option-C

Question86:-A knock out tournament is also known as

A:-Challenge Tournament

B:-Consolation Tournament

C:-Round Robin Tournament

D:-Elimination Tournament

Correct Answer:- Option-D

Question87:-The father of Volley Ball

A:-James Naismith

B:-William G Morgan

C:-J.F. Williams

D:-H.C. Buck

Correct Answer:- Option-B

Question88:-The working muscle that performs an exercise is called

A:-The antagonist

B:-The agonist

C:-The facilitator

D:-The stabilizer

Correct Answer:- Option-B

Question89:-Which of these types of joints exhibits the greatest amount of movement ?

A:-Cartilaginous joints

B:-Synovial joints

C:-Gomphosis joints

D:-Suture joints

Correct Answer:- Option-B

Question90:-Which deficiency in the blood causes inflammation in body parts ?

A:-Antibodies

B:-White Blood Cells

C:-Red Blood Cells

D:-Platelets

Correct Answer:- Option-C

Question91:-A high jumper rocking onto the ball of their foot during the take-off an example for

A:- 1st class lever

B:- 3rd class lever

C:- 2nd class lever

D:-None of the above

Correct Answer:- Option-C

Question92:-The elevation of oxygen consumption during recovery from exercise is known as

A:- $\dot{V}O_2^{\max}$

B:-Oxygen deficit

C:-Oxygen debt

D:-Oxygen requirement

Correct Answer:- Option-C

Question93:-The volume of air in the lungs after maximal inspiration is known as

A:-Minute ventilation

B:-Residual volume

C:-Total lung capacity

D:-Tidal volume

Correct Answer:- Option-C

Question94:-Olympic Flag consists of

A:-Gray background with black border and Olympic symbol in the centre

B:-White background with no border and Olympic symbol in the centre

C:-Yellow background with no border and Olympic symbol at right corner

D:-White background with black border and Olympic symbol at centre

Correct Answer:- Option-B

Question95:-'ATLAS OF MAN' which describes the body types was written by ?

A:-Carter

B:-Health

C:-Sheldon

D:-Kretchmer

Correct Answer:- Option-C

Question96:-The YMCA movement started in which country ?

A:-England

B:-United States

C:-Germany

D:-Sweden

Correct Answer:- Option-B

Question97:-The only player who has been able to win the European Golden Shoe four times

A:-Fernando Gomes

B:-Gerd Muller

C:-Cristiano Ronaldo

D:-Lionel Messi

Correct Answer:- Option-C

Question98:-The exercise system known as "plyometrics" was designed to meet which of the following objectives ?

A:-Cardiovascular fitness

B:-Improved flexibility

C:-Explosive power

D:-Muscular endurance

Correct Answer:- Option-C

Question99:-What is the difference between Marking Radius (Curve Radius) and Running Distance Radius of a standard track ?

A:-30 cm

B:-10 cm

C:-20 cm

D:-40 cm

Correct Answer:- Option-A

Question100:-Which was the first educational institution established to propagate indigenous Physical Education

A:-N.S.N.I.S., Patiala

B:-L.N.C.P.E., Gwalior

C:-Hanuman Vyayam Prasarak Mandal, Amaravathi

D:-Y.M.C.A college of Physical Education, Madras

Correct Answer:- Option-C