DO NOT OPEN THIS BOOKLET UNTIL YOU ARE ASKED TO DO SO.

2021

TEST BOOKLET

Time allowed : $1\frac{1}{2}$ hours

Full marks : 100

Answer ***all*** the questions.

Questions are of equal value.

TEST BOOKLET SERIES

D

Serial No. 360 ..... ***Roll No.:***

Signature of the Candidate:

INSTRUCTIONS

Candidates should read the following instructions carefully before answering the questions:

1. This booklet consists of 12 pages including this front page. Verify the Page Nos. and Test Booklet series on each page and bring at once to the Invigilator's notice any discrepancy.
2. Answers will have to be given in the Special Answer-Sheet supplied for the purpose.
3. Before you proceed to mark in the Answer-Sheet in response to various items in the Test Booklet, you have to fill in some particulars in the Answer-Sheet as per instructions sent to you in the Admit Card. ***Do not fold the Answer-Sheet as this will result in error in your marks.***
4. All questions are of multiple-choice answer-type. You will find ***four*** probable answers **(A)**, **(B)**, **(C)** and **(D)** against each question. Find out which of the four answers appears to be **correct or the best.** Now darken the circle corresponding to the letter of the selected answer in the Answer-Sheet with **Black Ball Point Pen** as per instructions printed on the reverse of the Admit Card and in the Answer-Sheet.
5. One and only one circle is to be fully blackened for answer. Any spot in any other circle (multiple circle) or in wrong circle will be considered as wrong answer.
6. ***There will be negative marking of $\frac{1}{3}$ mark for each wrong answer.***
7. ***There is blank page at the end of this Booklet for Rough Work.***
8. ***The Special Answer-Sheet should be handed over to the Invigilator before leaving the Examination Hall. You are permitted to take away the used Test Booklet after completion of the examination.***

1. If the average of x and $\frac{1}{x}(x \neq 0)$ is M, then the average of x^2 and $\frac{1}{x^2}$ is

(A) $1 - M^2$

(B) $1 - 2M$

(C) $2M^2 - 1$

(D) $2M^2 + 1$

2. Who advised sports persons as well as peoples of the world :

"play the game in the spirit of the game"?

(A) Jawaharlal Nehru

(B) Lal Bahadur Shastri

(C) Subhas Chandra Bose

(D) Mahatma Gandhi

3. What is the most appropriate meaning of the sentence given below :

One can not be corrected.

(A) Incorrigible

(B) Incurable

(C) Invulnerable

(D) Hardened

4. Which is the biggest planetarium?

(A) Birla Hyderabad

(B) Guwahati

(C) Birla Kolkata

(D) Birla Mumbai

5. The central and peripheral systems when grouped together are called

(A) cerebrospinal nervous system.

(B) urogenital system.

(C) respiratory system.

(D) sympathetic nervous system.

6. Find out whether there is any grammatical error in the sentence given below and mention that part of the sentence:

It was him / who came / running / into the classroom.

(A) It was him

(B) who came

(C) running

(D) into the classroom

7. The average temperature of Monday, Tuesday, Wednesday and Thursday is 60°F. The average for Tuesday, Wednesday, Thursday and Friday is 63°F. If the ratio of temperature for Monday and Friday is 21 : 25, then what is the temperature of Friday ?

(A) 70°F

(B) 73°F

(C) 75°F

(D) 78°F

8. Choose the best synonym of the underlined word :

He became <u>furious</u> after reading the report.

(A) Very playful

(B) Very calm

(C) Very angry

(D) Very interested

9. What is the most appropriate meaning of the sentence given below :

Commencement of words with the same letter.

(A) Pun

(B) Alliteration

(C) Epithet

(D) Oxymoron

10. The most effective way to create a sense of fair play among the sport fraternity is to

(A) adopt a laissez-faire approach.

(B) let the sleeping dogs lie.

(C) educate them by practical means, not preaching.

(D) meet out different punishment for unsporting acts and actions.

11. Entomology is the science that studies

(A) behavior of human being

(B) Birds

(C) Rocks

(D) Insects

12. At competition venues, the stronger the team dynamics, the greater the chances for the

(A) officials to sail through smoothly.

(B) spectators to enjoy the live show.

(C) team management to motivate players.

(D) team members to dominate playfield proceeding.

13. The height of contraction of a skeletal muscle is in direct proportion to the stimulus

(A) frequency.

(B) strength.

(C) quality.

(D) kind.

14. Insert an appropriate article if required :

Punjab is _____ land of five rivers.

(A) a

(B) an

(C) the

(D) No article

15. Which country is known as the sugar bowl of the world?

(A) India

(B) Cuba

(C) Russia

(D) U.S.A.

16. Choose the best antonym of the underlined word in the sentence :

Antony was a <u>valiant</u> man.

(A) Nervous

(B) Cowardly

(C) Quick

(D) Brave

17. A sells a watch to B and makes a loss of 12%. B makes a profit of 12½% by selling the watch to C. If A sells the watch to B at the cost of which C purchased it, then percentage of loss or profit of A will be

(A) 1% loss

(B) 1% profit

(C) 2% loss

(D) 2% profit

18. In which year and month did Jawaharlal Nehru die?

(A) 1964 May

(B) 1964 April

(C) 1965 May

(D) 1966 January

19. Change the voice :

Our task had been completed before sunset.

(A) We completed our task before sunset.

(B) We have completed our task before sunset.

(C) We had been completed our task before sunset.

(D) We had completed our task before sunset.

20. In how many years will a sum of money double itself at 5% rate of interest?

(A) 18 years

(B) 20 years

(C) 22 years

(D) 15 years

21. A set is a contact that sets up a spike. The typical order of contacts (for setting up a spike) is

(A) set -> spike -> dig.
(B) spike ->set -> dig.
(C) spike -> dig -> set.
(D) dig -> set -> spike.

22. Who appoints the Chief Election Commissioner of India?

(A) Prime Minister
(B) Chief Justice of India
(C) President
(D) Lok Sabha

23. N. Rangaswamy took oath as the Chief Minister of which State/UT on May 7th, 2021?

(A) Goa
(B) Maharashtra
(C) Tamil Nadu
(D) Puducherry

24. Various food constituents pass through alimentary canal at different rate of movement but the fastest one to pass through intestine is

(A) proteins.
(B) fats.
(C) roughage.
(D) carbohydrates.

25. The kind of speed a 100mt sprinter bursting out of the starting blocks at the starting gun sound, shows is

(A) constant speed.
(B) instant speed.
(C) average speed.
(D) consistent speed.

26. What is the total number of people who have visited the moon?

(A) 10
(B) 11
(C) 14
(D) 24

27. A physically strong body is very much capable of

(A) preventing accidents.
(B) resisting disease.
(C) tacking emergencies.
(D) enhancing mental capacity.

28. Gandhiji founded Satyagraha Sabha in 1919 to protest against the

(A) Salt Law
(B) Rowlatt Act
(C) Government of India Act, 1919
(D) Jallianwala Bagh Massacre

29. The 'defeat' was more mine than his... Gandhiji said it about whom?

(A) Sardar Vallab Bhai Patel
(B) C. R. Das
(C) Pattabhi Sitaramaya
(D) Subhas Chandra Bose

30. A businessman's earning increases by 25% in one year, but decreases by 4% in the next year. Going by this pattern, after 5 years, his total earnings would be Rs. 72,000. What is his present earning ?

(A) Rs. 10,000
(B) Rs. 80,000
(C) Rs. 40,000
(D) Rs. 54,000

31. Who won the Nobel Peace Prize in 2021?

(A) Abdulrazak Gunrah

(B) Benjamin List and David MacMillan

(C) Dmitry Muratov and Maria Ressa

(D) Ardem Patapoutian and David Julius

32. Enabling men, minds and cultures to meet at the Olympic Games, makes sport a great

(A) educative device.

(B) humanizing agency.

(C) unifying force.

(D) ennobling force.

33. National Sports Policy–1986 promises to make school physical education:

(A) a daily off-school activity

(B) a compulsory learning experience

(C) a child-centered programme

(D) an examination subject

34. The three qualities crucially important for the muscles to maintain themselves are

(A) contractility, extensibility and elasticity.

(B) contractility, adaptability and adjustability.

(C) permeability, adaptability and extensibility.

(D) contractility, extensibility and permeability.

35. Name of the movement in which the athlete lands on one foot and through a continuous movement shifts the body weight to the other.

(A) Carry-over

(B) Roll-over

(C) Shift-over

(D) Rock-over

36. In which year did Bankim Chandra Chattopadhyay write Anandmath?

(A) 1858

(B) 1892

(C) 1882

(D) 1883

37. Moderate politics was criticized in 1893-94 in a series of articles entitled "New Lamps for old" written by

(A) Bipin Chandra Pal

(B) Bal Gangadhar Tilak

(C) Ashwini Kumar

(D) Aurobindo Ghosh

38. Find the missing number:

1, 5, 14, 30, 55, ?

(A) 14

(B) 30

(C) 5

(D) 91

39. The average run of a player is 32 out of 10 innings. How many runs he has to make in the next innings so as to increase his average by 6?

(A) 38

(B) 40

(C) 6

(D) 98

40. Find the missing numbers:

3, 5, 35, 10, 12, 35, ?, ?, 35

(A) 19, 35

(B) 17, 19

(C) 19, 24

(D) 22, 35

41. In case of trained athletes, the increase in their cardiac output may rise to as much as

(A) 5-6 fold.
(B) 7-8 fold.
(C) 3-4fold.
(D) 2-3 fold.

42. The principles and procedures of psychology are generally perused by

(A) athletic trainers.
(B) athletes.
(C) coaching faculty.
(D) All of the above

43. The word opposite in meaning to "Vicious" is :

(A) Gentle
(B) Healthy
(C) Helpful
(D) Dangerous

44. Find the correctly spelt word :

(A) Refrigerator
(B) Refridgerator
(C) Refrigereter
(D) Refreegerator

45. Competition or no competition, we play sport primarily for the sake of

(A) social recognition and cultural cohesion.
(B) health, fitness, skill and achievement.
(C) adjustment, affiliation and achievement.
(D) personal, social and economic gains.

46. What is the most appropriate meaning of the sentence given below :

One who abandons his religious faith.

(A) Apostate
(B) Profane
(C) Prostate
(D) Agnostic

47. As per research data, more than fifty per cent injuries occur to sports persons due to

(A) faulty equipment.
(B) lack of proper fitness.
(C) unsuitable playing surfaces.
(D) mismatched opponents.

48. Potential for leadership is said to be more or less

(A) externally acquired.
(B) socially developed.
(C) genetically inherited.
(D) culturally cultivated.

49. What should be the least number of years in which simple interest on Rs. 2,600 at 6½% will be an exact number of rupees?

(A) 3
(B) 2
(C) 5
(D) 4

50. Ludhiana is located on the banks of river

(A) Sutluj
(B) Beas
(C) Indus
(D) Ravi

51. In woman's gymnastics events, rhythmic exercises performed by an individual gymnast last

(A) 60 to 90 seconds.
(B) 30 to 60 seconds.
(C) 70 to 100 seconds.
(D) 40 to 70 seconds.

52. Stretching the muscles for a longer-duration leads to greater

(A) plasticity.
(B) agility.
(C) flexibility.
(D) elasticity.

53. Choose the correct phrasal verb for the underlined word :

The fireman extinguished the fire at the earliest.

(A) Put out
(B) Put off
(C) Put of
(D) Put in

54. lndividuals with cardiac aliments should avoid

(A) talking loudly while walking.
(B) doing gardening work.
(C) undertaking dynamic muscular work.
(D) entering the outdoor swimming pool.

55. It is believed that hard workouts or fatiguing exercise considerably

(A) impacts evacuation positively.
(B) improves the digestive process.
(C) impinges upon the digestive process.
(D) relaxes the alimentary track.

56. Which country hosted the inaugural FIFA World Cup Tournament?

(A) United States
(B) Argentina
(C) England
(D) Uruguay

57. From out of the following sports, identify the one which was originally known as 'poona' and is said to have originated in India

(A) Tennis
(B) Table tennis
(C) Squash
(D) Badminton

58. Which part of the plant is coffee obtained from?

(A) Root
(B) Seed
(C) Flower
(D) None of the above

59. Regular engagement in vigorous exercise results in an increased oxygen extraction from blood at

(A) lung level.
(B) organic level.
(C) cell level.
(D) tissue level.

60. Choose the correct form of the verb to fill in the blank :

The train _____ when we reached the station.

(A) left
(B) had left
(C) would have left
(D) will leave

61. For competitive athletes, the progressive training-load schedules and goals are worked out by the

(A) exercise sport physiologists.

(B) trainers or coaches.

(C) managers.

(D) athletes themselves.

62. A dealer mixes 20% of kerosene to his petrol and then he sells the whole mixture at the price of petrol. If the cost price of the kerosene is 40% of the cost price of petrol, what is the net profit per cent?

(A) 11.11%

(B) 11.5%

(C) 12.5%

(D) 9.5%

63. An office opens at 10 a.m. and closes at 5 p.m. The lunch interval is for 30 minutes. The ratio of lunch interval to the total period of office hours is

(A) 1 : 7

(B) 1 : 14

(C) 7 : 1

(D) 14 : 1

64. According to all great educationists (e.g. Plato, Rousseau, Montessori and others), a child's education must begin with

(A) athletics.

(B) swimming.

(C) play.

(D) gymnastics.

65. Who is the present Chief Minister of Assam?

(A) C. K. Samgma

(B) M. K. Stalin

(C) Himanta Biswa Sarma

(D) N. Biren Singh

66. Find out whether there is any grammatical error in the sentence given below and mention that part of the sentence :

Ram was / senior to / Sam in College.

(A) Ram was

(B) senior to

(C) Sam in College

(D) No error

67. In the last financial year, a car company sold 41,800 cars. In this year, the target is to sell 51,300 cars. By what per cent must the sale be increased?

(A) $11\frac{9}{22}\%$

(B) $8\frac{9}{22}\%$

(C) $8\frac{11}{23}\%$

(D) $22\frac{8}{11}\%$

68. Who won the 'Laureus World Sportsman' Award 2021?

(A) Rafael Nadal

(B) Novac Djokovic

(C) Roger Federar

(D) Dominic Thiem

69. The systems of the body which conspicuously act to produce movement are

(A) nervous system, circulatory system and digestive system.

(B) skeletal system, nervous system and muscular system.

(C) muscular system, excretory system and nervous system.

(D) circulatory system, skeletal system and digestive system.

70. Choose the best antonym of the underlined word in the sentence :

He enjoyed a <u>prominent</u> position in his office.

(A) Rash
(B) Inconspicuous
(C) Deep
(D) Project

71. Amphiarthrosis is

(A) freely movable joints.
(B) slightly movable joints.
(C) immovable joints.
(D) None of the above

72. Choose the correct form of the verb to fill in the blank :

Either my shoes or your coat _____ always on the floor.

(A) lies
(B) lie
(C) have been lying
(D) were lying

73. 'First Aid' is very well understood to be as the first:

(A) rescuer.
(B) informant.
(C) responder.
(D) organizer.

74. Choose the correct preposition to fill in the blank :

_____ helping the poor with money, he helped them with food.

(A) Beside
(B) Besides
(C) By
(D) Over

75. Find the missing number:

1, 2, 5, 10, 17, ?

(A) 5
(B) 17
(C) 26
(D) 10

76. Who is the present Chief Minister of Tamil Nadu?

(A) K. Chandrasekhar Rao
(B) M. K. Stalin
(C) Y. S. J. M. Reddy
(D) B. S. Yediyurappa

77. Find the correctly spelt word :

(A) Obssesion
(B) Obssession
(C) Obsession
(D) Obsesion

78. In fitness training programme, the over load condition can be achieved either by increasing activity intensity or activity

(A) duration.
(B) complexity.
(C) volume.
(D) variety.

79. Parents and some teachers at school discourage students from doing competitive sport because they are

(A) career-conscious these days.
(B) academically-oriented.
(C) conservative in outlook.
(D) unaware of sport incentives.

80. Continuous rhythmical endurance exercises are a wonderful interface between

(A) aerobics and dance.
(B) aquatics and aerobics.
(C) aerobics and gymnastics.
(D) callisthenics and gymnastics.

81. Losing in sports competitions usually produces feelings of

(A) anxiety, aggression and self-abasement.
(B) dissatisfaction, dismay and distraught.
(C) self-doubt, accusation, repentance.
(D) sadness, depression and disappointment.

82. Choose the best synonym of the word PROPEL :

(A) Modify
(B) Burst
(C) Beautify
(D) Drive

83. A policeman starts to chase a thief. When the thief goes 10 steps the policeman moves 8 steps, 5 steps of policeman is equal to 7 steps of the thief. The ratio of speeds of the policeman and the thief is

(A) 25 : 28
(B) 25 : 26
(C) 28 : 25
(D) 56 : 25

84. A school has 8 periods of 45 minutes each, everyday. How long will each period be if the school has to have 9 periods everyday, assuming the working hours to be the same.

(A) 40 minutes
(B) 35 minutes
(C) 30 minutes
(D) 45 minutes

85. B was born when A was 4 years 7 months old and C was born when B was 3 years 4 months old. When C was 5 years 2 months old, their average age was

(A) 8 years 9 months
(B) 7 years 3 months
(C) 8 years 7 months
(D) 8 years 11 months

86. Select the pair which has the same/closest relationship:

CORPOREAL : SPIRITUAL

(A) Mesa : Plateau
(B) Moron : Savant
(C) Foreigner : Immigrant
(D) Pedagogue : Teacher

87. Find the missing number:

4	8	20
9	3	15
6	6	?

(A) 22
(B) 18
(C) 16
(D) 26

88. Sultan Azlan Shah Hockey International Tournament is organized in

(A) Thailand.
(B) Malaysia.
(C) Singapore.
(D) Vietnam.

89. The Minimum distance between the sun and the earth occurs on

(A) December 22
(B) June 21
(C) September 22
(D) January 3

90. Which of the following is the largest Railway Station in terms of platforms and area?

(A) Grand Central Terminal
(B) New York
(C) Park Avenue
(D) Berlin Hauptbahnhof

91. Incidence of ankle sprain is very common in such sports as

(A) badminton, tennis and squash.

(B) cycling, pole vault and triple jump.

(C) gymnastics, football and basketball.

(D) wrestling, judo and boxing.

92. In a 500 metre race, the ratio of speeds of two runners P and Q is 3 : 5. P has a start of 200 metre than the distance between P and Q at the finish of the race is

(A) P wins by 100 metre

(B) Both reach at the same time

(C) Q wins by 100 metre

(D) Q wins by 50 metre

93. Change the voice :

The boy laughed at the beggar.

(A) The beggar was laughed by the boy.

(B) The beggar was being laughed by the boy.

(C) The beggar was being laughed at by the boy.

(D) The beggar was laughed at by the boy.

94. What makes sportspersons heroes and zeros in the eyes of the public?

(A) Spectators' applause

(B) Ranking in tournaments

(C) Success at the contests

(D) Honors and awards won

95. Choose the best synonym of the word DEFER :

(A) Differ

(B) Defy

(C) Indifferent

(D) Postpone

96. A dishonest dealer sells his goods at cost price but uses a weight of 875 gms. for the one kilogram weigh. He gains

(A) 17%

(B) $14\frac{5}{7}\%$

(C) $14\frac{2}{7}\%$

(D) 14%

97. General exercises have greater value for the young athletes as these are quite good for

(A) perfecting complex skills.

(B) regulating physiological processes.

(C) inculcating health habits.

(D) warming-up and conditioning.

98. The digestive system plays on direct role in the physical activity, but it, however, provides

(A) necessary energy-back up to muscular system.

(B) guideline for sports nutrition.

(C) adequate scope for athlete growth.

(D) immunity against disease.

99. How many weeks approximately it takes for the significant effects of hard physical activity to appear on man's oxygen-utilizing capacity?

(A) Six

(B) Seven

(C) Four

(D) Five

100. John B. Watson, who looked at psychology from a very much practical angle, was a

(A) behaviourist.

(B) psychoanalyst.

(C) personologist.

(D) cognitive psychologist.