



राष्ट्रीय प्रौद्योगिकी संस्थान दिल्ली

NATIONAL INSTITUTE OF TECHNOLOGY DELHI

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संस्थान)

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PART-B EXAMINATION- (POST RELATED.

QUESTION PAPER FOR THE POST OF SAS ASSISTANT (PAY LEVEL 6)

Maximum Marks: 50

Time: 90 Minutes

Name of Candidate: _____ Roll No: _____


INSTRUCTIONS TO CANDIDATES

1. This question paper has 50 questions. Each question carries one mark. There are four choices for answer (A, B, C, D. to each question. Choose the correct answer (one only) for each question and write the answer in the space provided against each question.
2. Candidate must write Name, Roll No. and sign on each page of this booklet.
3. The candidate should check that the booklet does not have any unprinted or torn or missing pages or questions etc. If so, get it replaced with another question paper, before question paper starts.
4. One (1) mark will be awarded for each correct answer. There will be negative marking and (- ¼) mark will be awarded for each incorrect answer.
5. The unanswered questions will not attract negative marking
6. Return the Question Paper cum Answer Sheet to the invigilator after the examination is over.
7. **Mobile, Electronic Watch** and other **Electronic Gadgets** are prohibited in the examination.
8. There should not be any cutting or overwriting in the Answer.
9. Use of Unfair Means in Examination will lead to cancellation of candidature.

Q. No.	Topic	Question	Answer
1		Name the first Indian Woman who won the Gold Medal in Asian Games? A. P.T. Usha B. Sunita Rani C. Shayni Abraham D.Kamajit Sandhu	D

2	During muscular contraction, if there is no change in the size of muscle, this contraction is said? A. Isometric B. Isotonic C. Isokinetic D. Kinetic	A
3	Davis Cup is associated with? A. Hockey B. Volleyball C. Baseball D. Lawn Tennis	D
4	The technique to swim. Fastest is? A. Breast stroke B. Butterfly C. Free style D. Back stroke	C
5	Olympia city is situated in which country of the world? A. Greece B. Germany C. Italy D. China	A
6	The weight of Javelin for women is? A. 600 gm B. 800 gm C. 825 gm D. 700 gm	A
7	The quality of Physical Education teacher is? A. Civilized B. Good Performance C. Young D. Smart	B
8	Blood gets de-oxygenated in? A. Muscle B. Nerves C. Lungs D. Heart	D
9	The highest sports award of India is? A. Arjun Award B. Dronacharya Award C. Dhyan Chand Khel Ratan D. Padma Vibhushan	C
10	Which of following games is not a part of the Olympic Games? A. Football B. Judo	D
11	Which of these is not a component of physical fitness? A. Strength B. Flexibility C. Endurance D. Memory	D
12	On which date is the International Yoga Day is celebrated? A. 15 August B. 21 June C. 26 January D. 21 July	B
13	Which of these joints of the human body is an example of a hinge joint? A. Wrist joint B. Hip Joint C. Knee joint D. Thumb joint	C

A
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14	What term related to growth and development refers to the passing of traits from parents to their offspring? A. Puberty B. Infancy C. Sexuality D. Heredity	D
15	Weight training helps in _____ of muscles. A. Conditioning B. Stretching C. weakening D. movement	A
16	_____ friction is when a force is applied to an object but it does not cause it to move. A. Rolling B. Dynamic C. Static D. Sliding	C
17	Pashchimottanasana means stretching the _____ region A. Anterior B. Posterior	B
18	Early childhood is the age from _____ to _____ years A. 0, 2 B. 1, 4 C. 1, 5 D. 2, 6	D
19	Gymnast Dipa Karmakar became the first Indian woman to win _____ medal at Common Wealth Games. A. Gold B. Silver C. Bronze D. Consolation	C
20	A league tournament is also known as _____ tournament. A. Inramural B. Extramural	C
21	A league tournament is also known as _____ tournament. A. Intramural B. Extramural	D
22	A conditional capability which depends mainly on the energy liberation process in the muscles is called _____. A. Stress B. Fatigue	D
23	When the breaking of bone has a curved or sloped pattern, it is said to be _____ fracture. A. Comminuted B. Transverse C. Oblique. D. Impacted	
24	Women athletes have _____ sense of control in gymnastics. A. Good B. Better	B

JK
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25	_____ exercises are a component of sports medicine. A. Therapeutic C. Physiological	B. Physical D. All of these	A
26	For every action there is _____ and _____ reaction. A. Friction, gravitation	B. Equal, opposite	B
27	_____ is a Swedish term which means 'speed play'. A. Fartlek C. Apherd	B. Ostlek D. Speddrel	A
28	_____ enables a sportsperson to react quickly and effectively to different types of stimuli. A. Rest time C. Action time	B. Motion time D. Reaction time	D
29	When we are active and exercising _____ is essential to keep the body going. A. Salt C. Sugar	B. Water D. Roughage	B
30	Dhanurasana is also known as _____ posture. A. Boat C. Rabbit	B. Bow D. Eagle	B
31	The exchange of gases that takes place in small air sacks of lungs is called ____ A. Respiration C. Absorption	B. Inhalation D. Pulmonary diffusion	D
32	_____ has classified personalities as introverts, extroverts and ambiverts. A. Sheldon C. Watson	B. Jung D. Allport	B
33	How many amino acids are there? A. 20 C. 23	B. 22 D. 25	C
34	In which Olympics Indian men's Hockey team last won a medal before 2020 Tokyo Olympics A. 1984 Los Angeles C. 1992 Barcelona	B. 1980 Moscow D. 2008 Beijing	B

A
 JK
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35	Which all the years Argentina was FIFA World Champions in Football. A. 1978, 1986 & 2022 C. 1978, 2002 & 2022	B. 1978, 1982 & 2022 D. 1978, 1986 & 2018	A
36	Saikhom Mirabhai Chanu secured which position in Tokyo Olympics 2020 Women's Weightlifting 49kg category. A. Gold C. Bronze	B. Silver D. None of the above	B
37	In which weight category in Freestyle Wrestling does Ravi Kumar Dahiya secured Silver medal in Tokyo Olympics 2020. A. 57	B. 65	A
38	Who was the opponent of P V Sindhu in Bronze medal match in Tokyo Olympics 2020? A. Tai Tzu- Ying C. Akane Yamaguchi	B. He Bingjiao D. Mia Blichfeldt	B
39	Lovlina Borgohain, Indian Amateur Boxer who won Bronze medal in Tokyo Olympics 2020 belongs to which state of India. A. Telangana	B. Tamil Nadu	C
40	Which Indian Wrestler defeated Kazakhstan's Daulet Niyazbekov to secure Bronze medal in Tokyo Olympics 2020 in 65kg freestyle wrestling category. A. Bajrang Punia C. Seema Bisla	B. Deepak Punia D. Anshu Malik	A
41	Against which country 'Maradona' scored the goal of the century? A. Brazil C. Italy	B. Germany D. England	D
42	Which of the following game's playground has 'bonus line'?? A. Basketball	B. Hockey	C
43	In human body 'Fartlek' develop? A. Speed C. Strength	B. Endurance D. Agility	D B
44	Goniometer measures? A. Agility C. Speed	B. Strength D. Flexibility	D

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45	In which year was the Indian Olympics Association created? A. 1927 B. 1947 C. 1952 D. 1964	A
46	Which of these components of physical fitness would a marathon runner need the most? A. Explosive strength B. Locomotor ability C. Reaction ability D. Long term endurance	D
47	Which famous yogic book was written by Maharshi Patanjali? A. Yoga Sutras B. Yoga Manjiri	A
48	If a person with a height of 1.5m weighs 75 kg, which of these categories from the BMI chart will apply to him? A. Ideal B. Overweight C. Obesity Class I D. Obesity Class II	C
49	Which of these branches of science deals with the study of behaviour? A. Kinesiology B. Physiology C. Psychology D. Anatomy	C
50	What type of prohibited substances are illegally used by some athletes to remove excess water from the body? A. Diuretics B. Cannabinoids C. stimulants D. Beta-2 agonists	A