

# FINAL ANSWER KEY

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Question1:-Which is the longest river in India ?

- A:-Ganga
- B:-Yamuna
- C:-Brahmaputra
- D:-Mahanadi

Correct Answer:- Option-A

Question2:-Delhi is situated on the banks of \_\_\_\_\_ river.

- A:-Ganga
- B:-Yamuna
- C:-Sarayu
- D:-Brahmaputra

Correct Answer:- Option-B

Question3:-Which state in India has the highest sex ratio in Census 2011 ?

- A:-Haryana
- B:-Goa
- C:-Maharashtra
- D:-Kerala

Correct Answer:- Option-D

Question4:-Who described 1857 revolt as the first war of Independence ?

- A:-Percival Spear
- B:-A.R. Desai
- C:-V.D. Savarkar
- D:-Tara Chand

Correct Answer:- Option-C

Question5:-In which year partition of Bengal took place ?

- A:-1903
- B:-1904
- C:-1905
- D:-1906

Correct Answer:- Option-C

Question6:-In which session of Indian National Congress the PoornaSwaraj resolution passed ?

- A:-Lucknow
- B:-Surat
- C:-Calcutta
- D:-Lahore

Correct Answer:- Option-D

Question7:-In which year the third Five Year Plan started ?

- A:-1960
- B:-1961
- C:-1962
- D:-1963

Correct Answer:- Option-B

Question8:-Which Five Year Plan adopted the slogan Garibi Hatao ?

- A:-Fifth
- B:-Fourth
- C:-Third
- D:-None of these

Correct Answer:- Option-A

Question9:-Black soil is found in the \_\_\_\_\_ taluk of Kerala.

- A:-Mannarkad
- B:-Chittur
- C:-Kozhikode
- D:-Koyilandy

Correct Answer:- Option-B

Question10:-Which among the following district in Kerala has the longest coastal area ?

- A:-Kannur
- B:-Alappuzha
- C:-Kollam
- D:-Thiruvananthapuram

Correct Answer:- Option-A

Question11:-Ayyankali was born in \_\_\_\_\_ community.

- A:-Paniya
- B:-Cheruma
- C:-Pulaya
- D:-Paraya

Correct Answer:- Option-C

Question12:-Who wrote the book Jathikummi ?

- A:-Ayyankali
- B:-SreeNarayana Guru
- C:-K.P. Karuppan
- D:-K. Ayyappan

Correct Answer:- Option-C

Question13:-Who among the following founded Atmavidyasangam ?

- A:-Vaikunta Swami
- B:-Brahmananda Sivayogi
- C:-Chattampi Swamikal
- D:-Swami Vegbhatananda

Correct Answer:- Option-D

Question14:-Where did Vakkom Abdul Khadir Moulavi born ?

- A:-Thiruvananthapuram
- B:-Kollam
- C:-Pattam
- D:-Vaikom

Correct Answer:- Option-A

Question15:-Which university awarded the title 'Mahakavi' to Kumaran Asan ?

- A:-Madras
- B:-Bombay
- C:-Calcutta
- D:-Kerala

Correct Answer:- Option-A

Question16:-Who is the present Vice President of India ?

- A:-Gopal Krishna Gandhi
- B:-M. Venkaiah Naidu
- C:-Hameed Ansari
- D:-None of these

Correct Answer:- Option-B

Question17:-Dipak Misra is the \_\_\_\_\_ Chief Justice of India.

- A:-` 44^(th)`
- B:-` 45^(th)`
- C:-` 46^(th)`
- D:-` 47^(th)`

Correct Answer:- Option-B

Question18:-Who won the best actor award in the `64^(th)` National Film Awards - 2016.

- A:-Akshay Kumar
- B:-Mohanlal
- C:-Kamal Haasan
- D:-Manoj Joshi

Correct Answer:- Option-A

Question19:-Who is the woman champion of Australian Open Tennis tournament 2017

A:-Carolin Wozniacki

B:-Venus Williams

C:-Serena Williams

D:-Maria Sharappova

Correct Answer:- Option-C

Question20:-Which following country hosted the Olympics - 2016 ?

A:-Germany

B:-England

C:-France

D:-Brazil

Correct Answer:- Option-D

Question21:-What is the process of modification of behaviour known as ?

A:-Training

B:-Development

C:-Learning

D:-Adjustment

Correct Answer:- Option-C

Question22:-Name the scientist who made immense contributions towards forming some of the most fundamental principles of movement.

A:-Newton

B:-Foster

C:-Pineda

D:-Clarke

Correct Answer:- Option-A

Question23:-A process which is used to make a general assessment of qualities is called

A:-Measurement

B:-Testing

C:-Metrics

D:-Classification

Correct Answer:- Option-B

Question24:-What is cold challenge ?

A:-Challenges arising from extreme cold

B:-Challenges arising from extreme wetness

C:-Challenges arising from extreme heat

D:-Challenges arising from extreme snow

Correct Answer:- Option-A

Question25:-What does 'mean' denotes in statistics ?

A:-Mid point of scores

B:-Sum total of scores

C:-Average of scores

D:-Normalcy of scores

Correct Answer:- Option-C

Question26:-How many bones are there in an adult human body ?

A:-201

B:-206

C:-204

D:-212

Correct Answer:- Option-B

Question27:-What is the popular name of the muscle Latismus Dorsi ?

A:-Calf muscle

B:-Hamstring

C:-Chest

D:-Wings

Correct Answer:- Option-D

Question28:-The principle of 'all or none' is related to the functioning of which muscle group ?

A:-Striated muscles

B:-Voluntary muscles

C:-Involuntary muscles

D:-Cardiac muscles

Correct Answer:-**Question Cancelled**

Question29:-Which among the following is the infancy period ?

A:-2 to 12

B:-0 to 2

C:-6 to 12

D:-12 to 19

Correct Answer:- Option-B

Question30:-Which of the following is correct with an athlete's heart ?

A:-Decreased stroke volume

B:-Increased pulse rate

C:-Decreased resting pulse rate

D:-Thinning of cardiac muscles

Correct Answer:- Option-C

Question31:-Which among the following is a treatment that can be rendered to an injury within the 24 hours of its occurring ?

A:-Waxing

B:-Whirlpool

C:-Ultra sound

D:-Short wave diathermy

Correct Answer:- Option-D

Question32:-The concept of Physical Fitness is based on

A:-Life efficiency

B:-Life expectancy

C:-Playing ability

D:-Life longevity

Correct Answer:- Option-A

Question33:-What is the system of management in which individuals are let alone to work independently ?

A:-Democracy

B:-Autocracy

C:-Laissez faire

D:-Centralised

Correct Answer:- Option-C

Question34:-Flexibility is a motor component that helps in improving which one of the following qualities ?

A:-Range of movement

B:-Endurance of movement

C:-Flexion movements

D:-Accuracy of movements

Correct Answer:- Option-A

Question35:-Which among the following is the most important energy source for a sprinter ?

A:-Fat

B:-Minerals

C:-Creatine Phosphate

D:-Triglycerides

Correct Answer:- Option-C

Question36:-Who introduced the Olympic torch relay ?

A:-Barron De Coubertin

B:-Adolf Hitler

C:-Carl Diem

D:-Dr. Bemer

Correct Answer:- Option-C

Question37:-The sum total of all chemical processes in a human body is known as

A:-Catabolism

B:-Metabolism

C:-Catalyst process

D:-Anabolic process

Correct Answer:- Option-B

Question38:-Who was the founding principal of Lakshmi Bai National University of Physical Education which was formerly known as LCPE ?

- A:-Dr. P.M. Joseph
  - B:-Dr. Srivatsan
  - C:-Dr. Pathrose P. Mathai
  - D:-Prof. E.J. Jacob
- Correct Answer:- Option-A

Question39:-The maximum width of a cricket bat is

- A:-4.5 inches
- B:-4 inches
- C:-4.75 inches
- D:-4.25 inches

Correct Answer:- Option-D

Question40:-What is the maximum amount allowed for direct purchase without a quotation as per government rules ?

- A:-Rs. 7,500
- B:-Rs. 15,000
- C:-Rs. 1,000
- D:-Rs. 5,000

Correct Answer:- Option-B

Question41:-Ivan Pavlov, the proponent of conditioned reflex theory of learning was a

- A:-Psychologist
- B:-Chemist
- C:-Priest
- D:-Physiologist

Correct Answer:- Option-D

Question42:-Progressive load refers to

- A:-Intensity of load
- B:-Gradual increase of load
- C:-Over compensation
- D:-Adaptation of load

Correct Answer:- Option-B

Question43:-What is the usual calorie requirement of a 30 year old active male human being ?

- A:-2000
- B:-2500
- C:-4000
- D:-3000

Correct Answer:- Option-D

Question44:-The science that deals with body measurement is known as

- A:-Anthropology
- B:-Archeology
- C:-Anthropometry
- D:-Physiometrics

Correct Answer:- Option-C

Question45:-Imitation learning is influenced by which group of specialised neurons in the brain ?

- A:-Motor neurons
- B:-Mirror neurons
- C:-Sensory neurons
- D:-Visual neurons

Correct Answer:- Option-B

Question46:-What is strength ?

- A:-Ability to speed up
- B:-Ability to last
- C:-Ability to overcome resistance
- D:-Ability to pull up

Correct Answer:- Option-C

Question47:-The most important principle of evaluation is

- A:-Principle of unbiasedness
- B:-Principle of Prediction
- C:-Principle of accuracy
- D:-Principle of estimation

Correct Answer:- Option-A

Question48:-Which among the following is the athletic body type ?

- A:-Endomorph
- B:-Ectomorph
- C:-Mectomorph
- D:-Mesomorph

Correct Answer:- Option-D

Question49:-Russel-Lange skill test is associated with which sport ?

- A:-Soccer
- B:-Rugby
- C:-Volleyball
- D:-Hockey

Correct Answer:- Option-C

Question50:-The use of an already learned skill in a new learning situation effectively is known as

- A:-Positive transfer of learning
- B:-Zero transfer of learning
- C:-Continuous learning
- D:-Discrete learning

Correct Answer:- Option-A

Question51:-The most important factor that affects strength of an Individual is

- A:-Type of food
- B:-Type of resistance
- C:-Transfer of momentum
- D:-Type of muscle fibre

Correct Answer:- Option-D

Question52:-'Fartlek' is running used to train what kind of running event ?

- A:-Relays
- B:-Sprints
- C:-Agility running
- D:-Endurance running

Correct Answer:- Option-D

Question53:-Name the captain of Indian Under - 17 Football team for boys that participated in the FIFA under 17 World Cup held in India.

- A:-Sandeep Singh
- B:-Charles Fernandez
- C:-Amarjith Singh
- D:-Amandeep Singh

Correct Answer:- Option-C

Question54:-"Downhill running" is an important training method to improve which component of motor fitness ?

- A:-Endurance
- B:-Speed
- C:-Agility
- D:-Strength

Correct Answer:- Option-B

Question55:-What is the length of Hockey goal post ?

- A:-6 feet
- B:-12 feet
- C:-10 feet
- D:-12.2 feet

Correct Answer:- Option-B

Question56:-A motor skill where the performer decides the initiation of action is known as

- A:-Closed motor skill
- B:-Open motor skill
- C:-Discrete motor skill
- D:-Continuous motor skill

Correct Answer:- Option-A

Question57:-Adapted Physical Education is a branch of Physical Education pertaining to

- A:-Physical adaptation of human beings
- B:-Physical adaptation of animals
- C:-Training adaptation of athletes

D:-Physical Education for challenged individuals

Correct Answer:- Option-D

Question58:-While organising a fitness centre prime importance should be given to

A:-Safety

B:-Free space for warm up

C:-Branded equipment

D:-Schedule of programme

Correct Answer:- Option-A

Question59:-What does AIU stand for ?

A:-Association of Indian Ultras

B:-Athletes Institution for Unity

C:-Association of Indian Universities

D:-Associated Indian Universities

Correct Answer:- Option-C

Question60:-What is Cryotherapy ?

A:-Treatment by psychological intervention

B:-Treatment using hot water

C:-Treatment using cold

D:-Treatment using special exercises

Correct Answer:- Option-C

Question61:-Class theory of social stratification was proposed by

A:-Carl Marx

B:-Adam Smith

C:-Engels

D:-Dr. Paul Holmes

Correct Answer:- Option-A

Question62:-Injury caused by overstretching ligaments or fibers is known as

A:-Strain

B:-Tear

C:-Dislocation

D:-Sprain

Correct Answer:- Option-D

Question63:-The primary duty of a Physical Education teacher is to

A:-Take care of the health and fitness of the students

B:-Look after the discipline of the school

C:-Win medals in inter school sports

D:-Teach the students

Correct Answer:- Option-D

Question64:-The major objective of supervision in Physical Education is

A:-Finding fault

B:-Measuring outcome

C:-Evaluation of teaching process

D:-Improvement of teaching process

Correct Answer:- Option-D

Question65:-The phenomenon that happens in the human body due to intense physical training and following rest is

A:-Super scription

B:-Super compensation

C:-Super performance

D:-Super deletion

Correct Answer:- Option-B

Question66:-The insight theory of learning was an adaptation of which branch of cognitive psychology

A:-Social psychology

B:-Gestalt psychology

C:-Development psychology

D:-Sport psychology

Correct Answer:- Option-B

Question67:-The law of "ends and middle" is pertaining to what ?

A:-Spin

B:-Ballistic motion

- C:-Projectiles
- D:-Curve running

Correct Answer:- Option-C

Question68:-Pradeep Narwal is associated with which sport ?

- A:-Hockey
- B:-Kabaddi
- C:-Golf
- D:-Soccer

Correct Answer:- Option-B

Question69:-What is the specialty of Kinetic Contraction ?

- A:-Contraction through out the range of motion
- B:-Contraction only while doing static flexibility
- C:-Contraction only using weights
- D:-Contraction through out exercise

Correct Answer:- Option-A

Question70:-The process of preparing a document showing expected income and expenditure is

- A:-Accounting
- B:-Estimation
- C:-Budgeting
- D:-Tendering

Correct Answer:- Option-C

Question71:-Continuous endurance exercise leads to one of the following conditions. Which one ?

- A:-Increased muscle tone
- B:-Shrinking of blood vessels
- C:-Increased heart rate
- D:-Increased stroke volume of heart

Correct Answer:- Option-D

Question72:-"A human physiological system will adapt to stress by making it more resistant to further stresses". The above statement refers to a theory in sport training. Which one ?

- A:-Theory of overload
- B:-Theory of progressive load
- C:-Theory of mental adaptation
- D:-Theory of super compensation

Correct Answer:- Option-A

Question73:-When does the best adaptation to exercise occurs ?

- A:-During rest after training
- B:-During competitions
- C:-During rest
- D:-During training programmes

Correct Answer:- Option-A

Question74:-P.T. Usha is a well known former athlete. What does P.T. stand for ?

- A:-Pilavullakandi Thekkeparambil
- B:-Plavullaparambil Thekkath
- C:-Plavillakandi Thekkan
- D:-Pilavillakandi Thekkethil

Correct Answer:- Option-A

Question75:-How many gold medals did Kerala win in Track and Field in the last National Games held in Kerala ?

- A:-12
- B:-13
- C:-18
- D:-14

Correct Answer:- Option-B

Question76:-Which Indian cricket captain has the record of winning the most number of test matches ?

- A:-Saurav Ganguly
- B:-Sunil Gavaskar
- C:-Mahendra Singh Dhoni
- D:-Virat Kohli

Correct Answer:- Option-C

Question77:-The most important objective an Intramural competition is



- A:-Winning by all means
  - B:-Inclusive participation
  - C:-Involving in organisation
  - D:-Foster cohesion
- Correct Answer:- Option-B

Question78:-Name the scientist who discovered Glycogen.

- A:-Claude John
  - B:-Claude Bernard
  - C:-August Kekule
  - D:-Bestine Kekule
- Correct Answer:- Option-B

Question79:-Which of the following is a myogenic muscle ?

- A:-Skeletal muscles
  - B:-Pharyngeal muscles
  - C:-Cardiac muscles
  - D:-Internal muscles
- Correct Answer:- Option-C

Question80:-Nonlinear theory of elasticity has its application in which field ?

- A:-Kinesiology
  - B:-Biomechanics
  - C:-Sport medicine
  - D:-Exercise Physiology
- Correct Answer:- Option-B

Question81:-Which among the following is a symptom of an internal injury ?

- A:-Colour change in stool
  - B:-Extreme thirst
  - C:-Increased pulse rate
  - D:-Shivering
- Correct Answer:- Option-A

Question82:-The process through which the blood changes from liquid to gel is called

- A:-Coagulation
  - B:-Condensation
  - C:-Adhesion
  - D:-Aggregation
- Correct Answer:- Option-A

Question83:-The most primary step in injury management is

- A:-Check for embedded foreign object
  - B:-Cover the injured part with a bandage
  - C:-Calm down the patient
  - D:-Prevent bleeding
- Correct Answer:- Option-C

Question84:-The modification from infancy of an individual's behaviour to conform with the demands of social life is known as

- A:-Socialisation
  - B:-Learning
  - C:-Development
  - D:-Acculturation
- Correct Answer:- Option-A

Question85:-Which among the following psychological intervention strategies is used generally by athletes just prior to the competition ?

- A:-Imagery
  - B:-Self hypnosis
  - C:-Self talk
  - D:-Pep Talk
- Correct Answer:- Option-A

Question86:-Which among the following is a crucial factor in the socialisation process of a child ?

- A:-Good school
- B:-Friendly Neighbourhood
- C:-Ability to communicate

D:-Ability to imitate

Correct Answer:- Option-D

Question87:-A multidimensional fitness construct comprising the integrated function of muscle strength, muscle endurance and muscle power is known as

A:-Muscle speed endurance

B:-Muscle strength endurance

C:-Musculocardiac fitness

D:-Musculoskeletal fitness

Correct Answer:- Option-D

Question88:-What is the condition caused by decrease in body's core temperature to the point where normal body functions are impaired ?

A:-Hyperthermia

B:-Heat syncope

C:-Wind chill

D:-Hypothermia

Correct Answer:- Option-D

Question89:-What does Erythropoietin do to improve performance ?

A:-Enhance glycogen supply to muscles

B:-Improves oxygen carrying capacity of blood

C:-Smoothens functioning of blood vessels

D:-Improves muscle power

Correct Answer:- Option-B

Question90:-Accounting of small amount of cash kept on hand to meet the incidental expenses is known as

A:-Contingency account

B:-Petty cash account

C:-Temporary account

D:-Hand on account

Correct Answer:- Option-B

Question91:-What are the two important subdivisions of fast twitch muscle fibers ?

A:-Type IIb and type IIx

B:-Type IIa and type IIy

C:-Type IIb and type IIx

D:-Type IIa and type IIx

Correct Answer:- Option-D

Question92:-Muscle Hyperplasia is process of

A:-Increasing muscle size

B:-Increasing number of muscle fibers

C:-Increasing muscle strength

D:-Increasing the speed of muscle contraction

Correct Answer:- Option-B

Question93:-The reason for lactic acid production is

A:-Lack of glucose

B:-Weakened circulatory system

C:-Lack of adaptation

D:-Insufficient oxygen

Correct Answer:- Option-D

Question94:-Which among the following provides a quantitative measures of a person's capacity for aerobic ATP resynthesis ?

A:-`VO<sub>2</sub>max`

B:-Resting pulse rate

C:-Vital capacity

D:-Hb level in the blood

Correct Answer:- Option-A

Question95:-Which village is known as Mecca of Indian Hockey ?

A:-Coorg

B:-Sangrur

C:-Sansarpur

D:-Rehmanpur

Correct Answer:- Option-C

Question96:-Who was the captain of Indian Volleyball team that won Bronz medal in Seoul Asian games ?

A:-Cyril C. Vellore

B:-Jimmy George

C:-Balwanth Singh

D:-Uday Kumar

Correct Answer:- Option-A

Question97:-In which Olympic Games did India play in the semifinals of Soccer competition ?

A:-1952, Helsinki

B:-1960, Rome

C:-1956, Melbourne

D:-1964, Tokyo

Correct Answer:- Option-C

Question98:-"Only one team played in the spirit of the game" was a statement made by one of India's Cricket team captains during the tour of Australia. Who was it ?

A:-Saurav Ganguly

B:-Anil Kumble

C:-M.A.K. Pataudi

D:-Sunil Gavaskar

Correct Answer:- Option-B

Question99:-'The Race of My Life' is the autobiography of

A:-Ben Johnson

B:-Usain Bolt

C:-Jesse Owens

D:-Milkha Singh

Correct Answer:- Option-D

Question100:-What is the determinant factor in deciding aerobic capacity of individual ?

A:-Functional efficiency of heart

B:-Blood carrying capacity of vessels

C:-Transportation ability of oxygen and its utilisation

D:-Viscosity of blood

Correct Answer:- Option-C