

120/2017

Question Booklet
Alpha Code

A

Question Booklet
Serial Number

Total Number of Questions : 100

Time : 75 Minutes

Maximum Marks : 100

1. The question paper will be given in the form of a Question Booklet. There will be four versions of question booklets with question booklet alpha code viz. A, B, C & D.
2. The Question Booklet Alpha Code will be printed on the top left margin of the facing sheet of the question booklet.
3. The Question Booklet Alpha Code allotted to you will be noted in your seating position in the Examination Hall.
4. If you get a question booklet where the alpha code does not match to the allotted alpha code in the seating position, please draw the attention of the Invigilator IMMEDIATELY.
5. The Question Booklet Serial Number is printed on the top right margin of the facing sheet. If your question booklet is un-numbered, please get it replaced by new question booklet with same alpha code.
6. The question booklet will be sealed at the middle of the right margin. Candidate should not open the question booklet, until the indication is given to start answering.
7. Immediately after the commencement of the examination, the candidate should check that the question booklet supplied to him contains all the 100 questions in serial order. The question booklet does not have unprinted or torn or missing pages and if so he/she should bring it to the notice of the Invigilator and get it replaced by a complete booklet with same alpha code. This is most important.
8. A blank sheet of paper is attached to the question booklet. This may be used for rough work.
9. **Please read carefully all the instructions on the reverse of the Answer Sheet before marking your answers.**
10. Each question is provided with four choices (A), (B), (C) and (D) having one correct answer. Choose the correct answer and darken the bubble corresponding to the question number using Blue or Black Ball Point Pen in the OMR Answer Sheet.
11. **Each correct answer carries 1 mark and for each wrong answer 1/3 mark will be deducted. No negative mark for unattended questions.**
12. No candidate will be allowed to leave the examination hall till the end of the session and without handing over his/her Answer Sheet to the Invigilator. Candidates should ensure that the Invigilator has verified all the entries in the Register Number Coding Sheet and that the Invigilator has affixed his/her signature in the space provided.
13. Strict compliance of instructions is essential. Any malpractice or attempt to commit any kind of malpractice in the Examination will result in the disqualification of the candidate.

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1. The Farakka Barrage has been constructed on the river :
(A) Brahmaputra (B) Bhagirathi (C) Padmini (D) Hugli
2. Which of the following forest is found in Sundarbans ?
(A) Coniferous forest (B) Deciduous forest
(C) Mangrove forest (D) Evergreen forests
3. What is the other name given to Ooty (Ootacamun) the Queen of Hill Stations ?
(A) Green Mountains (B) Blue Mountains
(C) Red Mountains (D) Yellow Mountains
4. NITI Aayog formally, Constituted on :
(A) 1st January, 2015 (B) 1st January, 2016
(C) 1st January, 2014 (D) 1st January, 2013
5. Who Presided over the Surat session of the Indian National Congress ?
(A) Dadabhai Naoroji (B) Gopala Krishna Gokhale
(C) Rashbehari Ghosh (D) S. N. Banerji
6. The first great experiment in Satyagraha was launched by Mahatma Gandhi at :
(A) Bardoli (B) Champaran (C) Dandi (D) Ahmedabad
7. How many Censuses have been carried out in India since independence ?
(A) 05 (B) 06 (C) 08 (D) 07
8. The historic fort at Bakel was constructed by :
(A) Ikkeri Nayakas (B) Vijayanagara rulers
(C) Zamorins of calicut (D) Mysore rulers

9. Where is the resting place of the Swadeshabimani Ramakrishna Pillai ?
(A) Kappad beach (B) Payyambalam beach
(C) Ponnani beach (D) Kozhikode beach
10. Where is the oldest Synagogue in the entire Commonwealth Nations Situated ?
(A) Kodungallur (B) Kanyakumari (C) Mattancherry (D) Kollam
11. In which year Vaikunta Swamikal founded samatva Samajam ?
(A) 1835 (B) 1834 (C) 1837 (D) 1836
12. The teachings of Vagbhatananda helped to strengthen the base of the nationalist movement particularly in :
(A) North Kerala (B) South Kerala
(C) Central Kerala (D) None of the above
13. Venganoor was the centre of activities of a great social reformer in Kerala :
(A) Vaikunta Swamikal (B) Ayyan Kali
(C) Brahmananda Shivayogi (D) Pandit Karuppan
14. The work like Mokshapradeepam and Ananda Sutram was written by :
(A) Vaikunta Swamikal (B) Chattampi Swamikal
(C) Brahmananda Shivayogi (D) Vagbhatananda
15. Which social reformer has been hailed as “ The father of Modern Kerala Renaissance ” ?
(A) EMS Namboodiri Pad (B) Mannath Padmanabhan
(C) Vaikunta Swamikal (D) Sree Narayana Guru
16. In which year first ATM started in India ?
(A) 1987 (B) 1967 (C) 1877 (D) 1997

17. Who is the player defeated by Kidambi Srikanth in Australian open badminton tournament final at Sydney, 2017 ?
(A) Lin Dan (B) Lee chong (C) Chen Lang (D) Yuqishi
18. Who is the minister in charge of the new department for the welfare of the women and children?
(A) J. Mercy Kutti Amma (B) K.T. Jaleel
(C) A. C. Moidheen (D) K. K. Shylaja Teacher
19. The students of which University developed the Nano-Satelite launched by ISRO in 23rd June, 2017 ?
(A) Jawaharlal Nehru University Delhi
(B) Noorul Islam University Campus, Kanyakumari
(C) Aligarh Muslim University
(D) Baroda University
20. The recent G-20 Summit held at :
(A) Hamburg (B) Paris (C) Beijing (D) London
21. Reaction ability and acceleration ability are the forms of _____.
(A) Flexibility (B) Agility (C) Endurance (D) Speed
22. The study of the functions of the normal human body is called :
(A) Physiology (B) Anatomy (C) Kinesiology (D) Psychology
23. Throwers muscle is :
(A) Deltoid (B) Pectorals major (C) Biceps (D) None of these
24. Lumbar vertebrae are :
(A) 6 in number (B) 7 in number (C) 5 in number (D) 4 in number

25. Standard width of the lane in a track shall be :
(A) 1.22m-1.25m (B) 1.25m-1.29m (C) 1.18m-1.22 m (D) 1.22m-1.26m
26. The standard distance for hurdle race in men are :
(A) 110m and 400m (B) 100m and 200m
(C) 110m and 200m (D) 400m and 800m
27. Which organ performs endocrine as well as exocrine functions in human body ?
(A) Liver (B) Pancreas (C) Kidney (D) None of these
28. What is the purpose of Kooper's 12 minute run / walk test ?
(A) To measure cardio respiratory endurance
(B) To measure speed
(C) To measure strength
(D) To measure flexibility
29. The quantity of gold is used in the Olympic gold medal_____.
(A) 8gm (B) 7gm (C) 6gm (D) 4gm
30. When was hockey introduced in Asian games ?
(A) 1951 Delhi (B) 1954 Manila (C) 1958 Tokyo (D) 1958 Delhi
31. Sports Authority of India formed in :
(A) 1983 (B) 1984 (C) 1985 (D) 1986
32. Osteology is the study of :
(A) Muscles (B) Bones (C) Joints (D) Nerves
33. The postural deformity opposite of Kyphosis is :
(A) Scoliosis (B) Flatfoot (C) Lordosis (D) None

34. Recreational theory of play was given by :
(A) Schiller (B) Croose (C) Aristotle (D) Lazarus
35. The first Asian games were held in the year of :
(A) 1951 (B) 1920 (C) 1987 (D) 1954
36. The highest award given to sports coaches in India :
(A) Dronacharya award (B) Arjuna award
(C) Khel Ratna award (D) G.V. Raja award
37. Olympiad refers to :
(A) Place in Greece (B) Period between two Olympics
(C) Olympic games (D) Olympics
38. Which of the body type classification means "Thick" in Greek ?
(A) Pyknic (B) Athletic (C) Aesthetics (D) None
39. The outer layer of heart is called :
(A) Pericardium (B) Myocardium (C) Endocardium (D) Ectocardium
40. Duration is measure of :
(A) Distance (B) Displacement (C) Force (D) Time
41. Skinfold calliper measures :
(A) Height (B) Weight (C) Body fat (D) None
42. The growth and development of the skeletal system indicate :
(A) Anatomical age (B) Chronological age
(C) Physiological age (D) Mental age

43. Rickets is caused by the deficiency of :
(A) Vitamin C (B) Vitamin A (C) Vitamin D (D) Vitamin E
44. Imaginary line passing laterally from one side to other is called :
(A) Sagittal axis (B) Sagittal plane (C) Vertical axis (D) Lateral axis
45. What is the forward inclination of the shoulder girdle called ?
(A) Scoliosis (B) Kyphosis (C) Lordosis (D) Round shoulder
46. The resistance ability against fatigue called :
(A) Speed (B) Strength (C) Endurance (D) Flexibility
47. Ballistic method is one of the method of improving :
(A) Strength (B) Endurance (C) Flexibility (D) None of these
48. Bones of the human body are classified on the basis of :
(A) Structure and Function (B) Joint and Measurement
(C) Size and Shape (D) Location and Attachment
49. Theory and insight learning was produced by :
(A) Kohler (B) Thorndike (C) Pavlov (D) Cattell
50. Which philosophy of education defines as a role model for students ?
(A) Naturalism (B) Pragmatism (C) Idealism (D) Existentialism
51. Newton's first law of motion is known as :
(A) Law of acceleration (B) Law of inertia
(C) Law of momentum (D) Law of action reaction

52. Raising of body on toes is an example of _____ class lever.
(A) Second class (B) First class (C) Third class (D) None of these
53. The training cycle which has a normal 3-6 weeks is called :
(A) Micro cycle (B) Macro cycle (C) Meso cycle (D) None of these
54. The first modern Olympic were held in :
(A) 1986 (B) 1896 (C) 1865 (D) 1894
55. Which Indian cricketer wrote the book "Idole".
(A) Sachin Tendulkar (B) M.S. Dhoni
(C) Sunil Gavasker (D) Kapil Dev
56. Height of the hurdle for the men for 110m is :
(A) 1.087m (B) 1.056m (C) 1.067m (D) 1.047m
57. The largest bone in the human body :
(A) Femur (B) Ulna (C) Humerus (D) Scapula
58. In isometric contraction, the muscle.
(A) Shortens (B) Lengthens
(C) Neither shortens nor lengthens (D) Shortens as well as lengthens
59. Which of the following is not a combat sport ?
(A) Boxing (B) Judo (C) Wrestling (D) Shot put
60. Which nutrient is known as building block of the body ?
(A) Minerals (B) Proteins (C) Carbohydrates (D) None of these
61. The scapula bone is situated in :
(A) Leg (B) Hip (C) Upper back (D) Arm

62. In which of the following places, there is centre of Sports Authority of India ?
(A) Kolkata (B) Banglore (C) Patiala (D) Chandigarh
63. The maximum distance covered in a marathon is :
(A) 40 km (B) 41.5 km (C) 42.5 km (D) 42.195 km
64. Which law of learning is also called law of use and disuse ?
(A) Effect (B) Exercise (C) Readiness (D) None of these
65. Weight of the ball using in Table Tennis :
(A) 2.5gm (B) 2gm (C) 3gm (D) 3.5gm
66. Solid gold medals were last given in Olympic games in :
(A) 1904 (B) 1908 (C) 1912 (D) 1920
67. Sunlight is a source of :
(A) Vitamin A (B) Vitamin B (C) Vitamin C (D) Vitamin D
68. Maximal volume of air forcefully expired after maximal inspiration is called ?
(A) Total air (B) Lung capacity (C) Vital capacity (D) None of these
69. The study of muscle is called ?
(A) Myology (B) Neurology (C) Arthrology (D) Osteology
70. Aims of sports training is :
(A) Improvement of physical fitness
(B) Improvement of sports performance
(C) Improvement of technical skill
(D) Improvement of tactical efficiency

71. How many bones are there in a human body ?
(A) 210 (B) 208 (C) 306 (D) 206
72. Which is the shortest bone in the human body ?
(A) Stirrup (B) Femur (C) Humerus (D) Scapula
73. Which organ controls insulin in the blood ?
(A) Stomach (B) Heart (C) Pancreas (D) Intestine
74. Name the diseases caused by Vitamin A :
(A) Night blindness (B) Anemia (C) Depression (D) Nausea
75. What is name given for exaggerated convexity of thoracic region ?
(A) Lordosis (B) Kyphosis (C) Scoliosis (D) None of these
76. Hypokinetic diseases are caused by lack of _____.
(A) Confidence (B) Food (C) Physical activity (D) Energy
77. Which of the following is a law of learning ?
(A) Law of readiness (B) Law of exercise
(C) Law of Effect (D) All the above
78. The therapy of psycho analysis developed by :
(A) Skinner (B) Sigmund Freud (C) Plato (D) Darwin
79. Sports performance is the bi-product of :
(A) Skill (B) Conditional ability
(C) Total personality (D) Tactical Ability

80. The first metamorphosis falls between the ages of :
(A) 7 - 10 years (B) 3 - 5 years (C) 11 - 14 years (D) 2 - 4 years
81. Which is the most effective method for encouraging self learning?
(A) Demonstration method (B) Lecture method
(C) Observation method (D) Task method
82. Which one is the simplest form of cognition ?
(A) Conception (B) Perception (C) Sensation (D) Affection
83. The response defined as a result of training is called :
(A) Conditioned Stimulus (B) Unconditioned reflex
(C) Conditioned reflex (D) Conation
84. The functional division of spinal cord are :
(A) Somatic-motor (B) Somatic-sensory
(C) Visceral-motor (D) None of the above
85. Which of the following is an intrinsic motivation ?
(A) Pay (B) Promotion (C) Feedback (D) Interest of play
86. Which need is on top of the Maslow's hierarchy of needs ?
(A) Self actualization (B) Esteem (C) Belongingness (D) Safety
87. What is the population that psychologist usually study ?
(A) Cats and dogs (B) Monkeys (C) People (D) Pigeons and rats
88. The hereditary factors of learning are :
(A) Height and Weight (B) Physical structure
(C) Body composition (D) All the above

89. Which law of learning is also called the law of use and disuse ?
(A) Law of exercise (B) Law of readiness
(C) Law of effect (D) Law of intimacy
90. Density of the bone is greater in :
(A) Men (B) Women
(C) Both men and women (D) None of the above
91. Which of the following is a joint of reciprocal innervations ?
(A) Pivot joint (B) Saddle joint (C) Condylloid joint (D) Hinge joint
92. Carpal joint is the example of :
(A) Pivot joint (B) Condylloid joint
(C) Hinge joint (D) Ball and Socket joint
93. Which of the following planes of the body divides it into upper and lower parts ?
(A) Saginaw (B) Transverse (C) Frontal (D) Vertical
94. The following bones form the elbow joint except :
(A) Scapula (B) Radius (C) Ulna (D) Humerus
95. Main bones in fore arm are :
(A) Humerus - Femur (B) Radius - Ulna
(C) Ulna - Phalanges (D) Wrist bones - Phalanges
96. On set command the sprinters are in :
(A) Stable equilibrium (B) Unstable equilibrium
(C) Neutral equilibrium (D) None of the above

97. What type of muscle is capable of resisting fatigue in a long duration activity ?
(A) Deltoid (B) Fast twitch
(C) Slow twitch (D) Both (A) and (B)
98. Muscles which cause the joint to bend are called :
(A) Flexors (B) Extensors (C) Abductors (D) Adductors
99. Synovial joint is :
(A) Slightly movable (B) Freely movable
(C) both (A) and (B) (D) None of these
100. Metacarpals and phalanges are the example of :
(A) Saddle joint (B) Hinge joint
(C) Condyloid joint (D) Ball and Socket joint

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SPACE FOR ROUGH WORK

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