Assistant Director Sports — 2025 · Solved Past Paper

Body: Balochistan Public Service Commission (BPSC) · **Post:** Assistant Director Sports · **Year:** 2025 · **Questions:** 70 in the original paper — **68 solved and verified**, 2 excluded as defective (Q15, Q59) · **Price:** Free

> **How to use this paper:** each question shows the stem, the four options, and the correct answer. Click “Why each option?” under a question to see all four options explained — one question teaches four topics. General Knowledge answers are as of the 2025 sitting.

Source note: testpointpk reproduction, 'BPSC AD Sports Past Paper 27-05-2025' (70 questions) primary; no second source — every printed key verified independently. 2 printed-key corrections, 3 PICK-ONE decisions and 2 DEFECTIVE-excluded items, all decided openly under the owner's 8 Nov 2026 delegation with evidence recorded in the file. Q19 is a five-option question, keyed E.

Question 1 Sports (Testing and Measurement)

The degree of uniformity with which various testers score the same test is found through _____?

- A. Objectivity ✓ **Correct answer**
- B. Reliability
- C. Validity
- D. None of these

A. Correct: objectivity is the degree to which different testers (scorers) agree when they score the same test — the same performance gets the same score no matter who marks it.

liability is the consistency of the test itself when repeated (same tester, same result over time), not agreement between different testers.

C. Wrong: validity is whether the test measures what it claims to measure, not whether scorers agree.

D. Wrong: objectivity is among the options and is correct.

Question 2 Sports (Training Theory)

Turi Verkhoshansky presented _____ Training.

- A. Poly matrices
- B. Nature of land
- C. Periodized ✓ **Correct answer**
- D. None of these

A. Wrong: "poly matrices" is not a training system presented by Verkhoshansky.

B. Wrong: "nature of land" has nothing to do with Verkhoshansky's training theory.

C. Correct: Yuri Verkhoshansky's work is built on planned, sequenced training — his Conjugate-Sequence System and Block Training System are the basis of what the West calls block periodization, and he is recognised as one of the greatest experts in the theory and methodology of sports training (verkhoshansky.com).

D. Wrong: periodized training is among the options and is correct.

Question 3 Sports (Nutrition)

Before competition, prepare meal should be used consisting of _____?

- A. High fat foods
- B. Proteins
- C. Carbohydrates ✓ **Correct answer**
- D. None of these

gh-fat foods digest slowly and sit heavily, so they are avoided in a pre-competition meal.

B. Wrong: protein is needed for repair and growth, but it is not the main fuel for the competition itself.

C. Correct: the pre-competition meal is built on carbohydrates — they top up muscle glycogen, the body's main fuel for exercise, and digest easily.

D. Wrong: carbohydrates are among the options and are correct.

Question 4 Sports Medicine

In acute stages of an injury, it is treated by _____?

- A. Contrast therapy
- B. Diathermy
- C. Cryotherapy ✓ **Correct answer**
- D. None of these

A. Wrong: contrast therapy (alternating hot and cold) is used in later, sub-acute stages, not in the acute stage.

B. Wrong: diathermy uses deep heat, and heat is avoided in the acute stage because it increases bleeding and swelling.

C. Correct: cryotherapy (ice/cold treatment) is the standard acute-stage treatment — cold narrows blood vessels, limits swelling and numbs pain (the "I" in RICE).

D. Wrong: cryotherapy is among the options and is correct.

Question 5 Sports Science

OHET (Organism, Heredity, Environment, Time) are the components of _____?

- A. Sports Medicine

rts psychology

- C. Physiology of exercise ✓ **Correct answer**
- D. None of these

A. Wrong: sports medicine treats and prevents injury; OHET is not its component framework.

B. Wrong: sports psychology studies the mind in sport; OHET (organism, heredity, environment, time) is not its framework.

C. Correct: in the exercise-physiology textbook framework, OHET — Organism, Heredity, Environment and Time — are the four components (factors) that shape the body's response to exercise.

D. Wrong: physiology of exercise is among the options and is correct.

Question 6 Sports Medicine

Heat fatigue is caused by _____?

- A. Loss of potassium/water by vomiting
- B. Loss of water and sodium through sweating ✓ **Correct answer**
- C. Humidity and suffocation
- D. None of these

A. Wrong: vomiting can cause fluid loss, but heat fatigue in exercise is caused by sweating, not vomiting.

B. Correct: in heat, the body sweats heavily and loses water and sodium; the loss of fluid and salt lowers blood volume and brings on heat fatigue.

C. Wrong: humidity makes sweating less effective and adds to heat stress, but it is not itself the cause named here — the cause is the water and sodium lost in sweat.

D. Wrong: loss of water and sodium through sweating is among the options and is correct.

7 Sports Science

_____ is a high energy compound used directly to fuel muscular contraction.

- A. Adenosine Triphosphate ✓ **Correct answer**
- B. Oxygen
- C. Adenosine diphosphate
- D. None of these

A. Correct: ATP (adenosine triphosphate) is the high-energy compound that directly fuels muscular contraction — the muscle splits ATP to release the energy for each contraction.

B. Wrong: oxygen helps rebuild ATP during aerobic work, but it does not itself fuel contraction.

C. Wrong: ADP is what is LEFT after ATP gives up its energy — it is the spent form, not the fuel.

D. Wrong: adenosine triphosphate is among the options and is correct.

Question 8 Sports (Nutrition)

Fat soluble vitamins are _____?

- A. A
- B. D
- C. E and K
- D. All of these ✓ **Correct answer**

A. Wrong on its own: vitamin A IS fat-soluble, but it is only one of the four, so A alone is incomplete.

B. Wrong on its own: vitamin D IS fat-soluble, but it is only one of the four, so D alone is incomplete.

C. Wrong on its own: vitamins E and K ARE fat-soluble, but they are only two of the four, so

D. Correct: the fat-soluble vitamins are A, D, E and K — all four dissolve in fat (unlike the water-soluble B vitamins and vitamin C).

Question 9 Sports Psychology

Zone of optimal functioning is that when _____?

- A. An athlete is nervous
- B. An athlete is under pressure
- C. An athlete feels good and sharp ✓ **Correct answer**
- D. None of these

A. Wrong: nervousness alone is not the zone of optimal functioning — the zone is about the athlete's own best arousal level, not simply being nervous.

B. Wrong: being under pressure is a situation, not the zone itself; the zone is the athlete's ideal state within it.

C. Correct: in Hanin's Individual Zone of Optimal Functioning, the athlete performs best when in their own ideal state — feeling good, sharp and ready.

D. Wrong: feeling good and sharp is among the options and is correct.

Question 10 Research Methods

What is the meaning of “data”?

- A. Truths
- B. Observation
- C. Facts ✓ **Correct answer**
- D. None of these

A. Wrong: data are recorded facts and figures, not "truths" in the philosophical sense.

observation is the METHOD of collecting data, not the meaning of the word data.

C. Correct: "data" means facts — the raw facts, figures and measurements collected in research.

D. Wrong: facts is among the options and is correct.

Question 11 Sports Administration

Organization means “planning the work” and administration means _____?

- A. Processing information
- B. Working the plan ✓ **Correct answer**
- C. Decision making
- D. None of these

A. Wrong: processing information is a management activity, not the textbook definition of administration paired with organisation.

B. Correct: in the classic sports-administration pairing, organisation means "planning the work" and administration means "working the plan" — carrying the plan out.

C. Wrong: decision making is part of administration, but it is not the paired definition asked for here.

D. Wrong: working the plan is among the options and is correct.

Question 12 Special Education

Triad is the disorder of _____?

- A. Ortho impairment
- B. Autism ✓ **Correct answer**
- C. Eating
- D. None of these

thopaedic impairment is a physical disability; it is not defined by a "triad".

B. Correct: autism is defined by the "triad of impairments" (Wing and Gould, 1979) — qualitative impairments in social interaction, in communication, and restricted, repetitive behaviour (see verification summary).

C. Wrong: eating disorders (such as the female athlete triad's disordered eating) involve three linked features, but the "triad" as a disorder name points to autism's triad of impairments.

D. Wrong: autism is among the options and is correct.

Question 13 Special Education

When a child person makes “abnormal Involuntary movements” the disorder is called _____?

- A. Dystonia
- B. Dyskinetic cerebral palsy ✓ **Correct answer**
- C. Hypotonic cerebral palsy
- D. None of these

A. Wrong: dystonia is a movement disorder marked by sustained muscle contractions and twisting postures — it is a symptom pattern, not the named childhood disorder here.

B. Correct: dyskinetic (athetoid) cerebral palsy is the form of cerebral palsy defined by abnormal involuntary movements — writhing, twisting movements the child cannot control.

C. Wrong: hypotonic cerebral palsy is marked by low muscle tone (floppiness), not by involuntary movements.

D. Wrong: dyskinetic cerebral palsy is among the options and is correct.

14 Sports Science

When an athlete requires “Adaptation”?

- A. When overloaded ✓ **Correct answer**
- B. When recovered
- C. When at rest
- D. None of these

A. Correct: adaptation is the body's response to overload — training stress above the usual level forces the body to adapt and grow stronger (the overload principle).

B. Wrong: recovery is when the adaptation already earned is consolidated, not when adaptation is required.

C. Wrong: rest alone, without overload, gives the body nothing to adapt to.

D. Wrong: when overloaded is among the options and is correct.

Question 15 Sports Science

Who identified three extremes of Body types?

- A. Beashel and Taylor
- B. Beashel and Smith
- C. Beashel and David
- D. All of these

No answer is given for this question, and none is taught. NO CORRECT OPTION — DEFECTIVE-excluded (decided by assistant under owner's 8 Nov 2026 delegation)

A. Wrong: Beashel and Taylor are physical-education textbook authors who describe somatotypes; they did not identify the three extremes.

B. Wrong: no such pairing identified the three body types.

C. Wrong: no such pairing identified the three body types.

since none of A, B or C is the identifier, "all of these" cannot be right. The item must never be taught as having an answer.

Question 16 Sports Psychology

Research in athletics dyads has shown that athletes who are more committed to their athletic partnership have _____?

- A. High levels of extraversion, neuroticism and agreeableness
- B. Moderate levels of extraversion, agreeableness, conscientiousness or openness
- C. High levels of agreeableness, conscientiousness or openness ✓ **Correct answer**
- D. None of these

A. Wrong: high neuroticism (emotional instability) works against a committed partnership, so this combination does not fit the finding.

B. Wrong: the finding is about HIGH levels, not moderate ones.

C. Correct: the dyad research finding is that athletes more committed to their athletic partnership show high agreeableness, conscientiousness and openness — the cooperative, dependable, open traits that hold a partnership together.

D. Wrong: high agreeableness, conscientiousness or openness is among the options and is correct.

Question 17 Psychology

A person has maturity age = 28 year, I.Q=140. What will be his chronological age?

- A. Twenty five years
- B. Twenty years ✓ **Correct answer**
- C. Nineteen years
- D. None of these

A. Wrong: 28 ÷ 25 × 100 = 112, not 140.

IQ = (mental age ÷ chronological age) × 100, so chronological age = 28 ÷ 140 × 100 = 20 years.

C. Wrong: 28 ÷ 19 × 100 ≈ 147, not 140.

D. Wrong: twenty years is among the options and is correct.

Question 18 Sports

First Paralympics held in _____?

- A. Italy ✓ **Correct answer**
- B. Greece
- C. Germany
- D. None of these

A. Correct: the first Paralympic Games were held in Rome, Italy, in 1960.

B. Wrong: Greece hosted the first modern Olympic Games (Athens 1896), not the first Paralympics.

C. Wrong: Germany has hosted Paralympic Games (Heidelberg 1972), but not the first.

D. Wrong: Italy is among the options and is correct.

Question 19 Sports Science

BMI is the medical standard used to define _____?

- A. Endomorphy
- B. Ectomorphy
- C. Mesomorphy
- D. Morphology
- E. None of these (Weight status) ✓ **Correct answer**

A. Wrong: endomorphy is a somatotype component (relative fatness); BMI does not define

B. Wrong: ectomorphy is a somatotype component (relative slenderness); BMI does not define it.

C. Wrong: mesomorphy is a somatotype component (relative muscularity); BMI does not define it.

D. Wrong: morphology is the general study of form and structure; BMI does not define it.

E. Correct: BMI (body mass index) is the medical standard used to define weight status — underweight, normal weight, overweight and obese — and none of A–D names that, so "None of these (Weight status)" is the answer.

Question 20 Sports Science

Each a band (dark band) has a light strip in his midsection called _____?

- A. R-Zone
- B. K-Zone
- C. H-Zone ✓ **Correct answer**
- D. None of these

A. Wrong: there is no "R-Zone" in the muscle sarcomere.

B. Wrong: there is no "K-Zone" in the muscle sarcomere.

C. Correct: in a muscle sarcomere, each dark A band has a lighter strip in its middle called the H-zone (the region where only thick filaments are present).

D. Wrong: H-Zone is among the options and is correct.

Question 21 Sports Science

All humans have natural abilities _____?

- A. Exercise culture field

nt against disease ✓ **correct answer**

- C. To compassionate patients
- D. None of these

A. Wrong: "exercise culture field" is not a natural human ability.

B. Closest: every human body has a natural ability to fight disease through its immune defences.

C. Wrong: compassion for patients is a professional attitude, not a natural ability of all humans.

D. Wrong: B gives a sensible completion, so "none of these" is not taken.

Question 22 Sports Medicine

What are the most dangerous contusions tend to be the most disabling?

- A. Pentaceps contusions
- B. Quadriceps contusions ✓ **Correct answer**
- C. Disabling contusions
- D. None of these

A. Wrong: there is no "pentaceps" muscle group — the word is a garble of quadriceps.

B. Correct: quadriceps contusions (a blow to the front of the thigh) are the classic dangerous contusion in sports medicine — a deep blow can bleed into the muscle and, in severe cases, cause myositis ossificans, making them the most disabling contusions.

C. Wrong: "disabling contusions" just repeats the question's own word; it names no muscle group.

D. Wrong: quadriceps contusions are among the options and are correct.

23 Psychology

The Intelligence Quotient (I.Q.) of Idiots is _____?

- A. 0-19 ✓ **Correct answer**
- B. 0-20
- C. 0-18
- D. None of these

A. Correct: in the old (now obsolete) classification, "idiot" was the lowest grade of feeble-mindedness, with an IQ below 20 — the 0–19 form of that band (the classic Binet-era source gives the range as 0 to 20; Terman's form is below 25). See verification summary.

B. Wrong as the keyed form: 0–20 is the same classic band stated inclusively, but the paper's keyed form is 0–19 ("below 20"), and only one answer can be taken.

C. Wrong: no standard classification gives 0–18 for this grade.

D. Wrong: 0–19 is among the options and is correct.

Question 24 Special Education

The first physical education program for visual disabilities was started in _____?

- A. 1839
- B. 1837 ✓ **Correct answer**
- C. 1838
- D. None of these

A. Wrong: 1839 is not the landmark year for blind education in the USA.

B. Correct: 1837 is the documented landmark year — Ohio established the first state-supported residential school for the blind in 1837, and the Perkins School for the Blind set up its printing plant the same year (see verification summary).

C. Wrong: 1838 is not the landmark year.

337 is among the options and is correct.

Question 25 Sports (Nutrition)

Fats that contain the maximum No. of hydrogen atoms attached to carbon atoms—they are _____?

- A. Poly-unsaturated acids acids
- B. Mono-unsaturated fatty acids
- C. Saturated fatty acids ✓ **Correct answer**
- D. None of these

A. Wrong: poly-unsaturated fats have MANY double bonds and therefore the FEWEST hydrogen atoms, not the most.

B. Wrong: mono-unsaturated fats have one double bond, so they carry fewer hydrogens than saturated fats.

C. Correct: saturated fats have no double bonds between carbons, so every carbon carries the maximum possible number of hydrogen atoms.

D. Wrong: saturated fatty acids are among the options and are correct.

Question 26 Sports Science

BMI (Body Mass Index) of Healthy/Normal Person is _____?

- A. 18.5 to 25 ✓ **Correct answer**
- B. 19.5 to 26
- C. 20.5 to 27
- D. None of these

A. Correct: the WHO healthy/normal BMI range is 18.5 to 24.9, given in textbooks as 18.5 to 25.

B. Wrong: this range is shifted too high — 19.5 to 26 is not the WHO normal range.

is range is shifted too high — 20.5 to 27 is not the WHO normal range.

D. Wrong: 18.5 to 25 is among the options and is correct.

Question 27 Sports Science

Result from the protein's ability to polarized light (anisotropic) _____ are formed.

- A. Dark bands ✓ **Correct answer**
- B. Blue bands
- C. Yellow bands
- D. None of these

A. Correct: the A bands of muscle are anisotropic — they polarise light and appear dark under the microscope — so the protein's anisotropic property produces the dark bands.

B. Wrong: there are no blue bands in muscle structure.

C. Wrong: there are no yellow bands in muscle structure.

D. Wrong: dark bands are among the options and are correct.

Question 28 Sports Medicine

To prevent heat cramps what should be the sports medicine?

- A. Use shikangi drink only (Lemon)
- B. One may drink enough water during exercise or strenuous worth or eat sodium rich foods
- C. One may drink electrolyte solutions such as sports drinks during exercise or strenuous work or eat potassium rich foods ✓ **Correct answer**
- D. None of these

A. Wrong: a lemon drink alone is not the textbook preventive for heat cramps — plain water or lemon water does not replace the salts lost in sweat.

the keyed answer: water plus sodium-rich food is partly right (sodium IS lost in sweat), but the complete textbook answer is the electrolyte solution in C.

C. Correct: heat cramps are prevented by replacing fluid AND electrolytes — sports (electrolyte) drinks during exercise, plus potassium-rich foods.

D. Wrong: the electrolyte-solution answer is among the options and is correct.

Question 29 Sports Science

Who did research on warm up and cool down?

- A. Mc Nair and Knudson ✓ **Correct answer**
- B. Mc Millon and Mc Nair
- C. Thomas Eliot and Knudson
- D. None of these

A. Correct: McNair (2000) and Knudson (2001) are the cited researchers on warm-up and cool-down stretching — their work shows dynamic stretches suit the warm-up and static stretches suit the cool-down (brianmac.co.uk, "Warm up and Cool down").

B. Wrong: "Mc Millon" is not the cited co-researcher — the pairing is McNair with Knudson.

C. Wrong: Thomas Eliot is not the cited co-researcher with Knudson on this topic.

D. Wrong: Mc Nair and Knudson are among the options and are correct.

Question 30 Sports Psychology

According to Ivan Steiner (1972), in which of the following type of tasks is performance only as good as its weakest member?

- A. Disjunctive Tasks
- B. Conjunctive tasks ✓ **Correct answer**
- C. Additive tasks
- D. None of these

a disjunctive task the group is only as good as its BEST member (one member's correct answer decides it).

B. Correct: in Steiner's (1972) task taxonomy, a conjunctive task is one where every member must succeed — so group performance is only as good as its weakest member (like a chain, or climbers roped together).

C. Wrong: in an additive task everyone's contributions add up, so the group is as good as the SUM of its members, not its weakest one.

D. Wrong: conjunctive tasks are among the options and are correct.

Question 31 Research Methods

A research that conducted for the purpose of theory of development and refinement is called _____?

- A. Basic ✓ **Correct answer**
- B. Action
- C. Applied
- D. None of these

A. Correct: basic (pure/fundamental) research is done to develop and refine theory, with no immediate practical application in view.

B. Wrong: action research is done by practitioners to solve an immediate practical problem in their own setting, not to develop theory.

C. Wrong: applied research uses existing theory to solve a practical problem; it does not aim at theory development itself.

D. Wrong: basic research is among the options and is correct.

32 Research Methods

_____ is the process of quantifying the degree to which someone or something Possesses a given trait.

- A. Education
- B. Assessment
- C. Measurement ✓ **Correct answer**
- D. None of these

A. Wrong: education is teaching and learning, not the quantifying of a trait.

B. Wrong: assessment is the broader process of gathering information and judging it; the quantifying itself is measurement.

C. Correct: measurement is the process of assigning numbers to quantify how much of a given trait someone or something possesses.

D. Wrong: measurement is among the options and is correct.

Question 33 Sports (Nutrition)

An example of a carbohydrates that is a both found in the diet and released from the liver is _____?

- A. Fructose
- B. Maltose
- C. Glucose ✓ **Correct answer**
- D. None of these

A. Wrong: fructose (fruit sugar) is found in the diet, but the liver does not release fructose into the blood — it converts fructose INTO glucose.

B. Wrong: maltose (malt sugar) is found in the diet, but it is not released from the liver.

C. Correct: glucose is found in the diet AND is released from the liver (from stored

keep blood sugar steady.

D. Wrong: glucose is among the options and is correct.

Question 34 Sports Science

The drift upward of VO_2 during steady state exercise is primarily due to _____?

- A. Decreasing blood levels of hormones
- B. Increasing body temperature ✓ **Correct answer**
- C. Decreasing body temperature
- D. None of these

A. Wrong: hormone levels do not fall during steady-state exercise in a way that drives VO_2 upward.

B. Correct: during steady-state exercise the VO_2 slow component — the upward drift — is driven mainly by rising body (core) temperature, which raises the oxygen cost of the work.

C. Wrong: body temperature RISES during exercise, it does not fall.

D. Wrong: increasing body temperature is among the options and is correct.

Question 35 Sports Science

According to the FITT (frequency, intensity, time, type) criteria for fitness training which of the following is an accurate application of the principle of time to this program?

- A. Gradually increasing the duration of each session ✓ **Correct answer**
- B. Alternating the No. of session each week
- C. Gradually increasing the load involved in the activity (e.g. by adding weight to a backpack)
- D. Gradually increasing the No. of sessions each week

A. Correct: in FITT, "time" means how LONG each session lasts — so applying the time principle means gradually increasing the duration of each session.

e number of sessions per week is FREQUENCY, not time.

C. Wrong: increasing the load is INTENSITY, not time.

D. Wrong: the number of sessions per week is FREQUENCY, not time.

Question 36 Sports Science

In general, correct standing posture includes all of the following except having? The feet parallel and about 6 inches apart, Abdomen retracted, The knees locked, Most of the body weight on the ball of the feet

- A. The feet parallel and about 6 inches apart
- B. Abdomen retracted
- C. The knees locked ✓ **Correct answer**
- D. Most of the body weight on the ball of the feet

A. Wrong: feet parallel and about 6 inches apart IS part of correct standing posture, so it is not the exception.

B. Wrong: a retracted (gently drawn-in) abdomen IS part of correct standing posture, so it is not the exception.

C. Correct: correct standing posture does NOT include locked knees — the knees should stay slightly bent, never locked (locking them stresses the joints). (The printed key D is wrong — see verification summary.)

D. Wrong: weight on the balls of the feet IS correct standing posture, so it is not the exception. Printed-key correction: testpointpk keys D "Most of the body weight on the ball of the feet"; corrected to C "The knees locked" (see verification summary).

Question 37 Sports Science

Every movement has _____?

- A. One axis and one plane ✓ **Correct answer**

- C. One plane
- D. None of these

A. Correct: every movement takes place about one axis and in one plane — the axis is perpendicular to the plane of movement (e.g. flexion-extension in the sagittal plane about the frontal axis).

B. Wrong: a movement needs a plane as well as an axis — one axis alone is incomplete.

C. Wrong: a movement needs an axis as well as a plane — one plane alone is incomplete.

D. Wrong: one axis and one plane is among the options and is correct.

Question 38 Sports Psychology

Devin’s personality is researched through three factors: (extraversion, neuroticism, Psychoticism). This personality trait is called _____?

- A. Eysenck’s Trait Model ✓ **Correct answer**
- B. Cattle’s 16 factor Model
- C. Smith Model
- D. None of these

A. Correct: the three factors extraversion, neuroticism and psychoticism are Eysenck's three-factor (PEN) trait model of personality. (The stem's "Devin's" is a garble of Eysenck's — see verification summary.)

B. Wrong: Cattell's model has SIXTEEN factors, not three.

C. Wrong: there is no "Smith model" of three personality factors.

D. Wrong: Eysenck's Trait Model is among the options and is correct.

39 Sports Science

The systematic application of exercise stress sufficient to stimulate muscle fatigue, but not so severe that break down and injury occur. It is the definition of _____?

- A. Preseason preparation
- B. Conditioning ✓ **Correct answer**
- C. Rehabilitation
- D. None of these

A. Wrong: preseason preparation is a PHASE of training, not the definition of applying exercise stress to stimulate fatigue without breakdown.

B. Correct: conditioning is the systematic application of exercise stress that is enough to stimulate muscle fatigue (and so adaptation) but not so severe that breakdown and injury occur.

C. Wrong: rehabilitation is restoring an injured athlete to fitness, not the planned application of training stress.

D. Wrong: conditioning is among the options and is correct.

Question 40 Sports Medicine

Baby boomers (those aged 35 to 54) are at risk for _____ because of age-related changes in soft tissue.

- A. Spine injury
- B. Ankle injury
- C. Shoulder injury ✓ **Correct answer**
- D. None of these

A. Wrong: the textbook item names the shoulder, not the spine, as the baby-boomer risk from soft-tissue ageing.

B. Wrong: the textbook item names the shoulder, not the ankle, as the baby-boomer risk

sue ageing.

C. Correct: in the textbook item, baby boomers (35–54) are at risk for shoulder injury — age-related changes in the shoulder's soft tissues (rotator cuff tendons) make the shoulder the vulnerable joint in this age band.

D. Wrong: shoulder injury is among the options and is correct.

Question 41 Sports (Nutrition)

They are body regulators and play a role in metabolic pathways of the body _____?

- A. Minerals
- B. Carbohydrates
- C. Vitamins ✓ **Correct answer**
- D. None of these

A. Wrong: minerals are body builders and regulators in some roles, but the textbook "body regulators" that work in metabolic pathways are the vitamins.

B. Wrong: carbohydrates are the body's main ENERGY source, not its body regulators.

C. Correct: vitamins are the body's regulators — they act as coenzymes in the metabolic pathways, controlling how the body uses food for energy and growth.

D. Wrong: vitamins are among the options and are correct.

Question 42 Psychology

Overt and covert behaviors belong to _____?

- A. Psychology ✓ **Correct answer**
- B. Sports pedagogy
- C. Exercise physiology
- D. None of these

vert behaviour (observable actions) and covert behaviour (inner, unobservable processes such as thoughts and feelings) are the subject matter of psychology.

B. Wrong: sports pedagogy is the teaching of sport, not the study of overt and covert behaviour as such.

C. Wrong: exercise physiology studies the body's systems during exercise, not overt and covert behaviour.

D. Wrong: psychology is among the options and is correct.

Question 43 Sports Science

The recovery principle dictates that athletes need _____?

- A. Adequate time to recuperate from training/competition ✓ **Correct answer**
- B. Adequate physical strength to recuperate from training/competition
- C. Adequate training program to recuperate from training/competition
- D. None of these

A. Correct: the recovery principle says the body needs ADEQUATE TIME to recuperate after training or competition — adaptation happens during recovery, not during the work itself.

B. Wrong: strength does not recuperate the athlete — time does.

C. Wrong: a training program is the work that creates the need for recovery; it is not what recovery itself requires.

D. Wrong: adequate time to recuperate is among the options and is correct.

Question 44 Mathematics (Statistics)

If mode = 11, mean = 12, what will be the value of median?

- A. 11.69

- C. 11.66 ✓ **Correct answer**
- D. None of these

A. Wrong: the empirical relation gives 11.66, not 11.69.

B. Wrong: the empirical relation gives 11.66, not 11.65.

C. Correct: by the empirical relation, mean − mode = 3(mean − median), so median = (2 × mean + mode) ÷ 3 = (2 × 12 + 11) ÷ 3 = 35 ÷ 3 = 11.666..., i.e. 11.66.

D. Wrong: 11.66 is among the options and is correct.

Question 45 Physical Education

Music and movement support the _____?

- A. Academic curriculum
- B. Students learning ✓ **Correct answer**
- C. Curriculum development
- D. None of these

A. Wrong: music and movement do not support the curriculum document itself — they support the child's learning within it.

B. Correct: music and movement support students' learning — rhythm, song and movement help children learn, remember and develop physically.

C. Wrong: curriculum development is the designing of courses, which music and movement do not support.

D. Wrong: students learning is among the options and is correct.

Question 46 Sports Science

Shows five responses to moderate physical activity _____?

abolic development

- B. Metabolic activity
- C. Metabolic fitness ✓ **Correct answer**
- D. None of these

A. Wrong: "metabolic development" is not the textbook term for the five responses to moderate physical activity.

B. Wrong: metabolic activity is the general burning of fuel in the body, not the name for the five responses.

C. Correct: in the textbook framework, the five responses to moderate physical activity are the markers of metabolic fitness — the body's metabolic adaptation to regular moderate activity.

D. Wrong: metabolic fitness is among the options and is correct.

Question 47 Sports Medicine

In _____ balance the energies of the total persons and stimulating the body’s own natural healing ability.

- A. Contortion
- B. Touch therapy ✓ **Correct answer**
- C. Cryotherapy
- D. None of these

A. Wrong: contortion is bending the body into extreme positions; it does not balance energies or stimulate healing.

B. Correct: touch therapy (therapeutic touch) claims to balance the energies of the whole person and stimulate the body's own natural healing ability.

C. Wrong: cryotherapy is cold treatment for injury; it does not work by balancing energies.

uch therapy is among the options and is correct.

Question 48 Physical Education

Which of the following terms denotes the “toughening of the body” as its major aims?

- A. Physical activity
- B. Play
- C. Physical training ✓ **Correct answer**
- D. None of these

A. Wrong: physical activity is any bodily movement; its major aim is not defined as toughening the body.

B. Wrong: play's major aim is enjoyment and free activity, not the toughening of the body.

C. Correct: physical training is the term whose major aim is the toughening of the body — planned, systematic exercise that hardens the body for effort.

D. Wrong: physical training is among the options and is correct.

Question 49 Sports

Three thousand years ago, the _____ ate “substances” to improve athletic performance.

- A. Ancient Greeks ✓ **Correct answer**
- B. Germans
- C. Americans
- D. None of these

A. Correct: the ancient Greeks are the classic example — three thousand years ago Greek athletes ate special substances (such as hallucinogenic mushrooms and animal parts) to improve athletic performance, the earliest recorded performance enhancement.

B. Wrong: there is no such record of Germans eating performance substances three thousand years ago.

ere was no American sporting tradition three thousand years ago.

D. Wrong: ancient Greeks are among the options and are correct.

Question 50 Special Education

_____ is a developmental ability affecting verbal and non-verbal communication and social-interaction, generally evident before age three that adversely affects a child educational performance?

- A. Autism ✓ **Correct answer**
- B. Developmental delay
- C. Under developed brain
- D. None of these

A. Correct: autism is the developmental disability that affects verbal and non-verbal communication and social interaction, is generally evident before age three, and adversely affects a child's educational performance (the IDEA definition of autism).

B. Wrong: developmental delay is a general term for slow development; it does not name this specific communication-and-social-interaction disability.

C. Wrong: "under developed brain" is not a named disability category.

D. Wrong: autism is among the options and is correct.

Question 51 Research Methods

Sampling is qualitative research is similar to which type of sampling in quantitative research?

- A. Systematic sampling
- B. Simple random sampling
- C. Purposive sampling ✓ **Correct answer**
- D. None of these

stematic sampling picks every nth case from a list — a probability method, not the qualitative parallel.

B. Wrong: simple random sampling gives every case an equal chance — a probability method, not the qualitative parallel.

C. Correct: qualitative sampling is purposive — the researcher deliberately selects information-rich cases — and purposive sampling is its quantitative counterpart.

D. Wrong: purposive sampling is among the options and is correct.

Question 52 Sports Science

During _____ caffeine can have a detrimental effect on some aspects of performance.

- A. 10 to 90 minutes
- B. 20 to 110 minutes
- C. 30 to 120 minutes ✓ **Correct answer**
- D. None of these

A. Wrong: 10 to 90 minutes is not the documented caffeine peak-plasma window.

B. Wrong: 20 to 110 minutes is not the documented caffeine peak-plasma window.

C. Correct: caffeine reaches its peak plasma concentration 30 to 120 minutes after ingestion (EFSA, 2015) — the window in which its effects, including detrimental effects on some aspects of performance, are felt.

D. Wrong: 30 to 120 minutes is among the options and is correct.

Question 53 Sports Medicine

Movie goer’s sign is the sports injury of _____?

- A. Knee ✓ **Correct answer**
- B. Ankle

- D. None of these

A. Correct: "moviegoer's knee" (chondromalacia patellae) is the knee injury whose sign is pain after sitting long with the knee bent — as in a cinema seat — and pain on climbing stairs.

B. Wrong: moviegoer's sign is not an ankle injury.

C. Wrong: moviegoer's sign is not a lower-leg injury.

D. Wrong: knee is among the options and is correct.

Question 54 Physical Education

Physical Education is a fundamental right to every citizen is included in _____?

- A. HRD Ministry charter
- B. UNESCO charter ✓ **Correct answer**
- C. SNIPES charter
- D. None of these

A. Wrong: no HRD Ministry charter declares physical education a fundamental right of every citizen.

B. Correct: UNESCO's International Charter of Physical Education, Physical Activity and Sport (1978) declares that access to physical education is a fundamental right for all.

C. Wrong: SNIPES is a sports institute (Netaji Subhas National Institute of Sports), not the body whose charter declares this right.

D. Wrong: UNESCO charter is among the options and is correct.

Question 55 Special Education

Adopted physical Education programs are for students ages ____?

- o 18 years
- B. 03 to 19 years
- C. 03 to 21 years ✓ **Correct answer**
- D. None of these

A. Wrong: adapted physical education under IDEA covers up to age 21, not 18.

B. Wrong: adapted physical education under IDEA covers up to age 21, not 19.

C. Correct: adapted physical education programs serve students ages 3 to 21 — the IDEA age range for a free appropriate public education.

D. Wrong: 03 to 21 years is among the options and is correct.

Question 56 Sports Psychology

Motivator of aggressive behavior is _____?

- A. Psychological dealing ✓ **Correct answer**
- B. Physical aggression
- C. Physical contact
- D. None of these

A. Closest: aggressive behaviour is motivated by psychological factors (frustration, threat, arousal), so the psychological dealing is the motivator named here.

B. Wrong: physical aggression is a FORM of aggressive behaviour, not its motivator.

C. Wrong: physical contact is a form of aggression (or its setting), not its motivator.

D. Wrong: A gives a sensible completion, so "none of these" is not taken.

Question 57 Sports Medicine

Sports Medical physician congress held in Germany in _____?

- A. 1912 ✓ **Correct answer**

- C. 1910
- D. None of these

A. Correct: the First Congress for the scientific investigation of sports and physical exercises was held in 1912 at Oberhof, Germany (the world's first sports medicine establishment had taken shape in Dresden, Germany, in 1911). (The printed key C is wrong — see verification summary.)

B. Wrong: no sports medical physicians' congress was held in Germany in 1909.

C. Wrong: 1910 matches no congress — the first congress was 1912.

D. Wrong: 1912 is among the options and is correct. Printed-key correction: testpointpk keys C "1910"; corrected to A "1912" (see verification summary).

Question 58 Sports (Nutrition)

Carbohydrates contain nutrients _____?

- A. 6 calories per gram
- B. 4 calories per gram ✓ **Correct answer**
- C. 5 calories per gram
- D. None of these

A. Wrong: 6 calories per gram is not the energy value of carbohydrate.

B. Correct: carbohydrates provide 4 calories (kcal) per gram — the same as protein, and less than fat's 9.

C. Wrong: 5 calories per gram is not the energy value of carbohydrate.

D. Wrong: 4 calories per gram is among the options and is correct.

59 Special Education

The term “handicapped” was replaced with “disabilities” in laws of Adopted physical Education in _____?

- A. 1997
- B. 1983
- C. 1986
- D. None of these

No answer is given for this question, and none is taught. NO CORRECT OPTION — DEFECTIVE-excluded (decided by assistant under owner's 8 Nov 2026 delegation)

A. Wrong: the 1997 amendments to IDEA did not make this term change (it had already happened in 1990).

B. Wrong: no such term change happened in 1983.

C. Wrong: the 1986 Handicapped Children's Protection Act (P.L. 99-372) did not replace "handicapped" with "disabilities" — the replacement came with the 1990 rename.

D. Wrong: "None of these" cannot be the answer to a year question whose true year (1990) is simply absent — the item has no correct option and must never be taught as having an answer.

Question 60 Sports Medicine

The institute for attitude Medicine recommends _____ of acclimatization for athletes before performing cardio exercise.

- A. 05 to 10 days
- B. 10 – 20 days
- C. 10 – 15 days ✓ **Correct answer**
- D. None of these

A. Wrong: 5 to 10 days is too short for full acclimatization before cardio exercise.

) to 20 days overstates the recommended acclimatization window.

C. Correct: 10 to 15 days is the standard acclimatization period recommended for athletes before cardio exercise (the textbook heat-acclimatization window is 10–14 days).

D. Wrong: 10 – 15 days is among the options and is correct.

Question 61 Physical Education

What is physical Education?

- A. Physical planning
- B. Physical fitness
- C. Physical training
- D. All round development of human being ✓ **Correct answer**

A. Wrong: physical planning is arranging facilities and programmes, not what physical education is.

B. Wrong: physical fitness is one OUTCOME of physical education, not the whole of it.

C. Wrong: physical training is the exercise part alone; physical education is broader.

D. Correct: physical education is the all-round development of the human being — physical, mental, social and emotional — through physical activity.

Question 62 Sports Medicine

Athletic Training was recognized as an allied health profession is _____?

- A. 1991
- B. 1990 ✓ **Correct answer**
- C. 1989
- D. None of these

A. Wrong: athletic training was recognised as an allied health profession in 1990, not

B. Correct: in 1990 the American Medical Association recognised athletic training as an allied health profession.

C. Wrong: athletic training was recognised as an allied health profession in 1990, not 1989.

D. Wrong: 1990 is among the options and is correct.

Question 63 Sports Medicine

When several layers of skin are torn loose or totally removed, the injury is called _____?

- A. Burstitis
- B. Abrasion
- C. Avulsion ✓ **Correct answer**
- D. None of these

A. Wrong: "burstitis" is a garble of bursitis — inflammation of a bursa (joint sac) — not torn skin.

B. Wrong: an abrasion is a surface scrape that grazes only the top layer of skin, not several layers torn loose or removed.

C. Correct: an avulsion is the injury where several layers of skin are torn loose or totally removed from the underlying tissue.

D. Wrong: avulsion is among the options and is correct.

Question 64 Sports Administration

Task, maintenance, process are components of _____?

- A. Coaching
- B. Discussion
- C. Meeting ✓ **Correct answer**

A. Wrong: coaching has its own components, but task, maintenance and process are not named as the components of coaching.

B. Wrong: a discussion is a form of talk; task, maintenance and process are not its named components.

C. Correct: in group dynamics, task functions, maintenance functions and process are the components of a meeting — what the group does, how it holds together, and how it works.

D. Wrong: meeting is among the options and is correct.

Question 65 Sports (Nutrition)

Four important minerals required in large quantities by the humans are _____?

- A. Phosphorus, calcium, sodium, magnesium ✓ **Correct answer**
- B. Phosphorous, Iron, calcium, sodium
- C. Phosphorus, potassium, magnesium, sodium
- D. None of these

A. Correct: these four — phosphorus, calcium, sodium and magnesium — are the textbook set of important minerals the human body needs in large quantities (the macrominerals).

B. Wrong: iron is a TRACE mineral, needed only in small quantities, so it does not belong in the "large quantities" set.

C. Wrong: potassium is also a macromineral, but the textbook four named here are phosphorus, calcium, sodium and magnesium — calcium is the one this option drops.

D. Wrong: phosphorus, calcium, sodium, magnesium is among the options and is correct.

We can achieve long – term adaptations, efficiently working body by means of _____?

- A. Hard work
- B. Overwork
- C. Overload ✓ **Correct answer**
- D. All of them

A. Wrong: hard work alone does not produce long-term adaptation — it must be progressive overload, not just effort.

B. Wrong: overwork leads to fatigue and breakdown, not to efficient long-term adaptation.

C. Correct: long-term adaptations and an efficiently working body come from overload — progressively increasing the training stress so the body adapts to it.

D. Wrong: hard work and overwork do not produce the adaptation, so "all of them" cannot be right.

Question 67 Physical Education

Why are curriculum activities used in coaching sports?

- A. Easy understanding and effective ✓ **Correct answer**
- B. To assist coach
- C. To make the Coaching attractive
- D. None of these

A. Closest: curriculum activities are used in coaching because they make the coaching easy to understand and effective.

B. Wrong: "to assist coach" names who benefits, not why the activities are used.

C. Wrong: attractiveness is not the purpose of curriculum activities in coaching.

D. Wrong: A gives a sensible completion, so "none of these" is not taken.

68 Research Methods

The questionnaire in which a sequence of questions is followed is called _____?

- A. Undisguised
- B. Unstructured
- C. Structured ✓ **Correct answer**
- D. None of these

A. Wrong: "undisguised" means the purpose is open (not hidden) — it says nothing about a fixed sequence of questions.

B. Wrong: an unstructured questionnaire has NO fixed sequence — the interviewer asks freely.

C. Correct: a structured questionnaire follows a fixed, pre-set sequence of questions, asked in the same order to every respondent.

D. Wrong: structured is among the options and is correct.

Question 69 Mathematics (Statistics)

If the frequencies widely varies between different classes, then the measure of central tendency must be used as _____?

- A. Non – paired arithmetic mean
- B. Paired arithmetic mean
- C. Weighted arithmetic mean ✓ **Correct answer**
- D. None of these

A. Wrong: "non-paired arithmetic mean" is not the measure used when class frequencies vary widely.

B. Wrong: "paired arithmetic mean" is not the measure used when class frequencies vary widely.

hen frequencies vary widely between classes, each class must be weighted by its frequency — so the weighted arithmetic mean is the measure of central tendency to use.

D. Wrong: weighted arithmetic mean is among the options and is correct.

Question 70 Sports Psychology

Burn out result from _____?

- A. The demands placed upon that Person
- B. Physical stress
- C. An imbalance between a person’s capabilities
- D. All of these ✓ **Correct answer**

A. Wrong on its own: excessive demands are one cause of burnout, but only one of the three named.

B. Wrong on its own: physical stress is one cause of burnout, but only one of the three named.

C. Wrong on its own: an imbalance between a person's capabilities and the demands on them is one cause of burnout, but only one of the three named.

D. Correct: burnout results from all of these together — the demands placed on the person, physical stress, and an imbalance between the person's capabilities and what is asked of them.

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