



General Instructions

- (i) The test is of 1 hour duration.
- (ii) The question paper consists of 50 questions. The maximum marks are 250.
- (iii) 5 marks are awarded for every correct answer, and 1 mark is deducted for every wrong answer.

1. A sports coordinator wants to ensure that highly ranked, top-performing teams do not compete against each other in the very first round of a knockout tournament. Which of the following structural planning methods must the coordinator apply when drawing the fixtures?

- (A) Special Bye
- (B) Seeding
- (C) Consolation Bracket
- (D) Staircase Pairings

2. Match the following prominent international sports organizations for individuals with disabilities with their respective official founding years:

List I (Organization)

List II (Founding Year)

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|---|---------|
| 1. Special Olympics | P. 1924 |
| 2. International Paralympic Committee (IPC) | Q. 1968 |
| 3. International Committee of Sports for the Deaf | R. 1989 |

- (A) 1-Q, 2-R, 3-P

- (B) 1-P, 2-Q, 3-R
 - (C) 1-R, 2-P, 3-Q
 - (D) 1-Q, 2-P, 3-R
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3. An athlete exhibits a noticeable structural deformity in their lower limbs where their knees strike or knock against each other in a normal standing position, while a wide gap forms between their internal ankle joints. This postural condition is medically classified as:

- (A) Genu Varum (Bow Legs)
 - (B) Genu Valgum (Knock-Knees)
 - (C) Scoliosis
 - (D) Lordosis
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4. During a highly competitive football match, a defender sliding in for a tackle deliberately trips an opponent to stop a clear goal-scoring opportunity. The defender has no intention of causing physical injury, but uses the foul purely as a strategic tool to help their team win. This behavior is an example of:

- (A) Hostile Aggression
 - (B) Instrumental Aggression
 - (C) Assertive Behavior
 - (D) Reactive Hostility
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5. According to the widely accepted Big Five Personality Trait model (OCEAN Matrix), an individual who scores exceptionally high in the category of 'Neuroticism' is most likely to exhibit which of the following behavioral patterns?

- (A) A highly organized, structured, and goal-directed approach to sports training.
 - (B) An open, creative eagerness to experiment with new competitive techniques and strategies.
 - (C) Frequent emotional instability, anxiety, mood swings, and vulnerability to stress under match pressure.
 - (D) A deeply empathetic, cooperative, and helpful approach to supporting teammates.
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6. When drafting league tournament fixtures containing an odd number of participating teams, how many total operational rounds must be scheduled if the coordinator chooses the standard 'Staircase Method'?

- (A) $N - 1$ rounds
 - (B) N rounds
 - (C) $N + 1$ rounds
 - (D) $\frac{N(N-1)}{2}$ rounds
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7. Which of the following macronutrients acts as the primary, fast-acting source of metabolic energy for an athlete's muscles during short, high-intensity sprinting sessions?

- (A) Proteins
 - (B) Fats
 - (C) Vitamins
 - (D) Carbohydrates
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8. A track coach observes that an athlete's spine exhibits an abnormal lateral or sideways curvature when viewed from behind, causing one shoulder to appear structurally higher than the other. This spinal deformity is classified as:

- (A) Kyphosis
 - (B) Scoliosis
 - (C) Lordosis
 - (D) Flat Foot
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9. Which of the following physical exercises acts as a highly effective corrective measure to help rehabilitate and reverse the lower-limb deformity known as Genu Varum (Bow Legs)?

- (A) Walking on the inner edges of the feet.
- (B) Walking exclusively on the outer lateral borders of the shoes.
- (C) Performing deep squats with the knees pressed tightly together.
- (D) Maintaining prolonged seated cross-legged meditation postures.

10. The foundational motor skill test item known as the 'Plate Tapping Test' is included in standard youth fitness batteries to assess which physical capacity component?

- (A) Speed of limb movement and upper body coordination
 - (B) Abdominal core muscular endurance
 - (C) Lower body explosive vertical power
 - (D) Static balance and posture maintenance
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