



### General Instructions

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- (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. If a standard knockout tournament is being organized for a total of 19 teams, what is the total number of matches that will be played in the tournament, and how many teams will receive a 'Bye' in the first round?

- (A) 18 matches and 13 byes
- (B) 19 matches and 13 byes
- (C) 18 matches and 3 byes
- (D) 20 matches and 5 byes

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2. A corporate worker dealing with chronic lower back pain and spinal rigidity is advised to perform a corrective hatha yoga asana that involves lying prone and arching the upper torso backward like a raised cobra. Which of the following asanas matches this description?

- (A) Bhujangasana
  - (B) Paschimottanasana
  - (C) Pawanmuktasana
  - (D) Vajrasana
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**3. During a physical fitness evaluation, an athlete moves their leg sideways away from the central midline of the body. This specific joint movement is classified as:**

- (A) Abduction
  - (B) Adduction
  - (C) Flexion
  - (D) Extension
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**4. During an intense basketball game, a player twists their ankle awkwardly, resulting in an acute tearing injury of the stabilizing lateral ligaments. This soft tissue injury is classified as a:**

- (A) Sprain
  - (B) Strain
  - (C) Contusion
  - (D) Abrasion
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**5. Which of the following test protocols from the senior citizen Rikli & Jones functional fitness battery is explicitly designed to assess the functional lower-body strength of older adults?**

- (A) Chair Stand Test
  - (B) Arm Curl Test
  - (C) Chair Sit and Reach Test
  - (D) Eight Foot Up and Go Test
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**6. What is the total number of matches that will be played in a single league tournament containing 8 participating teams?**

- (A) 28
  - (B) 56
  - (C) 7
  - (D) 32
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**7. A patient diagnosed with type-2 diabetes is looking to practice a seated forward-bending asana that compresses the abdominal organs and stretches the deep back muscles to help stimulate pancreatic function. Which asana matches this description?**

- (A) Paschimottanasana
  - (B) Sukhasana
  - (C) Katichakrasana
  - (D) Tadasana
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**8. According to Newton's Third Law of Motion (Law of Action and Reaction), forces always occur in equal and opposite pairs. Which of the following sports movements directly demonstrates this law during execution?**

- (A) A swimmer pushing backward against the water to drive their body forward through the pool.
  - (B) An athlete choosing a heavier shotput ball to slow down its acceleration rate.
  - (C) A sprinter continuing to slide along the track after crossing the finish line.
  - (D) A passenger leaning sideways as a bobsled rounds a sharp corner.
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**9. Which of the following physical fitness metrics is explicitly evaluated using the standard Harvard Step Test protocol?**

- (A) Cardiovascular (Aerobic) Endurance
  - (B) Explosive Leg Power
  - (C) Abdominal Muscle Strength
  - (D) Upper Body Muscular Flexibility
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**10. During a soccer tournament, a player takes a direct hit to their shin from an opponent's boot. The impact leaves the skin unbroken but causes localized internal bleeding and deep bruising. This soft tissue injury is classified as a:**

- (A) Contusion
- (B) Abrasion

(C) Laceration

(D) Incision

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