



भारतीय प्रौद्योगिकी संस्थान हैदराबाद
Indian Institute of Technology
Hyderabad

Indian Institute of Technology Hyderabad
Kandi -502284, Telangana, India

Advt. No. IITH/2023/NF/15

Application Number of the Candidate

Name of the Post: Physical Training Instructor

Question Paper Id:

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Date of the Exam: 04 Dec 2023

Duration: 01 hour: 15 minutes

Scheme of the Exam:

Topic	Number of Question	Marks
General English (Communication Skills)	4	4
General Arithmetic	6	6
Sports and fitness related	40	40

Instructions to fill the responses in the OMR answer sheet

1. Candidate must write his/her **application number** in the designated box on the top of OMR answer sheet
2. Candidate must write the post code and Question paper code in the designated boxes on the top of OMR answer sheet
3. Candidate must sign in the box provided in the OMR answer sheet
4. Each answer sheet must be signed by the invigilator in the space printed in the OMR answer sheet
5. Only one response to be selected & marked. In case more than one response is marked for a single question or no response is marked for a question, no marks will be given for that question.
6. Partially filled circles shall not be considered as responses
7. Candidate must use Black ball point pen only to fill his/her responses
8. Rough work should not be done on the OMR answer sheet.
9. Candidate can use the designated page(s) of the question booklet for the purpose of rough work
10. I have read the instructions carefully _____ (Signature)

General English (Communication Skills)

1. Please, stop _____ so many mistakes.

- a. making
- b. make
- c. to make
- d. makes

2. The stars _____ counted.

- a. cannot
- b. can
- c. must not
- d. cannot be

3. Shreshtha is a singer. She sings _____.

- a. beautiful
- b. beautifully
- c. beauty
- d. melodious

4. _____ a wonderful picture it is!

- a. How
- b. Why
- c. What
- d. None of the above

General Arithmetic

5. Salaries of Helper, PTI and Sports Officers were in the ratio 3 : 5 : 7 respectively. If their salaries were increased by 50 per cent, 60 per cent and 50 per cent respectively, what would be the new ratio of their respective salaries?
- 4 : 5 : 7
 - 3 : 6 : 7
 - 4 : 15 : 18
 - 9 : 16 : 21
6. What is the product of all the numbers in the dial of a telephone?
- 1,58,480
 - 1,59,450
 - 1,59,480
 - None of the above
7. A is 3 years older to B and 3 years younger to C, while B and D are twins. How many years older is C to D?
- 2
 - 3
 - 5
 - 6
8. Two players, Axar and Ranjith, play a tennis match. It is known that the probability of Axar winning the match is 0.65. What is the probability of Ranjith winning the match?
- 0.55
 - 0.45
 - 0.50
 - 0.35

9. A man completes a journey in 6 hours. He travels the first 3 hours at the rate of 20 km/hr and the next 3 hours at the rate of 30 km/hr. How many kilometers did he travel?
- a. 150
 - b. 135
 - c. 145
 - d. 165
10. An institute organized a meeting and $\frac{1}{5}$ of the girls and $\frac{1}{8}$ of the boys participated in the same. What fraction of the total number of students took part in the meeting?
- a. $\frac{13}{40}$
 - b. $\frac{2}{13}$
 - c. Data inadequate
 - d. None of the above

Work Related

11. Michael Phelps holds the record for most Olympic medals. He has won a total of ___ gold medals.
- a. 28
 - b. 26
 - c. 24
 - d. 23
12. The player who has scored hundreds in both his first and last test matches is
- a. Mohammad Azharuddin
 - b. Viv Richards
 - c. Mohinder Amarnath
 - d. Don Bradman

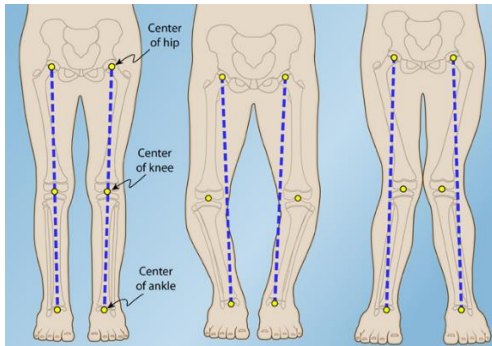
13. Which among the following sports has given the most number of Olympic medals to India?
- a. Badminton
 - b. Shooting
 - c. Tennis
 - d. Boxing
14. The 2023 ICC Men's ODI Cricket World Cup was hosted by
- a. England
 - b. Australia
 - c. South Africa
 - d. India
15. Who is the Formula One World Champion of the year 2022?
- a. Sebastien Vettel
 - b. Valtteri Bottas
 - c. Max Verstappen
 - d. Lewis Hamilton
16. Which of the following line is related to volleyball?
- a. Jump line
 - b. Attack line
 - c. Baulk line
 - d. Bonus line

17. Which of the following muscle group is a prime mover for extension of the knee
- Soleus
 - Gastrocnemius
 - Quadriceps Femoris
 - None of the above
18. Which one from the list below is not an element of Sports Conditioning?
- Endurance and injury prevention
 - Core strength
 - Injury rehabilitation
 - Speed and explosiveness
19. The headquarters of the International Olympics Committee is located in
- France
 - Switzerland
 - Germany
 - USA
20. Harvard step test is for measuring
- Flexibility
 - Speed of movement
 - Cardiovascular endurance
 - Leg strength
21. What is the muscle between knee and foot?
- Hamstring
 - Glute
 - Calf
 - Traps

22. In which sport is the participant called a 'pugilist'?
- Sprinter
 - Boxing
 - Wrestling
 - Javelin throw
23. The term "castling" is associated with
- Chess
 - Squash
 - Football
 - Hockey
24. "Trail races" is associated with?
- Volleyball
 - Athletics
 - Cricket
 - Baseball
25. "Jump ball" is associated with?
- Cricket
 - Softball
 - Basketball
 - Baseball
26. _____ takes place when the ankle between two bones attached to a joint _____.
- Flexion, increase
 - Extension, increase
 - Extension, decrease
 - Adduction, increase

27. Movement of the limb, hand, or fingers in a circular pattern is called ____.
- Circumduction
 - Extension
 - Abduction
 - None of the above
28. Turning of the head side to side or twisting of the body is ____.
- Circumduction
 - Rotation
 - Adduction
 - Abduction
29. When you move your arms away from the imaginary central line (i.e., the axis,) of your body, you are doing ____.
- Abduction
 - Rotation
 - Flexion
 - Adduction
30. Which of the following is a rehabilitative device?
- Prosthetic legs
 - Calipers
 - Knee Brace
 - None of the above

31. The three major muscle types are:
- Skeletal, cardiac, pelvic
 - Cardiac, lungs, skeletal
 - Skeletal, lungs, kidney
 - Cardiac, skeletal, smooth
32. What is the primary use of giving out an 'outcry' when performing a physical activity?
- Shouting removes neural inhibitory mechanisms.
 - Shouting scares the opponents.
 - Shouting lets people admire the effort and this gives the athlete extra motivation.
 - Opening of mouth allows for extra intake of oxygen which increases the capacity of muscle to perform at a higher level.
33. Which of the following (if any) is knock knees?



A **B** **C**

- A
- B
- C
- None.

34. The smallest muscle in the human body is
- Stapedius muscle
 - Iliopsoas muscle
 - Gracilis muscle
 - Deltoid muscle
35. 'The Illinois Agility test' is to assess:
- speed during change in the direction
 - speed during straight sprinting
 - speed for long jump
 - technique and speed during straight sprinting and changes in direction
36. 'Quadrant Jump Test' is to test for:
- agility
 - endurance
 - strength
 - knee strength
37. Which of the following descriptions best summarizes the providing of a safe environment for participants by the coach?
- Asking one of the participant's parents to bring along first aid supplies.
 - Ensuring that facilities, equipment, and the environment are safe for participants.
 - Only conducting sporting activities indoors.
 - Checking the weather forecast prior to training and competition.

38. What are the four corners of the 'FA four corner model'?
- physical, verbal, demonstration, tactical
 - physical, social, psychological, technical
 - technical, tactical, analysis, social
 - psychology, social, tactical, demonstrations
39. 'Dronacharya Award' was first awarded in the year:
- 1985
 - 1975
 - 1984
 - 1960
40. The first Asian athlete to win an Olympic gold medal in javelin is
- Cheng Chao-tsun
 - Zhao Qinggang
 - Neeraj Chopra
 - Dmitriy Karpov
41. Which one of the following pairs is correctly matched?
- Impulse is the product of – Force and distance.
 - The Sagittal axis is perpendicular to – Sagittal plane.
 - Linear motion is created by – Centric force.
 - Nature of collision during kicking a ball – Perfectly elastic collision
42. Haemoglobin is found in
- Red Blood Corpuscles (RBC)
 - White Blood Corpuscles (WBC)
 - Platelets
 - Bone marrow

43. The motion of a pole vaulter in downward direction after clearing the bar is an example of
- Regular motion
 - Regularly accelerated motion
 - Decelerated motion
 - Irregularly decelerated motion
44. Which of the following Vitamins is available from Sun rays?
- Vitamin A
 - Vitamin B
 - Vitamin C
 - Vitamin D
45. Transition period in training cycle aims at
- Peaking
 - Recovery
 - Rehabilitation
 - Super compensation
46. Interval training method is the one which improves
- Basic endurance
 - Maximum strength
 - Power
 - Speed endurance

47. Walker Cup is associated with which sport?
- Football
 - Hockey
 - Golf
 - Fencing
48. Deficiency of iron causes
- Goiter
 - Anemia
 - Diarrhea
 - Insomnia
49. Bombay Gold Cup is associated with which of the following games?
- Golf
 - Cricket
 - Kabaddi
 - Hockey
50. Hockey is the national sport of India. Which other country listed below has Hockey as its national sport?
- South Korea
 - Germany
 - Pakistan
 - Malaysia