

MIZORAM PUBLIC SERVICE COMMISSION

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

TECHNICAL PAPER - II

Time Allowed : 2 hours

Full Marks : 150

Attempt all questions.

All questions carry equal marks of 2 each.

- The role of the coach will be many and varied, among are:
 - to create the right conditions for learning
 - to assist athletes to develop new skills, use evaluation tests to monitor training progress and predict performance
 - to adjust training to suit age, fitness and health of the athlete.
 - To analyze performances of the athletes.

(a) I and II (b) III and IV
(c) I, II and III (d) All of these
- Who is a coach in sport team? Select the most suitable answer from the following.

(a) A person involved in direction, instruction and training of a sport team.
(b) An official dealing with management of a coaching center.
(c) An official who officiate a game.
(d) A person who do scouting and the final say on player contract negotiations.
- “Physical education as an education through physical activities for the development of total personality of the child to its fullness and perfection in body, mind and spirit.”* This definition was given by;

(a) Webster’s Dictionary.
(b) Harold Marion Barrow.
(c) Central Advisory Board of physical Education and Recreation.
(d) Charles A. Bucher.
- 2018 Women World Boxing Championship was held in

(a) Tokyo (b) New Delhi
(c) London (d) Buenos Aires
- Laws of learning, such as readiness, exercise, effect which enable teachers to teach their learners more efficiently were formulated by

(a) Edward Thorndike (b) Ivan Pavlov
(c) John B. Watson (d) B.F. Skinner
- Which of the following sports require most quick reflexes?

(a) Artistic gymnastics (b) Amateur boxing
(c) Power lifting (d) Double trap shooting

7. Sport participation by itself, however, does not develop character in athletes. Coaches can develop good sport conduct by
- (a) becoming role model.
 - (b) punishment on losing a game.
 - (c) making fun of teammates' skill, ethnicity, or size.
 - (d) causing injury to an opponent on purpose.
8. Select incorrect statements given below.
- (a) To interact with people in sport has helped sportsmen to work better in academic settings.
 - (b) Sport participation has important consequences for youth development.
 - (c) Higher peer acceptance has been associated with development of self-centered personality.
 - (d) Skilled athletes tend to enjoy high peer acceptance associated with other positive outcomes.
9. Which of the following are psychological skills to help the athlete manage the performance?
- I. Practice Progressive relaxation
 - II. Motor skills learning.
 - III. Mental practice with imagery
 - IV. Goal setting
- (a) I and II
 - (b) II and III
 - (c) I, III and IV
 - (d) All of these
10. When the two skills are similar in some way having already mastered one of the skills, makes learning the second skill easier. This is called
- (a) Positive Transfer
 - (b) Negative Transfer
 - (c) Retroactive Transfer
 - (d) Zero Transfer
11. The influence of previous experience of performing a skill on the learning of a new skill is called
- (a) Law of readiness
 - (b) transfer of learning
 - (c) Negative transfer
 - (d) Motivation
12. The most important factor that keeps a child in the sport is
- (a) Fun
 - (b) Prize money
 - (c) Parent pressure
 - (d) To score high mark in exam
13. Which one of the following fitness components is yoga likely to develop?
- (a) Agility
 - (b) Speed
 - (c) Flexibility
 - (d) Cardiovascular endurance
14. Elimination tournament where the loser of each match is immediately eliminated from the competition is called
- (a) Round Robin Tournament
 - (b) Knock-out Tournament
 - (c) League Tournament
 - (d) Combination Tournament
15. In a Knock-out tournament where the participating teams are 20, the number of bye teams is...
- (a) 8
 - (b) 4
 - (c) 12
 - (d) 10
16. In a league tournament where the number of participating is 8, the total number of matches to be played is...
- (a) 16
 - (b) 24
 - (c) 28
 - (d) 64

17. In a knockout style of tournament,
- I. seeds 1 & 2 won't play each other until the FINAL.
 - II. seeds 1 & 2 will play each other in the first round.
 - III. Seeds 1, 2, 3 or 4 won't meet each other until the SEMI-FINALS.
 - IV. Seeds 1, 2, 3 or 4 will start from the SEMI-FINALS.
- (a) I and II (b) II and III
(c) I and III (d) I and IV
18. Playoff berth awarded to an individual or team that fails to qualify in the normal way is called
- (a) Jack pot (b) wildcard
(c) dark horse (d) Pot luck
19. The official award for outstanding coaches in Sports and Games, in India is..
- (a) Arjuna Award (b) KhelRatna
(c) Dhyan Chand Award (d) Dronacharya Award
20. Who said this statement? "Motivation is an art to generate interest in a student."
- (a) Thompson (b) Linderberg
(c) Pavlov (d) Throndike
21. Through which mental activity do we transform available information to reach conclusion?
- (a) Motivating (b) Problem solving
(c) Reasoning (d) Thinking
22. As the new millennium coach what will be your position among the following;
- (a) Guide (b) facilitator
(c) Friend (d) Philosopher
23. When learning in one situation influences learning in another situation, there is evidence of:
- (a) Avoidance learning (b) Learned helplessness
(c) Transfer of Training (d) None of these
24. Shifting from right-hand driving in (in U.S.A.) to a left-hand driving (in India) is an illustration of:
- (a) Negative transfer of training (b) Positive transfer of training
(c) Zero Transfer (d) Neutral transfer of training
25. Positive transfer of training is possible with:
- (a) Dissimilar tasks (b) Motor tasks
(c) Similar tasks (d) Verbal tasks
26. One of the disadvantages of Yoga is:
- (a) Yoga practice is injurious for the body.
(b) If your goal is burning lots of calories, yoga will disappoint you.
(c) Yoga causes high blood pressure.
(d) None of these
27. What is width of goal post in the game of football?
- (a) 18 feet (b) 20 feet
(c) 24 feet (d) 32 feet
28. The rim height in basketball is
- (a) A9.8 feet (b) 10.0 feet
(c) 10.4 feet (d) 12.0 feet

29. Who won the 2001 Wimbledon Championships through wild card entry?
(a) Lin Dan (b) Novak Djokovic
(c) Goran Ivanišević (d) Kim Clijsters
30. The term '16 yards hit' is associated with -
(a) Badminton (b) Baseball
(c) Polo (d) Hockey
31. The dimensions of a Hockey field are?
(a) 91.4m × 55m (b) 92m × 55m
(c) 92.5m × 56m (d) 91.4m × 56m
32. The height of antenna in volleyball is
(a) 1.20 m (b) 1.40 m
(c) 1.50 m (d) 1.80 m
33. For all AIBA Competitions, the boxing ring is _____ m square inside the line of the ropes.
(a) 4.80 m (b) 6.10 m
(c) 6.60 m (d) 6.80 m
34. What is height of the Net in the center of the court in tennis?
(a) 3 feet (b) 3.6 feet
(c) 3.3 feet (d) 2.5 feet
35. How high should the net of table tennis be?
(a) 8 inch (b) 6.5 inch
(c) 6 inch (d) 4 inch
36. A FILA approved wrestling mat has a _____ diameter and a 1.5m border and is mandatory in Olympic Games.
(a) 9 meter (b) 10 meter
(c) 11 meter (d) 12 meter
37. Sprinting speed is best developed through
(a) Interval training (b) Weight training
(c) Plyometric training (d) Continuous running
38. Pushing against the stationary wall is an example of
(a) Eccentric exercise (b) Isometric exercise
(c) Isotonic exercise (d) Isokinetic exercise
39. Circuit training is an effective method for developing
(a) Speed (b) Flexibility
(c) Strength endurance (d) Agility
40. To improve Leg strength we shall include the following in our circuit training.
(a) High jumps (b) Chin ups
(c) pushups (d) depth jumps
41. The goal of the circuit training is to improve
(a) Flexibility and Coordination
(b) Cardio vascular endurance and muscle endurance
(c) Reaction time and Explosive Strength
(d) None of these

42. Circuit training is generally targeted and developed during
- (a) Off season Training
 - (b) During Competition
 - (c) the pre-season training
 - (d) None of these
43. In anaerobic circuit training the intensity level is high and the heart rate should be somewhere between
- (a) 40% and 55%
 - (b) 50% and 65%
 - (c) 60% and 75%
 - (d) 80% and 95% of the maximum heart rate
44. One of the Disadvantages of circuit training is:
- (a) Many exercises require specialized equipment - e.g. gym equipment.
 - (b) Cannot be adjusted to suit age and fitness of the athlete.
 - (c) Exercises are complicated to make athlete confusion.
 - (d) It does not develop strength.
45. Circuit training was developed by
- (a) R.E. Morgan and G.T. Anderson in 1953
 - (b) the American College of Sports Medicine
 - (c) Cooper Institute for Aerobic Research
 - (d) a Swedish coach named Gosta Holmer in 1930's
46. Progression in circuit training is achieved by altering the
- (a) Increasing the degree of difficulty of each exercise
 - (b) Decreasing the time off between exercises
 - (c) Reducing the recovery time between circuits
 - (d) All of these
47. For training of maximum strength which one of the following will be the best choice.
- (a) Exercise Intensity: 90-100% of 1RM, Reps: 1-4 and Sets: 3-4+, Rest interval: 2-4 minutes
 - (b) Exercise Intensity: 40-80% of 1RM, Reps: 10+, Sets: 2-5+ with Rest interval: 30-60 seconds
 - (c) Exercise Intensity: 30-50% 1RM, Reps: 1-6, Sets: 2-6+, Rest interval: 30 seconds - 2 minutes
 - (d) All of these
48. Advantage of free weights over weight machines in strength training is that
- (a) they give simpler and easier work out programs.
 - (b) they are less expensive.
 - (c) they give more coordination and stability.
 - (d) all of these
49. Give muscles a break of _____ hours between strength training sessions to give them time to grow and repair.
- (a) 24
 - (b) 24-48
 - (c) 48-72
 - (d) More than 72
50. Strength training induces
- (a) increase the number of muscle fiber
 - (b) increase of muscle fiber size
 - (c) increase the length of muscle fiber
 - (d) all of these

51. Match List-I with List-II and select the correct option using the codes given below:

List – I

1. Weightlifting
2. 100 meter Sprinter
3. Marathon runner
4. Boxing

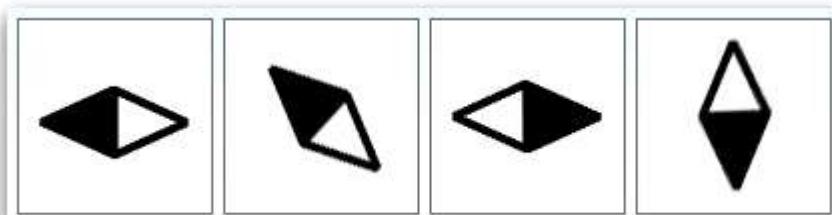
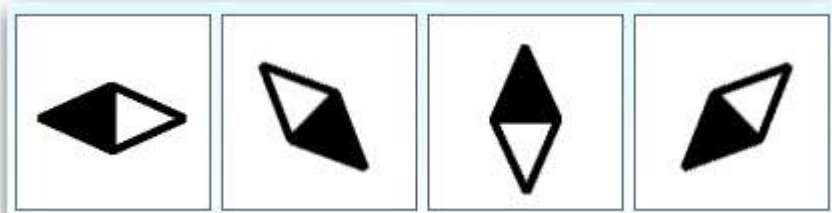
List – II

- A. Strength endurance
- B. Maximum strength
- C. Speed Strength
- D. Aerobic endurance

- Code :**
- | | | | | |
|-----|---|---|---|---|
| | 1 | 2 | 3 | 4 |
| (a) | A | B | C | D |
| (b) | C | A | B | D |
| (c) | B | A | C | D |
| (d) | B | C | D | A |

52. What types of strength is needed by a football player during his entire match?
(a) Strength endurance (b) Maximum strength
(c) Speed Strength (d) Agile Strength
53. For measuring Strength the following apparatus is used.
(a) Skin fold calipers (b) Sphygmomanometer
(c) Grip dynamometer (d) Stationery bike
54. Which of the following locomotors skills is typically most difficult for five year olds to perform?
(a) jogging across the length of a classroom
(b) walking along a low balance beam
(c) hopping on one foot from one end of a classroom to the other end
(d) walking along a circular pattern marked by tape on the floor.
55. Which of the following best describes why participation in play activities is important to children's growth and development?
(a) Children learn how to behave by observing older children at play.
(b) Play settings provide the environments in which overcome confusion related to appearance.
(c) Children with limited opportunities to play often experience delayed development.
(d) Play allows children to try out new physical, cognitive, and social behaviors.
56. During which stage of growth and development are total daily caloric needs greatest?
(a) infancy (b) early childhood
(c) adolescence (d) early adulthood
57. Which of the following nutritional areas should be of particular concern for children aged 9 to 14 years because of the bone growth and development that occurs in this age range?
(a) adequate fiber intake (b) adequate carbohydrate intake
(c) adequate fat intake (d) adequate calcium intake
58. Which one of the following is the best example of a fundamental motor skill?
(a) Slice serve in tennis (b) Spin bowling in cricket
(c) Running for the ball in football (d) Back spin in a table tennis shot
59. Which of the following statements is not true?
(a) Growth is a biological process (b) Development is a quantitative process
(c) Education is a goal-oriented process (d) Learning is a process of behavioral changes
60. Both the chronological age and the mental age of a pupil are 7 years. He may be classified into which category ?
(a) Normal intelligence (b) Below normal intelligence
(c) Superior intelligence (d) Genius

61. Which one of the following describes why skilled performers in PE are different from unskilled performers?
- (a) They try harder (b) They are more outgoing
(c) They interact with spectators (d) They are more co-ordinated
62. Which is not a factor of motivation?
- (a) Prize (b) Practice
(c) Praise (d) Incentive
63. The philosopher who for the first time mentioned the importance of play (or sports) in education was
- (a) Plato (b) Aristotle
(c) Socrates (d) John Locke
64. "Individual learns from his own mistakes" The statement is based on the following learning theory;
- (a) Instrumental conditioning (b) Insight
(c) Trial & Error (d) Classical conditioning
65. Which one is not an element of intellectual development?
- (a) Creativity (b) Tolerance
(c) Thinking (d) Imagination
66. The sum of five consecutive numbers is 190. What is the sum of the largest and smallest numbers?
- (a) 75 (b) 77
(c) 76 (d) 73
67. Which number will replace "?"
- 4, 9, 20, 43, 90, ?
- (a) 180 (b) 182
(c) 179 (d) 185
68. That which cannot be avoided-
- (a) Inevitable (b) Irreparable
(c) Incredible (d) Irritable
69. Which word is opposite in meaning of the word- Meagre?
- (a) Excessive (b) Excel
(c) Obscure (d) Moist
70. Find out the word which is spelt correctly
- (a) Satellite (b) Sattelite
(c) Satelite (d) Sattellite
71. Which of the shape will come next in the sequence of shapes below?



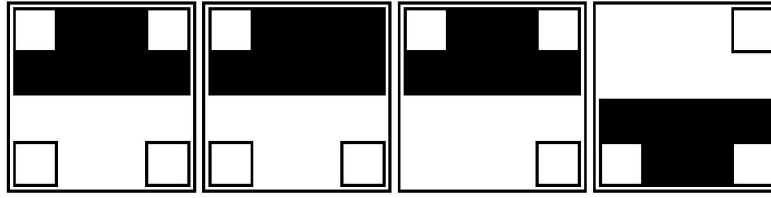
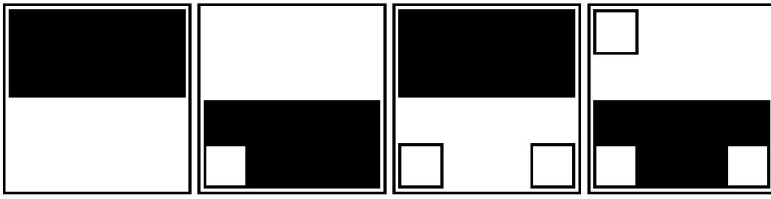
(a)

(b)

(c)

(d)

72. Which of the figure complete the series?

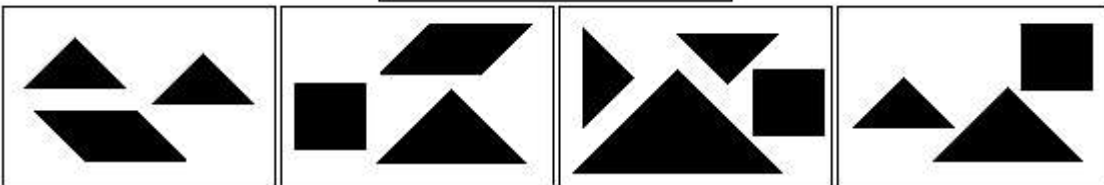
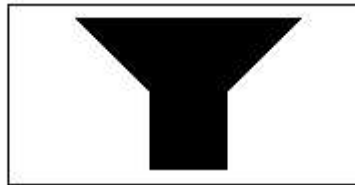


(a) (b) (c) (d)

73. If English alphabets are written in reverse order, what will be the third letter right from the 16th letter from the left?

- (a) I
- (b) H
- (c) J
- (d) E

74. Which group of shapes can be assembled to make the shape shown?



(a) (b) (c) (d)

75. Pointing to a man a lady said, "His mother is the only daughter of my mother." How is lady related to man?

- (a) Mother
- (b) Daughter
- (c) Sister
- (d) Aunt

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