

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE TOLD TO DO SO

Booklet Serial No.

835269

Test Booklet Series

ASSISTANT PTI
OMR Examination - 2025



Time Allowed: 120 Minutes

Maximum Marks: 120

INSTRUCTIONS

1. IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS TEST BOOKLET **DOES NOT** HAVE ANY UNPRINTED OR TORN OR MISSING PAGES OR ITEMS, ETC. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.
2. Please note that it is the candidate's responsibility to encode and fill in the Roll Number, Booklet Serial No. and Test Booklet Series Code A, B, C or D carefully and without any omission or discrepancy at the appropriate places in the OMR Answer /Response Sheet. Any omission/discrepancy will render the Response Sheet liable for rejection.
3. You have to enter your Roll Number on the Test Booklet in the Box provided alongside.
DO NOT write anything else on the Test Booklet.
4. This Test booklet contains **120** items (questions). Each item comprises of four responses (answers). You will select the response which you want to mark on the Answer Sheet/Response Sheet. In case you feel that there is more than one correct response, mark the response which you consider the appropriate. In any case, choose **ONLY ONE** response for each item.
5. You have to mark all your responses **ONLY** on the separate Answer /Response Sheet provided. See directions in the Response Sheet.
6. **All** items carry equal marks.
7. After you have completed filling in all your responses on the Response Sheet and the examination has concluded, you should hand over to the Invigilator **only the Answer /Response Sheet**. You are permitted to take away with you the Test Booklet and **Candidate's Copy of the Response Sheet**.
8. Sheets for rough work are appended in the Test Booklet at the end.
9. While writing Centre Code and Roll No. on the top of the Answer Sheet/Response Sheet in appropriate boxes use **"ONLY BLUE/BLACK BALL POINT PEN"**.
10. **Penalty for wrong answers:**

THERE WILL BE PENALTY FOR WRONG ANSWERS MARKED BY THE CANDIDATE IN THE WRITTEN TEST (OBJECTIVE TYPE QUESTIONS PAPERS).

- (i) There are four alternatives for the answer to every question. For each question for which a wrong answer has been given by the candidate, ($\frac{1}{4}$) of the marks assigned to that question will be deducted as penalty.
- (ii) If a candidate gives more than one answer, it will be treated as a **wrong answer** even if one of the given answers happens to be correct and there will be same penalty as above for that question.
- (iii) If a question is left blank, i.e., no answer is given by the candidate, there will be **no penalty** for that question.

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE TOLD TO DO SO

(Set - A)

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1. What is the primary aim of Physical Education?
 - A) Winning competitions
 - B) Promoting physical fitness
 - C) Generating revenue
 - D) Professional sports training
2. In which year were the Olympic Games first revived?
 - A) 1896
 - B) 1900
 - C) 1850
 - D) 1920
3. Who was the first recipient of the Rajiv Gandhi Khel Ratna Award?
 - A) Sachin Tendulkar
 - B) Leander Paes
 - C) Viswanathan Anand
 - D) Abhinav Bindra
4. PTI stands for:
 - A) Physical Training Instructor
 - B) Professional Training Institute
 - C) Physical Therapy International
 - D) Performance Training Internship
5. The human body moves in how many planes?
 - A) 2
 - B) 3
 - C) 4
 - D) 5
6. What is the primary function of skeletal muscles?
 - A) Digestion
 - B) Movement
 - C) Breathing
 - D) Circulation

7. Who is considered the father of modern Olympic Games?
- A) Pierre de Coubertin
 - B) Baron de Blondin
 - C) Carl Diem
 - D) Avery Brundage
8. What is the standard duration of a football match?
- A) 60 minutes
 - B) 90 minutes
 - C) 80 minutes
 - D) 100 minutes
9. Which organ removes lactic acid from muscles?
- A) Liver
 - B) Kidneys
 - C) Heart
 - D) Lungs
10. SLA in sports management stands for:
- A) Strategic Learning Agreement
 - B) Service Level Agreement
 - C) Sports Leadership Association
 - D) Skill Level Assessment
11. The first Commonwealth Games were held in:
- A) 1930
 - B) 1950
 - C) 1908
 - D) 1974
12. What is the primary purpose of warm-up exercises?
- A) Increase muscle mass
 - B) Prevent injuries
 - C) Improve appearance
 - D) Reduce weight

13. How many players are on the court for a volleyball team?
- A) 5
 - B) 6
 - C) 7
 - D) 8
14. What is the basic unit of heredity?
- A) Cell
 - B) Tissue
 - C) Gene
 - D) Organ
15. Which of the following is NOT a type of motion?
- A) Rotational
 - B) Linear
 - C) Diagonal
 - D) Circular
16. BMI stands for:
- A) Body Mass Indicator
 - B) Body Muscle Index
 - C) Body Mass Index
 - D) Basic Muscle Intensity
17. Which system helps in oxygen transportation?
- A) Digestive system
 - B) Respiratory system
 - C) Nervous system
 - D) Endocrine system
18. What triggers fatigue in muscles?
- A) Excess energy
 - B) Lactic acid accumulation
 - C) Muscle growth
 - D) Dehydration

19. What does RDA stand for in nutrition?
- A) Recommended Daily Allocation
 - B) Recommended Dietary Allowance
 - C) Regular Daily Assessment
 - D) Regulated Dietary Approach
20. Which is a non-contact sport?
- A) Hockey
 - B) Football
 - C) Badminton
 - D) Wrestling
21. The Olympic symbol consists of how many rings?
- A) 3
 - B) 4
 - C) 5
 - D) 6
22. Which award is given to coaches for excellence in sports?
- A) Arjuna Award
 - B) Dronacharya Award
 - C) Khel Ratna Award
 - D) Padma Shri
23. Who among the following is known as the "Flying Sikh" of India?
- A) Milkha Singh
 - B) P.T. Usha
 - C) Anju Bobby George
 - D) Abhinav Bindra
24. The heart is a type of:
- A) Smooth muscle
 - B) Skeletal muscle
 - C) Cardiac muscle
 - D) Voluntary muscle

25. The concept of second wind relates to:
- A) Physical strength
 - B) Breathing capacity
 - C) Mental alertness
 - D) Muscle endurance
26. The study of body movement is called:
- A) Biology
 - B) Physiology
 - C) Kinesiology
 - D) Anatomy
27. What does doping primarily affect?
- A) Mental performance
 - B) Physical performance
 - C) Social behavior
 - D) Emotional state
28. The primary source of energy for muscles is:
- A) Proteins
 - B) Fats
 - C) Carbohydrates
 - D) Vitamins
29. What is the function of joints?
- A) Produce blood
 - B) Enable movement
 - C) Generate heat
 - D) Store energy
30. The primary goal of physical education is:
- A) Winning medals
 - B) Holistic development
 - C) Professional sports
 - D) Financial gains

31. The transfer of training is MOST effectively demonstrated through:
- A) Identical element theory
 - B) Generalization of skills
 - C) Muscular adaptation
 - D) Neurological conditioning
32. In motor skill learning, which stage involves maximum refinement?
- A) Cognitive stage
 - B) Associative stage
 - C) Autonomous stage
 - D) Initial learning stage
33. The most critical factor in sports performance psychology is:
- A) Physical fitness
 - B) Mental resilience
 - C) Genetic potential
 - D) Training duration
34. Which philosophical approach emphasizes individual experience in physical education?
- A) Idealism
 - B) Naturalism
 - C) Pragmatism
 - D) Existentialism
35. Group dynamics MOST significantly impact:
- A) Individual performance
 - B) Team cohesion
 - C) Training intensity
 - D) Competitive strategy
36. The primary purpose of biomechanical analysis is:
- A) Injury prevention
 - B) Performance optimization
 - C) Equipment design
 - D) Physiological assessment

37. Which physiological parameter is most directly related to an individual's aerobic capacity?
- A) Blood glucose level
 - B) Basal metabolic rate
 - C) Maximum oxygen uptake (VO₂ max)
 - D) Resting heart rate
38. The neuromuscular junction is primarily responsible for:
- A) Muscle contraction initiation
 - B) Bone density regulation
 - C) Hormone secretion
 - D) Blood circulation
39. In biomechanics, the term "lever" refers to:
- A) A mechanical device for lifting weights
 - B) A system where a rigid body rotates around a fixed point
 - C) A muscle contraction technique
 - D) A measurement of body flexibility
40. Which of the following is NOT a component of health-related physical fitness?
- A) Cardiovascular endurance
 - B) Muscular strength
 - C) Agility
 - D) Body composition
41. The "Sliding Filament Theory" explains:
- A) Bone growth mechanisms
 - B) Muscle contraction process
 - C) Nerve impulse transmission
 - D) Joint movement dynamics
42. Which vitamin is crucial for calcium absorption and bone metabolism?
- A) Vitamin A
 - B) Vitamin C
 - C) Vitamin D
 - D) Vitamin E

43. In sport psychology, "intrinsic motivation" refers to:
- A) External rewards driving performance
 - B) Motivation arising from personal satisfaction
 - C) Pressure from coaches or parents
 - D) Financial incentives
44. The Concentric Phase of muscle contraction involves:
- A) Muscle lengthening
 - B) Muscle shortening
 - C) Static muscle tension
 - D) Eccentric muscle action
45. Which training method focuses on improving both aerobic and anaerobic energy systems simultaneously?
- A) Isometric training
 - B) High-Intensity Interval Training (HIIT)
 - C) Isokinetic training
 - D) Plyometric training
46. The "Principle of Specificity" in training means:
- A) Training must be generic
 - B) Exercise should mimic specific sport movements
 - C) All athletes need identical training
 - D) Strength training is universal
47. Which hormonal response is most associated with prolonged, intense exercise?
- A) Increased insulin secretion
 - B) Elevated cortisol levels
 - C) Reduced growth hormone
 - D) Decreased testosterone
48. In pedagogical terms, "differentiated instruction" in physical education implies:
- A) Teaching all students identically
 - B) Adapting teaching methods to individual student needs
 - C) Focusing only on athletic students
 - D) Eliminating competitive activities

49. The Krebs Cycle is primarily related to:
- A) Muscle protein synthesis
 - B) Cellular energy production
 - C) Bone remodeling
 - D) Hormone regulation
50. Which assessment tool is most effective for measuring overall physical fitness?
- A) Body Mass Index (BMI)
 - B) Skinfold measurement
 - C) Fitness test battery
 - D) Resting metabolic rate
51. Proprioception is best defined as:
- A) Muscle strength assessment
 - B) Body's sense of spatial orientation
 - C) Respiratory capacity
 - D) Cardiovascular endurance
52. In sports nutrition, "glycogen loading" is most beneficial for:
- A) Strength athletes
 - B) Endurance athletes
 - C) Bodybuilders
 - D) Sprinters
53. The "General Adaptation Syndrome" describes:
- A) Muscle growth process
 - B) Body's response to stress
 - C) Respiratory system adaptation
 - D) Immune system function
54. Which pedagogical approach emphasizes student-centered learning in physical education?
- A) Traditional direct instruction
 - B) Task-based learning
 - C) Lecture-based teaching
 - D) Coach-centered methodology

55. Isokinetic exercise is characterized by:
- A) Constant speed of movement
 - B) Variable resistance
 - C) Static muscle contraction
 - D) Maximum weight lifting
56. The "Overload Principle" in training suggests:
- A) Always using maximum weights
 - B) Progressively increasing exercise difficulty
 - C) Maintaining constant exercise intensity
 - D) Reducing training frequency
57. Which neural mechanism controls muscle coordination?
- A) Sympathetic nervous system
 - B) Cerebellum
 - C) Medulla oblongata
 - D) Hypothalamus
58. In sports psychology, "flow state" represents:
- A) Physical exhaustion
 - B) Complete mental absorption in an activity
 - C) Competitive anxiety
 - D) Performance stress
59. What is the term for a series of exercises performed with minimal rest at stations?
- A) Fartlek training
 - B) Circuit training
 - C) Plyometric training
 - D) Interval training
60. What is the role of biomechanics in physical education?
- A) Psychological support
 - B) Analysis of movement
 - C) Organizing events
 - D) Enhancing dietary plans

61. What is the scope of Physical Education in the modern era?
- A) Focus on professional sports only
 - B) Holistic development including physical, mental, and social well-being
 - C) Training for Olympic events
 - D) Financial benefits
62. Which domain in Physical Education focuses on movement skills?
- A) Affective domain
 - B) Psychomotor domain
 - C) Cognitive domain
 - D) Emotional domain
63. Which philosophy emphasizes the "existence precedes essence" concept in Physical Education?
- A) Pragmatism
 - B) Idealism
 - C) Existentialism
 - D) Realism
64. What was the main goal of the South Asian Federation (SAF) Games?
- A) Promote professional sports training
 - B) Foster regional cooperation through sports
 - C) Focus on revenue generation from sports
 - D) Train athletes for global competitions
65. Consider the following statements about sports injuries:
- 1. Proper training can prevent injuries.
 - 2. Wearing protective gear reduces injury risk.
 - 3. Overtraining has no effect on injury occurrence.
- Which of the above statements is/are correct?**
- A) 1 and 2 only
 - B) 2 and 3 only
 - C) 1 and 3 only
 - D) 1, 2, and 3

66. Consider the following statements about the concept of rehabilitation:

1. Rehabilitation involves restoring functionality after injury.
2. It focuses only on physical recovery.
3. It includes both physical and mental health restoration.

Which of the above statements is/are correct?

- A) 1 and 2 only
- B) 2 and 3 only
- C) 1 and 3 only
- D) 1, 2, and 3

67. Consider the following statements about the Olympic Games:

1. The modern Olympic Games were revived in 1896.
2. The Olympics are held every four years.
3. The Winter Olympics were introduced after the Summer Olympics.

Which of the above statements is/are correct?

- A) 1 and 2 only
- B) 2 and 3 only
- C) 1 and 3 only
- D) 1, 2, and 3

68. Match the following components of Physical Education with their focus:

Component

Focus

- | | |
|-----------------------|--|
| 1. Affective domain | i. Emotional and social development |
| 2. Psychomotor domain | ii. Development of movement skills |
| 3. Cognitive domain | iii. Knowledge and intellectual skills |
| 4. Fitness domain | iv. Physical well-being |

Choose the correct match:

- A) 1-i, 2-ii, 3-iii, 4-iv
- B) 1-ii, 2-i, 3-iv, 4-iii
- C) 1-iii, 2-iv, 3-i, 4-ii
- D) 1-iv, 2-iii, 3-ii, 4-i

69. Match the following historical events with their significance:

Event	Significance
1. Ancient Olympic Games	i. First organized multi-sport event
2. Modern Olympic Games	ii. Revived global sporting competition
3. Asian Games	iii. Regional sports cooperation
4. Commonwealth Games	iv. Sports unity among Commonwealth

Choose the correct match:

- A) 1-i, 2-ii, 3-iii, 4-iv
- B) 1-ii, 2-iii, 3-iv, 4-i
- C) 1-iii, 2-iv, 3-i, 4-ii
- D) 1-iv, 2-i, 3-ii, 4-iii

70. Arrange the following physical training methods in the order of their development:

- 1. Circuit training
- 2. Interval training
- 3. Fartlek training
- 4. Plyometric training

Choose the correct option:

- A) 2, 1, 3, 4
- B) 1, 3, 2, 4
- C) 3, 2, 1, 4
- D) 4, 3, 2, 1

71. Philosophical foundations of Physical Education transcend:

- A) Measurable performance outcomes
- B) Holistic human development paradigms
- C) Competitive achievement metrics
- D) Physiological conditioning approaches

72. Advanced sports psychology reveals motivation as:

- A) Intrinsically determined construct
- B) Multidimensional psychological phenomenon
- C) Genetically predisposed mechanism
- D) Extrinsically manipulated response

73. Interdisciplinary perspectives in Physical Education demonstrate:

- A) Isolated disciplinary approaches
- B) Complex systemic interconnectedness
- C) Reductionist analytical models
- D) Simplistic performance paradigms

74. Neurological adaptation in skill learning suggests:
- A) Fixed neural pathways
 - B) Dynamic neural restructuring
 - C) Irreversible skill acquisition
 - D) Genetically predetermined capabilities
75. The philosophical dimensions of human movement encompass:
- A) Mechanical performance metrics
 - B) Existential embodied experience
 - C) Physiological functional outcomes
 - D) Competitive achievement paradigms
76. Complex training methodologies integrate:
- A) Singular physiological approaches
 - B) Multidimensional adaptive strategies
 - C) Mechanistic performance models
 - D) Isolated conditioning techniques
77. Sociological dynamics of sports participation reveal:
- A) Individualistic performance metrics
 - B) Complex cultural integration mechanisms
 - C) Simplistic competitive frameworks
 - D) Isolated social interactions
78. Advanced rehabilitation principles emphasize:
- A) Compensatory intervention strategies
 - B) Holistic systemic restoration
 - C) Localized treatment approaches
 - D) Simplistic recovery models

79. Psychological resilience in sports performance involves:
- A) Fixed mental capabilities
 - B) Adaptive cognitive flexibility
 - C) Predetermined psychological constructs
 - D) Linear performance progression
80. Biomechanical analysis of human movement demonstrates:
- A) Mechanical efficiency
 - B) Complex systemic interactions
 - C) Isolated mechanical principles
 - D) Simplistic movement models
81. Philosophical interpretations of physical potential explore:
- A) Deterministic performance limitations
 - B) Existential human capability
 - C) Mechanistic physiological constraints
 - D) Reductionist skill acquisition models
82. Comprehensive talent identification requires:
- A) Singular performance metrics
 - B) Multidimensional assessment approaches
 - C) Simplified selection criteria
 - D) Isolated physiological measurements
83. Advanced sports management integrates:
- A) Isolated administrative approaches
 - B) Comprehensive strategic development
 - C) Simplistic organizational models
 - D) Mechanistic performance metrics
84. Neuroplasticity in skill acquisition suggests:
- A) Fixed learning capabilities
 - B) Dynamic neural adaptation
 - C) Predetermined skill potential
 - D) Linear learning progression

85. Philosophical foundations of movement explore:
- A) Mechanical performance outcomes
 - B) Existential embodied experience
 - C) Physiological functional metrics
 - D) Competitive achievement paradigms
86. Complex physiological adaptations demonstrate:
- A) Linear training responses
 - B) Multisystemic interactive mechanisms
 - C) Isolated physiological changes
 - D) Simplistic adaptive models
87. Sociocultural dimensions of sports participation reveal:
- A) Individualistic performance metrics
 - B) Complex cultural integration processes
 - C) Simplified competitive frameworks
 - D) Isolated social interactions
88. In motor learning, "transfer of learning" means:
- A) Switching between sports
 - B) Applying skills learned in one context to another
 - C) Forgetting previous skills
 - D) Limiting skill repertoire
89. The primary function of synovial fluid is :
- A) Muscle contraction
 - B) Joint lubrication
 - C) Bone density maintenance
 - D) Hormone production
90. The primary energy system used in 400-meter sprint is:
- A) Phosphagen system
 - B) Aerobic system
 - C) Glycolytic system
 - D) Ketogenic system

91. Comprehensive training methodologies demonstrate:
- A) Singular physiological approaches
 - B) Multidimensional adaptive strategies
 - C) Mechanistic performance models
 - D) Isolated conditioning techniques
92. Advanced rehabilitation strategies emphasize:
- A) Compensatory intervention
 - B) Holistic systemic restoration
 - C) Localized treatment approaches
 - D) Simplistic recovery models
93. Which assessment method provides the most comprehensive health evaluation?
- A) Body composition analysis
 - B) Cardiovascular stress test
 - C) Comprehensive fitness test battery
 - D) Flexibility measurement
94. Eccentric muscle contraction involves:
- A) Muscle lengthening under tension
 - B) Muscle shortening
 - C) Static muscle holding
 - D) Maximum muscle contraction
95. The role of acetylcholine in neuromuscular transmission is :
- A) Muscle contraction inhibition
 - B) Nerve impulse transmission
 - C) Hormone regulation
 - D) Metabolic process control.
96. "Periodization" in training refers to :
- A) Random training schedule
 - B) Systematic planning of training cycles
 - C) Continuous high-intensity training
 - D) Avoiding specific training methods

97. Advanced sports management principles integrate:
- A) Isolated administrative approaches
 - B) Comprehensive strategic development
 - C) Simplistic organizational models
 - D) Mechanistic performance metrics
98. Complex talent identification requires:
- A) Singular performance metrics
 - B) Multidimensional assessment approaches
 - C) Simplified selection criteria
 - D) Isolated physiological measurements
99. Philosophical interpretations of physical education explore:
- A) Deterministic performance limitations
 - B) Existential human potential
 - C) Mechanistic physiological constraints
 - D) Reductionist skill acquisition models
100. Advanced physiological adaptations demonstrate:
- A) Linear training responses
 - B) Multisystemic interactive mechanisms
 - C) Isolated physiological changes
 - D) Simplistic adaptive models
101. The “Window of Trainability” concept relates to :
- A) Genetic potential
 - B) Age-specific optimal skill development
 - C) Recovery period
 - D) Nutritional timing
102. Neuroplasticity in learning processes suggests:
- A) Fixed learning capabilities
 - B) Dynamic neural adaptation
 - C) Predetermined skill potential
 - D) Linear learning progression

103. Biomechanical optimization explores:

- A) Mechanical efficiency
- B) Complex systemic interactions
- C) Structural biomechanical adaptations
- D) Simplified movement principles

104. Psychological preparation in sports integrates:

- A) Fixed mental strategies
- B) Adaptive cognitive flexibility
- C) Predetermined performance constructs
- D) Linear psychological development

105. Philosophical dimensions of physical potential:

- A) Limit human capabilities
- B) Expand existential possibilities
- C) Constrain physiological potential
- D) Simplify performance metrics

106. Advanced training methodologies demonstrate:

- A) Singular approach
- B) Multidimensional strategies
- C) Mechanistic models
- D) Isolated techniques

107. Rehabilitation strategies emphasize:

- A) Compensatory interventions
- B) Holistic systemic restoration
- C) Localized treatments
- D) Simplistic recovery approaches

108. Interdisciplinary perspectives reveal:

- A) Isolated disciplines
- B) Complex interconnectedness
- C) Reductionist models
- D) Simplistic paradigms

109. Which physiological adaptation occurs with consistent endurance training?

- A) Decreased heart size
- B) Reduced mitochondrial density
- C) Increased cardiac stroke volume
- D) Muscle fiber type reduction

- 110.** Comprehensive sports management principles:
- A) Isolate administrative functions
 - B) Integrate strategic development
 - C) Simplify organizational models
 - D) Mechanize performance metrics
- 111.** Sports development focuses primarily on:
- A) Competition results
 - B) Holistic athlete development
 - C) Financial outcomes
 - D) Technical skills only
- 112.** Motor learning theory emphasizes:
- A) Fixed skill acquisition
 - B) Progressive development stages
 - C) Random practice only
 - D) Singular learning approach
- 113.** Sports biomechanics primarily studies:
- A) Equipment design
 - B) Movement analysis
 - C) Injury treatment
 - D) Team strategies
- 114.** Physical education curriculum design should:
- A) Focus only on sports
 - B) Integrate multiple domains
 - C) Emphasize competition
 - D) Ignore individual differences
- 115.** Sports psychology primarily addresses:
- A) Physical training
 - B) Mental preparation
 - C) Technical skills
 - D) Equipment selection
- 116.** The principle of specificity in training refers to:
- A) General fitness
 - B) Sport-specific adaptations
 - C) Random exercise
 - D) Basic conditioning

117. Athletic performance evaluation should:

- A) Focus only on results
- B) Consider multiple factors
- C) Ignore mental aspects
- D) Emphasize winning only

118. Sports facility management requires:

- A) Financial focus only
- B) Comprehensive planning
- C) Minimal maintenance
- D) Random scheduling

119. Physical education assessment should:

- A) Focus only on skills
- B) Be comprehensive
- C) Ignore cognitive aspects
- D) Consider only fitness

120. Sports leadership development requires:

- A) Authoritarian approach
 - B) Multifaceted development
 - C) Technical knowledge only
 - D) Random selection
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