**Q1) What is the primary objective of managing a sporting event?**

a) Generating revenue

b) Ensuring safety and security of participants and spectators

c) Providing entertainment to the audience

d) Promoting the sport to a wider audience

Correct Answer: Option (b).

Explanation: The primary objective of managing a sporting event is to ensure the safety and security of participants and spectators. While generating revenue, providing entertainment, and promoting the sport to a wider audience are important, they are secondary to ensuring the safety and well-being of everyone involved

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q2) Which of the following is an essential element of successful event management?**

a) Attention to detail

b) Low budget

c) Limited marketing efforts

d) One-size-fits-all approach

Correct Answer: Option (a)

Explanation: Attention to detail is an essential element of successful event management. Event managers need to consider every detail, no matter how small, in order to ensure that the event runs smoothly and meets the expectations of the attendees. This includes everything from venue selection, catering, and technical requirements to marketing efforts, communication with stakeholders, and risk management planning.

Thus, the correct answer is option (a).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q3) Answer the following question with reference to the Audio**

[**https://drive.google.com/file/d/1zpLr5jEzG5XDvqOXnPuf\_Lxmrj92I0aE/view?usp=share\_link**](https://drive.google.com/file/d/1zpLr5jEzG5XDvqOXnPuf_Lxmrj92I0aE/view?usp=share_link)

**TYPE: Audio**

**What is the role of a sports event manager?**

a) Planning and executing the event

b) Promoting the sport to a wider audience

c) Managing the finances of the event

d) Providing entertainment to the audience

Correct Answer: Option (a)

Explanation: The role of a sports event manager involves a broad range of responsibilities related to planning, executing, and managing sports events. The event manager must be able to coordinate with various stakeholders, manage the finances, promote the event to a wider audience, and provide entertainment to the audience.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q4) What is the most critical factor in the success of a sporting event?**

a) Marketing and promotion

b) The quality of the athletes

c) Venue and facilities

d) The experience of the audience

Correct Answer: Option (d)

Explanation: The audience experience is the most critical factor in the success of a sporting event. A positive experience can lead to increased attendance, positive word-of-mouth promotion, and higher revenue, making it imperative for event organizers to prioritize the audience experience in their planning and execution of sporting events.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q5) What is the importance of risk management in sporting events?**

a) To ensure the safety of participants and spectators

b) To increase revenue for the event

c) To provide better entertainment

d) To promote the sport to a wider audience

Correct Answer: Option (a)

Explanation: The primary objective of risk management in sporting events is to ensure the safety of the participants and spectators. It is essential to identify and assess potential risks, implement appropriate measures to mitigate these risks, and monitor and review the effectiveness of the risk management strategies.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q6) Which of the following is not a part of event logistics management?**

a) Transportation management

b) Venue and facility management

c) Participant management

d) Budget management

Correct Answer: Option (d)

Explanation: While budget management is an essential aspect of event planning, it is not a part of event logistics management. Budget management involves creating and managing a budget for the event, including determining the cost of each component, allocating resources, and monitoring expenditures. Event logistics management involves transportation management, venue and facility management and participant management which are critical components of event planning and execution.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q7) Answer the following question with reference to the Audio**

[**https://drive.google.com/file/d/1LGzPp934HySROZ5Hwm50rInb6-7xLf3Z/view?usp=share\_link**](https://drive.google.com/file/d/1LGzPp934HySROZ5Hwm50rInb6-7xLf3Z/view?usp=share_link)

**TYPE: Audio**

**What is the role of volunteers in sporting events?**

a) To provide entertainment to the audience

b) To manage the finances of the event

c) To assist with event operations and logistics

d) To promote the sport to a wider audience

Correct Answer: Option (c)

Explanation: Volunteers play a vital role in sporting events by assisting with event operations and logistics, providing support to athletes and participants, enhancing the spectator experience, and promoting the sport to a wider audience. Their contributions are often essential to the success of sporting events, and their dedication and commitment are greatly appreciated by event organizers and participants alike.

Thus, the correct answer is option (c).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q8) Which of the following is not a part of event marketing?**

a) Social media marketing

b) Sponsorship management

c) Ticket sales

d) Event budgeting

Correct Answer: Option (d)

Explanation: Event budgeting is an essential aspect of event planning and execution, it is not a part of event marketing. Event budgeting involves creating and managing a budget for the event, including determining the cost of each component, allocating resources, and monitoring expenditures.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q9) What is the importance of stakeholder management in sporting events?**

a) To ensure the safety of participants and spectators

b) To increase revenue for the event

c) To promote the sport to a wider audience

d) To manage relationships with stakeholders

Correct Answer: Option (d)

Explanation: Stakeholder management is an essential aspect of sporting events as it helps to manage relationships with stakeholders, increase revenue, ensure the safety of participants and spectators, and promote the sport to a wider audience. Effective stakeholder management can help to build trust and goodwill, foster positive relationships, and ensure the success of the event.

Thus, the correct answer is option (d).

Difficult Level- Very Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q10) What is the first step in planning a sporting event?**

a) Determining the budget

b) Selecting the venue

c) Identifying the target audience

d) Hiring staff

Correct answer: Option (c)

Explanation: The first step in planning a successful sporting event is to identify the target audience. This is important because it will inform many of the decisions that need to be made in the planning process, including the type of event to be organized, the location, the marketing strategy, and the budget.

Thus, the correct answer is option (c).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q11) Which of the following is NOT an important consideration for selecting a sporting event venue?**

a) Capacity

b) Accessibility

c) Weather conditions

d) Aesthetic appeal

Correct answer: Option (d)

Explanation: Aesthetic appeal is not necessarily an important consideration for selecting a sporting event venue. While it is certainly desirable to have an attractive and visually appealing venue, there are other factors that are typically more important in the selection process.

Thus, the correct answer is option (d).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q12) Which of the following is NOT a key responsibility of a sporting event manager?**

a) Marketing and promotion

b) Budgeting and financial management

c) Athletic training and coaching

d) Safety and security planning

Correct answer: Option (c)

Explanation: Athletic training and coaching is not typically a key responsibility of a sporting event manager. While the manager may work with coaches and trainers to ensure that athletes are prepared for the event, they are not directly responsible for providing athletic training or coaching services.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q13) What is a common challenge faced by sporting event organizers when trying to secure sponsorship?**

a) Difficulty in finding potential sponsors

b) Insufficient benefits offered to sponsors

c) Over Reliance on one or two major sponsors

d) Resistance from athletes and teams

Correct answer: Option (b)

Explanation: Insufficient benefits offered to sponsors is a common challenge faced by sporting event organizers when trying to secure sponsorship. Sponsors are often looking for tangible benefits and a clear return on their investment, and if the benefits offered are not attractive or do not align with their marketing goals, they may be hesitant to sponsor the event.

Thus, the correct answer is option (b).

Difficult Level- Very Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q14) What is one strategy for minimizing the environmental impact of a sporting event?**

a) Encouraging attendees to drive to the event

b) Using disposable cups and plates

c) Providing recycling bins throughout the venue

d) Ignoring sustainability concerns altogether

Correct answer: Option (c)

Explanation: Providing recycling bins throughout the venue is a strategy for minimizing the environmental impact of a sporting event. Sporting events can generate a significant amount of waste, including single-use plastics, food containers, and paper products. By providing recycling bins throughout the venue, event organizers can encourage attendees to dispose of waste in a way that reduces the impact on the environment.

Thus, the correct answer is option (c).

Difficult Level- Very Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q15) What is the difference between hard and soft marketing for a sporting event?**

a) Hard marketing focuses on promoting the event itself, while soft marketing focuses on related products and services.

b) Hard marketing involves direct advertising, while soft marketing relies on more subtle messaging.

c) Hard marketing targets a broad audience, while soft marketing is more personalized.

d) There is no difference between hard and soft marketing.

Correct answer: Option (b)

Explanation: Hard marketing involves direct advertising, while soft marketing relies on more subtle messaging. Hard marketing for a sporting event involves direct advertising and promotional efforts aimed at creating awareness and driving ticket sales. This can include tactics such as print and digital advertising, billboards, radio and TV spots, and other forms of direct marketing.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q16) In which stage of the event management process are logistics planned?**

a) Pre-event stage

b) Event execution stage

c) Post-event stage

d) All of the above

Correct answer: Option (a)

Explanation: Logistics planning is a critical component of the event management process, and it typically occurs during the pre-event stage. This stage involves all of the planning and preparation that goes into making the event a success. During this stage, event managers will work closely with their team to identify the logistical requirements for the event, such as transportation, venue setup, equipment rental, and staffing needs.

Thus, the correct answer is option (a).

Difficult Level- Very Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q17) What is the primary purpose of event staging?**

a) To provide seating for attendees

b) To create a safe and secure environment

c) To enhance the visual appeal of the event

d) To serve food and beverages

Correct answer: Option (c)

Explanation: The primary purpose of event staging is to enhance the visual appeal of the event. Event staging involves creating a temporary structure that can serve a variety of purposes, such as providing a platform for performers or speakers, creating a backdrop for the event, or enhancing the overall visual impact of the event.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q18) Which of the following is NOT an important consideration for event security planning?**

a) Crowd control measures

b) Emergency preparedness

c) Theft prevention

d) Parking management

Correct answer: Option (d)

Explanation: Event security planning is focused on ensuring the safety and security of attendees, participants, and staff. Parking management, while an important logistical consideration, is not directly related to security concerns. Other important considerations for event security planning include crowd control measures, emergency preparedness, threat assessments, access control, and security personnel deployment.

Thus, the correct answer is option (d).

Difficult Level- Very Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q19) What is one potential benefit of hosting a sporting event?**

a) Increased tourism and revenue for local businesses

b) Decreased traffic congestion

c) Improved air quality

d) Increased crime rates

Correct answer: Option (a)

Explanation: Sporting events can bring in a significant number of visitors from out of town, which can result in increased revenue for local businesses such as hotels, restaurants, and retail stores. Additionally, the event can help to raise the profile of the host city or region, which can attract future visitors and investment.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q20) What is the primary purpose of having an emergency response plan in place for a sporting event?**

a) To minimize disruptions to the event schedule

b) To keep attendees entertained during downtime

c) To ensure the safety and well-being of attendees and staff

d) To increase revenue for the event

Correct answer: Option (c)

Explanation: The primary purpose of having an emergency response plan in place for a sporting event is to ensure the safety and well-being of attendees and staff. Emergencies such as natural disasters, medical emergencies, and security breaches can occur during a sporting event, and it is crucial to have a plan in place to address such situations promptly and effectively.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q21) What is one potential drawback of relying heavily on sponsorship for event funding?**

a) Reduced visibility for sponsors

b) Conflict of interest with sponsors

c) Reduced control over event planning and execution

d) Increased ticket prices

Correct Answer: Option (c)

Explanation: A potential drawback of relying heavily on sponsorship for event funding is a reduced control over event planning and execution. Sponsors may want to have a say in the event's direction, content, and execution, which can limit the event organizer's creative freedom and potentially undermine the event's original vision.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q22) Which of the following is an important consideration for event security planning?**

a) Crowd control measures

b) Emergency preparedness

c) Theft prevention

d) All of the above

Correct answer: Option (d)

Explanation: Crowd control measures, Emergency preparedness and Theft prevention are important considerations for event security planning. Event managers must plan for potential crowd control issues, emergency situations, and theft prevention to ensure the safety of attendees and staff.

Thus, the correct answer is option (d).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q23) Which of the following is NOT a key element in the management of sporting events?**

a) Planning

b) Staffing

c) Budgeting

d) Athlete selection

Correct Answer: Option (d)

Explanation: Athlete selection is not a key element of management as it is typically the responsibility of the team coaches or selection committees. Planning involves setting goals, defining objectives, and determining the resources needed to achieve them. Staffing involves recruiting, selecting, training, and managing the personnel necessary to carry out the event.

Thus, the correct answer is option (d).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q24) What is the first step in the planning process of a sporting event?**

a) Establishing the budget

b) Developing a marketing plan

c) Setting objectives and goals

d) Selecting the venue

Correct Answer: Option (c)

Explanation: The first step in the planning process of a sporting event is to identify and set clear objectives and goals. This involves determining what the event aims to achieve, such as increasing participation, generating revenue, or promoting a particular cause or organization.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q25) Which of the following is an example of an external stakeholder in a sporting event?**

a) Athletes

b) Coaches

c) Volunteers

d) Sponsors

Correct Answer: Option (d)

Explanation: Stakeholders are individuals or groups who have an interest in a particular event or organization. In the context of a sporting event, stakeholders can be internal or external. Sponsors are an example of an external stakeholder in a sporting event.

Thus, the correct answer is option (d).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q26) What is the primary goal of risk management in a sporting event?**

a) To eliminate all risks

b) To reduce the likelihood and impact of risks

c) To transfer all risks to a third party

d) To ignore potential risks

Correct Answer: Option (b)

Explanation: The primary goal of risk management in a sporting event is to identify, assess, and prioritize potential risks and to develop and implement strategies to minimize or control these risks. The aim is not to eliminate all risks, as this is often not possible, but to manage them in a way that minimizes their likelihood and impact.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q27) What is the purpose of an event timeline in the management of sporting events?**

a) To outline the event program

b) To allocate resources

c) To set deadlines for tasks

d) All of the above

Correct Answer: Option (d)

Explanation: An event timeline is a chronological outline of the various activities and tasks that need to be accomplished leading up to the sporting event. It serves multiple purposes, including outlining the event program, allocating resources, and setting deadlines for tasks.

Thus, the correct answer is option (d).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q28) Which of the following is a method of evaluating the success of a sporting event?**

a) Post-event surveys

b) Social media analytics

c) Media coverage

d) All of the above

Correct Answer: Option (d)

Explanation: Evaluating the success of a sporting event is an important aspect of event management. Post-event surveys can be used to gather feedback from attendees, sponsors, and other stakeholders. Post-event surveys, social media analytics, and media coverage are all methods of evaluating the success of a sporting event.

Thus, the correct answer is option (d).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q29) What is the purpose of a crisis management plan in the management of sporting events?**

a) To prevent all crises

b) To effectively manage crises if they occur

c) To transfer all crises to a third party

d) To ignore potential crises

Correct Answer: Option (b)

Explanation: The purpose of a crisis management plan in the management of sporting events is to effectively manage crises if they occur. A crisis management plan is a key component of the overall risk management strategy for a sporting event. Its primary purpose is to enable effective and efficient management of any potential crises that may arise during the event.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q30) Which of the following is an example of a financial risk in the management of sporting events?**

a) Athlete injuries

b) Weather conditions

c) Lack of audience attendance

d) None of the above

Correct Answer: Option (c)

Explanation: Lack of audience attendance is an example of a financial risk in the management of sporting events. A financial risk in the management of sporting events is any risk that may result in financial loss to the event organizers. If the event fails to attract a sufficient number of paying spectators, it may result in financial losses for the organizers due to the expenses incurred in organizing the event.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q31) What is the age limit for participation in the Special Olympics?**

a) 18 years

b) 20 years

c) 16 years

d) No age limit

Correct answer: Option (d)

Explanation: The Special Olympics is an international sports organization dedicated to empowering individuals with intellectual disabilities through sports. The organization offers year-round training and competition opportunities in a variety of Olympic-type sports. There is no age limit for participation in the Special Olympics, and athletes of all ages and ability levels are welcome to compete

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q32) In which year did the International Olympic Committee allow women to compete in all sports?**

a) 1948

b) 1976

c) 1960

d) 1984

Correct answer: Option (b)

Explanation: The International Olympic Committee (IOC) allowed women to compete in all sports for the first time at the 1976 Summer Olympics held in Montreal, Canada. Prior to this, women were restricted from participating in certain sports such as weightlifting, boxing, and wrestling.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q33) Which organization promotes gender equality in sports?**

a) FIFA

b) IOC

c) UNICEF

d) Women's Sports Foundation

Correct answer: Option (d)

Explanation: The Women's Sports Foundation is a non-profit organization that advocates for gender equality in sports. Founded in 1974 by tennis player Billie Jean King, the organization works to advance the lives of women and girls through sports and physical activity.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q34) Answer the following question with reference to the Audio**

[**https://drive.google.com/file/d/1KpHItyQopiFVVsaSdLzn1a3Nue3G1sgm/view?usp=share\_link**](https://drive.google.com/file/d/1KpHItyQopiFVVsaSdLzn1a3Nue3G1sgm/view?usp=share_link)

**TYPE: Audio**

**What is Title IX?**

a) A law that requires schools to provide equal access to sports for women

b) A law that requires schools to provide equal access to sports for men

c) A law that requires schools to provide equal access to sports for all students

d) None of the above

Correct answer: Option (a)

Explanation: Title IX is a federal law that prohibits discrimination based on sex in any education program or activity that receives federal funding, including athletic programs. It requires schools to provide equal access to sports for women.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q35) What is the aim of the United Nations' "Sports for Development and Peace" initiative?**

a) To promote sports as a tool for social change

b) To increase profit from sports events

c) To increase the popularity of sports

d) All of the above

Correct answer: Option (a)

Explanation: The aim of the United Nations' "Sports for Development and Peace" initiative is to promote sports as a tool for social change. This initiative recognizes the potential of sports to promote tolerance, respect, and understanding among people and to contribute to the achievement of the United Nations' development goals.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q36) What is the age limit for participation in the Youth Olympic Games?**

a) 16-18 years

b) 14-16 years

c) 12-15 years

d) 18-20 years

Correct answer: Option (a)

Explanation: The age limit for participation in the Youth Olympic Games is 16-18 years, with athletes being required to be between these ages on December 31 of the year of the event. The Youth Olympic Games are designed to provide a platform for young athletes to showcase their talents and to encourage youth participation in sports.

Thus, the correct answer is option (a).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q37) Answer the following question with reference to the Audio**

[**https://drive.google.com/file/d/1wSfj5N-MdYjpYB-DoP57lti7eQYxF-O3/view?usp=share\_link**](https://drive.google.com/file/d/1wSfj5N-MdYjpYB-DoP57lti7eQYxF-O3/view?usp=share_link)

**TYPE: Audio**

**What is the purpose of the Paralympic Games?**

a) To promote sports for people with disabilities

b) To raise awareness about disability rights

c) To provide job opportunities for people with disabilities

d) None of the above

Correct answer: Option (a)

Explanation: The Paralympic Games is a multi-sport event specifically designed for athletes with physical and intellectual disabilities. The games promote inclusivity and equal opportunities in sports for people with disabilities, and inspire individuals with disabilities to pursue their athletic dreams. The Paralympic Games are held immediately after the Olympic Games in the same host city.

Thus, the correct answer is option (a).

Difficult Level- Very Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q38) Answer the following question with reference to the Audio**

[**https://drive.google.com/file/d/1HRoRYK7kAOBGJJNhTyAFttGDsGLpOzGw/view?usp=share\_link**](https://drive.google.com/file/d/1HRoRYK7kAOBGJJNhTyAFttGDsGLpOzGw/view?usp=share_link)

**TYPE: Audio**

**Who was the first Muslim woman to win an Olympic medal?**

a) Nadia Comaneci

b) Nawal El Moutawakel

c) Mary Lou Retton

d) Simone Biles

Correct answer: Option (b)

Explanation: Nawal El Moutawakel won the gold medal in the 400-meter hurdles at the 1984 Summer Olympics in Los Angeles, becoming the first woman from a Muslim majority country to win an Olympic medal. She is also known for her work in promoting women's sports and serving as a member of the International Olympic Committee.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q39) Answer the following question with reference to the Audio**

[**https://drive.google.com/file/d/12Y2XvXd5Qr0NGpui\_dTSc9m2Insn8Kxt/view?usp=share\_link**](https://drive.google.com/file/d/12Y2XvXd5Qr0NGpui_dTSc9m2Insn8Kxt/view?usp=share_link)

**TYPE: Audio**

**Which country has the highest number of female athletes competing in the Olympic Games?**

a) United States

b) China

c) Russia

d) Australia

Correct answer: Option (b)

Explanation: China has the highest number of female athletes competing in the Olympic Games. In the 2016 Rio Olympics, China sent 291 female athletes, which was more than any other country. The country has been investing heavily in women's sports in recent years and has seen a significant increase in the number of female athletes participating in various sports.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q40) Answer the following question with reference to the Audio**

[**https://drive.google.com/file/d/1szntusieFE-ZP\_JO8BKbqKcmA69ZGUrF/view?usp=share\_link**](https://drive.google.com/file/d/1szntusieFE-ZP_JO8BKbqKcmA69ZGUrF/view?usp=share_link)

**TYPE: Audio**

**What is the purpose of the Women's World Cup?**

a) To provide opportunities for women to compete at the highest level of soccer

b) To promote gender equality in sports

c) To raise awareness about women's sports

d) All of the above

Correct answer: Option (d)

Explanation: The Women's World Cup is a quadrennial international soccer tournament for women's national teams. Its purpose is to provide a platform for women to compete at the highest level of soccer and to promote gender equality in sports. The tournament also serves to raise awareness about women's sports and the talented athletes who compete in them.

Thus, the correct answer is option (d).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q41) What percentage of sports coverage on television is dedicated to women's sports?**

a) Less than 5%

b) 10-15%

c) 20-25%

d) 30-35%

Correct answer: Option (a)

Explanation: Despite significant progress in recent years, women's sports continue to receive significantly less coverage on television than men's sports. According to a 2019 report by the USC Annenberg Inclusion Initiative, only 4% of sports coverage on major networks is dedicated to women's sports.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q42) What percentage of girls drop out of sports by the age of 17?**

a) 10%

b) 30%

c) 50%

d) 70%

Correct Answer: Option (c)

Explanation: According to research, around 50% of girls drop out of sports by the age of 17. There are various reasons for this, including societal pressure to conform to traditional gender roles, lack of access to sports facilities and programs, and a lack of positive female role models in sports

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q43) Which of the following is an important benefit of sports for children and women?**

a) Improved physical health

b) Boost in academic performance

c) Increase in social skills

d) All of the above

Correct Answer: Option (d)

Explanation: Sports have numerous benefits for children and women, including improved physical health, boosted academic performance, and an increase in social skills. Regular participation in sports helps to keep children and women physically active, which can reduce the risk of developing chronic diseases such as obesity, diabetes, and heart disease.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q44) Which of the following is a common myth about women's participation in sports?**

a) They are not interested in sports

b) They are weak and cannot compete with men

c) They are too emotional to handle the pressure

d) All of the above

Correct Answer: Option (d)

Explanation: There are several common myths and misconceptions about women's participation in sports, including the idea that women are not interested in sports, they are physically weaker than men and cannot compete at the same level, and that they are too emotional to handle the pressure of competitive sports.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q45) What is the most popular sport among girls in the US?**

a) Soccer

b) Basketball

c) Volleyball

d) Softball

Correct Answer: Option (a)

Explanation: The most popular sport among girls in the US is soccer, with an estimated 3 million girls playing the sport. Soccer has gained popularity due to the success of the US Women's National Team and the increased visibility of the Women's World Cup.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q46) What is the main reason why girls drop out of sports?**

a) Lack of skill

b) Lack of interest

c) Gender stereotypes

d) Injury

Correct Answer: Option (c)

Explanation: One of the main reasons why girls drop out of sports is due to gender stereotypes. Girls often face societal pressures to conform to traditional gender roles, which can lead to a lack of support and encouragement to participate in sports. Additionally, girls may face stereotypes that they are not as skilled or competitive as boys, leading to a lack of confidence and motivation to continue playing.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q47) Answer the following question with reference to the Audio**

[**https://drive.google.com/file/d/1Am8-LU80Tl99HKt5bKNequWMSgpKlhcF/view?usp=share\_link**](https://drive.google.com/file/d/1Am8-LU80Tl99HKt5bKNequWMSgpKlhcF/view?usp=share_link)

**TYPE: Audio**

**What is the gender pay gap in professional sports?**

a) Men and women are paid equally

b) Women are paid more than men

c) Men are paid more than women

d) There is no pay gap

Correct Answer: Option (c)

Explanation: The gender pay gap in professional sports refers to the difference in pay between male and female athletes. In most sports, male athletes earn significantly more than female athletes. This gap exists in all aspects of professional sports, including salaries, prize money, sponsorship deals, and media coverage.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q48) What is the biggest barrier to women's sports in developing countries?**

a) Lack of funding

b) Lack of interest

c) Lack of infrastructure

d) Lack of talent

Correct Answer: Option (c)

Explanation: The biggest barrier to women's sports in developing countries is often the lack of infrastructure. This includes a shortage of proper facilities for training and competition, as well as a lack of transportation to and from these facilities. Additionally, there may be cultural barriers that prevent girls and women from participating in sports.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q49) What is the most significant benefit of sports for women?**

a) Improved physical health

b) Increased confidence

c) Enhanced social skills

d) Improved career prospects

Correct Answer: Option (b)

Explanation: Participation in sports has been shown to boost confidence in women and girls, particularly in terms of body image and self-esteem. Playing sports can also help women develop leadership and teamwork skills, which can be valuable in both personal and professional settings.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q50) What is the best way to encourage girls to participate in sports?**

a) Provide equal opportunities

b) Offer financial incentives

c) Set lower standards for girls

d) None of the above

Correct Answer: Option (a)

Explanation: The best way to encourage girls to participate in sports is to provide equal opportunities. This includes providing access to the same facilities, equipment, and training as boys, as well as offering equal support and encouragement.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q51) Answer the following question with reference to the Audio**

[**https://drive.google.com/file/d/1A4BKI\_z5Ns6tZ9STPRF9bsHNa4IVNG6X/view?usp=share\_link**](https://drive.google.com/file/d/1A4BKI_z5Ns6tZ9STPRF9bsHNa4IVNG6X/view?usp=share_link)

**TYPE: Audio**

**What is the primary goal of the US Women's National Soccer Team?**

a) To win games

b) To promote gender equality

c) To inspire young girls

d) All of the above

Correct Answer: Option (d)

Explanation: The primary goal of the US Women's National Soccer Team is to win games, but they also have a larger mission to promote gender equality and inspire young girls. The team has been at the forefront of the fight for gender equality in sports, advocating for equal pay and treatment for female athletes.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q52) Which country has won the most Olympic medals in women's sports?**

a) China

b) Russia

c) United States

d) Germany

Correct Answer: Option (c)

Explanation: The United States has been a dominant force in women's sports since the inception of the modern Olympic Games in 1896. In fact, the United States has won more Olympic medals in women's sports than any other country.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q53) Answer the following question with reference to the Audio**

[**https://drive.google.com/file/d/162fefl7ZPNZmEr4vn8NT4mMadWGfPs05/view?usp=share\_link**](https://drive.google.com/file/d/162fefl7ZPNZmEr4vn8NT4mMadWGfPs05/view?usp=share_link)

**TYPE: Audio**

**What is the full form of the term "YOGA"?**

a) Your Own Greatest Ally

b) You Only Grow Adept

c) Your Opportunity for Great Awakening

d) None of the above

Correct answer: Option (d)

Explanation: YOGA is not an acronym, and therefore, it does not have a full form. Yoga is a Sanskrit word that means "union" or "to join." It is a practice that combines physical postures, breathing exercises, and meditation techniques to promote physical, mental, and spiritual well-being.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q54) What is the importance of Pranayama in Yoga?**

a) It helps to calm the mind

b) It improves lung function

c) It regulates the body's energy

d) All of the above

Correct answer: Option (d)

Explanation: Pranayama is a term used in Yoga that refers to breathing exercises that can help regulate the body's energy, calm the mind, and improve lung function. There are several different types of Pranayama, each with its own set of benefits.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q55) What is the primary goal of Yoga?**

a) To improve physical health

b) To achieve spiritual enlightenment

c) To reduce stress and anxiety

d) To enhance mental clarity

Correct answer: Option (b)

Explanation: While yoga has many physical and mental benefits, its primary goal is to help individuals achieve spiritual enlightenment. Yoga is a holistic practice that seeks to cultivate a harmonious balance between the body, mind, and spirit, with the ultimate goal of achieving a state of inner peace, contentment, and spiritual fulfilment.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q56) Which of the following is not a lifestyle disease that can be prevented or managed through yoga?**

a) Cardiovascular disease

b) Diabetes

c) Arthritis

d) Cancer

Correct answer: Option (d)

Explanation: While yoga may have some benefits for cancer patients, it is not considered a primary preventive measure or treatment for cancer. Yoga practice helps us to make it a valuable tool for promoting and maintaining good health and well-being.

Thus, the correct answer is option (d).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q57) What is the role of stress in the development of lifestyle diseases?**

a) Stress is not a significant factor in lifestyle diseases

b) Stress can increase the risk of developing lifestyle diseases

c) Stress has no impact on lifestyle diseases

d) None of the above

Correct answer: Option (b)

Explanation: Stress is a common factor that can contribute to the development of lifestyle diseases. When we experience stress, our bodies release stress hormones, such as cortisol and adrenaline, which can have negative effects on our physical and mental health over time.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q58) What are the benefits of regular yoga practice in preventing lifestyle diseases?**

a) Improved cardiovascular health

b) Better blood sugar control

c) Reduced inflammation

d) All of the above

Correct answer: Option (d)

Explanation: Regular yoga practice can also improve flexibility, strength, and balance, which can reduce the risk of falls and injuries, and improve overall physical function and quality of life. Regular yoga practice can be a valuable tool in preventing and managing lifestyle diseases, and can contribute to overall health and well-being.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q59) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1WQb55xhcYzXZJJvMEaB\_wmponboCGr01/view?usp=share\_link**](https://drive.google.com/file/d/1WQb55xhcYzXZJJvMEaB_wmponboCGr01/view?usp=share_link)

**TYPE: Image**

**Which of the following is not a recommended yoga pose for reducing stress and anxiety?**

a) Child's pose

b) Downward-facing dog

c) Corpse pose

d) Headstand

Correct answer: Option (d)

Explanation: Headstand is an advanced yoga pose that is not recommended for beginners or those with neck or spinal issues. Child's pose, downward-facing dog, and corpse pose are all recommended for reducing stress and anxiety.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q60) Answer the following question with reference to the audio**

[**https://drive.google.com/file/d/1EZY0AlJbLrStjo3dpwUKAUwZKMElFYAk/view?usp=share\_link**](https://drive.google.com/file/d/1EZY0AlJbLrStjo3dpwUKAUwZKMElFYAk/view?usp=share_link)

**TYPE: Audio**

**What is the best time of day to practice yoga?**

a) Morning

b) Afternoon

c) Evening

d) Anytime

Correct answer: Option (a)

Explanation: Practicing yoga in the morning can be a great way to start the day, as it can help wake up the body and mind, and provide a sense of energy and focus for the rest of the day. Morning yoga can also be a great way to establish a regular routine and set the tone for a healthy day ahead.

Thus, the correct answer is option (a).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q61) What is the role of meditation in preventing and managing lifestyle diseases?**

a) It can help to reduce stress and anxiety

b) It can improve emotional well-being

c) It can lower blood pressure

d) All of the above

Correct answer: Option (d)

Explanation: Meditation can play an important role in preventing and managing lifestyle diseases. By reducing stress and anxiety, it can help to improve emotional well-being, which in turn can have a positive impact on physical health.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q62) Which of the following is not a recommended dietary practice for preventing lifestyle diseases?**

a) Eating a balanced diet

b) Limiting processed and sugary foods

c) Eating a high-fat, high-protein diet

d) Eating plenty of fruits and vegetables

Correct answer: Option (c)

Explanation: While protein is important for a healthy diet, eating too much fat and protein can increase the risk of developing lifestyle diseases. Regular meditation practice can improve sleep quality, enhance cognitive function, and promote overall physical and mental health.

Thus, the correct answer is option (c).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q63) What is the role of physical activity in preventing lifestyle diseases?**

a) It can help to reduce the risk of developing lifestyle diseases

b) It can help to manage existing lifestyle diseases

c) It can improve overall health and well-being

d) All of the above

Correct answer: Option (d)

Explanation: Physical activity is an important component of a healthy lifestyle and can help to prevent and manage many lifestyle diseases. Incorporating regular exercise into your routine, even if it's just a few minutes of activity each day, can have a significant impact on your health and well-being over time.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q64) Answer the following question with reference to the audio**

[**https://drive.google.com/file/d/16uh4FDfGwRhLyTtwjg9M1yhawzwPH7rc/view?usp=share\_link**](https://drive.google.com/file/d/16uh4FDfGwRhLyTtwjg9M1yhawzwPH7rc/view?usp=share_link)

**TYPE: Audio**

**What is the literal meaning of "Yoga"?**

a) Concentration

b) Union

c) Meditation

d) Strength

Correct Answer: option (b)

Explanation: The literal meaning of "Yoga" is "union" or "to yoke" in Sanskrit, which is the ancient language of India where yoga originated. The term "union" refers to the integration of mind, body, and spirit, as well as the connection between the individual self and the universal consciousness

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q65) Which of the following is not a lifestyle disease?**

a) Diabetes

b) Asthma

c) Cancer

d) Heart disease

Correct Answer: Option (b)

Explanation: Asthma is not considered a lifestyle disease because it is a respiratory condition that is often caused by a combination of genetic and environmental factors. While some lifestyle factors, such as exposure to pollution or smoking, can worsen asthma symptoms, they are not the primary cause of the condition.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q66) What is the term used to describe the practice of physical postures in Yoga?**

a) Pranayama

b) Asana

c) Samadhi

d) Mantra

Correct Answer: Option (b)

Explanation: The term used to describe the practice of physical postures in Yoga is "Asana." Asanas are a series of physical postures designed to align the body, promote flexibility, strength, and balance, and cultivate a sense of inner calm and focus.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q67) Which of the following breathing techniques is often practiced in Yoga?**

a) Kapalbhati

b) Shavasana

c) Sukhasana

d) Savasana

Correct Answer: Option (a)

Explanation: Kapalbhati is a breathing technique often practiced in yoga. It involves forceful exhalation through the nose, followed by passive inhalation. This breathing technique is believed to help improve digestion, reduce stress, and increase energy levels.

Thus, the correct answer is option (a).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q68) Which of the following is not a commonly practiced Yoga style?**

a) Hatha Yoga

b) Bikram Yoga

c) Pilates Yoga

d) Ashtanga Yoga

Correct Answer: Option (c)

Explanation: Asana is the Sanskrit word that refers to the practice of physical postures in Yoga. It is one of the eight limbs of Yoga, which includes other practices such as meditation, breathing exercises (pranayama), and ethical guidelines.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q69) What is the term used to describe the state of deep relaxation at the end of a Yoga practice?**

a) Shavasana

b) Pranayama

c) Ujjayi

d) Asana

Correct Answer: Option (a)

Explanation: Shavasana also known as Corpse Pose, is a Yoga asana or posture that is typically practiced at the end of a Yoga session. It involves lying flat on one's back with the arms and legs extended and the palms facing up. Shavasana is an essential part of the Yoga practice as it allows the body and mind to integrate the benefits of the asanas and other practices performed during the session.

Thus, the correct answer is option (a).

Difficult Level- Very hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q70) Which Yoga pose is commonly referred to as the "Downward-Facing Dog" pose?**

a) Tadasana

b) Adho Mukha Svanasana

c) Uttanasana

d) Trikonasana

Correct Answer: Option (b)

Explanation: Adho Mukha Svanasana is a Yoga posture that involves stretching the entire body, particularly the spine, arms, and legs. To practice this pose, the practitioner starts on their hands and knees, with the hands shoulder-width apart and the knees hip-width apart.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q71) Which nutrient is the primary source of energy for athletes during exercise?**

a) Carbohydrates

b) Protein

c) Fat

d) Vitamins

Correct Answer: Option (a)

Explanation: Carbohydrates are the main source of energy for the body, particularly during high-intensity activities such as sports and exercise. Carbohydrates are broken down into glucose, which is then used by the body to fuel physical activity. Glucose is stored in the muscles and liver in the form of glycogen.

Thus, the correct answer is option (a).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q72) What is the importance of hydration during sports activities?**

a) Prevents dehydration

b) Regulates body temperature

c) Improves performance

d) All of the above

Correct Answer: Option (d)

Explanation: Hydration is essential for athletes and sports enthusiasts to maintain proper body function during exercise, prevent dehydration, regulate body temperature, and improve overall performance. Adequate hydration can also help improve performance by reducing the risk of fatigue and cramping, improving endurance, and helping the body maintain a consistent body temperature.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q73) Which mineral is necessary to maintain strong bones and prevent osteoporosis in athletes?**

a) Calcium

b) Iron

c) Sodium

d) Potassium

Correct Answer: Option (a)

Explanation: Calcium is a mineral that is essential for maintaining strong bones and teeth, as well as for proper muscle and nerve function. Athletes, particularly those who engage in weight-bearing activities such as running, jumping, and weightlifting, are at an increased risk of developing osteoporosis, a condition where bones become weak and brittle due to a loss of calcium and other minerals.

Thus, the correct answer is option (a).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q74) What is the role of protein in a sports person's diet?**

a) Builds and repairs muscles

b) Provides energy

c) Regulates metabolism

d) Provides vitamins and minerals

Correct Answer: Option (a)

Explanation: Protein is an essential macronutrient that plays many important roles in the body, particularly for athletes and sports enthusiasts. One of the primary roles of protein in a sports person's diet is to build and repair muscles. During exercise, muscles are damaged and broken down, and protein is required to repair and rebuild them.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q75) Which vitamin is necessary for healthy vision and immunity in athletes?**

a) Vitamin A

b) Vitamin B12

c) Vitamin C

d) Vitamin D

Correct Answer: Option (a)

Explanation: Vitamin A is a fat-soluble vitamin that plays an essential role in maintaining healthy vision and supporting immune function. For athletes, both of these functions are critical for maintaining overall health and well-being. Vitamin A is necessary for the production of rhodopsin, a pigment in the retina of the eye that is important for vision in low-light conditions

Thus, the correct answer is option (a).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q76) Which nutrient is necessary to reduce inflammation and promote muscle recovery in athletes?**

a) Omega-3 fatty acids

b) Fibre

c) Zinc

d) Magnesium

Correct Answer: Option (a)

Explanation: Omega-3 fatty acids are a type of polyunsaturated fat that is found in fatty fish such as salmon, tuna, and mackerel, as well as in plant sources such as flaxseed, chia seeds, and walnuts. These fatty acids are known for their anti-inflammatory properties, which can help reduce inflammation and promote muscle recovery in athletes.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q77) What is the role of carbohydrates in endurance sports?**

a) Provides quick energy

b) Enhances endurance

c) Promotes muscle recovery

d) All of the above

Correct Answer: Option (d)

Explanation: Carbohydrates are an important macronutrient that provide the body with glucose, which is the primary source of energy for endurance sports. During prolonged exercise, the body's glycogen stores become depleted, which can lead to fatigue and decreased performance.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q78) Which mineral is necessary for nerve function and muscle contraction in athletes?**

a) Calcium

b) Iron

c) Sodium

d) Potassium

Correct Answer: Option (d)

Explanation: Potassium is an essential mineral that plays a vital role in many bodily functions, including nerve function and muscle contraction. During exercise, potassium is lost through sweat, and a deficiency can lead to muscle weakness, cramping, and fatigue.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q79) What is the importance of iron in a sports person's diet?**

a) Increases endurance

b) Builds and repairs muscles

c) Supports immune function

d) Carries oxygen to muscles

Correct Answer: Option (d)

Explanation: Iron is an essential mineral that plays a critical role in carrying oxygen throughout the body, including to the muscles. During exercise, the muscles require more oxygen to function properly, and a deficiency in iron can lead to decreased athletic performance and increased fatigue.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q80) What is the recommended daily protein intake for athletes?**

a) 0.8 grams per kilogram of body weight

b) 1.2-1.7 grams per kilogram of body weight

c) 2.0-2.5 grams per kilogram of body weight

d) 3.0-3.5 grams per kilogram of body weight

Correct Answer: Option (b)

Explanation: The American Dietetic Association, Dieticians of Canada, and the American College of Sports Medicine recommend a protein intake of 1.2-1.7 grams per kilogram of body weight per day for athletes. This recommendation applies to endurance and strength athletes who engage in moderate to high-intensity training.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q81) Which nutrient is necessary for healthy skin, hair, and nails in athletes?**

a) Iron

b) Zinc

c) Vitamin E

d) Vitamin H (Biotin)

Correct Answer: Option (d)

Explanation: Biotin, also known as Vitamin H or B7, is a water-soluble vitamin that is essential for the metabolism of carbohydrates, fats, and proteins. It is also necessary for maintaining healthy skin, hair, and nails. Biotin helps to strengthen and protect hair and nails, while also improving skin health and preventing acne.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q82) What is the importance of electrolytes in a sports person's diet?**

a) Regulates fluid balance

b) Maintains muscle function

c) Helps in nerve transmission

d) All of the above

Correct Answer: Option (d)

Explanation: Electrolytes are minerals that carry an electric charge and are essential for maintaining proper fluid balance, nerve function, and muscle function in the body. During exercise, electrolytes are lost through sweat and need to be replaced to maintain proper hydration and function of the body's cells.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q83) Which carbohydrate is recommended for sustained energy during endurance sports?**

a) Simple sugars

b) Complex carbohydrates

c) Fibre

d) Starch

Correct Answer: Option (b)

Explanation: Complex carbohydrates, also known as polysaccharides, are made up of long chains of sugar molecules and take longer to break down and digest compared to simple sugars. This results in a slower release of glucose into the bloodstream, providing a sustained source of energy over a longer period of time.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q84) What is the recommended fluid intake during sports activities?**

a) Sip fluids every 15 minutes

b) Drink fluids only when thirsty

c) Consume sports drinks every hour

d) Drink fluids before and after sports activities

Correct Answer: Option (a)

Explanation: The recommended fluid intake during sports activities varies based on factors such as the intensity and duration of the activity, as well as individual sweat rates. As a general guideline, athletes should aim to sip fluids every 15-20 minutes during activity to prevent dehydration and maintain performance.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q85) Which macronutrient is the primary source of energy during high-intensity exercise?**

a) Carbohydrates

b) Proteins

c) Fats

d) Fibres

Correct Answer: Option (a)

Explanation: The macronutrient that is the primary source of energy during high-intensity exercise is carbohydrates. Carbohydrates are broken down into glucose, which is used by the body as fuel to produce energy. During high-intensity exercise, the body relies mainly on glucose from carbohydrates for energy because it can be quickly broken down and used by the body.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q86) Which vitamin is essential for bone health and immune function?**

a) Vitamin C

b) Vitamin D

c) Vitamin E

d) Vitamin B12

Correct Answer: Option (b)

Explanation: Vitamin D is essential for bone health as it helps the body absorb calcium from the diet, which is necessary for strong bones. It also plays a role in immune function by helping to fight off infections. Vitamin D is naturally produced by the body when the skin is exposed to sunlight, but it can also be obtained from dietary sources such as fatty fish, egg yolks, and fortified foods.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q87) Which mineral is important for muscle contractions and nerve impulses?**

a) Calcium

b) Iron

c) Zinc

d) Magnesium

Correct Answer: Option (d)

Explanation: Magnesium is important for muscle contractions and nerve impulses in the body. Magnesium plays a key role in regulating muscle and nerve function, blood sugar levels, and blood pressure. Magnesium is also necessary for the production of protein, bone development, and DNA synthesis.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q88) Which of the following is not a function of protein in the body?**

a) Providing energy

b) Building and repairing tissues

c) Regulating hormones and enzymes

d) Transporting oxygen in the blood

Correct Answer: Option (d)

Explanation: Protein is not responsible for transporting oxygen in the blood, that role is primarily performed by red blood cells which contain a protein called haemoglobin that binds and carries oxygen. However, protein has many other important functions in the body, including providing energy, building and repairing tissues, and regulating hormones and enzymes.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q89) What is the recommended daily intake of water for an average adult?**

a) 1 litre

b) 2 litres

c) 3 litres

d) 4 litres

Correct Answer: Option (b)

Explanation: The recommended daily intake of water for an average adult is 2 litres, or about 8 cups. The recommended daily intake of water for an average adult can vary depending on various factors such as age, gender, weight, and physical activity level. However, a general guideline recommended by many health organizations is to drink at least 2 litres (8 cups) of water per day.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q90) Which of the following is a good source of complex carbohydrates?**

a) White bread

b) Sugary cereal

c) Brown rice

d) Candy

Correct Answer: Option (c)

Explanation: Brown rice is a good source of complex carbohydrates. Complex carbohydrates are made up of longer chains of sugar molecules and take longer to digest, providing a slow and steady release of energy. Brown rice is an excellent source of complex carbohydrates as it is a whole grain, meaning it contains all parts of the grain, including the bran, germ, and endosperm.

Thus, the correct answer is option (c).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q91) Answer the following question with reference to the audio**

[**https://drive.google.com/file/d/1jlDOYPcmwhcYInDa1CySS8FO3eaODhl-/view?usp=share\_link**](https://drive.google.com/file/d/1jlDOYPcmwhcYInDa1CySS8FO3eaODhl-/view?usp=share_link)

**TYPE: Audio**

**What is the main function of antioxidants in the body?**

a) Fighting off infections

b) Repairing damaged tissues

c) Preventing oxidative stress

d) Regulating blood sugar levels

Correct Answer: Option (c)

Explanation: The main function of antioxidants in the body is to prevent oxidative stress. Oxidative stress occurs when there is an imbalance between free radicals and antioxidants in the body. Free radicals are unstable molecules that can damage cells and contribute to the development of chronic diseases.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q92) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1M5mZWRaArIT8M-NaTU7My2eUjnZhRnzj/view?usp=share\_link**](https://drive.google.com/file/d/1M5mZWRaArIT8M-NaTU7My2eUjnZhRnzj/view?usp=share_link)

**TYPE: Image**

**Which of the following is a good source of omega-3 fatty acids?**

a) Salmon

b) Beef

c) Chicken

d) Pork

Correct Answer: Option (a)

Explanation: Salmon is a good source of omega-3 fatty acids. Omega-3 fatty acids are a type of polyunsaturated fatty acid that the body cannot produce on its own and must obtain through diet. They have been linked to numerous health benefits, including reducing inflammation, improving heart health, and enhancing brain function

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q93) What is the recommended daily intake of fibre for an adult?**

a) 10 grams

b) 20 grams

c) 30 grams

d) 40 grams

Correct Answer: Option (c)

Explanation: The recommended daily intake of fibre for an adult varies depending on age, sex, and level of physical activity. Generally, the recommended daily intake of fibre for adults is 25-30 grams per day. However, some individuals may require more or less fibre based on their specific needs.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q94) Which of the following is not a benefit of regular exercise?**

a) Improved cardiovascular health

b) Increased risk of chronic diseases

c) Weight management

d) Improved mood and mental health

Correct Answer: Option (b)

Explanation: Regular exercise has numerous benefits for overall health and wellbeing, including improving cardiovascular health, promoting weight management, and enhancing mood and mental health. Exercise can also reduce the risk of chronic diseases such as heart disease.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q95) Which type of exercise is best for building muscle strength?**

a) Endurance training

b) Resistance training

c) High-intensity interval training

d) Low-intensity steady-state cardio

Correct Answer: Option (b)

Explanation: The best type of exercise for building muscle strength is resistance training. Resistance training involves using weights, resistance bands, or bodyweight exercises to work against an opposing force. This type of exercise helps to increase muscle mass, improve muscle strength and endurance, and enhance overall fitness.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q96) What is the recommended amount of aerobic exercise for adults each week?**

a) 30 minutes

b) 60 minutes

c) 120 minutes

d) 240 minutes

Correct Answer: Option (b)

Explanation: The recommended amount of aerobic exercise for adults each week is at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity. Moderate-intensity aerobic activity includes activities such as brisk walking, cycling at a moderate pace, swimming, or playing doubles tennis

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q97) Which of the following is not a potential side effect of overtraining?**

a) Decreased performance

b) Increased risk of injury

c) Chronic fatigue

d) Improved immune function

Correct Answer: Option (d)

Explanation: Overtraining occurs when an individual exceeds their body's ability to recover from the stress of exercise. This can lead to a number of negative side effects, including decreased performance, increased risk of injury, and chronic fatigue.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q98) Which of the following is a sign of dehydration?**

a) Increased thirst

b) Dry mouth

c) Fatigue

d) All of the above

Correct Answer: Option (d)

Explanation: Increased thirst, dry mouth, and fatigue are all signs of dehydration. Other symptoms can include dizziness, headache, and dark urine. Dehydration occurs when the body loses more fluid than it takes in. This can happen due to a variety of factors, including sweating during exercise, not drinking enough fluids, or being in a hot and humid environment.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q99) Which nutrient is important for wound healing and collagen synthesis?**

a) Vitamin A

b) Vitamin K

c) Vitamin B6

d) Vitamin E

Correct Answer: Option (a)

Explanation: Vitamin A is important for wound healing and collagen synthesis, as it helps regulate cell growth and repair. Collagen is a protein that is a major component of skin, tendons, ligaments, and other connective tissues in the body. It plays a key role in wound healing, as it helps to provide structure and support to the damaged area.

Thus, the correct answer is option (a).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q100) Which mineral is important for blood pressure regulation and fluid balance?**

a) Sodium

b) Potassium

c) Calcium

d) Iron

Correct Answer: Option (b)

Explanation: Potassium is important for blood pressure regulation and fluid balance in the body. Potassium is an electrolyte that plays a key role in maintaining proper fluid balance, muscle function, and nerve transmission in the body. One of its primary functions is to help regulate blood pressure by counteracting the effects of sodium, another electrolyte that can contribute to high blood pressure when consumed in excess.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q101) Which of the following is not a type of test used to measure physical fitness?**

a) Cardiovascular Endurance Test

b) Flexibility Test

c) Risk Assessment Test

d) Muscular Strength Test

Correct Answer: Option (c)

Explanation: Risk Assessment Test is a type of test used to evaluate an individual's risk for certain health conditions, such as heart disease, diabetes, or cancer. While the results of a risk assessment test may provide insight into an individual's overall health and wellbeing, it is not specifically designed to measure physical fitness..

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q102) What is the maximum heart rate for an individual who is 30 years old?**

a) 180 bpm

b) 190 bpm

c) 200 bpm

d) 210 bpm

Correct Answer: Option (b)

Explanation: The maximum heart rate for an individual can be estimated by subtracting their age from 220. Therefore, the maximum heart rate for a 30-year-old individual would be 190 bpm (220-30=190).It is important to note that this is an estimated maximum heart rate and may vary based on factors such as fitness level, health status, and genetics

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q103) Which of the following is not an example of a field test?**

a) 40-Yard Dash

b) Standing Long Jump

c) 1 Repetition Maximum Test

d) Shuttle Run

Correct Answer: Option (c)

Explanation: The 1 repetition maximum test is a measure of muscular strength that is typically done in a laboratory setting and not in the field. The 1 Repetition Maximum Test is typically conducted in a gym or weight room setting and is used to assess an individual's maximum strength in a specific exercise, such as bench press or squat.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q104) What is the formula to calculate body mass index (BMI)?**

a) weight (kg) / height (m)

b) weight (kg) x height (m)

c) weight (lbs) / height (inches)

d) weight (lbs) x height (inches)

Correct Answer: Option (a)

Explanation: Body mass index is a measure of body fat based on height and weight. The formula to calculate BMI is weight (kg) divided by height (m) squared. To calculate BMI using this formula, an individual would first convert their weight from pounds (lbs) to kilograms (kg) and their height from inches to meters (m).

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q105) Which of the following is an example of a subjective measurement?**

a) Heart Rate

b) Blood Pressure

c) Perceived Exertion

d) VO2 Max

Correct Answer: Option (c)

Explanation: Perceived exertion is a subjective measure of how hard an individual perceives the exercise to be. It is based on an individual's perception of their own exertion and cannot be objectively measured. It is often measured using a rating scale, such as the Borg Scale of Perceived Exertion.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q106) Which of the following is the recommended rest period between sets for a muscular endurance test?**

a) 10 seconds

b) 30 seconds

c) 60 seconds

d) 120 seconds

Correct Answer: Option (c)

Explanation: A rest period of 60 seconds is recommended between sets for a muscular endurance test. This allows for partial recovery while still maintaining fatigue in the target muscle group. Muscular endurance tests involve performing a high number of repetitions of an exercise at a submaximal intensity. The rest period between sets is intended to allow the individual's muscles to recover enough to continue performing the exercise.

Thus, the correct answer is option (c).

Difficult Level- Very Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q107) Which of the following is not a component of skill-related fitness?**

a) Agility

b) Balance

c) Coordination

d) Cardiovascular Endurance

Correct Answer: Option (d)

Explanation: Cardiovascular endurance is a component of health-related fitness and refers to the ability of the heart, lungs, and blood vessels to deliver oxygen to working muscles during prolonged physical activity. It is not considered a skill-related component of fitness, as it does not directly relate to performance in athletic or sports-related activities.

Thus, the correct answer is option (d).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q108) What is the purpose of a power test?**

a) To measure an individual's ability to perform sustained work over time

b) To measure an individual's ability to move a heavy load one time

c) To measure an individual's ability to perform explosive movements

d) To measure an individual's ability to sustain a submaximal workload

Correct Answer: Option (c)

Explanation: The purpose of a power test is to measure an individual's ability to perform explosive movements. Power is a combination of strength and speed, and power tests are designed to measure an individual's ability to generate force quickly. These tests typically involve movements that require an explosive burst of energy, such as jumping, throwing, or sprinting.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q109) What is the recommended frequency for conducting a flexibility test?**

a) Daily

b) Weekly

c) Monthly

d) Bi-annually

Correct Answer: Option (b)

Explanation: Flexibility tests should be conducted weekly to monitor progress and adjust stretching routines as needed. It is important to note that stretching should be done regularly, ideally on a daily basis, to maintain and improve flexibility. The weekly flexibility test is simply a way to monitor progress and ensure that stretching routines are having the desired effect.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q110) Which of the following is an example of a speed test?**

a) 1 Mile Run

b) 40-Yard Dash

c) 3 Minute Step Test

d) Sit and Reach Test

Correct Answer: Option (b)

Explanation: Speed is a component of physical fitness that refers to an individual's ability to move quickly over a short distance. The 40-Yard Dash is a common test used to measure speed, particularly in athletes who participate in sports that require short bursts of speed, such as football or track and field.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q111) What is the purpose of a VO2 Max test?**

a) To measure an individual's maximum heart rate

b) To measure an individual's aerobic capacity

c) To measure an individual's muscular strength

d) To measure an individual's reaction time

Correct Answer: Option (b)

Explanation: The purpose of a VO2 Max test is to measure an individual's aerobic capacity.VO2 Max is a measure of the maximum amount of oxygen an individual can use during exercise. It is considered a gold standard measure of cardiovascular fitness and is an important indicator of an individual's overall health and fitness level.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q112) Which of the following is not a common field test used to measure muscular endurance?**

a) Push-Up Test

b) Curl-Up Test

c) Sit and Reach Test

d) Wall-Sit Test

Correct Answer: Option (c)

Explanation: The Sit and Reach Test is not a common field test used to measure muscular endurance. The Sit and Reach Test is a commonly used test to measure an individual's flexibility, specifically the flexibility of the hamstrings and lower back. In contrast, the Push-Up Test, Curl-Up Test, and Wall-Sit Test are all commonly used field tests to measure muscular endurance.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q113) Which of the following is NOT a valid method of measuring flexibility in sports?**

a) Sit and reach test

b) Shoulder rotation test

c) Trunk lift test

d) Handgrip strength test

Correct answer: Option (d)

Explanation: The handgrip strength test is not a valid method of measuring flexibility in sports. It is a measure of muscular strength, not flexibility. The sit and reach test, shoulder rotation test, and trunk lift test are all commonly used to measure flexibility in different areas of the body.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q114) The maximum amount of weight a person can lift one time is known as their:**

a) Endurance

b) Strength

c) Power

d) Flexibility

Correct answer: Option (b)

Explanation: Strength is defined as the maximum amount of force a muscle or muscle group can generate against resistance in a single effort. It is commonly measured through a one-repetition maximum (1RM) test, which involves lifting the heaviest weight an individual can lift one time with proper form.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q115) The VO2 max test is used to measure an athlete's:**

a) Flexibility

b) Strength

c) Endurance

d) Power

Correct answer: Option (c)

Explanation: The VO2 max test is used to measure an athlete's endurance, specifically their aerobic capacity. VO2 max refers to the maximum amount of oxygen an individual can use during exercise. The test involves measuring the amount of oxygen consumed by the body during progressively more intense exercise

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q116) Which of the following is NOT a component of fitness that can be measured?**

a) Cardiovascular endurance

b) Muscular endurance

c) Mental endurance

d) Agility

Correct answer: Option (c)

Explanation: Mental endurance is a psychological construct that refers to an individual's ability to persevere through mental challenges or maintain focus and attention over extended periods of time. While mental endurance can be important in athletic performance, it is not typically measured as a component of physical fitness.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q117) Which of the following is a test used to measure speed?**

a) T-test

b) Sit and reach test

c) Vertical jump test

d) Flexibility test

Correct answer: Option (a)

Explanation: The T-test is a common field test used to measure an athlete's speed, agility, and quickness. The test involves running around cones placed in a T-shape, touching each cone as quickly as possible. The time taken to complete the test is recorded, and the result is used to measure an athlete's speed and agility.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q118) Which of the following is NOT a measure of body composition?**

a) Body mass index (BMI)

b) Skinfold thickness

c) Waist circumference

d) Blood pressure

Correct answer: Option (d)

Explanation: Blood pressure is a measure of the force of blood against the walls of the arteries, which is not directly related to body composition but rather a marker of cardiovascular health. Blood pressure can provide important information about cardiovascular health, but it is not a measure of body composition.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q119) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1FNxOUSVHuq-IloFzy0ewIyz5rSt9T0p6/view?usp=share\_link**](https://drive.google.com/file/d/1FNxOUSVHuq-IloFzy0ewIyz5rSt9T0p6/view?usp=share_link)

**TYPE: Image**

**The Y-balance test is used to measure an athlete's:**

a) Balance

b) Coordination

c) Strength

d) Endurance

Correct answer: Option (a)

Explanation: The Y-balance test is a functional movement test that evaluates the athlete's ability to balance while moving their centre of gravity in different directions. It requires the athlete to reach as far as possible in three different directions while maintaining their balance on one leg.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q120) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1NYA4vJ72fNpV8ftWA7Fljln-eQapAZUl/view?usp=share\_link**](https://drive.google.com/file/d/1NYA4vJ72fNpV8ftWA7Fljln-eQapAZUl/view?usp=share_link)

**TYPE: Image**

**In the vertical jump test, what is measured?**

a) Reach height

b) Hang time

c) Maximum height reached

d) Distance jumped

Correct answer: Option (c)

Explanation: The vertical jump test is a common test used to assess an athlete's explosive power, lower body strength, and jumping ability. The athlete stands still and jumps as high as possible while reaching up with their dominant hand or both hands.

Thus, the correct answer is option (c).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q121) Which of the following is an example of a chronic injury?**

a) Sprained ankle

b) Concussion

c) Tendinitis

d) Fractured bone

Correct Answer: Option (c)

Explanation: Tendinitis is a condition in which a tendon (a tough, flexible band of tissue that connects muscles to bones) becomes inflamed due to repetitive strain or overuse. This type of injury can develop gradually over time, and if left untreated, it can become a chronic condition that causes persistent pain and limits mobility.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q122) Which of the following is the body's primary energy source during high-intensity exercise?**

a) Fats

b) Protein

c) Carbohydrates

d) Water

Correct Answer: Option (c)

Explanation: Carbohydrates are broken down into glucose, which is used by the body to produce ATP (adenosine triphosphate), the molecule that provides energy for cellular functions, including muscle contraction during exercise.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q123) Which of the following is an example of a closed kinetic chain exercise?**

a) Leg extension machine

b) Seated leg press

c) Squat

d) Calf raise

Correct Answer: Option (c)

Explanation: Closed kinetic chain exercises involve movements where the foot or hand is in contact with a solid surface, such as the ground. Squats are an example of a closed kinetic chain exercise, as the feet remain in contact with the ground throughout the movement.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q124) Which of the following is a symptom of dehydration?**

a) Fatigue

b) Nausea

c) Increased thirst

d) Decreased heart rate

Correct Answer: Option (a)

Explanation: Dehydration can cause symptoms such as fatigue, weakness, dizziness, and headaches. Dehydration can cause a decrease in blood volume, leading to reduced oxygen supply to the body's cells. This can result in feelings of fatigue and weakness.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q125) Which of the following is an example of a hinge joint?**

a) Shoulder joint

b) Elbow joint

c) Hip joint

d) Ankle joint

Correct Answer: Option (b)

Explanation: A hinge joint is a type of joint that allows movement in only one plane or direction, much like the hinge of a door. The joint is made up of two bones that fit together and are held in place by ligaments.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q126) Which of the following is an example of an eccentric contraction?**

a) Lifting a weight

b) Lowering a weight

c) Holding a weight in a fixed position

d) None of the above

Correct Answer: Option (b)

Explanation: An eccentric contraction is a type of muscle contraction that occurs when a muscle lengthens while under tension. It is also referred to as a lengthening contraction or negative contraction. This is in contrast to a concentric contraction, which occurs when a muscle shortens while under tension, such as when lifting a weight.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q127) Which of the following is an example of a concentric contraction?**

a) Lifting a weight

b) Lowering a weight

c) Holding a weight in a fixed position

d) None of the above

Correct Answer: Option (a)

Explanation: A concentric contraction is a type of muscle contraction that occurs when a muscle shortens while under tension. It is also referred to as a shortening contraction or positive contraction. This is in contrast to an eccentric contraction, which occurs when a muscle lengthens while under tension, such as when lowering a weight.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q128) The beep test is used to measure an athlete's:**

a) Speed

b) Endurance

c) Strength

d) Agility

Correct answer: Option (b)

Explanation: The beep test also known as the shuttle run test is a common fitness test used to measure an individual's aerobic fitness and endurance. It involves running back and forth between two cones or markers that are set a certain distance apart.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q129) Which of the following is a test used to measure agility?**

a) L-drill

a) One-rep max

b) Isokinetic

c) Isometric

d) Cardiovascular endurance

Correct answer: Option (a)

Explanation: The L-drill, also known as the 3 cone drill, is a common test used to measure agility in athletes. It involves running around a series of cones in a specific pattern, including sharp turns and changes of direction, as quickly and efficiently as possible.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q130) Which of the following is NOT a potential source of bias in testing?**

a) Tester motivation

b) Athlete motivation

c) Testing environment

d) Test protocol

Correct answer: Option (d)

Explanation: The test protocol itself, which refers to the specific instructions and procedures for administering the test, is not a potential source of bias. The protocol is designed to be standardized and consistent across all test administrations, in order to reduce the potential for bias and ensure accurate and reliable results.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q131) Answer the following question with reference to the audio**

[**https://drive.google.com/file/d/1amtnGQBx0GQ6l7eZ0MrxS5klW52UiAiQ/view?usp=share\_link**](https://drive.google.com/file/d/1amtnGQBx0GQ6l7eZ0MrxS5klW52UiAiQ/view?usp=share_link)

**TYPE: Audio**

**In the sit and reach test, what is being measured?**

a) Strength

b) Agility

c) Flexibility

d) Endurance

Correct answer: Option (c)

Explanation: The sit and reach test is a common assessment of flexibility, specifically the flexibility of the hamstrings and lower back. The test involves sitting on the ground with legs extended in front and reaching forward as far as possible with the arms, while keeping the legs straight and feet together.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q132) Which of the following is NOT a good practice when administering tests?**

a) Consistent instructions

b) Standardized equipment

c) Randomized testing order

d) Clear communication with athletes

Correct answer: Option (c)

Explanation: Randomizing the testing order is actually a good practice when administering tests, as it can help to reduce bias and the potential for order effects, where performance on one test can be affected by the order in which it is administered.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q133) Which of the following is a test used to measure power?**

a) Box jump

b) Push-up test

c) Chin-up test

d) Plank test

Correct answer: Option (a)

Explanation: The box jump is a common test used to measure power, which is the ability to generate force quickly. The test involves jumping onto a box from a standing position, and then jumping back down again, with the height of the box being progressively increased until the individual can no longer jump onto it.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q134) Which of the following hormones is responsible for regulating blood sugar levels?**

a) Insulin

b) Glucagon

c) Thyroxine

d) Testosterone

Correct Answer: Option (a)

Explanation: Insulin is a hormone that is produced by the pancreas and is responsible for regulating blood sugar levels in the body. It does this by helping to transport glucose from the blood into the cells, where it can be used for energy or stored for later use.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q135) What type of muscle contraction occurs when a muscle lengthens while still under tension?**

a) Concentric

b) Eccentric

c) Isometric

d) Plyometric

Correct Answer: Option (b)

Explanation: Eccentric contraction occurs when a muscle lengthens while still under tension. This type of contraction is often used in activities that involve slowing down or stopping a movement, such as lowering a weight or landing from a jump.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q136) What is the role of the respiratory system in physical activity?**

a) To regulate heart rate

b) To transport oxygen to the muscles

c) To digest food and absorb nutrients

d) To provide structural support to the body

Correct Answer: Option (b)

Explanation: The respiratory system plays a crucial role in physical activity by transporting oxygen from the atmosphere into the body and delivering it to the muscles. During physical activity, the muscles require more oxygen to produce energy for movement, and the respiratory system responds by increasing the rate and depth of breathing to meet this increased demand.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q137) Which of the following is a common injury in runners?**

a) ACL tear

b) Concussion

c) Sprained ankle

d) Groin strain

Correct Answer: Option (c)

Explanation: A sprained ankle is a common injury in runners and occurs when the ligaments that connect the bones in the ankle are stretched or torn. This injury can occur when the foot twists or rolls inward or outward, causing the ankle to turn in an unnatural direction

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q138) What is the primary function of the skeletal system?**

a) To produce movement

b) To protect internal organs

c) To generate heat

d) To regulate hormone levels

Correct Answer: Option (b)

Explanation: The primary function of the skeletal system is to provide support and protection for the body's internal organs. The bones of the skeletal system act as a framework for the body, giving it shape and providing support for muscles, tendons, and ligaments. The bones also protect vital organs such as the brain, heart, and lungs.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q139) Which of the following is an example of a closed-loop feedback mechanism in the body?**

a) Sweating to cool the body during exercise

b) Dilating blood vessels to increase blood flow

c) Regulating blood sugar levels with insulin

d) The stretch reflex in response to a sudden movement

Correct Answer: Option (c)

Explanation: A closed-loop feedback mechanism is a process by which the body maintains a stable internal environment, or homeostasis, by detecting and responding to changes in the environment. This process involves a feedback loop, in which a stimulus is detected by a sensor, which then sends a signal to a control centre, which in turn sends a signal to an effector to produce a response that counteracts the initial stimulus.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**140) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1v7VScNqH-rmaJIuIPXIUzILj3isTxbyy/view?usp=share\_link**](https://drive.google.com/file/d/1v7VScNqH-rmaJIuIPXIUzILj3isTxbyy/view?usp=share_link)

**TYPE: Image**

**Which of the following is an example of a ball-and-socket joint?**

a) Hip joint

b) Elbow joint

c) Knee joint

d) Wrist joint

Correct Answer: Option (a)

Explanation: A ball-and-socket joint is a type of joint in which a rounded bone (the "ball") fits into a cup-like socket of another bone, allowing for a wide range of motion in multiple directions. The hip joint is a classic example of a ball-and-socket joint, in which the rounded head of the femur bone fits into the acetabulum of the hip bone, allowing for movement in all directions, including flexion, extension, adduction, abduction, and rotation.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q141) What is biomechanics?**

a) The study of the human body and its structure

b) The study of the human body and its movement

c) The study of the human brain and its function

d) The study of the human heart and its circulation

Correct Answer: Option (b)

Explanation: Biomechanics is the study of the mechanics of living organisms, including humans, animals, and plants. It involves the analysis of the physical forces and the movement of the body, tissues, and organs. Biomechanics focuses on understanding the mechanics of how living organisms move, including the forces and torques involved, and the way in which different parts of the body interact during movement.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q142) What is the difference between kinematics and kinetics?**

a) Kinematics is the study of motion, while kinetics is the study of forces.

b) Kinematics is the study of forces, while kinetics is the study of motion.

c) Kinematics and kinetics are the same thing.

d) Kinematics and kinetics are not related to biomechanics.

Correct Answer: Option (a)

Explanation: Kinematics is the study of motion, without considering the forces involved. It focuses on the description of movement, such as the position, velocity, and acceleration of a body or segment during a specific movement. Kinematics also deals with the angles and angular velocities of the joints, which is essential in understanding the movement patterns of the body.

.Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q143) What is the difference between internal and external forces in biomechanics?**

a) Internal forces are applied by the environment, while external forces are generated by the body.

b) Internal forces are generated by the body, while external forces are applied by the environment.

c) Internal and external forces are the same thing.

d) Internal and external forces are not related to biomechanics.

Correct Answer: Option (b)

Explanation: Internal forces are generated by the body's muscles and bones, while external forces are applied to the body by outside sources such as gravity, wind, and other objects. Internal forces are generated by the body itself, such as the forces generated by muscles, tendons, and ligaments. These forces act within the body and are essential in producing movement, maintaining posture, and controlling joint stability.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q144) What is the difference between linear and angular motion?**

a) Linear motion occurs in a straight line, while angular motion occurs in a circular path.

b) Linear motion occurs in a circular path, while angular motion occurs in a straight line.

c) Linear and angular motion are the same thing.

d) Linear and angular motion are not related to biomechanics.

Correct Answer: Option (a)

Explanation: Linear motion involves movement in a straight line, such as running, while angular motion involves movement in a circular path, such as a spinning top. Linear motion refers to the motion of an object in a straight line, without any rotation. Angular motion refers to the motion of an object around a fixed point, such as a pivot or an axis of rotation.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q145) What is the difference between velocity and acceleration in biomechanics?**

a) Velocity is the rate of change of position, while acceleration is the rate of change of velocity.

b) Velocity is the rate of change of acceleration, while acceleration is the rate of change of position.

c) Velocity and acceleration are the same thing.

d) Velocity and acceleration are not related to biomechanics.

Correct Answer: Option (a)

Explanation: Velocity is a measure of how fast an object is moving and in what direction, while acceleration is a measure of how quickly an object's velocity changes over time. Velocity refers to the rate of change of an object's position over time. Acceleration, on the other hand, refers to the rate of change of an object's velocity over time

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q146) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1dGODVe2rRE3ST9XwhpIfrfC1CndUzukN/view?usp=share\_link**](https://drive.google.com/file/d/1dGODVe2rRE3ST9XwhpIfrfC1CndUzukN/view?usp=share_link)

**TYPE: Image**

**What is the difference between static and dynamic analysis in biomechanics?**

a) Static analysis involves stationary objects, while dynamic analysis involves moving objects.

b) Static analysis involves moving objects, while dynamic analysis involves stationary objects.

c) Static and dynamic analysis are the same thing.

d) Static and dynamic analysis are not related to biomechanics.

Correct Answer: Option (a)

Explanation: Static analysis involves stationary objects, while dynamic analysis involves moving objects. Static analysis is used to understand the forces that act on the body when it is at rest or when it is maintaining a static posture. Dynamic analysis is used to understand the forces that act on the body during different types of movements, such as walking, running, jumping, or throwing.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q147) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1GTYjiz2BJNx8RNH7vJIeOrIPGmPDhPZl/view?usp=share\_link**](https://drive.google.com/file/d/1GTYjiz2BJNx8RNH7vJIeOrIPGmPDhPZl/view?usp=share_link)

**TYPE: Image**

**Which of the following is an example of a linear motion?**

a) A rotating gymnastics routine

b) A basketball player jumping to make a shot

c) A runner sprinting down a track

d) A figure skater performing a spin

Correct Answer: Option (c)

Explanation: A runner sprinting down a track" is an example of linear motion. Linear motion refers to the motion of an object in a straight line or a path that is close to a straight line. In linear motion, the object moves in a straight line, and its speed and velocity are in the same direction as its motion

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q148) Answer the following question with reference to the audio**

[**https://drive.google.com/file/d/1GtO011UIhBgOnSR\_MgbTG2p3xjMLpiKA/view?usp=share\_link**](https://drive.google.com/file/d/1GtO011UIhBgOnSR_MgbTG2p3xjMLpiKA/view?usp=share_link)

**TYPE: Audio**

**What is the definition of force?**

a) The distance travelled by an object

b) The rate of change of velocity

c) The push or pull on an object

d) The time taken to complete a movement

Correct Answer: Option (c)

Explanation: Force is defined as any push or pull that one object exerts on another object. Forces can cause changes in the motion of an object or its shape. Force is a vector quantity, meaning it has both magnitude and direction. The unit of force is the newton (N), and it is measured using force transducers such as force plates or strain gauges.

Thus, the correct answer is option (c).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q149) What is the difference between static and dynamic balance?**

a) Static balance involves maintaining a stable position, while dynamic balance involves moving while maintaining balance.

b) Static balance involves moving while maintaining balance, while dynamic balance involves maintaining a stable position.

c) Static and dynamic balance are the same thing.

d) Static and dynamic balance are not applicable to human movement.

Correct Answer: Option (a)

Explanation: Static balance refers to the ability to maintain a stable position while the body is stationary, while dynamic balance refers to the ability to maintain balance while the body is in motion. Examples of static balance in everyday life include standing still, holding a yoga pose, or maintaining balance on a balance beam. Dynamic balance has base of support to maintain stability during movement, such as walking, running, or jumping.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q150) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1-1gMwwBCceNFMcLed3DKio99H85M4WYT/view?usp=share\_link**](https://drive.google.com/file/d/1-1gMwwBCceNFMcLed3DKio99H85M4WYT/view?usp=share_link)

**TYPE: Image**

**Which of the following is an example of a projectile motion?**

a) A swimmer diving into the water

b) A cyclist pedalling uphill

c) A football player running down the field

d) A gymnast performing a balance beam routine.

Correct Answer: Option (a)

Explanation: Projectile motion refers to the motion of an object that is launched into the air and then moves under the influence of gravity alone. The motion of a projectile can be described by its initial velocity, angle of launch, and the acceleration due to gravity. An example of this in sports would be a swimmer diving into the water.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q151) Answer the following question with reference to the audio**

[**https://drive.google.com/file/d/1q7uxUwpgFgdJ6I4KOjiN6ho5Vjd\_S6yD/view?usp=share\_link**](https://drive.google.com/file/d/1q7uxUwpgFgdJ6I4KOjiN6ho5Vjd_S6yD/view?usp=share_link)

**TYPE: Audio**

**What is the definition of torque?**

a) The force that causes an object to rotate

b) The rate of change of velocity

c) The push or pull on an object

d) The time taken to complete a movement

Correct Answer: option (a)

Explanation: Torque is a measure of the ability of a force to cause an object to rotate around an axis or pivot point. It is often referred to as the moment of force. Mathematically, torque is defined as the product of force and the perpendicular distance from the axis of rotation to the point of application of the force. It is typically measured in newton-meters (Nm).

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q152) What is the difference between mass and weight?**

a) Mass is the amount of matter in an object, while weight is the force exerted on an object by gravity.

b) Mass and weight are the same thing.

c) Mass is the force exerted on an object by gravity, while weight is the amount of matter in an object.

d) Mass and weight are not applicable to human movement.

Correct Answer: Option (a)

Explanation: Mass is the amount of matter in an object, while weight is the force exerted on an object by gravity. Mass is a scalar quantity, which means it has only magnitude, while weight is a vector quantity, which means it has both magnitude and direction.

Thus, the correct answer is option (a).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q153) Which of the following is an example of a lever in the human body?**

a) The ankle joint

b) The elbow joint

c) The shoulder joint

d) The knee joint

Correct Answer: Option (b)

Explanation: A lever is a simple machine that consists of a rigid object that rotates around a fixed point. The elbow joint acts as a lever, with the bicep muscle providing the force and the forearm acting as the lever arm.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q154) Which of the following is an example of Newton's second law of motion?**

a) A high jumper raising their arms above their head as they jump

b) A hockey player pushing off the ice with their skates to accelerate

c) A sprinter leaning forward at the start of a race

d) A diver tucking their body into a ball to perform a somersault

Correct Answer: Option (b)

Explanation: Newton's second law of motion states that the acceleration of an object is directly proportional to the net force applied to the object, and inversely proportional to its mass. A hockey player pushing off the ice with their skates to accelerate is an example of this law.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q155) Answer the following question with reference to the audio**

[**https://drive.google.com/file/d/1MZiGUp0VsMD1Lj\_dEafUXZ3b3Bo\_ga3m/view?usp=share\_link**](https://drive.google.com/file/d/1MZiGUp0VsMD1Lj_dEafUXZ3b3Bo_ga3m/view?usp=share_link)

**TYPE: Audio**

**What is periodization in sports training?**

a) A form of cross-training

b) A way to measure fitness levels

c) A method of organizing training into specific phases

d) A technique for preventing injury

Correct Answer: Option (c)

Explanation: Periodization in sports training is a method of organizing training into specific phases or periods to achieve peak performance at a specific time. It involves dividing the training program into different blocks or periods, each with its own specific goals and objectives

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q156) What is the principle of specificity in sports training?**

a) Training should be specific to the sport or activity

b) Training should be general and apply to all activities

c) Training should be focused on strength only

d) Training should be focused on endurance only

Correct Answer: Option (a)

Explanation: The principle of specificity in sports training refers to the idea that training should be specific to the demands of the sport or activity. This means that the training program should be designed to improve the specific skills and physical qualities required for the sport or activity, such as strength, speed, endurance, agility, and flexibility

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q157) What is the difference between strength and power in sports training?**

a) Strength is the ability to exert force, while power is the ability to exert force quickly.

b) Strength is the ability to exert force quickly, while power is the ability to exert force.

c) Strength and power are the same thing.

d) Strength and power are not applicable to sports training.

Correct Answer: Option (a)

Explanation: Strength is the ability to exert force, while power is the ability to exert force quickly. In sports training, both are important for performance. Strength is important for tasks that require high force output, such as lifting heavy weights or pushing an opponent in a contact sport. Power is important for tasks that require force to be generated quickly, such as sprinting, jumping, or throwing a ball.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q158) What is the principle of overload in sports training?**

a) Training should be varied to prevent boredom

b) Training should be easy to prevent injury

c) Training should be challenging to cause adaptation

d) Training should be short to conserve energy

Correct Answer: Option (c)

Explanation: The principle of overload in sports training refers to the idea that in order to improve, the body must be subjected to a workload that is greater than what it is used to. This means that training should be challenging and progressive in order to stimulate the body to adapt and improve

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q159) Which of the following is an example of aerobic exercise?**

a) Sprinting

b) Weightlifting

c) Swimming

d) Shot put

Correct Answer: Option (c)

Explanation: Aerobic exercise refers to physical activity that requires the body to use oxygen to generate energy over a sustained period of time. Swimming is an example of aerobic exercise because it involves continuous movement and requires the use of oxygen to sustain the activity for an extended period.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q160) What is the difference between flexibility and mobility in sports training?**

a) Flexibility is the ability to move a joint through its full range of motion, while mobility is the ability to move a joint through a specific movement pattern.

b) Flexibility is the ability to move a joint through a specific movement pattern, while mobility is the ability to move a joint through its full range of motion.

c) Flexibility and mobility are the same thing.

d) Flexibility and mobility are not applicable to sports training.

Correct Answer: Option (a)

Explanation: Flexibility is the ability to move a joint through its full range of motion, while mobility is the ability to move a joint through a specific movement pattern. Flexibility involves stretching exercises that lengthen the muscles and increase their flexibility, allowing the joint to move more freely. Mobility exercises focus on improving the body's ability to perform a specific movement or activity.

Thus, the correct answer is option (a).

Difficult Level- Very Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q161) What is sports psychology?**

a) The study of sports teams and their dynamics

b) The study of how sports affect physical health

c) The study of the mental aspects of sports performance

d) The study of the biomechanics of sports movements

Correct Answer: Option (c)

Explanation: Sports psychology is the scientific study of the psychological factors that influence sports performance and participation. It involves the application of psychological principles and techniques to help athletes and coaches improve their performance and enhance their overall well-being.

Thus, the correct answer is option (c).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q162) What is motivation in sports psychology?**

a) The ability to stay calm under pressure

b) The drive to succeed in a particular sport or activity

c) The ability to switch focus quickly during a game or event

d) The ability to visualize success in a particular activity

Correct Answer: Option (b)

Explanation: Motivation in sports psychology refers to the drive or desire to engage in and succeed in a particular sport or activity. It is a critical aspect of athletic performance because it can impact an athlete's level of effort, persistence, and dedication to training and competition.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q163) What is self-confidence in sports psychology?**

a) The ability to maintain focus during a game or event

b) The belief in one's own ability to succeed in a particular sport or activity

c) The ability to work well with others in a sports team

d) The ability to regulate one's emotions during a game or event

Correct Answer: Option (b)

Explanation: Self-confidence in sports psychology refers to an athlete's belief in their own ability to perform well and succeed in a particular sport or activity. It involves having faith in one's own skills, knowledge, and preparation, and being able to maintain a positive attitude and mental state even in challenging situations.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q164) What is anxiety in sports psychology?**

a) The ability to maintain focus during a game or event

b) The psycho logical and physiological response to a perceived threat or challenge

c) The ability to work well with others in a sports team.

d) The ability to regulate one's emotions during a game or event.

Correct Answer: Option (b)

Explanation: Anxiety in sports psychology is the psychological and physiological response to a perceived threat or challenge. It can include feelings of nervousness, worry, fear, and physical symptoms such as increased heart rate and sweating.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q165) What is flow in sports psychology?**

a) The ability to regulate one's emotions during a game or event

b) The state of being fully immersed and absorbed in an activity

c) The ability to work well with others in a sports team

d) The ability to maintain focus during a game or event

Correct Answer: Option (b)

Explanation: Flow in sports psychology refers to the state of being fully immersed and absorbed in an activity, often described as being "in the zone." During flow, an athlete experiences a sense of effortless control and complete involvement in the task at hand, losing track of time and external distractions

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q166) What is arousal in sports psychology?**

a) The ability to stay calm under pressure

b) The physiological and psychological state of readiness for action

c) The ability to switch focus quickly during a game or event

d) The ability to visualize success in a particular activity

Correct Answer: Option (b)

Explanation: Arousal in sports psychology refers to the physiological and psychological state of readiness for action, which can range from low to high levels of activation. It is the general level of excitement or alertness that an athlete experiences before and during a game or event.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q167) Which of the following is an example of intrinsic motivation?**

a) A basketball player practicing for hours to impress their coach.

b) A runner training to win a race for a cash prize.

c) A soccer player playing for the love of the game.

d) A weightlifter lifting weights to build muscle for a bodybuilding competition.

Correct Answer: Option (c)

Explanation: Intrinsic motivation refers to engaging in an activity for the inherent enjoyment or satisfaction derived from the activity itself, rather than for external rewards or outcomes. Playing a sport for the love of the game is an example of intrinsic motivation.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q168) What is the definition of self-efficacy in sports psychology?**

a) The belief in one's ability to perform a specific task.

b) The belief in one's overall athletic ability.

c) The belief in one's team's ability to win a game.

d) The belief in one's coach's ability to lead the team to victory.

Correct Answer: Option (a)

Explanation: Self-efficacy is the belief in one's ability to perform a specific task or skill. In sports psychology, self-efficacy is often studied in relation to athletic performance and the effect that it has on motivation, goal-setting, and behaviour.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q169) Which of the following is an example of positive self-talk in sports psychology?**

a) "I can't do this, it's too hard."

b) "I always mess up in this situation."

c) "I've trained hard for this, I can do it."

d) "I'm never going to win, why even try?"

Correct Answer: Option (c)

Explanation: Positive self-talk refers to the internal dialogue that individuals have with themselves, which can either boost or hinder their performance. Positive self-talk involves using encouraging, supportive, and constructive language that can increase confidence, motivation, and resilience.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q170) Which of the following is not an example of intrinsic motivation?**

a) Enjoyment of the activity

b) The desire to improve skills

c) The pressure to meet external expectations

d) The satisfaction of mastering a new challenge

Correct Answer: Option (c)

Explanation: Intrinsic motivation refers to the internal drive to participate in an activity for its own sake. Enjoyment of the activity, the desire to improve skills, and the satisfaction of mastering a new challenge are all examples of intrinsic motivation. However, external pressures such as meeting expectations of others are not intrinsic motivators.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q171) What is self-efficacy in sports psychology?**

a) The belief in one's ability to successfully perform a specific task or achieve a goal

b) The belief that luck plays a significant role in sports performance

c) The belief that others can influence sports performance more than oneself

d) The belief that talent alone determines sports performance

Correct Answer: Option (a)

Explanation: Self-efficacy refers to the belief in one's ability to successfully perform a specific task or achieve a goal. This belief can greatly impact sports performance and can be improved through goal setting, positive self-talk, and visualization techniques.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q172) What is the Yerkes-Dodson law in sports psychology?**

a) The principle that performance improves with increased arousal up to a certain point, after which it declines

b) The principle that talent is the primary determinant of sports performance

c) The principle that motivation is solely driven by external rewards

d) The principle that mental and physical skills are separate and should be trained independently

Correct Answer: Option (a)

Explanation: The Yerkes-Dodson law is a principle in sports psychology that states that performance improves with increased arousal up to a certain point, after which it declines. The optimal level of arousal is different for each individual and can be influenced by factors such as anxiety, motivation, and experience.

Thus, the correct answer is option (a).

Difficult Level- Very Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q173) Which of the following is an example of a mental skill in sports psychology?**

a) Endurance

b) Strength

c) Visualization

d) Flexibility

Correct Answer: Option (c)

Explanation: Mental skills refer to the psychological strategies and techniques used to enhance sports performance. Visualization, or mental imagery, is a technique used to mentally rehearse skills and scenarios in order to improve performance.

Thus, the correct answer is option (c).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q174) What is the difference between anxiety and stress in sports psychology?**

a) Anxiety is a physiological response to a perceived threat, while stress is a cognitive response to a perceived threat

b) Anxiety is a cognitive response to a perceived threat, while stress is a physiological response to a perceived threat

c) Anxiety and stress are the same thing

d) Anxiety and stress are not applicable to sports psychology

Correct Answer: Option (b)

Explanation: Anxiety and stress are related concepts in sports psychology, but they are not the same thing. Anxiety refers to the cognitive response to a perceived threat, while stress refers to the physiological response to a perceived threat.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q175) Answer the following question with reference to the audio**

[**https://drive.google.com/file/d/1ft-UoQKjSgHMxfNcp0c4oKeub\_pMTNwt/view?usp=share\_link**](https://drive.google.com/file/d/1ft-UoQKjSgHMxfNcp0c4oKeub_pMTNwt/view?usp=share_link)

**TYPE: Audio**

**What is the optimal level of arousal for peak performance in sports?**

a) High arousal

b) Low arousal

c) Moderate arousal

d) Arousal level does not affect performance

Correct Answer: Option (c)

Explanation: The optimal level of arousal for peak performance in sports is moderate arousal. This is the level of arousal where an athlete is sufficiently stimulated and alert but not so much that they become anxious or stressed

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q176) Which of the following is an example of a cognitive strategy for enhancing sports performance?**

a) Visualization and mental imagery

b) Increasing physical fitness

c) Following a specific nutrition plan

d) Working with a personal trainer

Correct Answer: Option (a)

Explanation: Cognitive strategies involve changing thoughts, beliefs, and attitudes to improve performance. Visualization and mental imagery are examples of cognitive strategies that involve creating mental images of successful performances to enhance motivation, focus, and confidence

Thus, the correct answer is option (a).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q177) Answer the following question with reference to the audio**

[**https://drive.google.com/file/d/1XlvjwmAIbq0mTJQ3qEY0f3DYo2dKZPIf/view?usp=share\_link**](https://drive.google.com/file/d/1XlvjwmAIbq0mTJQ3qEY0f3DYo2dKZPIf/view?usp=share_link)

**TYPE: Audio**

**What is self-talk in sports psychology?**

a) The internal dialogue that an athlete has with themselves

b) The feedback provided by a coach or teammate

c) The external commentary from the media or fans

d) The motivational speeches given before a game

Correct Answer: Option (a)

Explanation: Self-talk in sports psychology refers to the internal dialogue that an athlete has with themselves. It includes the thoughts, beliefs, and self-statements that an athlete uses to motivate themselves, regulate their emotions, and focus on their performance.

Thus, the correct answer is option (a).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q178) What is the difference between a trait and a state in sports psychology?**

a) There is no difference between the two

b) A trait is a stable characteristic, while a state is a temporary feeling or emotion

c) A trait is a temporary feeling or emotion, while a state is a stable characteristic

d) A trait and a state are both stable characteristics

Correct Answer: Option (b)

Explanation: In sports psychology, a trait refers to a stable characteristic of an athlete, such as their level of self-confidence or their tendency to experience anxiety. Traits are relatively enduring and consistent across time and situations.

Thus, the correct answer is option (b).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q179) What is goal setting in sports psychology?**

a) The process of creating specific, measurable, achievable, relevant, and time-bound objectives

b) The act of setting unrealistic expectations for oneself

c) The practice of focusing on external rewards and outcomes

d) The process of comparing oneself to others

Correct Answer: Option (a)

Explanation: Goal setting in sports psychology is the process of creating specific, measurable, achievable, relevant, and time-bound objectives that an athlete or team can work towards. It is an important tool for motivation, as it provides a clear direction and purpose for training and competition.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q180) Which of the following is an example of extrinsic motivation?**

a) Running a marathon for the personal challenge

b) Playing basketball because you love the game

c) Training for a race to win a prize

d) Taking up yoga for the health benefits

Correct Answer: Option (c)

Explanation: Extrinsic motivation refers to engaging in an activity because of external factors, such as rewards or recognition, rather than personal interest or enjoyment. “Training for a race to win a prize," is an example of extrinsic motivation because the motivation to train and compete is based on the external reward of winning the prize. In this scenario

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q181) Which of the following is the definition of training in sport?**

a) The act of participating in sports

b) The process of improving physical fitness through exercise

c) The use of performance enhancing drugs

d) The act of resting and recovering after exercise

Correct Answer: Option (b)

Explanation: Training in sport is defined as the process of improving physical fitness through exercise. Training refers to the deliberate and systematic process of physical exercise and activity that is designed to improve athletic performance, enhance physical fitness, and develop specific skills and abilities required for a particular sport or activity.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q182) What is the purpose of a warm-up before exercise?**

a) To prevent injury

b) To increase endurance

c) To decrease heart rate

d) To increase muscle size

Correct Answer: Option (a)

Explanation: A warm-up before exercise is important because it helps to prevent injury. It increases blood flow to the muscles, raises body temperature, and prepares the body for physical activity. A warm-up is a short period of low-intensity exercise that prepares the body for more intense physical activity.

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q183) What is the recommended duration of a warm-up before exercise?**

a) 5 minutes

b) 10 minutes

c) 15 minutes

d) 20 minutes

Correct Answer: Option (b)

Explanation: The recommended duration of a warm-up is typically around 10 minutes. During this time, the body gradually increases in temperature, and the heart and lungs gradually increase in activity, preparing the body for more intense exercise.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q184) What is the purpose of cool-down after exercise?**

a) To prevent injury

b) To decrease heart rate

c) To increase muscle size

d) To increase endurance

Correct Answer: Option (b)

Explanation: Cool-down after exercise is important because it helps to decrease heart rate and prevent injury. It also helps to remove waste products from the muscles and reduce the risk of muscle soreness.

Thus, the correct answer is option (b).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q185) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1xviLwl2Iy7U4vnGImBMdgX6Syoncp357/view?usp=share\_link**](https://drive.google.com/file/d/1xviLwl2Iy7U4vnGImBMdgX6Syoncp357/view?usp=share_link)

**TYPE: Image**

**Which of the following is an example of aerobic exercise?**

a) Weight lifting

b) Running

c) High intensity interval training

d) Sprinting

Correct Answer: Option (b)

Explanation: Aerobic exercise is any form of exercise that increases heart rate and breathing rate for an extended period of time. Running is a classic example of aerobic exercise as it involves continuous rhythmic movements that increase heart and breathing rates and require a sustained effort over an extended period

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q186) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1GVbnxUuJDn4qOUd0QsOLAGs7URait4xu/view?usp=share\_link**](https://drive.google.com/file/d/1GVbnxUuJDn4qOUd0QsOLAGs7URait4xu/view?usp=share_link)

**TYPE: Image**

**Which of the following is an example of anaerobic exercise?**

a) Cycling

b) Swimming

c) Weight lifting

d) Yoga

Correct Answer: Option (c)

Explanation: Anaerobic exercise is any form of exercise that requires short bursts of energy and does not rely on oxygen for energy. Weight lifting is a classic example of anaerobic exercise as it involves short bursts of intense activity with periods of rest in between. During weight lifting, the muscles contract against resistance, which helps to build muscle strength and endurance

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q187) What is the purpose of interval training?**

a) To increase endurance

b) To increase muscle size

c) To decrease heart rate

d) To decrease flexibility

Correct Answer: Option (a)

Explanation: Interval training is a type of exercise that alternates between high intensity exercise and periods of rest or low intensity exercise. Interval training has been shown to be an effective way to increase endurance, as it improves the body's ability to use oxygen efficiently and maintain a high level of physical activity for a longer period of time

Thus, the correct answer is option (a).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q188) Which of the following is an example of resistance training?**

a) Running

b) Yoga

c) Weight lifting

d) Swimming

Correct Answer: Option (c)

Explanation: Resistance training is a type of exercise that involves using external resistance, such as weights, resistance bands, or bodyweight, to work against the muscles and build strength, power, and endurance. Weight lifting is a common example of resistance training.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q189) What is the purpose of flexibility training?**

a) To increase muscle size

b) To decrease flexibility

c) To improve range of motion

d) To decrease endurance

Correct answer: Option (c)

Explanation: Flexibility training is a type of exercise that involves stretching the muscles and joints to improve the body's ability to move freely and comfortably through a full range of motion. Flexibility training can include static stretching, dynamic stretching, and mobility exercises, all of which are designed to improve joint and muscle flexibility.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q190) Which of the following is NOT a component of fitness?**

a) Agility

b) Coordination

c) Flexibility

d) Responsibility

Correct Answer: Option (d)

Explanation: The components of fitness include agility, coordination, flexibility, power, speed, and strength. Responsibility is not a component of fitness. Responsibility can play a role in an individual's ability to maintain a healthy and active lifestyle, which can impact their physical fitness.

Thus, the correct answer is option (d).

Difficult Level- Easy

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q191) What is the purpose of resistance training?**

a) To improve endurance

b) To improve flexibility

c) To improve strength

d) To improve speed

Correct Answer: Option (c)

Explanation: The purpose of resistance training is to improve strength. Resistance training, also known as strength training or weight training, involves working against an external resistance such as free weights, weight machines, resistance bands, or bodyweight exercises.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q192) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1QZj\_DgVa7pVvSHOvQFD5zIc\_aPiD1YYl/view?usp=share\_link**](https://drive.google.com/file/d/1QZj_DgVa7pVvSHOvQFD5zIc_aPiD1YYl/view?usp=share_link)

**TYPE: Image**

**Which type of stretching is best suited for pre-exercise warm-up?**

a) Static stretching

b) Dynamic stretching

c) Ballistic stretching

d) PNF stretching

Correct Answer: Option (b)

Explanation: Dynamic stretching involves performing controlled movements that mimic the exercises or movements you will be doing during your workout. This type of stretching helps to increase blood flow, increase heart rate, and improve range of motion, all of which can help prepare your body for exercise.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q193) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/16yliExC5Vlp7pB24K8nzLv5SAgvVyFt2/view?usp=share\_link**](https://drive.google.com/file/d/16yliExC5Vlp7pB24K8nzLv5SAgvVyFt2/view?usp=share_link)

**TYPE: Image**

**Which of the following is an example of a plyometric exercise?**

a) Squats

b) Bench press

c) Lunges

d) Box jumps

Correct Answer: Option (d)

Explanation: Plyometric exercises are explosive movements that involve a rapid stretching and contraction of muscles. The goal of plyometric training is to improve power and speed. Box jumps involve jumping onto a box or platform and then immediately jumping back down to the ground.

Thus, the correct answer is option (d).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q194) What is the recommended frequency of cardiovascular exercise?**

a) 1-2 days per week

b) 2-3 days per week

c) 3-5 days per week

d) 5-7 days per week

Correct Answer: Option (c)

Explanation: The recommended frequency of cardiovascular exercise is 3-5 days per week for optimal health benefits. Cardiovascular exercise, also known as cardio, refers to any type of exercise that raises your heart rate and gets your blood pumping. Examples of cardiovascular exercise include running, cycling, swimming, and brisk walking.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q195) Which of the following is an example of a high-impact exercise?**

a) Swimming

b) Cycling

c) Running

d) Yoga

Correct Answer: Option (c)

Explanation: Running is an example of a high-impact exercise that places stress on the joints. High-impact exercises involve activities that put a significant amount of stress on the joints and bones, particularly the feet, ankles, and knees. These types of exercises typically involve jumping, running, or other high-intensity movements.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q196) Which of the following is an example of a low-impact exercise?**

a) Weightlifting

b) Squash

c) Walking

d) Football

Correct Answer: Option (c)

Explanation: Walking is an example of a low-impact exercise that is gentle on the joints. Low-impact exercises are generally gentler on the joints and bones, as they involve less weight-bearing and less impact

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q197) Answer the following question with reference to the image**

[**https://drive.google.com/file/d/1iXmuB6tBV2VCYP3MKnC7lhK\_-SBdWCnN/view?usp=share\_link**](https://drive.google.com/file/d/1iXmuB6tBV2VCYP3MKnC7lhK_-SBdWCnN/view?usp=share_link)

**TYPE: Image**

**Which of the following is an example of a ballistic stretching exercise?**

a) Hamstring stretch

b) Shoulder stretch

c) Leg swing

d) Butterfly stretch

Correct Answer: Option (c)

Explanation: Leg swings are an example of a ballistic stretching exercise that involves bouncing movements. Ballistic stretching involves using momentum to push a joint or muscle beyond its normal range of motion. This type of stretching is generally not recommended as it can increase the risk of injury.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q198) What is the recommended frequency of resistance training for beginners?**

a) 1 day per week

b) 2 days per week

c) 3 days per week

d) 4 days per week

Correct Answer: Option (b)

Explanation: The recommended frequency of resistance training for beginners is 2 days per week to allow for sufficient recovery. Resistance training also known as strength training that involves using weights or resistance to build muscle and improve strength. For beginners, it is recommended to engage in resistance training for at least 2 days per week with at least one rest day in between sessions.

Thus, the correct answer is option (b).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q199) What is the recommended frequency of resistance training for advanced lifters?**

a) 1 day per week

b) 2 days per week

c) 3 days per week

d) 4 days per week

Correct Answer: Option (c)

Explanation: The recommended frequency of resistance training for advanced lifters is at least 3 days per week, with at least one rest day in between sessions to allow for proper muscle recovery. This frequency may be adjusted based on individual goals, training program, and recovery time.

Thus, the correct answer is option (c).

Difficult Level- Medium

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

**Q200) What is the recommended duration of a cardiovascular exercise session?**

a) 10-15 minutes

b) 20-30 minutes

c) 30-60 minutes

d) 60-90 minutes

Correct Answer: Option (c)

Explanation: The recommended duration of a cardiovascular exercise session is at least 30-60 minutes to improve cardiovascular health and fitness. This can be accomplished through activities such as brisk walking, jogging, cycling, swimming, or dancing.

Thus, the correct answer is option (c).

Difficult Level- Hard

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$