

PATTERN & MARKING SCHEME				
Section	(1) Sports Quest	(2) Olympics	(3) General Awareness	(4) Achievers Section
No. of Questions	25	5	15	5
Marks per Ques.	1	1	1	3

SYLLABUS

Section 1 : Different sports and their technical aspects, History of sports, Famous sports tournaments, Awards and recognitions and their conferring committees, Moral and ethical values, Sports endorsements, Records at national and international level, Motor skills in sports, Diet and exercise for sports fitness, Preventing and dealing with injuries, Yoga and aerobics.

Section 2 : Questions related to Olympics 2016 and Olympics history.

Section 3 : General awareness, Current affairs.

Section 4 : Higher order thinking questions- Syllabus as per Section 1, 2 and 3.

SPORTS QUEST

- How many holes does a championship golf course has?
(A) 9 (B) 12 (C) 18 (D) 20
- Which country won the ICC Under-19 Cricket World Cup 2016?
(A) West Indies (B) India (C) Australia (D) England
- If you have been 'Mankad' in cricket you are _____.
(A) Caught out (B) Run out at runner's end
(C) Not out (D) L.B.W
- One of the greatest athletes of all time, Sergey Bubka improved his own record 14 times. With which sport was he associated?
(A) Long jump (B) Pole vault
(C) High jump (D) Marathon
- Step aerobics was innovated by _____ around _____.
(A) Gin Miller, 1989 (B) Dr. Kenneth Cooper, 1968
(C) Jane Fonda, 1982 (D) Jerry Miller, 1970
- Cardiovascular endurance is a integral part of fitness and a healthy balanced lifestyle. Which of the following describes cardiovascular endurance most accurately?
(A) The ability of our heart and lungs to cope with exercise over a long period of time.
(B) The amount of force a muscle can exert against a resistance.
(C) The ability to change the body's movement quickly.
(D) Both (A) and (C)

OLYMPICS

7. Which of the following statements is correct regarding the Olympic rings?
 (A) The five multicoloured Olympic rings stand for the five continents.
 (B) The interlocked rings symbolises that the Olympic Games are intended for all nations to be able to come and compete against one another in a unity.
 (C) The five colours of rings and the white background have at least one colour of every nation's flag in them.
 (D) All of these.
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8. The city that has submitted the most bids without ever hosting the Olympics is _____.
 (A) Istanbul (B) Milan (C) Budapest (D) Detroit

GENERAL AWARENESS

9. If the value of all the stocks(equity) of a company are added, the value represents _____.
 (A) Turnover of the company
 (B) Market value of the company
 (C) Turnover minus the profit of the company
 (D) Sales minus the expenditure of the company
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10. Where is the International Court of Justice located?
 (A) Zurich (B) Netherlands (C) Helsinki (D) Ottawa
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11. Omar Sharif, the Egyptian born movie star of Hollywood, was also one of the top ranking players in _____.
 (A) Chess (B) Table tennis (C) Bridge (D) Squash
-
12. 'Walden' a book by Henry David Thoreau is based on _____.
 (A) Wars and battles (B) Nuclear Physics (C) English literature (D) Nature
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13. Presently 'Cadbury' uses high quality cocoa beans from which location?
 (A) West Africa (B) India (C) South America (D) Pakistan

ACHIEVERS SECTION

14. The Asian games are also known as Asiad. They are held in every 4 years. Where was the first Asiad held?
 (A) New Delhi (B) Tokyo (C) Kolkata (D) Manila
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15. Match column I (terms related to yoga) with column II (meaning of these terms) and select the correct option.
- | Column I | | Column II | |
|-------------|----------|---------------------|----------|
| (a) Purak | | (i) Exhalation | |
| (b) Rechak | | (ii) Holding breath | |
| (c) Kumbhak | | (iii) Inhalation | |
| (d) Dhyana | | (iv) Meditation | |
| a | b | c | d |
| (A) (iii) | (i) | (ii) | (iv) |
| (B) (ii) | (iii) | (i) | (iv) |
| (C) (iv) | (i) | (iii) | (ii) |
| (D) (i) | (iv) | (iii) | (ii) |

ANSWERS

ISKO – 1. (C) 2. (A) 3. (B) 4. (B) 5. (A) 6. (A) 7. (D) 8. (D) 9. (B) 10. (B) 11. (C) 12. (D) 13. (A) 14. (A) 15. (A)