SSC GD Constable Exam : Sports Practice Set

Instructions:

countries?

A) India and Australia

C) India and England

B) England and Australia

- Choose the correct option for each question.
- Each question carries 2 marks. There is a negative marking of 0.25 marks for each incorrect answer.
- Total Questions: 100 (covering National and International Sports, Sports Personalities and Achievements, and Awards and Tournaments).

Section 1: National and International Sports (Questions 1–35)	
1. Which sport is considered the national game of India? A) Cricket B) Hockey C) Kabaddi D) Wrestling	
2. The term "Dribbling" is primarily associated with which sport? A) Cricket B) Football C) Badminton D) Tennis	
 3. How many players are there in a standard volleyball team on the court? A) 5 B) 6 C) 7 D) 8 	
4. The "Ashes" series is a famous cricket tournament between which two	

D) Australia and South Africa	
5. In which sport is the term "Checkmate" used?A) BoxingB) ChessC) WrestlingD) Archery	
6. The Indian Premier League (IPL) is associated with which spA) CricketB) FootballC) HockeyD) Kabaddi	ort?
7. The term "Love" is used in the scoring system of which sport A) BadmintonB) Table TennisC) TennisD) Squash	?
8. Which sport is played on a diamond-shaped field?A) CricketB) BaseballC) SoftballD) Both B and C	
9. The "FIFA World Cup" is associated with which sport?A) CricketB) BasketballC) FootballD) Rugby	
10. In which sport is the "Sudirman Cup" awarded?A) TennisB) Badminton	

	al Indian sport of Kabaddi requires how many players pe
team on the cou	π?
A) 6	
B) 8 C) 7	
D) 5	
<i>D</i>) 3	
	nockout" is primarily associated with which sport?
A) Wrestling	
B) Judo	
C) Karate	
D) Boxing	
13. The "Wimble	edon Championship" is associated with which sport?
A) Badminton	·
B) Tennis	
Ć) Squash	
D) Table Tenr	าเร
4.4 \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	
•	is traditionally associated with the Khelo India Youth
Games?	is traditionally associated with the Khelo India Youth
Games? A) Cricket	
Games?	

A) Volleyball
B) Basketball
C) Handball
D) Water Polo
17. The "Pro Kabaddi League" is associated with which sport?
A) Wrestling
B) Kho-Kho
C) Kabaddi
D) Archery
18. The "Davis Cup" is a prestigious tournament in which sport?
A) Badminton
B) Squash
C) Table Tennis
D) Tennis
19. The term "Googly" is associated with which sport?
A) Football
B) Hockey
C) Cricket
D) Baseball
20. Which sport is played with a shuttlecock?
A) Tennis
B) Squash
C) Table Tennis
D) Badminton
21. The "Commonwealth Games" include which of the following sports?
A) Cricket
B) Wrestling
C) Both A and B
D) None of the above

16. In which sport is the term "Slam Dunk" used?

2	2. The term "Free Kick" is associated with which sport? A) Rugby B) Hockey C) Football D) Basketball
2	3. The "Thomas Cup" is associated with which sport? A) Tennis B) Badminton C) Table Tennis D) Volleyball
2	4. In which sport is the term "Penalty Corner" used? A) Football B) Hockey C) Cricket D) Rugby
2	25. The "Indian Super League" is associated with which sport? A) Cricket B) Hockey C) Football D) Kabaddi
2	6. The term "Check" is used in which sport? A) Boxing B) Wrestling C) Chess D) Judo
2	7. The "ICC World Cup" is associated with which sport? A) Football B) Cricket C) Hockey

	D) Basketball
	28. The traditional sport of Kho-Kho originated in which country?
	A) China
	B) India
	C) Japan
	D) Nepal
	29. In which sport is the term "Ace" used?
	A) Badminton
	B) Table Tennis
	C) Tennis
	D) Both B and C
•	30. The "Uber Cup" is a women's tournament in which sport?
	A) Tennis
	B) Squash
	C) Badminton
	D) Volleyball
;	31. The term "Offside" is primarily associated with which sport?
	A) Hockey
	B) Rugby
	C) Football
	D) All of the above
	32. The "Asian Games" are held every how many years?
	A) 2
	B) 3
	C) 4
	D) 5
	33. The sport of Mallakhamb is traditional to which country?
	A) China B) Japan
	B) Japan

- C) India D) Sri Lanka 34. The term "Smash" is commonly used in which sport? A) Tennis
 - B) Badminton
 - C) Both A and B
 - D) Squash
- 35. The "Ranji Trophy" is associated with which sport in India?
 - A) Football
 - B) Cricket
 - C) Hockey
 - D) Kabaddi

Section 2: Sports Personalities and Achievements (Questions 36–65)

- 36. Who was the first Indian to win an individual Olympic gold medal?
 - A) Abhinav Bindra
 - B) Vijender Singh
 - C) Sushil Kumar
 - D) Mary Kom
- 37. Which Indian cricketer is known as the "God of Cricket"?
 - A) Virat Kohli
 - B) Sachin Tendulkar
 - C) Rohit Sharma
 - D) M.S. Dhoni
- 38. P.V. Sindhu is associated with which sport?
 - A) Tennis
 - B) Badminton
 - C) Table Tennis
 - D) Squash

39. Who was the first Indian woman to win an Olympic medal?A) Saina NehwalB) Karnam MalleswariC) P.V. SindhuD) Mary Kom
40. The Indian hockey player Dhyan Chand is famous for which nickname?A) Flying SikhB) Wizard of HockeyC) Wall of CricketD) Sprint King
 41. Which Indian cricketer captained the team to the 2011 ICC World Cup victory? A) Sachin Tendulkar B) Virat Kohli C) M.S. Dhoni D) Sourav Ganguly
42. Saina Nehwal is a prominent player in which sport?A) BadmintonB) TennisC) Table TennisD) Squash
43. Who is known as the "Flying Sikh" of India? A) Milkha Singh B) P.T. Usha C) Usain Bolt D) Hima Das
44. Which Indian wrestler won a bronze medal at the 2020 TokyoOlympics?A) Sushil KumarB) Bairang Punia

C) Yogeshwar Dutt D) Vinesh Phogat
45. Neeraj Chopra won India's first Olympic gold in which sport?A) Javelin ThrowB) Shot PutC) Discus ThrowD) Archery
46. Which Indian cricketer is nicknamed the "Hitman"?A) Rohit SharmaB) Virat KohliC) K.L. RahulD) Shikhar Dhawan
47. Mary Kom is associated with which sport?A) WrestlingB) BoxingC) WeightliftingD) Judo
 48. Who was the first Indian to win a medal in badminton at the Olympics? A) P.V. Sindhu B) Saina Nehwal C) Kidambi Srikanth D) Prakash Padukone
49. Hima Das is associated with which sport?A) SprintingB) Long JumpC) High JumpD) Swimming
50. Which Indian cricketer is known as the "Wall"? A) Rahul Dravid

- B) Sachin TendulkarC) Sourav GangulyD) Virender Sehwag
- 51. Who won India's first individual Olympic silver medal in shooting?
 - A) Abhinav Bindra
 - B) Rajyavardhan Singh Rathore
 - C) Gagan Narang
 - D) Vijay Kumar
- 52. P.T. Usha is famously associated with which sport?
 - A) Sprinting
 - B) Swimming
 - C) Badminton
 - D) Wrestling
- 53. Which Indian chess player became a Grandmaster at the age of 12?
 - A) Viswanathan Anand
 - B) R. Praggnanandhaa
 - C) Koneru Humpy
 - D) D. Gukesh
- 54. Who captained the Indian women's cricket team in the 2017 ICC Women's World Cup final?
 - A) Mithali Raj
 - B) Harmanpreet Kaur
 - C) Smriti Mandhana
 - D) Jhulan Goswami
- 55. Which Indian athlete won a bronze medal in wrestling at the 2024 Paris Olympics?
 - A) Vinesh Phogat
 - B) Sakshi Malik
 - C) Aman Sehrawat
 - D) Bajrang Punia

56. Viswanathan Anand is associated with which sport?A) ChessB) BadmintonC) Table TennisD) Archery
 57. Which Indian cricketer holds the record for the fastest century in ODI cricket? A) Virat Kohli B) Rohit Sharma C) Virender Sehwag D) Shikhar Dhawan
58. Who was the first Indian woman to win a wrestling medal at the Olympics? A) Sakshi Malik B) Vinesh Phogat C) Geeta Phogat D) Babita Kumari
 59. Which Indian shooter won a bronze medal at the 2012 London Olympics? A) Abhinav Bindra B) Gagan Narang C) Vijay Kumar D) Both B and C
60. Kapil Dev led India to its first Cricket World Cup victory in which year? A) 1983 B) 1987 C) 1992 D) 1996
61. Which Indian athlete is nicknamed the "Payyoli Express"?

- A) P.T. Usha
- B) Hima Das
- C) Dutee Chand
- D) Anju Bobby George
- 62. Who won India's first medal in archery at the World Championships?
 - A) Deepika Kumari
 - B) Bombayla Devi
 - C) Limba Ram
 - D) Atanu Das
- 63. Which Indian cricketer is known for hitting six sixes in an over in T20 cricket?
 - A) Rohit Sharma
 - B) Yuvraj Singh
 - C) Virat Kohli
 - D) Suresh Raina
- 64. Who was the first Indian woman to reach the Olympic badminton semifinals?
 - A) Saina Nehwal
 - B) P.V. Sindhu
 - C) Jwala Gutta
 - D) Ashwini Ponnappa
- 65. Which Indian hockey player captained the team to the 2024 Paris Olympics bronze medal?
 - A) Manpreet Singh
 - B) Harmanpreet Singh
 - C) P.R. Sreejesh
 - D) Rupinder Pal Singh

Section 3: Awards and Tournaments (Questions 66–100)

66. The Dhyan Chand Award is given for excellence in which field?

A) Literature
B) Sports
C) Music
D) Science
67. Which award is India's highest sporting honor?
A) Arjuna Award
B) Dronacharya Award
C) Khel Ratna
D) Dhyan Chand Award
68. The "Santosh Trophy" is associated with which sport in India?
A) Football
B) Cricket
C) Hockey
D) Kabaddi
69. The "Arjuna Award" is given to athletes for?
A) Lifetime achievement
B) Outstanding performance
C) Coaching excellence
D) Sports promotion
70. The "Dronacharya Award" is given to whom?
A) Athletes
B) Coaches
C) Sports journalists
D) Sports organizers
71. Which tournament is known as the "Grand Slam" of tennis?
A) Davis Cup
B) Wimbledon
C) Hopman Cup
D) Laver Cup

 72. The "Sultan Azlan Shah Cup" is associated with which sport? A) Hockey B) Cricket C) Football D) Badminton 	
 73. The "Khelo India Youth Games" aim to promote which level of A) Grassroots B) Professional C) International D) Veteran 	f sports?
74. The "BCCI" is the governing body for which sport in India?A) CricketB) HockeyC) FootballD) Kabaddi	
75. The "Hockey India League" is associated with which sport?A) CricketB) HockeyC) FootballD) Kabaddi	
 76. The "Rajiv Gandhi Khel Ratna" was renamed as what in 2021 A) Major Dhyan Chand Khel Ratna B) Arjuna Khel Ratna C) Dronacharya Khel Ratna D) National Sports Award 	ı ?
 77. The "Vijay Hazare Trophy" is associated with which sport? A) Football B) Cricket C) Hockey D) Kabaddi 	

77. The "Vijay Hazare Trophy" is associated with which sport? A) Football
B) Cricket
C) Hockey
D) Kabaddi
78. The "Nehru Cup" was associated with which sport in India?
A) Cricket
B) Football
C) Hockey
D) Badminton
79. The "Duleep Trophy" is a domestic tournament in which sport?
A) Cricket
B) Football
C) Hockey
D) Kabaddi
80. Which Indian city hosted the 2010 Commonwealth Games?
A) Mumbai
B) Kolkata
C) Delhi
D) Chennai
81. The "AFC Asian Cup" is associated with which sport?
A) Cricket
B) Football
C) Hockey
D) Badminton
,
82. The "Beighton Cup" is one of the oldest tournaments in which sport?
A) Hockey
B) Cricket
C) Football

D) Kabaddi
83. The "Durand Cup" is associated with which sport in India? A) Football B) Cricket C) Hockey D) Kabaddi
84. The "Syed Mushtaq Ali Trophy" is associated with which format of cricket? A) Test B) ODI C) T20 D) First-class
85. The "Aga Khan Gold Cup" is associated with which sport?A) CricketB) HockeyC) FootballD) Polo
86. Which award is given for lifetime achievement in sports in India?A) Arjuna AwardB) Dhyan Chand AwardC) Khel RatnaD) Dronacharya Award
87. The "SAFF Championship" is associated with which sport? A) Cricket B) Football C) Hockey D) Badminton
88. The "Deodhar Trophy" is a domestic tournament in which sport? A) Football

die die de de la complete de la comp
Ekey World Cup" is organized by which body? F World Championships" are associated with which sport? Iton Tennis
F World Championships" are associated with which sport? ton ennis
ton
ton ennis
ton ennis
ton ennis
ton ennis
ennis
ennis
ennis
Illenger Trophy" is associated with which sport in India?
l , di
roto Cup" is a national tournament for which sport?
I
,
di
rld Athletics Championships" are associated with which spo
ing
"' '
s S

94. The "Santosh Trophy" is awarded to the winner of which level of competition? A) International B) National C) State D) Club
95. The "Fédération Internationale de Football Association" (FIFA) governs which sport? A) Cricket B) Football C) Hockey D) Rugby
96. The "Rangaswamy Cup" is associated with which sport in India? A) Cricket B) Hockey C) Football D) Kabaddi
97. The "Bordoloi Trophy" is associated with which sport? A) Football B) Cricket C) Hockey D) Badminton
98. The "Laureus World Sports Awards" recognize excellence in which field? A) Literature B) Sports C) Music D) Science
99. The "I-League" is a professional league for which sport in India? A) Cricket

- B) Football
- C) Hockey
- D) Kabaddi

100. The "World Chess Championship" is organized by which body?

- A) FIDE
- B) IOC
- C) ICC
- D) FIH

SSC GD Constable Exam: Sports Practice Set - Answers and Explanations

Section 1: National and International Sports

1. Answer: B

Explanation: Hockey is officially recognized as the national game of India.

2. Answer: B

Explanation: Dribbling refers to controlling the ball with feet in football.

3. Answer: B

Explanation: A standard volleyball team has 6 players on the court during a match.

4. Answer: B

Explanation: The Ashes is a historic Test cricket series between England and Australia.

5. Answer: B

Explanation: Checkmate is a winning move in chess, ending the game.

6. Answer: A

Explanation: The Indian Premier League (IPL) is a professional T20 cricket league in India.

7. Answer: C

Explanation: "Love" is a term used in tennis to denote a score of zero.

8. Answer: D

Explanation: Both baseball and softball are played on a diamond-shaped field.

9. Answer: C

Explanation: The FIFA World Cup is the premier international football tournament.

10. Answer: B

Explanation: The Sudirman Cup is a mixed team championship in badminton.

11. Answer: C

Explanation: Kabaddi has 7 players per team on the court during a match.

12. Answer: D

Explanation: Knockout refers to a decisive blow in boxing that ends the match.

13. Answer: B

Explanation: Wimbledon is a prestigious Grand Slam tennis tournament held in London.

14. Answer: B

Explanation: The Khelo India Youth Games promote multiple sports at the grassroots level.

15. Answer: C

Explanation: The Olympic Games occur every 4 years, alternating between Summer and Winter.

16. Answer: B

Explanation: Slam Dunk is a powerful shot in basketball where the ball is dunked into the hoop.

17. Answer: C

Explanation: The Pro Kabaddi League is a professional league for the sport of Kabaddi in India.

18. Answer: D

Explanation: The Davis Cup is an international team event in men's tennis.

19. Answer: C

Explanation: A Googly is a deceptive delivery in cricket, used by spin bowlers.

20. Answer: D

Explanation: Badminton is played with a shuttlecock, also known as a birdie.

21. Answer: C

Explanation: The Commonwealth Games include both cricket and wrestling among other sports.

22. Answer: C

Explanation: A Free Kick is a set-piece awarded in football for certain fouls.

23. Answer: B

Explanation: The Thomas Cup is a men's team championship in badminton.

24. Answer: B

Explanation: A Penalty Corner is a set-piece in field hockey awarded for defensive fouls.

25. Answer: C

Explanation: The Indian Super League (ISL) is a professional football league in India.

26. Answer: C

Explanation: Check is a move in chess that threatens the opponent's king.

27. Answer: B

Explanation: The ICC World Cup is a major international cricket tournament.

28. Answer: B

Explanation: Kho-Kho is a traditional Indian sport originating in India.

29. Answer: D

Explanation: An Ace is a serve in tennis or table tennis that the opponent cannot return.

30. Answer: C

Explanation: The Uber Cup is a women's team championship in badminton.

31. Answer: C

Explanation: Offside is a rule primarily associated with football to prevent unfair play.

32. Answer: C

Explanation: The Asian Games are held every 4 years, similar to the Olympics.

33. Answer: C

Explanation: Mallakhamb is a traditional Indian sport involving gymnastics on a pole or rope.

34. Answer: C

Explanation: Smash is a powerful overhead shot used in both badminton and tennis.

35. Answer: B

Explanation: The Ranji Trophy is India's premier domestic first-class cricket tournament.

Section 2: Sports Personalities and Achievements

36. Answer: A

Explanation: Abhinav Bindra won India's first individual Olympic gold in shooting (2008 Beijing).

37. Answer: B

Explanation: Sachin Tendulkar is widely known as the "God of Cricket" for his records.

38. Answer: B

Explanation: P.V. Sindhu is a renowned Indian badminton player and Olympic medalist.

39. Answer: B

Explanation: Karnam Malleswari won a bronze in weightlifting at the 2000 Sydney Olympics.

40. Answer: B

Explanation: Dhyan Chand, a hockey legend, is nicknamed the "Wizard of Hockey."

41. Answer: C

Explanation: M.S. Dhoni captained India to the 2011 ICC Cricket World Cup victory.

42. Answer: A

Explanation: Saina Nehwal is a prominent Indian badminton player and Olympic medalist.

43. Answer: A

Explanation: Milkha Singh is known as the "Flying Sikh" for his sprinting achievements.

44. Answer: B

Explanation: Bajrang Punia won a bronze in wrestling at the 2020 Tokyo Olympics.

45. Answer: A

Explanation: Neeraj Chopra won India's first Olympic gold in javelin throw (2020 Tokyo).

46. Answer: A

Explanation: Rohit Sharma is nicknamed the "Hitman" for his aggressive batting style.

47. Answer: B

Explanation: Mary Kom is a celebrated Indian boxer and Olympic medalist.

48. Answer: B

Explanation: Saina Nehwal won a bronze in badminton at the 2012 London Olympics.

49. Answer: A

Explanation: Hima Das is an Indian sprinter, known as the "Dhing Express."

50. Answer: A

Explanation: Rahul Dravid is nicknamed the "Wall" for his solid batting technique.

51. Answer: B

Explanation: Rajyavardhan Singh Rathore won a silver in shooting at the 2004 Athens Olympics.

52. Answer: A

Explanation: P.T. Usha is a legendary Indian sprinter and Olympian.

53. Answer: B

Explanation: R. Praggnanandhaa became a chess Grandmaster at age 12 in 2018.

54. Answer: A

Explanation: Mithali Raj captained the Indian women's team in the 2017 ICC Women's World Cup final.

55. Answer: C

Explanation: Aman Sehrawat won a bronze in wrestling at the 2024 Paris Olympics.

56. Answer: A

Explanation: Viswanathan Anand is a former world chess champion from India.

57. Answer: C

Explanation: Virender Sehwag holds the record for the fastest ODI century by an Indian (60 balls).

58. Answer: A

Explanation: Sakshi Malik won a bronze in wrestling at the 2016 Rio Olympics.

59. Answer: D

Explanation: Gagan Narang and Vijay Kumar both won bronze in shooting at the 2012 London Olympics.

60. Answer: A

Explanation: Kapil Dev led India to its first Cricket World Cup victory in 1983.

61. Answer: A

Explanation: P.T. Usha is nicknamed the "Payyoli Express" for her sprinting prowess.

62. Answer: A

Explanation: Deepika Kumari won India's first archery medal at the World Championships in 2010.

63. Answer: B

Explanation: Yuvraj Singh hit six sixes in an over during a T20 match in 2007.

64. Answer: B

Explanation: P.V. Sindhu was the first Indian woman to reach the Olympic badminton semifinals (2016 Rio).

65. Answer: B

Explanation: Harmanpreet Singh captained the Indian hockey team to a bronze at the 2024 Paris Olympics.

Section 3: Awards and Tournaments

66. Answer: B

Explanation: The Dhyan Chand Award is given for lifetime achievement in sports in India.

67. Answer: C

Explanation: The Khel Ratna (Major Dhyan Chand Khel Ratna) is India's highest sporting honor.

68. Answer: A

Explanation: The Santosh Trophy is a national football tournament in India.

69. Answer: B

Explanation: The Arjuna Award recognizes outstanding performance by athletes in India.

70. Answer: B

Explanation: The Dronacharya Award is given to coaches for excellence in sports training.

71. Answer: B

Explanation: Wimbledon is one of the four Grand Slam tennis tournaments.

72. Answer: A

Explanation: The Sultan Azlan Shah Cup is an international field hockey tournament.

73. Answer: A

Explanation: The Khelo India Youth Games promote grassroots-level sports in India.

74. Answer: A

Explanation: The BCCI (Board of Control for Cricket in India) governs cricket in India.

75. Answer: B

Explanation: The Hockey India League is a professional field hockey league in India.

76. Answer: A

Explanation: The Rajiv Gandhi Khel Ratna was renamed Major Dhyan Chand Khel Ratna in 2021.

77. Answer: B

Explanation: The Vijay Hazare Trophy is a domestic one-day cricket tournament in India.

78. Answer: B

Explanation: The Nehru Cup was an international football tournament in India (discontinued in 2017).

79. Answer: A

Explanation: The Duleep Trophy is a domestic first-class cricket tournament in India.

80. Answer: C

Explanation: Delhi hosted the 2010 Commonwealth Games, a major multi-sport event.

81. Answer: B

Explanation: The AFC Asian Cup is a continental football tournament for Asian teams.

82. Answer: A

Explanation: The Beighton Cup is one of the oldest field hockey tournaments in India.

83. Answer: A

Explanation: The Durand Cup is a historic football tournament in India, started in 1888.

84. Answer: C

Explanation: The Syed Mushtaq Ali Trophy is India's domestic T20 cricket tournament.

85. Answer: D

Explanation: The Aga Khan Gold Cup is a prestigious polo tournament in India.

86. Answer: B

Explanation: The Dhyan Chand Award is given for lifetime achievement in sports in India.

87. Answer: B

Explanation: The SAFF Championship is a football tournament for South Asian countries.

88. Answer: B

Explanation: The Deodhar Trophy is a domestic List A cricket tournament in India.

89. Answer: A

Explanation: The FIH (International Hockey Federation) organizes the Hockey World Cup.

90. Answer: A

Explanation: The BWF World Championships are the premier badminton tournaments.

91. Answer: A

Explanation: The Challenger Trophy is a domestic one-day cricket tournament in India.

92. Answer: A

Explanation: The Subroto Cup is a national football tournament for school teams in India.

93. Answer: B

Explanation: The World Athletics Championships are the premier events for track and field sports.

94. Answer: B

Explanation: The Santosh Trophy is a national-level football tournament in India.

95. Answer: B

Explanation: FIFA governs international football, organizing events like the World Cup.

96. Answer: B

Explanation: The Rangaswamy Cup is a domestic field hockey tournament in India.

97. Answer: A

Explanation: The Bordoloi Trophy is a football tournament held in Assam, India.

98. Answer: B

Explanation: The Laureus World Sports Awards recognize global excellence in sports.

99. Answer: B

Explanation: The I-League is a professional football league in India.

100. Answer: A

Explanation: FIDE (Fédération Internationale des Échecs) organizes the World Chess Championship.

<u>Disclaimer</u>

This SSC GD Constable Exam Sports Practice Set is for educational purposes only and is not affiliated with or endorsed by the Staff Selection

Commission (SSC). The content is based on the SSC GD syllabus and previous year question patterns from reliable sources (e.g., ssc.gov.in, NCERT textbooks, Sports Authority of India, Olympic records, and news archives from 2021–2024). It is a supplementary resource and does not guarantee inclusion in the actual exam. Users should refer to official SSC materials for comprehensive preparation. The creator is not liable for errors or exam outcomes.
