

PHYSICAL TRAINING INSTRUCTOR

1. In the following question, out of the given alternatives, choose the one which best expresses the meaning of the given word.

DERIDE

A. Stimulate

B. Comfort

C. Jeer

D. Inspire

2. A general pardon granted by the government to political offenders.

A. Pardon

B. Excuse

C. Honesty

D. Amnesty

3. In the following question, out of the given alternatives, choose the one which can be substituted for the given sentence.

One filled with excessive and mistaken enthusiasm in cause.

A. Martyr

B. Pedant

C. Fanatic

D. Patriot

4. Pick out the most effective word from the given words to fill in the blanks to make the sentence meaningfully complete.

His interest in the study of human behaviour is indeed very

A. deep

B. strong

C. vast

D. broad

5. A sentence/a part of the sentence is underlined. Below are given alternatives to the underlined part which may improve the sentence. Choose the correct alternative.

She is annoying that her father had not accepted her suggestion.

A. No improvement required

B. had to annoy

C. was annoyed

D. was to annoy

6. The age of the mother today is thrice that of her daughter. After 12 years, the age of the mother will be twice that of her daughter. The age of the daughter today is?

A. 12 years

B. 14 years

C. 16 years

D. years

7. The income of A is 40% more than that of B. If A got a 25% rise in his income and B got a 40% rise in his income, the percentage increase in the combined incomes of A and B is?

A. 31.25

B. 34.5

C. 28.25

D. 24.5

8. A gold bracelet is sold for Rs. 14500 at a loss of 20%. What is the cost price of the gold bracelet?

A. Rs. 15225

B. Rs. 16800

C. Rs. 17400

D. Rs. 18125

9. In the following series, one of the terms given is wrong. Find that term.

12 13 28 87 351 1765 10596

A. 351	B. 87	C. 12	D. 10596
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10. In how many ways can the letters of the word 'MOMENT' be arranged			
A. 360	B. 60	C. 720	D. 120

11. Select the letter-cluster that can replace the question mark (?) in the following series. DAC, GWH, JSM, MOR, ?			
A. QKV	B. PKW	C. QJW	D. PJV

12. In the following question, there is a certain relationship between two given words on one side of :: and one word is given on another side of :: while another word is to be found from the given alternatives, having the same relation with this words as the words of the given pair bear. Choose the correct alternative. Forecast : Future :: Regret : ?			
A. Present	B. Atone	C. Past	D. Sins

13. The following question consist of two words each that have a certain relationship to each other, followed by four lettered pairs of words. Select the lettered pair that has the same relationship as the original pair of words printed in bold. Revolution : Change			
A. Disease : Medicine	B. Famous : Notorious	C. Food : Energy	D. Treaty : Peace

14. Introducing a man, a woman said, "His wife is the only daughter of my father." How is that man related to woman?			
A. Brother	B. Father-in-law	C. Maternal Uncle	D. Husband

15. How many 7s are there in the following series which are preceded by 6 which is not preceded by 8? 8 7 6 7 8 6 7 5 6 7 9 7 6 1 6 7 7 6 8 8 6 9 7 6 8 7			
A. Nil	B. One	C. Two	D. Three

16. Which Chinese general had defeated Kanishka?			
A. Pan Chao	B. Ban Yong	C. She Huang Ti	D. Ho-Ti

17. Money bills can be introduced in the Parliament only with the prior recommendation of			
A. Finance Minister	B. Prime Minister	C. President	D. Speaker of the Lok Sabha

18. Recently, which institute has successfully established and tested India's first Hypervelocity Expansion Tunnel Test Facility?

A. IIT Bombay B. IIT Madras C. IIT Kanpur D. IIT Delhi

19. 'Olive Ridley' is the name of which species?

A. Snake B. Turtle C. Butterfly D. Dog

20. Who is known as the 'Father of Indian Renaissance'?

A. Vikram Sara Bhai B. Raja Ram Mohan Roy C. Ram Gopal Verma D. Lala Lajpat Rai

21. First Modern Olympics were organized on _____

(A) 4 April 1896 (B) 10 April 1896 (C) 6 April 1896 (D) 28 April 1986

22. Where is the Head office of Olympic Games?

(A) Paris (France) (B) Tokyo (Japan) (C) Lausanne (Switzerland)
(D) Moscow (Russia)

23. Where & when was the Olympic flag hosted first?

(A) 1936 Germany (B) 1896 Greece (C) 1900 France (D) 1920 Belgium

24. Asian games are conducted by _____

(A) I.A.O. (B) O.C.A. (C) I.O.C. (D) A.A.F.I.

25. How much Calcium is found in a normal human body?

(A) 30-35 grams (B) 20-25 grams (C) 16-17 grams (D) 40-45 grams

26. Meningitis disease affects the system of _____

(A) Respiratory system (B) Digestive system (C) Nervous system
(D) All above

27. During exercise when heart rate is 160 beats per minute and stroke volume is 100 ml/beat, then cardiac output will be:

(A) 24 lit/ mi (B) 16 lit/min (C) 60 lit/min (D) 30 lit/min

28. When muscles increases in size due to regular exercise it is called:

(A) Atrophy (B) Over load (C) Health (D) Hypertrophy

29. Three to ten days training programme is known as _

(A) Meso cycle (B) Micro cycle (C) Macro cycle (D) Para cycle

30. The angle between the bones near two joints is measured by _

(A) Manometer (B) Stadiometer (C) Goniometer (D) Spirometer

31. Which of the following is a key factor in man's socialization process?
 (A) Social visits (B) Social interaction among people
 (C) Social Understanding (D) Social courtesies
32. Badminton was included for the first time in Asian Games in the year:
 (A) 1964 (B) 1980 (C) 1960 (D) 1962
33. A type of training which is designed to improve explosive power?
 (A) Interval (B) Polymetrics (C) Progression (D) Fartlek
34. of the following physiological factors, which one, to a great extent, determines athletic potentiality?
 (A) Lactic acid tolerance (B) Maximum oxygen uptake capacity
 (C) Lower resting heart rate (D) Stable blood pressure
35. Who administered the Harvard Step Test?
 (A) Thomas (B) Burnt (C) Lucien Brouha (D) Chopra
36. Which one is not a part of dynamic strength:
 (A) Maximum strength (B) Explosive strength
 (C) Isometric strength (D) Strength endurance
37. The type of strength training where length of muscle shortens during contraction is called:
 (A) Isotonic (B) Isosynthetic
 (C) Isometric (D) Isokinetic
38. Glycogen-loading is found very advantageous in an activity which predominantly involves:
 (A) Strength (B) Explosive (C) Speed (D) Endurance
39. Which of the following techniques stresses on "programmed phases of work and recovery"?
 (A) Continuous method (B) Interval training
 (C) Fartlek (D) Acceleration runs
40. The functional efficiency of a muscle depends upon its:
 (A) Fiber quality (B) Tonus
 (C) Nerve stimulation (D) Girth

41. From which part of the heart, blood is pumped out to different parts of the body?
 (A) Right Ventricle (B) Right Auricle
 (C) Left Ventricle (D) Left Auricle
42. Round Back deformity is known as ____
 (A) Lordosis (B) Kyphosis (C) Flat foot (D) Scoliosis
43. What is Genu Val gum?
 (A) Flat foot (B) Knock knee (C) Claw foot (D) Bow leg
44. Involuntary contraction of muscles is known as ____
 (A) Strain (B) Muscle pull (C) Cramp (D) Sprain
45. The body muscles weaken Due to with the deficiency of ____
 (A) Potassium (B) Sulphur (C) Calcium (D) Magnesium
46. What is boxer muscle in human body?
 (A) Deltoid (B) Latissimus dorsi
 (C) Pectoralis major (D) Serratus anterior
47. Action potential of muscle is measured by
 (A) Dynamometer (B) Pedograph
 (C) Electromyography (D) Goniometer
48. Which bone is known as the shoulder blade?
 (A) Carpal (B) Scapula
 (C) Clavicle (D) Cranium
49. Diuretics is used to:
 (A) Decrease body weight (B) Enhance muscular strength
 (C) Increase body weight (D) Enhance performance
50. Name the physical therapy in which hot and cold water are used-
 (A) Hot bath (B) Contrast bath (C) Cryotherapy (D) Massage
51. What is the important utility of the mid-day meal in a school?
 (A) Enhancing energy in the students (B) Motivating students towards studies
 (C) Promoting co- operative school life (D) Development of healthy habits among the students.
52. The Co- Curricular activities are generally based upon-
 (A) Principle of Activities (B) Principle of Interest
 (C) Principle of planning and management (D) All of the above

53. Which of the following elements influences the discipline in school?
 (A) Self discipline (B) Rules and regulation of school
 (C) Mutual co-operation (D) Arrangement of moral education
54. If two players in a draw of 14 players(tennis) are seeded then in which round they should play?
 (A) Pre-quarter final (B) Quarter final (C) Semi Final (D) Final
55. What is the best temperature of hot water used in contrast bath?
 (A) 40 to 45C⁰ (B) 50 to 60C⁰ (C) 30 to 35C⁰ (D) 60 to 70C⁰
56. Top spin causes—
 (A) Higher Rebound (B) Lower Rebound (C) Rebound to the left
 (D) Rebound to the right
57. Speed Play Method is known as—
 (A) Strength (B) Endurance (C) Speed (D) Flexibility
58. Which of the following is NOT an extrinsic rewards –
 (A) Financial reward (B) Self- granted reward
 (C) Material Reward (D) Social reward
59. Sports psychology is a science in which the principles of psychology are applied in a –
 (A) Social and Science (B) Sports and psychology
 (C) Sports and health (D) Sports and exercise
60. is strategy used by both players, juniors as well as professional –
 (A) Emotional skills (B) Specific task (C) Both A and B (D) Self talk
61. Instrument used measuring sample of behaviour is ?
 (A) Test (B) Measurement (C)Assessment (D) Evaluation
62. In measurement, the first step is?
 (A) Decide about test (B) Marking of the test
 (C) Decision of what to measure (D) Development of the Test
63. The purpose of Evaluation is to make?

- (A) Decision (B) Prediction (C) Judgement (D) Opinion
64. Which one is computer virus –
(A) Hardware (B) Bacteria (C) Software (D) None of the above
65. Management is
(A) an art (B) Science. (C) an art and science (D) an art not science
66. The duration of Russel- Lange volleyball test is -
(A) 15 Second (B) 30 Second (C) 45 Second (D) 60 Second
67. From the view point of sociology, which of the following factors is the most important in the development of human personality ?
(A) Money (B) Art (C) Literature (D) Culture
68. In the school setting the major channel of publicity for the physical education programmes is -
(A) Teachers (B) Students (C) Advertisement (D) Intramural
69. Standard deviation represent spread of scores around -
(A) Mode (B) Median (C) Mean (D) Range
70. What is 'Rule of thumb' as treatment for being injured in sports?
(A) Fitness (B) Rice (C) Endogenous (D) Acute
