

MIZORAM PUBLIC SERVICE COMMISSION

TECHNICAL COMPETITIVE EXAMINATIONS FOR RECRUITMENT TO THE POST OF COACH GRADE - III UNDER SPORT & YOUTH SERVICES DEPARTMENT, GOVERNMENT OF MIZORAM. APRIL, 2019

TECHNICAL PAPER - I

Time Allowed : 2 hours

Full Marks : 150

Attempt all questions.

All questions carry equal marks of 2 each.

- The aims of Sports training are:
 - Improvement of physical fitness
 - Improvement of technical and tactical efficiency
 - Education and Improvement of mental capabilities
 - All of these
- What principle of training does this define? "You should Exercise the energy system, muscles, actions and skills that are relevant to the Sports".
 - Frequency
 - Variety
 - Specificity
 - Intensity
- The characteristics of Sports training are:
 - always planned in the form of shorter and bigger training cycle and also should be a systematic.
 - always based on Scientific facts and principles.
 - quality of Execution of the exercise.
 - both (a) & (b)
- To avoid psychological and physical boredom a change in the method of training is needed, so the "Plateau" is not reached during the training session, this refers to the principles of:
 - Generalization before Specialization
 - Duration
 - Variety
 - Specificity
- 'A competitive athlete in any Sport should develop a sound general fitness including all fitness components before Specialization of a particular Sport' What principle does this refers to:
 - Progressive Overload.
 - Generalization before Specialization.
 - Intensity.
 - Duration.
- The Competition performance can be divided into:
 - 5
 - 2
 - 3
 - 4
- While making an assessment of performance and performance capacity, a Coach should keep in mind:
 - The period of training
 - The training state, age and sex of the sportsperson
 - The nature of training done in the past
 - All of these

8. Which of the following is a benefit of Performance training?
(a) Improve muscle. (b) Helps Sportsman identify goals.
(c) Provides a good climate for learning. (d) None of these.
9. Which one of the following is an example of a performance goal?
(a) To try to win the league in sport.
(b) To try to get a goal back near the end of the match.
(c) To try to improve throwing technique in the javelin.
(d) To try to beat opponent and win a trophy.
10. Complex competition performance is:
(a) the process of performances in a heat an earlier round of competition qualification competition.
(b) the performance in relativity self-dependent of competition.
(c) the complete process of performing in an important competition.
(d) all of these
11. The important objective means of judgment of load.
(a) Strength (b) Heart Rate
(c) Aerobic Capacity (d) All of these
12. The traditional means of judgement of load are dependent on the subjective judgement of the coach or the teacher, the accuracy and reliability of these means depend greatly on:
(a) Knowledge of the Coach
(b) His experiance
(c) His ability to observe scientifically and systematically
(d) All of these
13. Symtoms of over load are:
(a) Increased excetability (b) Oversensitive to creticism.
(c) Increase performance (d) Both (a) & (b)
14. Causes of Overload are :
(a) Too long recovery period (b) Load is too low
(c) Too high intensity in endurance training (d) All of these
15. Overload in sports training takes place when:
(a) The oxygen is adequate to supply the need the body.
(b) The oxygen supply mechanism are not able to increase.
(c) The intake of oxygen is insufficient to meet the demand.
(d) The supply of oxygen is more than aquired.
16. Physical exercise are the principal means of training, which of the following is the classification of the effect of physical exercise on the performance capacity in a sports:
(a) Explosive exercise (b) General exercise
(c) Special and competition exercise (d) Both (b) & (c)
17. The quality of movement execution in several sports has an effect on the load. The movement quality is the product of motor co-ordination and high degree of movement quality with the required aspects of :
(a) Agility
(b) Speed
(c) Mental load (e.g. concentration, attention and perception)
(d) All of these

18. Intensity of load is the degree of effort being made by the sportsman while doing an exercise:
- (a) Speed
 - (b) Agility
 - (c) Explosive
 - (d) Strength
19. The volume of load is the total amount of work done through an exercise or in a training. As compare to load intensity the load volume is comparatively easier to measure and assess. The different parametrics used to measure volume in different sports and exercises are :
- (a) Duration, distance.
 - (b) Hour, minute, second, km, m
 - (c) Anaerobic
 - (d) Both (a) & (b)
20. Transition period aims at:
- (a) Stabilization of performance
 - (b) Super compensation
 - (c) Recreation
 - (d) Recovery
21. The basic form of preparation of sportsman is known as:
- (a) Training
 - (b) Conditioning
 - (c) Sports statistic
 - (d) Sports training
22. Transfer of training is said to be:
- (a) Positive
 - (b) Negative
 - (c) Zero
 - (d) All of these
23. Adaptation takes place faster in case of:
- (a) Beginners
 - (b) Advanced Sportsmen
 - (c) High level sportsmen
 - (d) All of these
24. The process of tackling training and competition demands which cause temporary disturbance of phyhic and physical state of homeostases is called:
- (a) Adaptation
 - (b) Load
 - (c) Recovery
 - (d) None of these
25. Automatisation of a motor action is called:
- (a) Tactics
 - (b) Technique
 - (c) Style
 - (d) Skill
26. In how many parts can a lesson plan for technique training be divided:
- (a) 3
 - (b) 4
 - (c) 5
 - (d) 6
27. What is the importance of lesson plan for technique training?
- (a) It helps the coach/teacher in choosing the teaching method which accordance with the requirement of an activity
 - (b) It helps in clearly defining the aim of lesson
 - (c) It helps in orderly organisation of the lesson
 - (d) All of these
28. In lesson planning, which of the following is not included:
- (a) Assembly
 - (b) Warming up exercise
 - (c) Dismissal
 - (d) Economical
29. An impressive, successful, useful and effective teaching and coaching to sportsperson can be done by:
- (a) Making a suitable plan for each lesson and then teaching according to his/her plan.
 - (b) Style and dress
 - (c) Classroom
 - (d) None of these

30. To be systemic in training means that all the training means and method should be used in accordance with the following except:
- (a) The performance structure of the sports concerned.
 - (b) The principles of improvement of sports performance.
 - (c) The long term training process for the building up of performance.
 - (d) The short term goal set for the performance.
31. The strength ability can be divided into:
- (a) 2 types
 - (b) 4 types
 - (c) 6 types
 - (d) 3 types
32. The maximum strength is :
- (a) The ability to overcome resistance or act against resistance.
 - (b) The ability to overcome or act against maximum resistance.
 - (c) The combination of strength and speed abilities.
 - (d) The ability to overcome resistance or act against resistance under condition of fatigue.
33. Explosive strength is:
- (a) The ability to overcome or to act against maximum resistance.
 - (b) A combination of strength and speed ability, it can be defined as the ability to overcome resistance with high speed.
 - (c) The ability to overcome resistance or to act against resistance under the condition of fatigue.
 - (d) The ability to overcome resistance or act against resistance.
34. Strength Endurance is :
- (a) The ability to overcome resistance or to act against resistance under the condition of fatigue.
 - (b) The ability to overcome or to act against maximal resistance.
 - (c) A combination of strength and speed abilities.
 - (d) The ability or act against resistance.
35. Training for strength or power has a little effect on:
- (a) Muscle mass
 - (b) Muscle strength
 - (c) An aerobic capacity
 - (d) aerobic capacity
36. According to some sport scientist, how many percent of speed is inherited?
- (a) 50%
 - (b) 60%
 - (c) 70%
 - (d) 80%
37. How many percent of agility is inherited?
- (a) 50%
 - (b) 60%
 - (c) 70%
 - (d) 80%
38. Speed can be defined as an ability to cover a fixed distance within the least time and also dependent on:
- (a) Physical structure
 - (b) Muscle mass
 - (c) Flexibility of the joints
 - (d) All of these
39. Agility may be defined as quick dexterity in the use of the limbs and dependent on :
- (a) Muscle endurance
 - (b) Muscle efficiency
 - (c) Nerve reflexes
 - (d) Both (b) & (c)

40. Speed abilities are trainable to a very limited extent. Factors determining speed are:
- (a) Mobility of the nervous system
 - (b) Aerobic capacity
 - (c) Technique and flexibility
 - (d) Both (a) & (c)
41. The main aim of Endurance training is :
- (a) to have explosive strength.
 - (b) to have Muscular power.
 - (c) to tone up Cardio-Vascular System.
 - (d) muscular strength.
42. Training for Endurance has a little effect on:
- (a) aerobic capacity
 - (b) Capillary Density
 - (c) Muscular Mass
 - (d) Muscle and glycogen content
43. It has been observed that _____ percent of man's Endurance is inherited:
- (a) 20%
 - (b) 30%
 - (c) 50%
 - (d) 60%
44. Basic Endurance is :
- (a) the ability to do sports movements of general nature under conditions of fatigue.
 - (b) the ability to do sports movement involving large number of muscles at a slow pace for prolonged period.
 - (c) the ability to do sports movement of a particular spot under condition of fatigue.
 - (d) the ability to do cyclic activities lasting up to 45 seconds.
45. General Endurance is :
- (a) the ability to do movement involving large number of muscles, at a slow pace for prolonged period.
 - (b) the ability to do sports movements of general nature under condition of fatigue.
 - (c) the ability to do sports movements of a particular sport under condition of fatigue.
 - (d) the ability to effectively tolerate higher concentration of lactic acid.
46. Flexibility can be effectively improved through exercises, these exercises are commonly called:
- (a) Strength Exercise
 - (b) Endurance Exercise
 - (c) Stretching Exercise
 - (d) Anaerobic Exercise
47. Passive flexibility is :
- (a) The ability to do a movement with larger amplitude without external help.
 - (b) The ability to do the movement with a larger amplitude with external help.
 - (c) The ability to do the movement with a larger amplitude when the body is in motion.
 - (d) The ability to do the movement with a greater force.
48. Active Flexibility is:
- (a) The ability to do the movement with a greater amplitude when the body is in motion.
 - (b) The ability to do the movement with a greater amplitude with external help.
 - (c) The ability to do the movement with a greater amplitude without external help.
 - (d) The ability to do the movement with a greater force.
49. Dynamic Flexibility is :
- (a) The ability to do the movement with a larger amplitude when the body is in motion.
 - (b) The ability to do the movement with a larger amplitude without any external help.
 - (c) The ability to do the movement with a larger amplitude with external help.
 - (d) The ability to do the movement with a greater force.

- 50.** For the improvement of Flexibility Ballistic Method is used:
- (a) The movement is done with a swing in a rhythmic manner. The joint concerned is stretch with swing. The exercise can be done rhythmically with a count.
 - (b) In this method the joint is slowly stretch to its maximum limit for a long time and then slowly brought back to the original position.
 - (c) In this method the joint is slowly stretch to its maximum limit and is then held for about 4-8 second and slowly brought back to the original position.
 - (d) In this method the muscles are stretch to its maximum for 40 second and slowly brought back to the original position.
- 51.** Slow, Stretching Method:
- (a) The joint is slowly stretch to its maximum limit and is then held there for about 4-8 seconds and slowly brought back to the original position.
 - (b) The joint is slowly stretch o its maximum limit for a long time and then brought it back to the original position.
 - (c) In this method the muscles are stretch to its maximum limits for 40 seconds and slowly brought it back to the original position.
 - (d) In this method the movement is done with a swing in a rhythmic manner.
- 52.** In slow stretching and holding method:
- (a) The joint slowly stretch and allows the muscles to remain stretched for a long time and then is slowly brought back to the original position.
 - (b) The joint concerned is stretch with a swing and can be done rhythmically with a count.
 - (c) The joint is slowly stretched its maximum limit and is the held therefore about 4-8 seconds and slowly brought back to the original position.
 - (d) All the above are true.
- 53.** Flexibility is best trainable during:
- (a) Below 13 years
 - (b) 13-20years
 - (c) 20-25 years
 - (d) 25-30 years
- 54.** Flexibility exercise should be done:
- (a) After strength training
 - (b) After endurance
 - (c) After a good warm-up
 - (d) Under the condition of technique
- 55.** Each sportman requires only:
- (a) Maximum flexibility
 - (b) Over flexibility
 - (c) Optimum Flexibility
 - (d) Minimum flexibility
- 56.** The reason for lower performance in sports competition is:
- (a) Fear of failure
 - (b) Anxiety
 - (c) Aggression
 - (d) Motivation
- 57.** Sport performance is the bi-product of:
- (a) Skill
 - (b) Total personality
 - (c) Tactical ability
 - (d) Conditional ability
- 58.** Sports psychology is the study of:
- (a) Sports as a psychological phenomenon.
 - (b) The psychological aspects of sports.
 - (c) The psychological deviations among sports persons.
 - (d) Sports as a learning experience.

59. IQ is calculated from:
- (a) Chronological age
 - (b) Chronological and mental age
 - (c) Height and weight
 - (d) Mental age
60. Rewards typically undermine intrinsic motivation when reward is:
- (a) for mere participation
 - (b) tied to the quality of one's
 - (c) Informational in nature
 - (d) All of these
61. Which type of mental skill would be critical to skill execution during performance?
- (a) Motivation
 - (b) Attentional focus
 - (c) Leadership
 - (d) Self-awareness
62. Frustration among sportsperson is due to:
- (a) Cause of poor performance
 - (b) Natural outcome of competitive sports
 - (c) Anger of the person
 - (d) Result of poor performance
63. Heredity is considered as a social structure:
- (a) Primary
 - (b) Secondary
 - (c) Dynamic
 - (d) Static
64. The human development is based on certain principles, which of the following is not a principle of human development?
- (a) Continuity
 - (b) Sequentiality
 - (c) General to Specific
 - (d) Reversible
65. The aims of technique in sports are:
- (a) It promotes high performance and reduces the risk of injury.
 - (b) To promote Endurance
 - (c) Freehand Exercise
 - (d) All of these
66. The basic form of preparation of sports men is known as:
- (a) Conditioning
 - (b) Sports Statistics
 - (c) Sports Psychology
 - (d) Sports Training
67. Sports training is based on:
- (a) Scientific knowledge
 - (b) Planned and systematic
 - (c) Educational process
 - (d) All of these
68. The longest training session(cycle) is known as:
- (a) Micro Cycle
 - (b) Macro Cycle
 - (c) Meso Cycle
 - (d) None of these
69. Principles of sports training are guidelines for:
- (a) Coaches
 - (b) Teachers
 - (c) Sports Persons
 - (d) All of these
70. Training structure is primarily characterized by the following:
- (a) Purposeful order of training apart
 - (b) Load dynamic e.g. volume intensity
 - (c) Continuous
 - (d) All of these
71. Factors influencing growth are:
- (a) Nutrition
 - (b) Heridity and Environment.
 - (c) Strength
 - (d) Both (a) & (b)

72. Stages of growth and development are the following:

- (a) Infancy
- (b) Childhood
- (c) Adolescence
- (d) All of these

73. The most intense and crucial socialization takes place:

- (a) Through the life of a person
- (b) During adolescence
- (c) During early childhood
- (d) During adulthood

74. For talent identification and its promotion, screening of children for basic training stage are done on the basis of:

- (a) Health and physique
- (b) General physical performance capacity
- (c) Interest of Parents
- (d) All of these

75. After 3-4 years of basic training selection for a group of sports, selection based on the specific requirement for the group of sports:

- (a) Physique
- (b) Motor abilities
- (c) Endurance
- (d) Both (a) & (b)

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