

## PRACTICE SET – 1

**Read the following passage carefully and answer the following (Q.Nos. 1-4) questions :**

Historians may dispute the novelty of the idea. Over the centuries, some Greek villages had continued to hold what were described as Olympic contests. It is on historical record that two Olympic Games were organized by the Greeks and Evangelos Zappas (a Greek living in Romania), in 1859 and 1870 but they were unsuccessful in their mission. But before his death, Zappas donated lot of money to re-establish the Olympic Games in Greece. Equally the '*Parisian Directoire*' had attempted to establish an Olympic celebration on *champs de Mars* at the end of the 18<sup>th</sup> century. However, the scope of a wealthy Baron Piere de Coubertin's (1863-1937) plans far outshaded those of his predecessors. He was stimulated by German success in excavating (making uncover) the Olympic site, conceived the yet more ambitious project of reviving the games. In one of his writings, he writes with nationalistic fervour "*Germany had brought to light what remained of Olympia. Why should not France succeed in restoring its glory?*"

The germ of de Coubertin's idea was conceived when he was twenty three, but at first he moved cautiously, fearing that such an ambitious project would arouse both hostility and scorn. After seven years of patient preparation, a congress was called at Paris in the spring of 1893, under the auspices of the Council of French Athletic Sports Club. The organisers being the Baron and his friends Mr. C Herbert, Secretary of the British Amateur Athletic Association and professor W.M Slone of Princeton University. The prime objective of the trio- was top secret, the confessional reasons for the meeting being (1) the defence of amateur sport against the evil of

professionalism and (2) the clarification of the rules governing amateur status.

In June 1894, another International Athletic Congress was held in Paris, with wider representations. Again much time was given to technicalities such as, the definition of an amateur, reasons for suspension, disqualification and re-qualification, the possibility of being a professional in one sport and an amateur in another, and the treatment of the athlete who received a work of art as a prize and promptly sold it to the highest bidder. Further time could not be devoted for a more detailed consideration of the Olympic project.

In the process of pressing for the re-establishment of the games, Baron de Coubertin was strongly influenced by the ideas of Victorian England, the '*Muscular christianity*' of Kingsley, and the use of athletics in moral training, as preached by Dr. Arnold of Rugby School. His speeches continually stressed the search for physical beauty and health through a happy balance of mind and body, the healthy drunkenness flow of the blood nowhere so intense and exquisite as in bodily exercise, and the value of sport in promoting social democracy and international understanding.

To begin with, de Baron included all forms of competitive exercise widely used in the modern world. However, in order to keep the games to a manageable size he proposed excluding certain regional sports such as cricket and baseball. Further, to manage the games economically, he set the ideal size of the games. In any case the number of individual participant, team sportsmen and spectators should not exceed 1200, 200-500 and ten thousands respectively.

De Baron accepted the Greek tradition that the games were in a sense, a religious rite/

ceremony, true religion being found not in the sacrifices made by the athlete at the Altar of Zeus, but rather in spiritual preparedness, an inner feeling of devotion to an ideal greater than the athlete himself, as expressed in the Olympic Oath. "Dishonour would not lie in defeat, but in failure to take part." The games offered also a potential for the promotion of social peace and justice. Further, Baron firmly opined that the Games could break down barriers not only between classes, but also between nations; 'Let us export rowers, runners, and fencers, there is the free-trade of the future.' Equally, differences between rival athletic factions could be resolved – the German could learn to appreciate the finer points of Swedish Gymnastics, and the Englishman could come to enjoy American Football. The artist in the Baron insisted that the games should become a true festival, with its solemn ceremonies of oath, hoisting flags, and worthy opening and closing ceremonies. Even the design of grounds should make its contribution to the beauty of the great public display.

As the ancient site at Olympia was not suitable to conduct the games therefore, the first of the revived games was held, naturally enough, in Athens in 1896. The sponsors of the Modern Olympics were hard pressed for money. The Greek-Government gave about 2½ lacs drachmae in addition to the money donated by Zappas. Even this amount was not enough, Fortunately one George Averoff, a merchant of Alexandria gave a princely gift of a million drachmae for renovating the Pan Athletic stadium and conducting the games. Only a few countries took part in this first modern Olympic games. As years passed by, several countries began to participate in the games. At present almost all the nations of the world compete in these games.

1. The First Olympic winter games were held in
  - (a) USA
  - (b) Germany
  - (c) Norway
  - (d) France

2. The 2004 Games in Athens are the games of which Olympiad?
  - (a) XXVIII
  - (b) XXVII
  - (c) XXVI
  - (d) XXV
3. Who was the first recorded winner of ancient Olympics?
  - (a) Hera
  - (b) Iphitos
  - (c) Koroibos
  - (d) Coubertin
4. When did Russians first participate in World Olympics?
  - (a) 1948
  - (b) 1952
  - (c) 1956
  - (d) 1960
5. Which Philosophy of Education defines teacher as a role model of students?
  - (a) Idealism
  - (b) Naturalism
  - (c) Realism
  - (d) Existentialism
6. Plato is considered the father of which Philosophy of Education?
  - (a) Idealism
  - (b) Naturalism
  - (c) Realism
  - (d) Existentialism
7. Which philosophy of education emphasizes that experience is key to life?
  - (a) Existentialism
  - (b) Realism
  - (c) Pragmatism
  - (d) Idealism
8. SAI was established in
  - (a) 1985
  - (b) 1984
  - (c) 1983
  - (d) 1982
9. The Society for National Institute of Physical Education and Sports (SNIPES) merged with SAI in
  - (a) 1982
  - (b) 1983
  - (c) 1985
  - (d) 1987
10. Army Boys Sports Company (ABSC) scouts talent in the age group of
  - (a) 12-18 years
  - (b) 8-14 years
  - (c) 10-14 years
  - (d) 14-18 years
11. Ex-Officio president of SAI is
  - (a) President of India
  - (b) Prime Minister of India
  - (c) Union Minister of Youth Affairs & Sports
  - (d) Director General

12. Sports Talent Search Scholarship scheme was launched in
  - (a) 1970-71                      (b) 1975-76
  - (c) 1977-78                      (d) 1980-81
13. The National Sports Festival for Women was started in
  - (a) 1970                              (b) 1974
  - (c) 1975                              (d) 1976
14. The Arjuna Award was instituted in
  - (a) 1960                              (b) 1961
  - (c) 1962                              (d) 1963
15. Elite male and female distance runners posses
  - (a) more of slow twitch fibres
  - (b) more of fast twitch fibres
  - (c) more of intermediate twitch fibres
  - (d) 50% ST and 50% FT fibres
16. Which of the following cups/ trophies is not related to Football?
  - (a) Subroto Cup    (b) World Cup
  - (c) Durand Cup    (d) Wills Cup
17. Who among the following has not received the Arjuna Award in football?
  - (a) Jarnail Singh
  - (b) Shyam Sunder Rao
  - (c) Manjit Singh
  - (d) Arung Gosh
18. Who introduced the game of football in India?
  - (a) British                              (b) Germans
  - (c) Americans                              (d) Greek
19. Who is the sports minister of Brazil?
  - (a) Pele                                      (b) Deigo Maradona
  - (c) Ranaldo
  - (d) None of the above.
20. Which of the following countries has reached the finals of the world Cup Football maximum number of times?
  - (a) Argentina                              (b) Brazil
  - (c) USA                                      (d) Australia
21. What is known as the pacemaker of heart?
  - (a) Pericardium
  - (b) AV node
  - (c) SA node
  - (d) Both AV and SA node
22. The point where the entire mass or weight of the body may be considered to be concentrated is
  - (a) Centre of mass
  - (b) Centre of gravity
  - (c) Torque                              (d) Lever
23. What are also called moments of force ?
  - (a) Inertia                              (b) Acceleration
  - (c) Trajectories                              (d) Torques
24. Angular interpretation of Newton's second law is mathematically represented as
  - (a)  $\Sigma T_a = I_a \alpha$
  - (b)  $\Sigma T_a \Delta t = (H_f - H_i)_a$
  - (c)  $T = F \times r$
  - (d)  $I_a = \Sigma m_i r_i^2$
25. The vertical motion of a projectile is given by which law of motion?
  - (a) Law of inertia
  - (b) Law of acceleration
  - (c) Law of action-reaction
  - (d) None
26. Newton's first law of motion is known as
  - (a) Law of acceleration
  - (b) Law of inertia
  - (c) Law of action reaction
  - (d) Law of momentum
27. The law of effect is also known as
  - (a) Law of use and disuse
  - (b) Law of satisfaction
  - (c) Law of recency
  - (d) Law of frequency
28. Which law of learning is also called the law of use and disuse?
  - (a) Law of exercise
  - (b) law of readiness
  - (c) Law of effect