COURSE CODE : 377

Time : 2 Hours

Instructions to Candidates:

1. Write your Register Number within the box provided on the top of this page and fill in the page 1 of the answer sheet using pen.

2. Do not write your name anywhere in this booklet or answer sheet. Violation of this entails disqualification.

3. Read each question carefully and shade the relevant answer (A) or (B) or (C) or (D) in the relevant box of the ANSWER SHEET using HB pencil.

4. Avoid blind guessing. A wrong answer will fetch you -1 mark and the correct answer will fetch 4 marks.

5. Do not write anything in the question paper. Use the white sheets attached at the end for rough works.

6. Do not open the question paper until the start signal is given.

7. Do not attempt to answer after stop signal is given. Any such attempt will disqualify your candidature.

8. On stop signal, keep the question paper and the answer sheet on your table and wait for the invigilator to collect them.

9. Use of Calculators, Tables, etc. are prohibited.
1. The types of visits in supervision are
   (A) announced, unannounced and one call visits
   (B) daily, weekly monthly, and annual visits
   (C) official and unofficial visits
   (D) none of the above

2. One of the steps of planning and implementing a programme of supervision is
   (A) fault finding          (B) imposing authority
   (C) to win the confidence of teachers (D) none of the above

3. The scope of Supervision includes
   (A) supervision of co-curricular activities
   (B) supervision of instructional work
   (C) supervision of school curriculum
   (D) all of the above

4. Supervision is a
   (A) pupil-centered function          (B) public centered function
   (C) government centered function     (D) none of the above

5. Working the plan is
   (A) organization                  (B) administration
   (C) physiology                    (D) psychology

6. Essentials of administration are
   (A) Technical skills              (B) Human skills
   (C) Conceptual skills             (D) All of the above

7. Circumference of the Football is not more than ________ cms.
   (A) 70           (B) 75           (C) 80           (D) 85

8. Body types can be classified as
   (A) Pyknic, Athletic, Asthenic and Dyplastic
   (B) Endomorph, Ectomorph and Mesomorph
   (C) Both of the above
   (D) None of the above
9. Inactive and lazy life style promotes
(A) Disuse of the body
(B) Overuse of the body
(C) Subsistence of life and growth of the organism
(D) None of the above

10. Using the body more than its capacity leads to
(A) Disuse of the body
(B) Overuse of the body
(C) Subsistence of life and growth of the organism
(D) None of the above

11. Proper use of the body leads to
(A) Disuse of the body
(B) Overuse of the body
(C) Subsistence of life and growth of the organism
(D) None of the above

12. A good environment includes
(A) Balanced and rich nutrition
(B) Cleanliness of the home and surroundings
(C) Pure air and pure water
(D) All of the above

13. Benefits of exercise includes
(A) Heart and muscle increases in size and strength
(B) Greater volume of blood is pumped out of the heart
(C) Pulse rate of trained individual returns to normally more quickly after exercise
(D) All of the above

14. “Yoga” is derived from
(A) Hindi   (B) Sanskrit   (C) Telugu   (D) Tamil
15. Yoga development the fitness of
   (A) Mental Fitness       (B) Physical Fitness
   (C) Social Fitness       (D) Total Fitness

16. Who is called the father of yoga?
   (A) Geethanjali   (B) Patanjali   (C) B.K.S Iyenkar   (D) None

17. Astanga yoga has got ———— limbs
   (A) 7       (B) 8       (C) 9       (D) 5

18. Pranayama deals with
   (A) Postures       (B) Mind control
   (C) Breath control (D) None

19. The lost stage of yoga is
   (A) Yama         (B) Niyama     (C) Samadhi    (D) Asana

20. Savasana is best for
    (A) Sleeping     (B) Relaxation  (C) Swimming   (D) None

21. Bhujangasana denotes the posture of
   (A) Bow          (B) Snake      (C) Cat        (D) Cow

22. The point where the player should take penalty stroke is
    (A) 23 metres line    (B) Center line
    (C) Side line         (D) Penalty spot

23. If the first shot at goal is a hit in Hockey
    (A) if this hit is too high crossing the goal-line, it should be penalized
    (B) if that shot crosses the goal line below 460 mm (18 inches) goal is scored
    (C) both of the above statements are true
    (D) both of the above statements are false
24. Who is the first Indian to win a Individual Gold medal in Olympic
   (A) Milka singh  (B) P.T. Usha
   (C) Abinav Bindra  (D) Leonder Paes

25. Penalty area in Footfall is ————
   (A) 20 × 10 yards  (B) 18 × 12 yards
   (C) 16 × 12 yards  (D) 14 × 10 yards

26. Who won the maximum Grand slam titles in Tennis?
   (A) Rogor Feder  (B) Rafel Nadal
   (C) Pete Sampras  (D) Beeker

27. Jeev Milksingh is related with
   (A) Long Jump  (B) Hockey
   (C) Table Tennis  (D) Golf

28. Which team won N B A 2008?
   (A) Lakes  (B) Cettics  (C) Nets  (D) Rockets

29. Who won the Australian open Junior Boy title?
   (A) Mahesh Bhupathi  (B) Yugi Bombri
   (C) Sharma  (D) None of the above

30. The Highest wicket taken in one day International is
   (A) Wasim Akram  (B) Kapil Dev
   (C) Muralidaran  (D) Kumble

31. Who won the maximum number of medals in Beijing Olympics?
   (A) Willian Peer  (B) Jackson  (C) Philips  (D) None

32. Who got the honor to fly in F 15 war plane?
   (A) Jitenda Kumar  (B) Sania
   (C) Abinanv Bindra  (D) M.S. Tony
33. Pankaj Advani is related with
   (A) Chess  (B) Carom  (C) Table Tennis  (D) Billiards

34. Sania's partner in Austrian open tennis is
   (A) Mahesh Bhupathi  (B) Leander Paes
   (C) Yugi Bombri  (D) Sivaraman

35. Badma Shri Award 2009 is given to Sports
   (A) Harbajan Singh  (B) L.A.K. Tareen
   (C) Uthappa  (D) Pattodi

36. Modern Olympic games were revived by
   (A) George Washington  (B) Baron Pierre de Coubertin
   (C) Napoleon  (D) John Kennedy

37. Olympic Games is 2008 A.D was held at
   (A) London  (B) Sydney  (C) Beijing  (D) Paris

38. The Marathon Race is named after a
   (A) Event  (B) Place  (C) Person  (D) Battle

39. Arjuna Award is given to
   (A) Successful coach
   (B) Sports scientist
   (C) Best Physical education teacher
   (D) Player excellent performance

40. Mahesh Bhupathi is associated with
   (A) Table Tennis  (B) Tennis  (C) Foot ball  (D) Basketball

41. The body which controls the participation of the Indian teams in Olympic games
   (A) A.A.F.I  (B) I.O.C  (C) I.O.A  (D) O.C.A

42. Dronachary award is given to
   (A) Player
   (B) Physical Education Teacher
   (C) Coach
   (D) Sports scientists

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43. India won in Beijing Olympic medal tally is
   (A) Gold 2 Bronze 2  (B) Gold 1 Bronze 2
   (C) Gold 2 Bronze 3  (D) No medal

44. In combined events Decathlon consists of
   (A) 10  (B) 8  (C) 6  (D) 7

45. The javelin grip shall not exceed the diameter of the shaft by more than
   (A) 15  (B) 12  (C) 10  (D) 8

46. The tip of the metal head in Javelin, the angle of the point shall not be more than
   degrees.
   (A) 45  (B) 50  (C) 40  (D) 55

47. All throwing landing sector shall be marked at an angle of degrees except for the Javelin throw.
   (A) 34.82  (B) 34.62  (C) 34.72  (D) 34.92

48. In Steeplechase race, the height of the hurdle for women shall be
   (A) 0.782 mts. ± 3 mm  (B) 0.762 mts. ± 3 mm
   (C) 0.792 mts. ± 5 mm  (D) 0.762 mts. ± 5 mm

49. In 100 mts hurdle race, the distance from start line to first hurdle shall be mts.
   (A) 13.00  (B) 13.72  (C) 14.00  (D) 13.52

50. A crouch start and the use of starting blocks are compulsory for all races up to mts.
   (A) 400  (B) 4 × 400
   (C) 4 × 200  (D) All of the above

51. The maximum weight of the cross bar shall be kg. in Pole Vault.
   (A) 2.30  (B) 2.20  (C) 2.25  (D) 2.15

52. The expansion of I.A.A.F. is
   (A) Indian Association of Athletics Federation
   (B) International Athletic Association Federation
   (C) International Association of Athletics Federations
   (D) International Athletics de Association Federations
53. In Combined events, the cross bar shall be increased uniformly ________ cms. In the Pole Vault throughout the competition.
   (A) 3 (B) 8 (C) 5 (D) 10

54. In Pole Vault, the landing area should measure not less than _______ mts. long (excluding the front pieces) and _______ mts wide.
   (A) $7 \times 5$ (B) $6 \times 6$ (C) $6 \times 5$ (D) $5 \times 5$

55. In Pole Vault, the maximum runway shall be _______ mts. where condition permit.
   (A) 55 (B) 40 (C) 50 (D) 45

56. In all horizontal Jumps events, the minimum length of the runway shall be _______ mts
   (A) 40 (B) 45 (C) 40 - 45 (D) 40 - 42

57. In horizontal Jumps, the wind gauge shall be placed _______ mts. from the take off board.
   (A) 30 (B) 25 (C) 40 (D) 35

58. The plasticine Indicator Board edges shall either slant at an angle of _______ degrees with the edge nearer to the running.
   (A) 35 (B) 45 (C) 40 (D) 50

59. Choose the correct sequence in Men's Decathlon events for the first day.
   (A) 100 mts.; High Jump; Discus Throw; Shot - Put; and 400 mts.
   (B) 110 mts. Hurdles; Long Jump; Shot - Put; Pole Vault; and 400 mts.
   (C) 100 mts.; Long Jump; Javelin Throw; Pole Vault; and 400 mts.
   (D) 100 mts.; Long Jump; Shot - Put; High Jump; and 400 mts.

60. In Triple Jump, the distance between the take – off line for men and the far end of the landing area shall be at least _______ mts.
   (A) 22 (B) 21 (C) 25 (D) 20

61. In Triple Jump, the take – off line shall be not less than _______ mts. for men in International competition.
   (A) 13 (B) 11 (C) 15 (D) 12
62. The duty of the Official Surveyor shall check the
(A) Installations          (B) Furnish appropriate certificate
(C) Accuracy of the markings (D) All of the above.

63. The Kho-Kho pole circumference shall be ———— cms. to ———— cms.
(A) 28.52 to 31.42          (B) 28.50 to 32.40
(C) 29.45 to 31.0           (D) 28.25 to 31.40

64. In Kho-Kho field the free zone measurement for senior boys shall be ———— mts. × ———— mts.
(A) 2.55 × 14                (B) 2.75 × 15
(C) 2.45 × 16                (D) 2.65 × 14.5

65. In handball, the width of the goal line shall be ———— cms.
(A) 6                      (B) 5
(C) 10                     (D) 8

66. The penalty line in handball shall be ———— mts. from the midline of the goal line.
(A) 7.5                (B) 7.0
(C) 8.5                (D) 8.0

67. Which Indian captain has the record of winning in Row?
(A) Kapil dev             (B) M.S Tony
(C) Ganguly              (D) Sachin Tendulkar

68. Vivian Richard played for
(A) South Africa         (B) Sri Lanka
(C) West Indies          (D) None of these

69. 2011 ICC world cup cricket is to be held at
(A) Indian & Sri Lanka   (B) Pakistan & Bangladesh
(C) All the above        (D) None of these

70. If 16 teams are participating in a knock of the tournament the number of round will be ————
(A) 6                (B) 4               (C) 8               (D) 10

71. If 21 teams taking part in an tournament how many byes will be given
(A) 9                (B) 11               (C) 15               (D) 7
72. The name of the outer covering of the muscle is
   (A) epimycium  (B) perimycium
   (C) endomycium  (D) none of these

73. The segments of myofibrils are called
   (A) sarcolemma  (B) sarconere  (C) actin  (D) myosin

74. The functional unit of the muscle is
   (A) sarcomere  (B) sarcolemma  (C) actin  (D) myofibril

75. The energy required for the immediate contraction of the muscle from
   (A) ATP  (B) creatine phosphate
   (C) glycogen  (D) none of these

76. The study of muscles is known as
   (A) histology  (B) mycology
   (C) anthropology  (D) none of these

77. The protein responsible for the coagulation (clotting of blood) of blood is
   (A) globulin  (B) albumin
   (C) fibrinogen  (D) all the above

78. The oxygen carrying pigment of the RBC is
   (A) heamoglobin  (B) plasma
   (C) both  (D) none of the above

79. The place where the brain is located
   (A) cranial cavity  (B) menses
   (C) fossa  (D) none of these

80. Which is the master gland of the human body?
   (A) pituitary  (B) adrenal
   (C) thymus  (D) none of these

81. The shape of the kidneys are
   (A) circular  (B) oval
   (C) beam  (D) none of these
82. The game Basket ball introduced in India in
   (A) 1900  (B) 1904  (C) 1905  (D) 1906

83. The playing area in basketball is
   (A) 28 m length × 15 m width  (B) 26 length × 15 m width
   (C) 28 m length × 14 m width  (D) 30 m length × 15 m width

84. Doubles play area
   (A) 13.40 m × 6.20 m  (B) 13.30 m × 6.10 m
   (C) 13.41 m × 6.11 m  (D) 13.40 m × 6.10 m

85. In the base of the shuttle fixed
   (A) 15 feathers  (B) 16 feathers
   (C) 13 feathers  (D) 17 feathers

86. First Ancient Olympic Games were held in the city
   (A) Antwerp  (B) Atlanta  (C) Athens  (D) Amsterdam

87. The city Olympia is in
   (A) Greece  (B) Germany  (C) France  (D) Rome

88. Modern Olympic Games were revived by
   (A) Abraham Lincon  (B) Parry O'rien
   (C) George Washington  (D) Baron pierre de Coubertin

89. The Olympic Motto 'Altins' denotes
   (A) Speedier  (B) Stronger
   (C) Higher  (D) None of the above

90. Olympic Games in 2000 A.D was held at
   (A) Atlanta  (B) London  (C) Sydney  (D) Paris

91. 'Olympiad' means
   (A) Place in Greece
   (B) To win the medal in Olympic Games
   (C) To take part in Olympic Games
   (D) The period between two Olympic games
92. Who was conferred with Dronacharia award?
(A) Milka Singh  (B) P.T. Usha  
(C) J.S. Saini  (D) B.B. Bhagwat

93. In which of the following Ancient civilization the gladiatorial combats were very popular
(A) Greek  (B) Roman  (C) Indus  (D) Egyptian

94. In which of the following years Olympic were not organized
(A) 1944  (B) 1948  (C) 1952  (D) 1956

95. In which country is ‘Bull Fighting’ a very prestigious sport
(A) Sweeden  (B) Spain  (C) Somalia  (D) Singapore

96. William G. Morgan invented the game namely
(A) Basketball  (B) Volleyball  
(C) Tennis  (D) Table Tennis

97. The height of the net in Volleyball for women is
(A) 2.43 mts  (B) 2.41 mts  (C) 2.24 mts  (D) 2.26 mts

98. Penhold grip is associated with the game of
(A) Hockey  (B) Table Tennis  
(C) Cricket  (D) Volleyball

99. Cheton D. Baboor is a Anyuna awardee of the game
(A) Volleyball  (B) Basketball  
(C) Batminton  (D) Table Tennis

100. For odd number of teams the Upper half can be calculated by using the formula
(A) \( N + \frac{1}{2} \)  (B) \( N - \frac{1}{2} \)  
(C) \( \frac{N}{2} \)  (D) \( \frac{N^2}{2} \)