

## PROVISIONAL ANSWER KEY

Question 160/2023/OL

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Question1:-Name the three major aspects in which a true adapted Physical Education requires modification of the general physical education programme.

A:-Structure, function and objectives

B:-Content, methodology and teacher

C:-Teaching aids, objectives and instructional material

D:-Syllabus, curricula and course content

Correct Answer:- Option-D

Question2:-The ancient most philosophy of idealism exhorts humans to seek

A:-Self-actualization

B:-Truth, beauty and goodness

C:-Perfection in body, mind and spirit

D:-Intellectualism through athleticism

Correct Answer:- Option-B

Question3:-Most of the 19th century traditional recreation (play) theories were largely influenced by

A:-Karl Mark's Economic Theory

B:-William James' Psychology Theory

C:-Charles Darwin's Struggle for existence theory

D:-John Dewey's Education theory

Correct Answer:- Option-C

Question4:-Arrange the following in the chronological order:

(1) Modern Olympic Games

(2) Asian Games

(3) Commonwealth Games

(4) SAF Games

A:-1, 2, 3, 4

B:-4, 2, 3, 1

C:-4, 3, 2, 1

D:-1, 3, 2, 4

Correct Answer:- Option-D

Question5:-The curriculum provides the experiences for developing affective domain of value development for learner:

- (1) Feeling and beliefs
- (2) Self-confidence and capacity
- (3) Attitudes and values
- (4) Skills and objectivity

A:-1, 2

B:-3, 4

C:-1, 3

D:-2, 3

Correct Answer:- Option-C

Question6:-Transfer of data from one application to another line is known as

A:-Dogmatic data exchange

B:-Dynamic data exchange

C:-Dynamic disk exchange

D:-Dodgy data exchange

Correct Answer:- Option-B

Question7:-Amylase, lipase, pepsin, trypsin is form of

A:-Enzyme Protein

B:-Hormone Protein

C:-Transport Protein

D:-Contractile Protein

Correct Answer:- Option-A

Question8:-Which statement is not correct about Vitamin E?

A:-It acts as antioxidant

B:-Protects lipid of cell membrane

C:-It is destroyed by heat

D:-Formed in Citrus fruits

Correct Answer:- Option-D

Question9:-Which mineral is necessary to maintain osmotic pressure of the body fluid?

(a) Potassium

(b) Sodium

(c) Chlorine

(d) Iodine

A:-Both (a) and (b)

B:-Both (b) and (c)

C:-Only (d)

D:-All of the above

Correct Answer:- Option-B

Question10:-Which of the following is not health related fitness?

A:-Flexibility

B:-Muscular Endurance

C:-Power

D:-Muscular Strength

Correct Answer:- Option-C

Question11:-In which five year plan many states provided for school health and school feeding programme?

A:-1956

B:-1957

C:-1961

D:-1962

Correct Answer:- Option-C

Question12:-Incubation period for malaria is about

A:-05 days

B:-10 days

C:-14 days

D:-30 days

Correct Answer:- Option-B

Question13:-Assertion (A) : Obesity is said to have a genetic orientation, meaning that if parent is obese, children are likely to be obese.

Reason (R) : Science of nutrition, conversely emphasized that if you intake more calories than you burn in work you are sure to gain weight

A:-A is right but R is wrong

B:-A is wrong but R is right

C:-Both A and R are right in their own context

D:-Both A and R is wrong

Correct Answer:- Option-C

Question14:-Assertion (A): BMI over 30 is obese person

Reason (R): BMI indicate Nutritional Status of a person

A:-Both A and R are correct and R is correct explanation of A

B:-Both A and R are correct but R is not correct explanation of A

C:-A is true but R is false

D:-A is false but R is true

Correct Answer:- Option-B

Question15:-Which of the following statements is NOT TRUE about Aerobic/Oxidative Energy System?

A:-The Oxidative System of energy production generates 39 molecules of ATP per molecule of Glycogen.

B:-The Oxidative System is heavily engaged in high-intensity activities

C:-Carbohydrates, Proteins and Fats can be used as a source of fuel in Oxidative System

D:-The Oxidative System of energy production is the primary method of energy production during endurance events

Correct Answer:- Option-B

Question16:-To meet the increased demand of Oxygen and Nutrients during exercise, the blood flow to the muscles increase. Which of the following factors account for the enhanced blood supply to muscles?

A:-Due to improved capillarization of trained muscles

B:-Due to increase in the size of muscles

C:-Due to increase in the storage of glycogen in the muscles

D:-None of the above

Correct Answer:- Option-A

Question17:-The beneficial physiological adaptations that occur during repeated exposure to a hot environment is called

A:-Heat Tolerance

B:-Heat Training

C:-Heat Acclimatization

D:-Heat Adaptation

Correct Answer:- Option-C

Question18:-Which of the following statements is NOT TRUE with respect to the physiological changes in the respiratory system due to aging?

A:-In later adulthood, there is a reduction of the amount of oxygen that is taken up from the blood during aerobic exercise

B:-The aging of the respiratory system structures has the effect of lowering the efficiency of gas exchange in the lungs

C:-The effect of aging in the respiratory system compounds the limitations on the ability to perform muscular work caused by the changes in the cardiovascular and muscular systems

D:-None of the above

Correct Answer:- Option-D

Question19:-Which of the following is TRUE related to the structure of Sarcomere?

(i) A Sarcomere is the area of the myofibril between two consecutive Z-lines

(ii) Each Sarcomere contains one I-Band and two A-Bands

(iii) H-Zone is the part of A-Band, where only Myosin filaments are present

(iv) Myosin Filaments are attached to the Z-Line

A:-Only (i) and (iv)

B:-Only (i) and (iii)

C:-Only (i) and (ii)

D:-None of the above

Correct Answer:- Option-B

Question20:-Which of the following is NOT TRUE related to the Neuromuscular Junction and the Transmission of Nerve Impulse?

- (i) Neurons Communicates with muscles at Neuromuscular Junction
- (ii) A Nerve Impulse causes chemicals called Neurotransmitters to be released
- (iii) Acetylcholine and Norepinephrine are two major Neurotransmitters, that transmits Nerve Impulse across Synapse and Synaptic Cleft

A:-Only (i) and (iii)

B:-Only (i) and (ii)

C:-Only (ii) and (iii)

D:-None of the above

Correct Answer:- Option-D

Question21:-Which of the following is NOT a methods of measuring Energy Expenditure?

A:-Direct Calorimetry

B:-Accelerometry

C:-Hydrostatic Weighing

D:-Indirect Calorimetry

Correct Answer:- Option-C

Question22:-Which of the following movements at the joints of the human musculoskeletal system are correct?

A:-Movements in the frontal plane about a sagittal axis are usually called abduction away from the body and adduction back towards the body

B:-Movements in the horizontal plane about a vertical axis are usually called medial (or internal) and lateral (or external) rotation for the limbs, and rotation to the right or to the left for the trunk

C:-Movements of the whole arm forwards from a 90° abducted position are horizontal flexion in a forward direction and horizontal extension in a backwards direction

D:-All of the above

Correct Answer:- Option-D

Question23:-When other factors are held constant, a body's ability to maintain equilibrium is increased by the following?

A:-Decreasing body mass

B:-Increasing the size of the base of support in the direction of the line of action of an external force

C:-Horizontally positioning the center of gravity near the edge of the base of support on the side of the oncoming internal force

D:-Vertically positioning the center of gravity as high as possible

Correct Answer:- Option-B

Question24:-Which of the following are the main categories of ergogenic aids?

A:-Physiological aids are designed to augment natural physiological processes to increase physical power

B:-Pharmacological aids are drugs designed to influence physiological or psychological processes to increase physical power, mental strength, or mechanical edge.

C:-Psychological aids are designed to enhance psychological processes during sport performance, to increase mental strength

D:-All of the above

Correct Answer:- Option-D

Question25:-What is obtained by the effect of several muscles exerting their combined vector quantitative forces on single bone?

A:-Projectile

B:-Stability

C:-Centre of Gravity

D:-Resultant

Correct Answer:- Option-D

Question26:-If the change in velocity of a moving object in equal intervals of time is unequal, than it is called as

A:-Regular motion

B:-Non-regular motion

C:-Uniform accelerated motion

D:-Non-Uniform accelerated motion

Correct Answer:- Option-D

Question27:-Extensor pollicis longus is a muscle located at

A:-Posterior muscle of forearm

B:-Anterior muscle of forearm

C:-Posterior muscle of lower leg

D:-Anterior muscle of lower leg

Correct Answer:- Option-A

Question28:-The sum of two or more moments, computed with due regards to differences in direction is called as

A:-Equilibrium

B:-Resultant moment

C:-Moment of couple

D:-Moment of applied force

Correct Answer:- Option-B

Question29:-Piriformis muscle originates at \_\_\_\_\_ and inserts in \_\_\_\_\_

A:-Pubis and Tibia

B:-Ilium and Tibia

C:-Sacrum and Femur

D:-Pubis and Femur

Correct Answer:- Option-C

Question30:-The skull pivoting on the atlas vertebrae of the spine with the weight of head is

A:-Class-II lever

B:-Class-I lever

C:-Class-III lever

D:-None of the above

Correct Answer:- Option-B

Question31:-The layer of air that travels along with the object travelling in air is called as

A:-Laminar Flow

B:-Turbulent Flow

C:-Boundary Layer

D:-Surface Drag

Correct Answer:- Option-C

Question32:-The component of force acting at right angles to the drag component is known as

A:-Surface drag

B:-Resultant

C:-Lift

D:-Buoyant force

Correct Answer:- Option-C

Question33:-The maximum value of static friction at the verge of sliding is called as

A:-Limiting friction

B:-Resultant friction

C:-Static friction

D:-Kinetic friction

Correct Answer:- Option-A

Question34:-A force in which line of action does not pass through the centre of

gravity of a body is called as

A:-Couple

B:-Centric force

C:-Eccentric force

D:-Kinetic force

Correct Answer:- Option-C

Question35:-The area sample is a variation of the simple random sample which is particularly appropriate when the population of interest is infinite. This type of sampling is also known as

A:-Cluster sample

B:-Systematic sample

C:-Stratified sample

D:-None of the above

Correct Answer:- Option-A

Question36:-Which among the following is not a primary source of data?

A:-Documents

B:-Relics

C:-History textbook

D:-Oral testimony

Correct Answer:- Option-C

Question37:-Systematically and statistically summarising the findings of several previous quantitative studies is known as

A:-Research Synthesis

B:-Meta-analysis

C:-Research integration

D:-All of the above

Correct Answer:- Option-D

Question38:-Which among the following is a non parametric equivalent of the parametric t-test?

A:-Mann-Whitney U Test

B:-Likert Scale

C:-Multiple regression

D:-ANCOVA

Correct Answer:- Option-A

Question39:-Calculate the standard error of mean when the sample size is 36, median of the sample is 180 and the standard deviation 12 is given?

A:-24

B:-2

C:-4

D:-6

Correct Answer:- Option-B

Question40:-Non-directional hypothesis is a branch of

A:-Simple hypothesis

B:-Alternative hypothesis

C:-Complex hypothesis

D:-None of these

Correct Answer:- Option-B

Question41:-Blue print of the research or study is known as

A:-Hypotheses

B:-Research report

C:-Research proposal

D:-Review of Literature

Correct Answer:- Option-C

Question42:-The highest level of measurement where all the four operations of addition, subtraction, multiplication and division can be used along with the additional advantage of a true zero point is

A:-Nominal scale

B:-Interval scale

C:-Ordinal scale

D:-Ratio scale

Correct Answer:- Option-D

Question43:-The most frequently occurring score in a distribution is known as

A:-Mean

B:-Mode

C:-Median

D:-Range

Correct Answer:- Option-B

Question44:-The equivalent method or procedure commonly used for assessing reliability of a test is also known as

A:-The test-retest method

B:-The split half method

C:-Parallel form method

D:-The rational equivalence method

Correct Answer:- Option-C

Question45:-A common format for writing the research report is the APA format. What is the expansion of the term "APA"?

- A:-American Psychological Association
- B:-Australian Psychological Association
- C:-American Philosophical Association
- D:-Australian Philosophical Agency

Correct Answer:- Option-A

Question46:-Rejection of a null hypothesis when it is really true is known as a

- A:-Type II error
- B:-Type I error
- C:-Level of significance
- D:-None of the above

Correct Answer:- Option-B

Question47:-\_\_\_\_\_ are produced and improvement takes place only when overloading in terms of training load is progressive.

- A:-Adaptation
- B:-Recovery
- C:-Optimum load
- D:-Super compensation

Correct Answer:- Option-A

Question48:-\_\_\_\_\_ taps the body's mechanism that bring about the described changes that go hand in hand with specificity.

- A:-Load
- B:-Load progression
- C:-Overload
- D:-Load Specificity

Correct Answer:- Option-C

Question49:-Pushing against the stationary wall is an example of

- A:-Eccentric exercise
- B:-Isometric exercise
- C:-Isotonic exercise
- D:-Isokinetic exercise

Correct Answer:- Option-B

Question50:-Running the whole distance of a race at a constant speed is

- A:-Stadion race
- B:-Shuttle run
- C:-Pace race

D:-Acceleration run

Correct Answer:- Option-C

Question51:-Which method of training utilizes both aerobic and anaerobic energy producing systems?

A:-Continues training

B:-Fartlek training

C:-Interval training

D:-Strength training

Correct Answer:- Option-C

Question52:-The high energy compound formed from the energy in food molecules bond, which is released and stored with in our cells called

A:-Glycogen

B:-Adenosine

C:-Adenosine triphosphate

D:-Phosphor creatine

Correct Answer:- Option-C

Question53:-Speed is not a combination of

A:-Maximum speed

B:-Explosive strength

C:-Repetitions

D:-Speed endurance

Correct Answer:- Option-C

Question54:-In \_\_\_\_\_ stretching extra flexibility is achieved by greater relaxation in the antagonist muscles caused by the contraction of the prime-movers.

A:-Dynamic

B:-PNF

C:-Ballistic

D:-Active

Correct Answer:- Option-D

Question55:-The super compensation effect of training is due to

A:-Proportion between load and recovery

B:-Proportion between intensity and volume

C:-Proportion between strength and speed

D:-Proportion between strength and endurance

Correct Answer:- Option-A

Question56:-Which of the following ability is mainly responsible for faster skill acquisition?

A:-Strength

B:-Flexibility

C:-Co-ordination

D:-Speed

Correct Answer:- Option-C

Question57:-The term "Management" as derived from the French word is

A:-Menager

B:-Manage

C:-Maneggiare

D:-Maintainer

Correct Answer:- Option-A

Question58:-Which of the following functions of management is right meaning for the statement "Subordinates must be kept informed through regular reports, research, monitoring and evaluation concerning performance and accountability measures in relation to expected standards and outcomes"?

A:-Leading

B:-Controlling

C:-Staffing

D:-Organizing

Correct Answer:- Option-B

Question59:-The best method of sports administration is

A:-Autocratic

B:-Democratic

C:-Dictatorial

D:-Laissez-faire

Correct Answer:- Option-B

Question60:-The First step in Sport Management is

A:-Budgeting

B:-Co-ordinating

C:-Planning

D:-Directing

Correct Answer:- Option-C

Question61:-Select the correct option. "To determine what is needed and who will do it, is an important task of a manager" Technically it is known as

A:-Staffing

B:-Controlling

C:-Leading

D:-Organizing

Correct Answer:- Option-D

Question62:-Select the correct option. "The skill of influencing the activities, situation, perceptions and expectations of an individual or group in an effort to have them willingly strive for a common purpose or organizational goal in a given situation" is

A:-Co-operation

B:-Leadership

C:-Human skill

D:-Political skill

Correct Answer:- Option-B

Question63:-Which of the following is the first step in planning process?

A:-Identification of target group

B:-Mobilization of resources

C:-Provision of facilities

D:-Determination of goals

Correct Answer:- Option-D

Question64:-Which of the following steps is the first step of Budget Preparation?

A:-Estimate Expenditure

B:-Planning

C:-Facilities

D:-Finding income

Correct Answer:- Option-B

Question65:-The Blue print of the team competition plan is called

A:-Tactics

B:-Predications

C:-Technique

D:-Strategy

Correct Answer:- Option-D

Question66:-Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R):

Assertion (A): Autocratic style of leadership is usually task oriented and tightly structured.

Reason (R): Leadership style is responsible for effective decision making in sport.

In context of the above two statements, which one of the following is correct?

A:-Both (A) and (R) are true and (R) is the correct explanation of (A)

B:-Both (A) and (R) are true, but (R) is not the correct explanation of (A)

C:-(A) is true, but (R) is false

D:-(A) is false, but (R) is true

Correct Answer:- Option-B

Question67:-Make the correct choice from codes given below consulting the Assertion (A) and Reason (R):

Assertion (A): Management is the dynamic life giving element in every organization.

Reason (R): It is the activating force that gets things done through people.

A:-(A) is true, but (R) is false

B:-(A) is false, but (R) is true

C:-Both (A) and (R) are false

D:-Both (A) and (R) are true and (R) is the correct explanation of (A)

Correct Answer:- Option-D

Question68:-From the following, identify the one which is not the principle of organisation:

A:-Decentralization

B:-Delegation

C:-Over-lapping

D:-Communication

Correct Answer:- Option-C

Question69:-Management has traditionally been divided along a bipolar authoritarian democratic continuum. The management where the manager does not provide active leadership and believes that problems will solve themselves if given time is called:

A:-Authoritarian management

B:-Laissez faire management

C:-Democratic management

D:-Eclectic management

Correct Answer:- Option-B

Question70:-Which of the following is not the principle of management?

A:-Division of work

B:-Discipline

C:-Ignorance

D:-Centralisation

Correct Answer:- Option-C

Question71:-Which of the following is disclosed by sociogram?

I. Friendship choices within the group

II. Multidimensional nature of cohesion

III. Extent of group attraction

IV. How attractive is the group member to individual

A:-I, II

B:-II, IV

C:-I, III

D:-II, III

Correct Answer:- Option-C

Question72:-An athlete's desire to gain mastery over a particular skill and the pleasure that comes from reaching a personal goal for mastery is reflected by?

A:-Extrinsic motivation

B:-Intrinsic motivation towards knowledge

C:-Intrinsic motivation towards experiencing

D:-Intrinsic motivation towards accomplishment

Correct Answer:- Option-D

Question73:-Match List I and List II and select the correct option using the code given:

List I		List II	
I. Classical Conditioning		1. Stimulus that is repeatedly paired	
II. Unconditioned Stimuli yield positive		2. Organism learns to repeat behaviour that outcome or escape from negative outcome	
III. Conditioned Stimuli the		3. One stimulus comes to serve as a signal for occurrence of second stimuli	
IV. Operant Conditioning		4. Evokes response the first time it is presented	

	I	II	III	IV
A:-	2	1	4	3
B:-	3	1	4	2
C:-	3	4	1	2
D:-	2	4	1	3

Correct Answer:- Option-C

Question74:-Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R):

Assertion (A): Behaviour is best determined by accounting for both situations and personal characteristics.

Reason (R): Personality traits are enduring and consistent across a variety of situations.

A:-Both (A) and (R) are right, but (R) is the correct explanation of (A)

B:-Both (A) and (R) are right, but (R) is not the correct explanation of (A)

C:- (A) is right, but (R) is wrong

D:- (A) is wrong, but (R) is right

Correct Answer:- Option-B

Question75:-The basic tenets of drive theory are:

I. A negative linear relationship exists between cognitive state anxiety and

athletic performance.

II. Increased arousal will elicit the dominant response.

III. Cognitive anxiety and somatic anxiety have independent effect upon athletic performance.

IV. The response associated with the strongest potential to respond is the dominant response.

A:-I, III

B:-II, IV

C:-I, IV

D:-II, III

Correct Answer:- Option-B

Question76:-Match List I and List II and select the correct option using the code given:

	List I		List II
I.	Counselling Psychology mental	1.	Studies diagnosis, causes and treatment of disorders
II.	Cognitive Psychology involve	2.	Deals with personal problems that do not psychological disorders
III.	Clinical Psychology entire	3.	Physical, cognitive and social change over the life span
IV.	Developmental Psychology language,	4.	Investigates memory, thinking, reasoning, decision making and so on

I    II    III    IV

A:-2    4    1    3

B:-1    3    2    4

C:-1    4    2    3

D:-2    3    1    4

Correct Answer:- Option-A

Question77:-It is not based on a precise set of attributes or properties, do not have clear-cut boundaries, and are often defined by prototypes.

A:-Logical concept

B:-Propositions

C:-Mental models

D:-Natural concepts

Correct Answer:- Option-D

Question78:-Using Gill's four criteria which of the following is considered as aggressive behaviour?

A:-A football safety delivers an extremely vicious and illegal hit to a wide receiver

B:-A basketball coach breaks a chair in protesting a disputed call

C:-A hockey player uses his stick to purposely hit his opponent in the shin in retaliation for his opponent's doing the same thing to him

D:-Race car driver hits a fellow competitor by running into the competitor's stalled car coming out of a turn

Correct Answer:- Option-C

Question79:-Test, Measurement and Evaluation are related with one another in the following way

A:-Measurement and Evaluation are parts of test

B:-Test and Measurement are parts of Evaluation

C:-Evaluation and Test are parts of Measurement

D:-Evaluation is a part of both Test and Measurement

Correct Answer:- Option-B

Question80:-Criteria of a standard test involve:

- I. Reliability
- II. Complexity
- III. Norm
- IV. Variability

Find the correct combination:

A:-I and II

B:-II and III

C:-III and I

D:-III and IV

Correct Answer:- Option-C

Question81:-Arrange the following test in chronological order in respect of their origination:

1. Physical Fitness
2. Motor Fitness
3. Health Related Fitness
4. Motor Educability

A:-4, 2, 3, 1

B:-4, 3, 2, 1

C:-1, 3, 2, 4

D:-1, 2, 3, 4

Correct Answer:- Option-D

Question82:-Match List I with List II and select the correct option from the codes given below:

- | List I                  | List II                        |
|-------------------------|--------------------------------|
| I. B.M.I                | 1. Leanness                    |
| II. Body Composition    | 2. Performance related fitness |
| III. Explosive Strength | 3. Health related fitness      |
| IV. Ponderal Index      | 4. Obesity                     |

I	II	III	IV
A:-1	4	3	2
B:-3	2	1	4
C:-4	3	2	1
D:-2	1	4	3

Correct Answer:- Option-C

Question83:-Performance related fitness involves:

- I. Power
- II. Basic endurance
- III. Flexibility
- IV. Agility

Find the correct combination:

- A:-I and II
- B:-II and III
- C:-III and IV
- D:-I and IV

Correct Answer:- Option-D

Question84:-Match List I with List II and select the correct option from the codes given below:

	List I		List II
I.	Badminton	1.	Harbans Singh Test
II.	Hockey	2.	Lockhart-McPherson test
III.	Physical Fitness	3.	Russel Lange test
IV.	Volleyball	4.	Fleishman Battery

I	II	III	IV
A:-1	3	2	4
B:-2	1	4	3
C:-2	4	1	3
D:-3	2	4	1

Correct Answer:- Option-B

Question85:-For a good test, the descending sequence of importance of its components is

- A:-Reliability, Validity, Objectivity, Administrability
- B:-Validity, Reliability, Objectivity, Administrability
- C:-Validity, Objectivity, Reliability, Administrability
- D:-Administrability, Validity, Reliability, Objectivity

Correct Answer:- Option-A

Question86:-Which one of the following is not the test of muscular strength?

- A:-Roger's Test

B:-Philips JCR Test

C:-Kraus Weber Test

D:-Tuttle Pulse Ratio Test

Correct Answer:- Option-D

Question87:-Match List I with List II and select the correct option from the codes given below:

List I		List II	
I. Endomorph	1.	Muscular, Athletic shape	
II. Ectomorph	2.	Stocky	
III. Mesomorph	3.	Triangular torso	
IV. Omomorph	4.	Sparsely built	

I	II	III	IV
A:-3	4	2	1
B:-2	4	1	3
C:-4	3	2	1
D:-1	2	3	4

Correct Answer:- Option-B

Question88:-The following test items of AAHPER Youth Fitness Test are listed and conducted in a certain sequence. Using the codes given below, select the right sequence.

- I. 50 yard dash
- II. Pull ups
- III. Shuttle run
- IV. Bent knee sit ups
- V. Standing broad jump
- VI. 600 yard run/walk

A:-II, IV, III, V, I and VI

B:-II, I, IV, V, III and VI

C:-II, III, IV, I, V and VI

D:-I, IV, V, II, III and VI

Correct Answer:- Option-A

Question89:-Sports injuries are classified according to

A:-Acute and dislocation

B:-Chronic and stress fracture

C:-Acute and chronic

D:-Contusion and dislocation

Correct Answer:- Option-C

Question90:-Abrasions are treated by

- I. Washing with soap water

- II. Applying antibiotic ointment
- III. Ultrasound
- IV. Infra Red

A:-II and III

B:-I and III

C:-II and IV

D:-I and II

Correct Answer:- Option-D

Question91:-Compound fracture is a break in the bone that

A:-Over use or weakness

B:-Doesn't penetrates the skin

C:-Incomplete fracture

D:-Penetrates the skin

Correct Answer:- Option-D

Question92:-Contusion can be treated with

I. Ice

II. Compressive dressing

III. Anti inflammatory medications

IV. Massage

A:-I and III

B:-II and III

C:-I, II and III

D:-I, II and IV

Correct Answer:- Option-A

Question93:-Thermal modalities which is include the various application of

A:-Heat such as hydro and Ultra violet

B:-Heat such as hydro collator and Cold

C:-Heat such as hydro and micro wave

D:-Heat such as hydro and Short wave

Correct Answer:- Option-B

Question94:-The intensity of the ultrasound range watts/  $cm^2$  is

A:-0.8 to 1.5 low, 1.5 to 2.5 medium and 2.5 to 4.0 high intensity

B:-0.5 to 0.8 low, 0.8 to 1.5 medium and 1.5 to 2.5 high intensity

C:-1.5 to 2.5 low, 2.5 to 3.5 medium and 3.5 to 5.5 high intensity

D:-0.1 to 0.8 low, 0.8 to 1.5 medium and 1.5 to 3.0 high intensity

Correct Answer:- Option-D

Question95:-Synovial fluids are lubricating substances produced by the synovial membrane that found in

A:-Joints

B:-Muscles

C:-Bones

D:-Heart

Correct Answer:- Option-A

Question96:-Glasgow coma scale is an effective method often used to evaluate

- I. Eye opening
- II. Motor responses
- III. Verbal responses
- IV. Kidney responses

A:-II, III and IV

B:-I, III and IV

C:-I, II and IV

D:-I, II and III

Correct Answer:- Option-D

Question97:-A technique for examining the tiers of consciousness

- I. Alert and Verbal
- II. Verbal and Painful
- III. Painful and Unresponsive
- IV. Pressure and Temperature

A:-II and III

B:-I and III

C:-II and IV

D:-I and II

Correct Answer:- Option-B

Question98:-The condition known as heat exhaustion is one in which the body becomes overheated to the point of

- I. Dehydrated from water
- II. Muscle tear in the gastrocnemius
- III. Bone and Joint pain
- IV. Dehydrated from electrolyte loss

A:-I and III

B:-II and III

C:-II and IV

D:-I and IV

Correct Answer:- Option-D

Question99:-During the competition, participants are expected to meet a wide variety of conditions regarding their intake of macronutrients

A:-Carbohydrate 8-10 g/kg/day, with protein intake of 1.2 g/kg/day and fat 1-1.2 g/kg/day

B:-Carbohydrate 15-20 g/kg/day, with protein intake of 2.2 g/kg/day and fat

3-5 g/kg/day

C:-Carbohydrate 10-15 g/kg/day, with protein intake of 3-5 g/kg/day and fat 5-7 g/kg/day

D:-Carbohydrate 20-25 g/kg/day, with protein intake of 5-7 g/kg/day and fat 3-5 g/kg/day

Correct Answer:- Option-A

Question100:-Which athletes are selected for doping tests by NADA?

A:-Only in-competition the athletes can be chosen by random selection, finishing position or by being targeted for a particular reason

B:-Only out-of-competition the athletes may be tested anytime, anywhere and with no advance notice

C:-The athletes will be tested both in competition and out of the competition the athletes can be chosen by random selection, finishing position or by being targeted for a particular reason in anytime, anywhere and with no advance notice

D:-Prior notice to athletes and may be tested by random selection, or by being targeted for a particular reason

Correct Answer:- Option-C