

| 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.

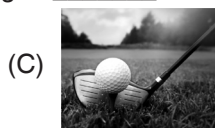
Section 2 : Questions related to Olympics 2016 and Olympics history.

Section 3 : General awareness, Current affairs.

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

SPORTS QUEST

1. The terms Putter, Wood, Iron and Hybrid belong to _____.



2. When was Field Hockey introduced in Asian Games?

(A) 1951 (B) 1954 (C) 1958 (D) 1962

3. Sachin Tendulkar has done scores of endorsements. Which of the following products did Sachin never endorse?

(A) Pepsi (B) Canon (C) Reynolds (D) None of these

4. Which famous golfer holds the record for winning a total of 18 major championships?

(A) Tiger Woods (B) Ben Hogan (C) Jack Nicklaus (D) Arnold Palmer

5. Which of the following are the benefits of aerobics?

- (i) Regular aerobics releases natural painkillers in the body, which reduce stress, anxiety and depression.
- (ii) It boosts the immune system.
- (iii) It improves cardiovascular function.
- (iv) It increases heart rate and blood pressure.

(A) (i) and (ii) only (B) (i), (iii) and (iv) only
(C) (i), (ii) and (iii) only (D) (i) and (iv) only

6. Which of the following is/are not one of the eight elements of Ashtanga Yoga?

(i) Yama (ii) Nirvana (iii) Asanas (iv) Pranayama
(v) Pratyahar (vi) Dharana (vii) Dhyana (viii) Samadhi
(A) (i), (ii) and (iii) only (B) (vii) and (viii) only
(C) (ii) only (D) (iv), (v) and (vi) only

OLYMPICS

7. Who is the oldest gold medal winner in Olympic Games?
(A) Oscar Swahn of Sweden (B) Hiroshi Hoketsu of Japan
(C) Arthur von Pongracz of Austria (D) Jerry Miller of USA
8. Which of the following is the NBC Olympics broadcast logo of Summer Olympics 2016?



GENERAL AWARENESS

9. Which one of the following is the External Intelligence Agency of Israel?
(A) Mossad (B) Shin Bet (C) KGB (D) CIA
10. 'Million Dollar Baby' is a sports drama film which won four Oscar Awards in 2005. What is the movie about?
(A) Baseball (B) Boxing (C) Golf (D) Formula One
11. The National Maritime Day of India is celebrated on which day?
(A) April 3 (B) April 4 (C) April 5 (D) April 6
12. Bacteriophage is a virus that infects and kills various bacteria. How are they going to be useful to us in future?
(A) They are being tried as an agent to strengthen the ozone layer.
(B) They are being tried as an alternative source of fuel.
(C) They are being tried as a therapy against drug resistant strains of bacteria.
(D) They are being tried as a lubricant.
13. Which of the following Sony products was originally sold in Britain under the name 'Stowaway'?
(A) Compact disc (B) Walkman (C) Playstation (D) TV

ACHIEVERS SECTION

14. When you are the captain of a sport's team such as soccer, it is important _____.
(A) To tell the team about your credential and establish your leadership position early on
(B) To take full advantage of good qualities of teammates so that the team performs consistently
(C) To make promises of rewards, later tweak team rules to explain why the promises cannot be kept
(D) That you respond to expectation of teammates and express positive expectation from them
15. Which of the following statements regarding the court surfaces used in Tennis Grand Slam events are correct?
(I) US Open and Australian Open use hard courts.
(II) French Open and Wimbledon use grass courts.
(III) French Open use clay court and Wimbledon use grass court.
(IV) US Open use grass court and Australian Open use clay court.
(A) I & II only (B) I & III only (C) II & IV only (D) I, II & IV only

SPACE FOR ROUGH WORK

ANSWERS

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