

| 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 exercises for sports fitness, Preventing and dealing with injuries, Yoga and aerobics.

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

**Section 3 :** Plants and animals, Earth and environment, Universe, My country and the world around, Science and technology, Social studies, Aptitude and IQ, Abbreviations and quotes, Language and literature, Current affairs.

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

**SPORTS QUEST**

1. When a player scores in Basketball, it is called a \_\_\_\_\_.



- (A) Track (B) Touchdown  
(C) Home-run (D) Basket
- 
2. How many members play in each side of an international version *Kabaddi* team ?  
(A) 7 members and 3 supplementary players (B) 6 members and 3 supplementary players  
(C) 8 members and 2 supplementary players (D) None of these.
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3. In which sport would you use an equipment called flippers?  
(A) Boxing (B) Archery (C) Running (D) Swimming
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4. Which among these is the highest governing body of Hockey?



- (A) International Hockey Federation (B) World Hockey Federation  
(C) Federation of International Hockey (D) International Hockey Association

5. Cooling down the body following any physical activity is important. This should be performed to \_\_\_\_\_.
- (A) Improve speed of movement (B) Raise the pulse rate  
(C) Rehydrate the body (D) Prevent muscle soreness
- 
6. Which of the following are the benefits of *yoga* in our life?
- (i) Reduces obesity (ii) Provides relaxation  
(iii) Improves health (iv) Spiritual development
- (A) (i) and (iii) only (B) (i), (ii) and (iii) only  
(C) (ii) and (iv) only (D) (i), (ii), (iii) and (iv)

### OLYMPICS

7. Which country won the most Gold Medals in the 2012 London Summer Olympics?
- (A) England (B) USA (C) China (D) Russia
- 
8. What is the name of the great female athlete of 20<sup>th</sup> century, who overcame severe asthma and won three gold, one silver and two bronze medals in four different summer Olympics?
- (A) Anju George (B) Jackie Joyner-Kersey  
(C) Nadia Comaneci (D) Gabby Douglas

### GENERAL AWARENESS

9. What does DRDO stand for?
- (A) Drought Relief and Development Organisation  
(B) Defence Research and Development Organisation  
(C) District Renovation and Development Organisation  
(D) Disputed Rivers and Development Organisation
- 
10. What is the name of new crop insurance scheme approved by the Union Cabinet?
- (A) Nehru Fasal Bima Yojna  
(B) Pradhan Mantri Fasal Bima Yojna  
(C) Rashtrapati Fasal Bima Yojna  
(D) Bharat Fasal Bima Yojna
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11. What is so special about Philip Noel-Baker a British Politician?
- (A) He won a Nobel Prize and an Olympic Silver Medal.  
(B) He was an Oscar winner and an Olympic Silver Medal winner.  
(C) He participated in 4 Olympics.  
(D) None of the above.
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12. A delightful movie 'The Gods Must Be Crazy' was made on the tribe of the Kalahari Desert. Select the name of the tribe.
- (A) Santhals (B) Bedouins (C) Bushmen (D) Tuaregs
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13. A great amount of work pertaining to Indus Valley Civilization is being done at village Bhirrana. Where is this village located?
- (A) Gujarat (B) Haryana (C) Tamil Nadu (D) Bihar



## ACHIEVERS SECTION

14. The term and the specific exercise method of aerobics were developed by \_\_\_\_\_.
- (A) Glenn Draughon (B) Kenneth H. Cooper  
(C) Jane Fonda (D) Reebok.

15. Match the names of the play area to the respective sports.

|    | Play area |   | Sport      |
|----|-----------|---|------------|
| 1. | Diamond   | a | Judo       |
| 2. | Mat       | b | Cycling    |
| 3. | Rink      | c | Baseball   |
| 4. | Velodrome | d | Ice hockey |

- (A) 1-a, 2-b, 3-c, 4-d (B) 1-b, 2-c, 3-d, 4-a  
(C) 1-c, 2-a, 3-d, 4-b (D) 1-d, 2-a, 3-c, 4-b

SPACE FOR ROUGH WORK

## ANSWERS

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