

**PAPER 1  
(THEORY)**

*Maximum Marks: 70*

**ALL QUESTIONS ARE COMPULSORY**

*Each question / subpart of a question carries one mark.*

**ANSWER KEY**

Question 1	
(d) To help the players acquire new skills.	
Question 2	
(d) Overall development	
Question 3	
(d) first	
Question 4	
(d) Adaptation to various kinds of speed.	
Question 5	
(b) Increase in the speed of oxygen and fuel transfer.	
Question 6	
(a) The intensity or the movement frequency changes irregularly.	
Question 7	
(c) International Association of Athletic Federation.	
Question 8	
(c) Sweden	
Question 9	
(b) Isometric exercise	
Question 10	
(c) Interval training	
Question 11	
(c) Decrease in rate of nerve impulse conduction.	

Question 44		
(b)	endurance	
Question 45		
(a)	Strength training	
Question 46		
(c)	Tournaments can be finished in a short period of time.	
Question 47		
(b)	11	
Question 48		
(c)	Sitting	
Question 49		
(c)	Cooling down exercise.	
Question 50		
(c)	Chiropractors	
Question 51		
(d)	Increases the chances of injury.	
Question 52		
(a)	1	
Question 53		
(c)	Continuous training method.	
Question 54		
(c)	Challenge tournament.	
Question 55		
(a)	3.	
Question 56		
(b)	After the game.	
Question 57		
(b)	heart	
Question 58		
(a)	Staircase.	
Question 59		
(b)	Tournament	

**Question 60**

**(b) 1984.**

**Question 61**

**(d) To discriminate among various players.**

**Question 62**

**(c) Proper supply of blood and oxygen to muscles.**

**Question 63**

**(d) Continuous training.**

**Question 64**

**(d) Staircase method.**

**Question 65**

**(d) Bagnall – Wild elimination tournament.**

**Question 66**

**(d) injury**

**Question 67**

**(c) participation**

**Question 68**

**(b) Hettinger and Muller.**

**Question 69**

**(b) Chances of physical injury leading to depression.**

**Question 70**

**(d) Eight years.**

Question 12		
(b)	Dynamic contractions.	
Question 13		
(c)	Patiala.	
Question 14		
(c)	Fair opportunity.	
Question 15		
(c)	$\frac{n(n-1)}{2}$	
Question 16		
(d)	Cricket	
Question 17		
(d)	League tournament.	
Question 18		
(b)	International Cricket Council.	
Question 19		
(b)	Intramuros	
Question 20		
(b)	B. P. Ed.	
Question 21		
(d)	Ministry of Youth Affairs and Sports, Government of India	
Question 22		
(b)	Dr. A.G. Noehren	
Question 23		
(b)	it is the Foundation Day of LNIPE.	
Question 24		
(c)	1927	
Question 25		
(b)	Football	
Question 26		
(a)	Repetition maximum.	
Question 27		
(b)	Recovery	

Question 28

(a) Isometric exercises.

Question 29

(d) All the above.

Question 30

(a) training

Question 31

(c) Paris - June 25, 1894

Question 32

(d) Degrading the skills of Indian sportsmen.

Question 33

(b) 9

Question 34

(a) four

Question 35

(d) Netaji Subhas National Institute of Sports - Patiala.

Question 36

(c) IOA

Question 37

(b) Hardayal Singh

Question 38

(a) Knock out

Question 39

(a) four

Question 40

(d) Challenge tournament - Double League tournament.

Question 41

(b) Gwalior

Question 42

(a) Sports journalist.

Question 43

(a) Bye