

मौलाना आज़ाद राष्ट्रीय प्रौद्योगिकी संस्थान भोपाल
MAULANA AZAD NATIONAL INSTITUTE OF TECHNOLOGY BHOPAL

जब तक आपको यह प्रश्न पत्र खोलने को ना कहा जाये तब तक न खोले
DO NOT OPEN THIS QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO

एसएसएस अधिकारी पद के लिए प्रश्न पत्र

QUESTION PAPER FOR THE POST OF SAS OFFICER

समय: 2 घंटा

अधिकतम अंक: 100

TIME ALLOWED: 2 HOURS

MAXIMUM MARKS: 100

अनुदेश (INSTRUCTIONS)

1. प्रश्न पत्र केवल कंप्यूटर स्क्रीन पर प्रदर्शित किया जाएगा।
The Question Paper will be displayed only on the Computer Screen.
2. 100 अंकों के 100 बहुविकल्पीय प्रश्न होंगे।
There shall be 100 Multiple Choice Based Questions of 100 marks.
3. प्रत्येक बहुविकल्पीय प्रश्न में चार प्रतिक्रियाएँ (विकल्प) शामिल हैं। आप उस उत्तर का चयन करेंगे जिसे आप उत्तर पुस्तिका (ओ एम आर) पर अंकित करना चाहते हैं। किसी भी स्थिति में, प्रत्येक प्रश्न के लिए केवल एक उत्तर चुनें।
Each Multiple Choice Based Questions Question comprises four responses (options). You will select the response which you want to mark on the Answer Sheet (OMR). In any case, choose ONLY ONE response for each question.
4. आपको अपने सभी बहुविकल्पीय प्रश्न के उत्तरों को उपलब्ध कराई गई उत्तर पुस्तिका (ओ एम आर) पर ही अंकित करना होगा।
You must mark all your responses for Multiple Choice Based Questions only on the separate Answer Sheet (OMR) provided.
5. सभी बहुविकल्पीय प्रश्नों के अंक समान हैं।
All Multiple Choice Based Questions carry equal marks.
6. इससे पहले कि आप उत्तर पुस्तिका (ओ एम आर) में विभिन्न प्रश्नों के उत्तर के लिए आगे बढ़ें, आपको उत्तर पुस्तिका (ओ एम आर) में विवरण भरने होंगे।
Before you proceed to answer the various questions in the answer sheet (OMR), you must fill in the details in the answer sheet (OMR).
7. उत्तर पुस्तिका में अपने सभी उत्तर भरने के बाद और परीक्षा समाप्त होने पर, आपको उत्तर पुस्तिका (ओएमआर) परीक्षक को सौंपनी होगी।
After you have completed filling in all your responses on the Answer Sheet and on conclusion of the examination, you must handover the Answer Sheet (OMR) to the invigilator.
8. गलत उत्तर के लिए कोई नकारात्मक अंकन नहीं है।
There is no negative marking for wrong answer.

जब तक आपको यह प्रश्न पत्र खोलने को ना कहा जाये तब तक न खोले
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SAS (Students Activity and Sports) Officer Written Test

1. Which state Chief Minister has been awarded the Lee Kuan Yew Exchange Fellowship?
A. Tamil Nadu
B. Assam
C. Rajasthan
D. West Bengal
2. Which city was selected as the 'Best Smart City' in India in 'India Smart Cities Conclave 2023'?
A. Mysuru
B. Varanasi
C. Bengaluru
D. Indore
3. Recently, which Indian received the 'Green Oscar' Whitley Gold Award 2024?
A. Alice Garg
B. Amrita Devi
C. Purnima Devi Barman
D. Tulsi Gowda
4. Zika Virus, which was seen in the news, is transmitted by which mosquito?
A. Aedes mosquito
B. Anopheles mosquito
C. Mansonia mosquito
D. Culex mosquito
5. What is the shape of the Milky Way Galaxy?
A. Irregular shaped
B. Elliptical shaped
C. Shell shaped
D. Barred spiral shaped
6. Avinash Sable, who was seen in the news, is associated with which sports?
A. Steeplechase
B. Tennis
C. Shooting
D. Archery
7. The AIFF-FIFA Talent Academy was inaugurated in which Indian city?
A. Chennai
B. Bengaluru
C. Bhubaneswar
D. Kochi
8. What is 'Apophis', recently seen in news?
A. Asteroid
B. Invasive weed
C. Submarine
D. Black hole
9. Raju Scores more run than Deepa but less than Purva. Ankita scores more than Deepa but less than Raju. Who is the lowest scorer?
A. Raju
B. Deepa
C. Purva
D. Ankita
10. Which word does NOT belong with the others?
A. Violin
B. Guitar
C. Cello
D. Flute

11. Find the correctly spelt word.
A. Adulterat
B. Adulterate
C. Adeldurate
D. Adultarate
12. By selling a chair for ₹600, a man loses 10%. To make a gain of 20%, the selling price of the chair should be
A. 700
B. 800
C. 900
D. 1000
13. If A and B together can complete a piece of work in 15 days and B alone in 20 days, then in how many days can A alone complete the work?
A. 30
B. 45
C. 50
D. 60
14. A train 200 m long running at 36 kmph takes 55 seconds to cross a bridge. The length of the bridge is
A. 300 m
B. 325 m
C. 350 m
D. 325 m
15. The shepherd was looking after the _____ of sheep.
A. flock
B. gang
C. crew
D. fleet
16. Which is not an edition of MS Word?
A. MS Word 2003
B. MS Word 2007
C. MS Word 2010
D. MS Word 2002
17. Who is the author of the book "Voice of Conscience"?
A. Zakir Husain
B. V.V. Giri
C. Dr. Sarvepalli Radhakrishnan
D. Dr. Rajendra Prasad
18. A kilobyte also referred to as KB, is equal to:
A. 1024 bytes
B. 1000 bytes
C. 512 bytes
D. 2048 bytes
19. What PowerPoint feature will use to apply motion effects to different objects of a slide?
A. Animation Objects
B. Slide Transition
C. Animation Scheme
D. Slide Design
20. Select all the text in MS Word document by
A. Ctrl + S
B. Ctrl + A
C. Ctrl + 1
D. Ctrl + V

21. Who won the gold medal in men's single tennis title at the 2024 Paris Olympics?
 A. Matthew Ebden
 B. Carlos Alcaraz
 C. Jannik Sinner
 D. Novak Djokovic
22. Aristotle is the father of _____.
 A. Realism
 B. Naturalism
 C. Pragmatism
 D. Idealism
23. Who is the president of International Olympic Committee?
 A. Jacques Count Rogge
 B. John Coates
 C. Thomas Bach
 D. Ivo Ferriani
24. Who is the founder of the Commonwealth Games?
 A. Astley Cooper
 B. Melville Marks Robinson
 C. Yang di-Pertuan Agong
 D. Pierre De Coubertin
25. Which university won MAKA Trophy in 2020?
 A. Delhi University
 B. Punjabi University, Patiala
 C. Panjab University, Chandigarh
 D. GNDU, Amritsar
26. Who was the first Indian to win a gold medal in the Commonwealth Games 2022?
 A. Bajrang Punia
 B. PV Sindhu
 C. Mirabai Chanu
 D. Lakshya Sen
27. Cricketer Rohit Sharma is awarded with the Arjuna Award in the year:
 A. 2012
 B. 2013
 C. 2014
 D. 2015
28. When was the Dronacharya Award instituted?
 A. In 1982
 B. In 1983
 C. In 1985
 D. In 1987
29. Utility and change are the basic principles of _____.
 A. Realism
 B. Pragmatism
 C. Naturalism
 D. Idealism
30. From an early age, Spartan boys were trained to be
 A. Teachers
 B. Philosophers
 C. Soldiers
 D. Leaders
31. How many countries participated in the first modern Olympics in 1896?
 A. 12
 B. 13
 C. 14
 D. 15
32. Who will host the 2032 Olympics?
 A. Lost Angeles
 B. Australia
 C. Paris
 D. Mexico

33. Who was India's flag bearer for the Commonwealth Games 2022?
 A. Neeraj Chopra and Lakshya Sen B. Manpreet Singh and P.V. Sindhu
 C. P.V. Sindhu and Lakshya Sen D. Manpreet Singh and Mirabai
34. What was India's position in the final medals tally at the 2022 Commonwealth Games?
 A. Second B. Third
 C. Fourth D. Fifth
35. Bones in human body are classified on the basis of:
 A. Structure and functions B. Size and shape
 C. Location and attachment D. Joint and movement
36. Newton's second law of motion is also known as
 A. Law of gravitation B. Law of inertia
 C. Law of action reaction D. Law of momentum
37. Which part of the body is affected by lordosis?
 A. shoulder B. knee
 C. upper back D. lower back
38. Kyphosis is also known as _____.
 A. Hollow Back B. Curve Back
 C. Lower Back D. Hunch Back
39. Which of the following is the largest segment of the movable part of the vertebral column?
 A. Lumbar vertebrae B. Thoracic
 C. Cervical D. Coccygeal
40. Occipital is the bone of
 A. Thigh B. Skull
 C. Chest D. Foot
41. Which of the following is called the "Law of Interaction"?
 A. Newton's First law B. Newton's Second law
 C. Newton's Third law D. None of the above
42. Flat foot is detected by using
 A. Plumbline B. Pedograph
 C. Ordinary measuring scale D. Spondulometer
43. Round back is also known as
 A. Lordosis B. Scoliosis
 C. Kyphosis D. Hollow back

44. _____ bones may have short, flat, notched, or ridged surfaces.
- | | |
|----------|--------------|
| A. Short | B. Irregular |
| C. Flat | D. Sesamoid |
45. What is the main chemical element found in bone?
- | | |
|-----------|-------------|
| A. Iron | B. Calcium |
| C. Carbon | D. Hydrogen |
46. What is the weakest bone in the body?
- | | |
|-------------|------------|
| A. Clavicle | B. Scapula |
| C. Sternum | D. Coccyx |
47. The human appendicular skeleton has _____ bones
- | | |
|--------|--------|
| A. 120 | B. 126 |
| C. 80 | D. 116 |
48. The stapes bone located in the
- | | |
|---------------|---------------|
| A. Lower ear | B. Upper ear |
| C. Upper nose | D. Middle ear |
49. Test, measurement and evaluation are related with one another in the following way:
- | |
|--|
| A. Measurement and evaluation are parts of test |
| B. Evaluation and test are parts of measurement |
| C. Test and measurement are the parts of evaluation |
| D. Evaluation is a part of both test and measurement |
50. AAHPER Youth Fitness Test does not include
- | | |
|------------------------|------------------|
| A. Shuttle run | B. Sit-ups |
| C. Standing broad jump | D. Vertical Jump |
51. Knox test is skill test for
- | | |
|-----------|---------------|
| A. Tennis | B. Basketball |
| C. Hockey | D. Volleyball |
52. Phillip's J.C.R is designed to measure the ability of individuals to perform fundamental motor skills which were related to:
- | |
|---|
| A. Strength, Power, Speed and Flexibility |
| B. Strength, Power, Speed, Agility and Endurance |
| C. Strength, Flexibility, Agility and Endurance |
| D. Flexibility, Power, Speed, Agility and Endurance |
53. When was somatotype developed?
- | | |
|---------|---------|
| A. 1940 | B. 1950 |
| C. 1960 | D. 1970 |

54. Which body type can be characterized by a round body
 A. Mesomorph B. Ectomorph
 C. Graphomorph D. Endomorph
55. Which body type has a high metabolic rate?
 A. Mesomorph B. Endomorph
 C. Ectomorph D. Obese
56. B. E. Phillips developed the JCR test in:
 A. 1955 B. 1957
 C. 1958 D. 1959
57. Harvard Step Test was developed in
 A. 1940 B. 1942
 C. 1944 D. 1945
58. What is the short formula for Harvard step test?
 A. Fitness Index = (100 x test duration in seconds) divided by (2 x pulse count between 1 and 1.5 minutes)
 B. Fitness Index = (100 x test duration in seconds) divided by (5.5 x pulse count between 1 and 1.5 minutes)
 C. Fitness Index = (100 x test duration in seconds) divided by (2 x sum of heart beats in the recovery periods).
 D. Fitness Index = (100 x test duration in seconds) divided by (5 x sum of heart beats in the recovery periods).
59. The aim of McDonand Soccer skill test is to measure
 A. Accurate kicking and judgement of a moving ball
 B. Ball control and accurate kicking
 C. Accurate kicking, ball control and judgement of a moving ball
 D. Ball control and judgement of a moving ball
60. How many trials are there in the McDonald's soccer test?
 A. Two B. Three
 C. Four D. Five
61. Russell-Lange Volleyball test was developed by French & Cooper in:
 A. 1935 B. 1942
 C. 1945 D. 1937
62. Which of the following item is included in the Russell-Lange Volleyball test
 A. Dig pass B. Spiking ability
 C. Blocking ability D. Volleying ability
63. Hick's badminton test consists of three items. Identify the test items from the options given below
 a) Standing backward jump
 b) Clear test
 c) Smash test

- d) Shuttle run test
- e) Strategy test

Chose the right answer from the options given below:

- | | |
|---------------------|---------------------|
| A. (a), (b) and (d) | B. (b), (c) and (e) |
| C. (a), (b) and (e) | D. (b), (c) and (d) |
64. Height of stool in Harvard step test for college men is
- | | |
|--------------|--------------|
| A. 18 inches | B. 22 inches |
| C. 20 inches | D. 17 inches |
65. 'Asthenic' is one of the body type as classified by:
- | | |
|------------|--------------|
| A. Sheldon | B. Kretchmer |
| C. Bucher | D. Thorndike |
66. Which of the following is not a principle of sports training?
- | | |
|----------------------------|-----------------------------|
| A. Principle of rest | B. Principle of specificity |
| C. Principle of continuity | D. Principle of overload |
67. Load has a complex effect on the performance of:
- | | |
|-------------------|----------------|
| A. Young Children | B. Adolescents |
| C. Elite Athletes | D. Adult |
68. What principle of training does this define? "How often an athlete should exercise per week in order to get benefits".
- | | |
|-------------------------|--------------|
| A. Duration | B. Frequency |
| C. Progressive overload | D. Intensity |
69. What is the aim of sports training?
- | | |
|-------------------------------------|--------------------------|
| A. Builds motivation | B. Increases muscle tone |
| C. Builds up strength and endurance | D. All of the above |
70. Best procedure to develop flexibility is
- | | |
|--------------------------------|--------------------|
| A. Slow stretching | B. Ballistic |
| C. Slow stretching and holding | D. Fast stretching |
71. Incomplete recovery is vital in:
- | | |
|----------------------|-----------------------------------|
| A. Fartlek training | B. Cross Country |
| C. Interval training | D. Continuous methods of training |
72. What is the full form of PNF?
- A. Proprioceptive Neurotransmitter Facilitation
 - B. Proprioceptive Neuromuscular Function
 - C. Proprioceptive Neuromuscular Facilitation
 - D. Proprioceptive Neuromuscular Flexibility

