



(प्र.1 & 2) निर्देश- प्रश्नों में दिए गए शब्द के लिए सही विपरीतार्थी अथवा विलोम शब्द चुनिए-

1. अनिवार्य

(A) आवश्यक (B) वैकल्पिक (C) ऐच्छिक (D) पंसदीदा

2. थोक

(A) खेरीज (B) चिल्लर (C) खुदरा (D) इकट्ठा

(प्र.3 & 4) निर्देश- शब्द समूह के लिए एक शब्द दीजिए-

3. "पृथ्वी और सूर्य आदि ग्रहों के मध्य का स्थान"

(A) अंतरिक्ष (B) आकाश (C) स्वर्ग (D) परलोक

4. "व्यक्ति जो किसी अन्य के स्थान पर कार्यरत हो"

(A) अस्थायी (B) स्थानापन्न (C) अल्पकालीन (D) कामचलाऊ

(प्र.5 & 6) निर्देश- शुद्ध वर्तनी वाले शब्द का चयन कीजिए-

5. (A) शीघ्रता (B) शीघृता (C) सीघ्रता (D) शिघ्रता

6. (A) परीछारती (B) परिक्षारथी (C) परीछार्थी (D) परीक्षार्थी

7. मुहावरे के लिए विकल्पों में से उपयुक्त अर्थ का चयन कीजिए-

"ईद का चाँद होना"

(A) खूबसूरत होना (B) शुभ संदेश लाने वाला (C) दुर्लभ होना (D) रंगीन होना

8. 'सूर्योदय' का अर्थ है-

(A) सूर्य का निकलना (B) सूर्य का अस्त होना (C) सूर्य का गरम होना (D) सूर्य ग्रहण होना

9. "Chief Administrative Officer" के लिए हिंदी पर्याय है-

(A) मुख्य संचालन अधिकारी (B) मुख्य सेवा अधिकारी

(C) मुख्य प्रशासनिक अधिकारी (D) इनमें से कोई नहीं

10. "केंद्रीय कार्यालय" का सही अंग्रेजी पर्याय है-

(A) Head Quarter (B) Head Office (C) Central Office (D) Main Office

English (10 × 1 = 10)

Instructions for Q.11 & 12: Choose the best suited synonym of the given word from the following options:

11. VACUOUS

(A) Ravenous (B) Truthfulness (C) Stupid (D) Dreamer

12. PRAGMATIC

(A) Practical (B) Magnetic (C) Liar (D) Arrogant



Instructions for Q.13 & 14: Choose the best suited synonym of the given word from the following options:

13. MELANCHOLY

- (A) Sorrowful (B) Happy (C) Confused (D) Convicted

14. EMINENT

- (A) Famous (B) Sad (C) Imminent (D) Unknown

Instructions for Q.15 & 16: Choose the best suited analogy of the given set from the following options (sets):

15. Aggravate : Alleviate

- (A) Later : Precede (B) Urbane : Naive
(C) Evasive : Wordy (D) Feeble : Worker

16. VINDICTIVE : MERCY

- (A) Transient : Fleeting (B) Elated : Happy
(C) Crestfallen : Cognizant (D) Skeptical : Trustfulness

Instructions for Q.17 & 18: Identify parts of speech of the word(s) available in brackets.

17. She (as well as) her sister is engaged.

- (A) Adverb (B) Adjective (C) Preposition (D) Conjunction

18. This golden ring is too (costly) to purchase.

- (A) Adverb (B) Adjective (C) Preposition (D) Conjunction

Instructions for Q.19 & 20: Choose the proper word from the given options to fill-in the blanks:

19. Cannon had such unique qualities _____ it was used widely in ancient times.

- (A) that (B) so (C) since (D) this

20. She succeeded by _____ hard.

- (A) continuous working (B) working (C) continuous work (D) work

Teaching Methodology (10 × 1 = 10)

21. One will be an effective communicator if one

- (A) communicates in his/her mother tongue (B) has histrionic talents
(C) is very clear about what he/she communicates (D) is a humourous speaker

22. Teaching aptitude means

- (A) Devotion towards teaching work (B) The desire to become a teacher
(C) All the requisite abilities to do the job of a teacher (D) None of these

23. You are in class on the very first day of the opening session, and take introductions of the students, the primary objective of this introduction for you is

- (A) To know about students' potentialities along with their family status
(B) Selection of those students who can do the school job for you
(C) Identification of potential
(D) Both (B) & (C)

24. A teacher is the leader both *de jure* and *de facto*. He is the authority before the students, and so it is his right to lead. While assuming leadership of the students, he should follow some important principles

- (A) Creating right atmosphere in the class (B) Preparation and planning
(C) Providing opportunities (D) All of these



25. Language is a
- (A) System of symbols for effective communication (B) Instinctive development
(C) Medium to express experiences (D) Medium for self enhancement
26. To educate according to nature means
- (A) To come back to nature as opposed to mechanical life
(B) To educate in accordance with the law of nature of human development
(C) To study natural laws and apply them to the educational process
(D) All of the above
27. With respect to the development of skills, all of the following are correct except that
- (A) Pupil of same mental age should learn at the same rate
(B) Group interaction increases the skills
(C) Group instruction facilitates the learning process
(D) Workbooks can be invaluable learning aid
28. A teacher in the class is
- (A) A director of the group (B) The president of the group
(C) A leader and guide of the group (D) None of these
29. _____ refers to states within a person or animal that drive behaviour towards some goal.
- (A) Competence (B) Self-actualisation (C) Motivation (D) Affiliation
30. A child with average potential intelligence but fertile environment will achieve—
- (A) A better life (B) Everything in life (C) Nothing in life (D) An average life

Current Affairs (10 × 1 = 10)

31. Swapan Sarkar, who passed away recently, was associated with which field?
- (A) Politics (B) Sports journalism (C) Law (D) Art
32. The museum for all former Prime Ministers of India will be constructed in which city?
- (A) New Delhi (B) Gandhinagar (C) Lucknow (D) Kolkata
33. The Government of India (GoI) has reduced the minimum annual deposit requirement for accounts under Sukanya Samriddhi Yojana from Rs. 1,000 to _____?
- (A) Rs 550 (B) Rs. 350 (C) Rs. 250 (D) Rs. 750
34. The Lok Sabha has recently passed the Fugitive Economic Offenders Bill 2018 to attach & confiscate assets of defaulters. The cases involved in economic offences of how much value will come under its purview?
- (A) Rs. 500 Crore or more (B) Rs. 100 Crore or more
(C) Rs. 1000 Crore or more (D) Rs. 50 Crore or more
35. Gopal Das Neeraj, who passed away recently, was associated with which field?
- (A) Journalism (B) Cartoon (C) Poetry (D) Sports
36. The Reserve Bank of India (RBI) will soon issue new 100 Rupee notes with motif of which UNESCO World Heritage site?
- (A) Sanchi Stupa (B) Rani Ki Vav (C) Hampi (D) Konark



37. Who is the author of the book "The Dhoni Touch: Unravelling the Enigma that is Mahendra Singh Dhoni"?
- (A) Nuwan Kulasekara (B) Vijaya Kumar
(C) Jagdish Singh Rajput (D) Bharat Sundaresan
38. Which country hosted the 10th edition of BRICS Summit 2018?
- (A) South Africa (B) Brazil (C) Russia (D) China
39. Which city to host the 106th Indian Science Congress (ISC-2019)?
- (A) Bhopal (B) Jaipur (C) Patna (D) Jalandhar
40. The National Institute of Yoga (NIY) is located in which city?
- (A) Kolkata (B) Udaipur (C) New Delhi (D) Kanpur

Numerical and Reasoning (10 × 1 = 10)

41. Look at this series: 7, 10, 13, 11, 25, 12, _____. What number should come next?
- (A) 42 (B) 49 (C) 43 (D) 53
42. Which word does NOT belong with the others?
- (A) Inch (B) Ounce (C) Centimetres (D) Yard
43. Marathon is to race as hibernation is to
- (A) Winter (B) Bear (C) Dream (D) Sleep
44. Statement: It is desirable to put the child in school at the age of 5 or so.
- Assumptions:
- I. At that age the child reaches appropriate level of development and is ready to learn.
II. The schools do not admit children after six years of age.
- (A) Only assumption I is implicit (B) Only assumption II is implicit
(C) Either I or II is implicit (D) Neither I nor II is implicit
45. A two digit number is three times the sum of its digits. If 45 is added to it, the digits are reversed. The number is
- (A) 23 (B) 32 (C) 27 (D) 72
46. The sum of the digits of a two digit number is 12. If the new number formed by reversing the digits is greater than the original number by 54, then what will be the original number?
- (A) 93 (B) 28 (C) 48 (D) 39
47. Three years ago the average age of A and B was 18 years. If C joins them today, the average becomes 22 years. How old is C now?
- (A) 27 (B) 24 (C) 30 (D) 28
48. Two numbers are in the ratio 3:5. If 9 is subtracted from each of the numbers, the new numbers are in the ratio 12: 23. The smaller number is:
- (A) 27 (B) 33 (C) 49 (D) 55
49. If $0.75 : x :: 5 : 8$, then x is equal to:
- (A) 1.12 (B) 1.2 (C) 1.25 (D) 1.30
50. A train 360 m long is running at a speed of 45 km/hr. In what time will it pass a bridge 140 m long?
- (A) 40 s (B) 45 s (C) 50 s (D) 55 s



- 51. Correct sequential order of the rings of the Olympic Flag.**
(A) Blue, red, yellow, black, green (B) Blue, black, green, yellow, red
(C) Blue, yellow, black, green, red (D) Blue, black, red, yellow, green
- 52. School Health Programme does not include**
(A) Health Instruction (B) Health Supervision (C) Health Services (D) Health Research
- 53. Blood from the right ventricle of the Heart is taken to the lungs for purification by:**
(A) Hepatic Artery (B) Renal Artery (C) Coronary Artery (D) Pulmonary Artery
- 54. Physical exercises done with an aim to develop muscle hypertrophy are by nature _____**
(A) Isokinetic exercises (B) Aerobic exercises (C) Anaerobic exercises (D) Isotonic exercises
- 55. Which of the following Vitamins is water soluble?**
(A) Vitamin A (B) Vitamin B (C) Vitamin E (D) Vitamin K
- 56. High blood sugar level is controlled by**
(A) Glucose (B) Thyroxin (C) Insulin (D) Adrenalin
- 57. Bones in human body are classified on the basis of**
(A) Structure and Functions (B) Location and Attachment (C) Size and Shape (D) Joint & Movement
- 58. Micronutrients include:**
I. Carbohydrate II. Minerals III. Vitamins IV. Fat
(A) I and II (B) II and III (C) III and IV (D) IV and I
- 59. Flexion and extension occur around**
(A) Medio-lateral axis (B) Anterio-posterior axis (C) Vertical axis (D) Sagittal axis
- 60. Cardiovascular system can be best trained for performance in endurance events by practicing in**
(A) Ballistic exercises (B) Yogic practices (C) Aerobic exercises (D) Anaerobic exercises
- 61. Who was the Runner-up of FIFA World Cup-2018?**
(A) France (B) Belgium (C) Croatia (D) England
- 62. Which one of the following pair is correctly matched?**
(A) Impulse is the product of – Force and distance
(B) Sagittal axis is perpendicular to – Sagittal plane
(C) Linear motion is created by – Centric force
(D) Nature of collision during kicking a ball – Perfectly elastic collision
- 63. Newton's Third Law of Motion can be primarily used to explain:**
(A) Running and jumping (B) Throwing and catching (C) Kicking and hitting (D) Bowling & batting
- 64. How much protein a working woman should take every day?**
(A) 27 gm (B) 46 gm (C) 37 gm (D) 50 gm
- 65. The first institute in India to propagate the cause of indigenous physical activities is**
(A) YMCA, Madras (B) LNIPE, Gwalior (C) H.V.P. Mandal, Amravati
(D) Punjab Government College of Physical Education, Patiala
- 66. Milk, butter and ghee provide**
(A) Vitamin B and C (B) Vitamin E and K (C) Vitamin A and D (D) Vitamin C and E
- 67. To determine what is needed and who will do it, is an important task of a manager. Technically it is known as**
(A) Staffing (B) Organizing (C) Leading (D) Controlling
- 68. Select the most suitable option:**
(A) Soccer is a game (B) Soccer is a sport as well as a game
(C) Soccer is a sport (D) Soccer is a play
- 69. During strenuous exercise, the major reason for onset of fatigue is**
(A) O₂ debt (B) Depletion of O₂ (C) Lactic acid formation (D) Increase of CO₂ level
- 70. Kraus-Weber Test measures**
(A) Minimum muscular strength (B) Absolute muscular strength
(C) Maximum muscular strength (D) Relative muscular strength
- 71. The most important function of a first aider for a casualty is**
(A) Taking the casualty to a doctor
(B) Treating the casualty
(C) Saving life using the means available
(D) Arranging transportation to carry the casualty to hospital
- 72. Professional preparation of physical education teachers is governed by:**
(A) U.G.C. (B) A.I.C.T.E. (C) N.C.T.E. (D) N.A.A.C
- 73. Cardio respiratory efficiency is best measured through**
(A) Indiana Motor fitness test (B) Harward step test (C) John-Methany test (D) JCR test
- 74. Two common types of curvilinear pathways are**
(A) Angular & Circular (B) Angular & Parabolic (C) Circular & Rotary (D) Rotary & Angular

75. Leadership is a behavioral process which focuses on

- (A) Developing and maintaining good relationship (B) Influencing individuals and group towards set goals
(C) Situational characteristics of the group (D) Setting goals & getting the job done.

76. In which state is the 'Britannia Amritraj Tennis Academy' situated?

- (A) Kerala (B) Chennai (C) Karnataka (D) Pondicherry

77. The term 'caddy' is associated with

- (A) Golf (B) Billiards (C) Bridge (D) Snooker

78. Scoliosis is a postural deformity related with—

- (A) foot (B) leg (C) vertebral column (D) hand

79. Which of the following factors is considered to be most important in the construction of an indoor gymnasium?

- (A) Direction (B) Light (C) Ventilation (D) Floor

80. Which is the smallest bone in the human body?

- (A) Pisiform (B) Scaphoid (C) Stapes (D) Malleus

81. In which of the following locomotor skills does each foot have two tasks to complete before the weight is transferred to the other foot?

- (A) Galloping (B) Running (C) Walking (D) Skipping

82. The correct racing posture of a swimmer, a cyclist, or a downhill skier minimizes the effect of

- (A) lift (B) propulsion (C) turbulence (D) gravity

83. 'Michael Ferreira' is associated with the game of

- (A) Snooker (B) billiards (C) Golf (D) equestrian

84. Karnam Malleshwari, weightlifter, belongs to which state?

- (A) Andhra Pradesh (B) Arunachal Pradesh (C) Karnataka (D) Kerala

85. 'Pugilists' are also known as

- (A) Athletes (B) Chess players (C) Boxers (D) Archers

86. Why is warming up before exercise important?

- (A) It improves flexibility (B) It improves heart rate
(C) It decreases the removal of lactic acid (D) It slows adrenaline release

87. Why is a cool down important after exercise?

- (A) To raise resting Heart Rate (B) To improve speed
(C) To make muscular contractions stronger (D) To speed up the removal of lactic acid

88. A referee is an official who has an important role in physical activities. Which one of the following is an example of the role of a referee in a physical activity?

- (A) Ensuring that all players have a good level of fitness (B) Recording performance statistics
(C) Applying rules fairly (D) Supervising the warm up

89. Sphygmomanometer is used to measure—

- (A) Blood Hemoglobin (B) Blood Cholesterol (C) Blood Pressure (D) Blood Volume

90. Shuttle run 'Test' measures

- (A) Explosive strength (B) Speed endurance (C) Agility (D) Speed

91. How many events are there in Heptathlon?

- (A) 5 (B) 6 (C) 7 (D) 9

92. What does the Olympic Flame symbolize?

- (A) Zeal to play sports (B) Challenge (C) Continuity (D) Integrity

93. Which organ of the Alimentary canal is known as 'Graveyard of Red Blood Cells'?

- (A) Liver (B) Pancreas (C) Spleen (D) Duodenum

94. Which was the first brand, Sachin Tendulkar endorsed in the beginning of his career?

- (A) Boost (B) Pepsi (C) Nike (D) None of these

95. Posture is an index of—

- (A) Personality (B) Health (C) Character (D) Fitness

96. Who amongst the following are found to be most agile?

- (A) High jumper Athlete (B) Gymnasts (C) Swimmers (D) Divers

97. Which of the following is a two joint muscle?

- (A) Bicep brachii (B) Deltoid (C) Iliopsoas (D) Sartorius

98. Indian Women hockey team has recently won silver medal in Asian Games, Jakarta. Who was the coach of the same team?

- (A) Harender Singh (B) Sjoerd Marijne (C) Rani Rampal (D) Marina Jalinier

99. Who amongst the following is not a recipient of Arjuna Award in basketball?

- (A) Sarbjit Singh (B) Hanuman Singh (C) Om Prakash (D) Milkha Singh

100. Which sport is known as 'Payattu' in Kerala?

- (A) Kung-fu (B) Tea Kwando (C) Judo (D) Karate

