

**PRESS RELEASE**

This is for the information of all the candidates that the answer key of the written examination for the Group-C post of 'Physical Training Instructor' in the establishment Dr B.R. Ambedkar Institute of Technology has been uploaded in the Common recruitment e-portal <https://erecruitment.andaman.gov.in/>.

The candidates may submit their claims and objection upto 5 PM of 23.11.2024 to the email id **ao-dbrait@and.nic.in**

Administrative Officer  
(DBRAIT)

Dr. B.R.Ambedkar Institute of Technology

Recruitment for the Post of Physical Training Instructor

Date of Examination: 21/11/2024

Exam Time: 10:30 AM - 11:00 AM

Exam Slot: A1

ANSWER KEY

#	Question	Answer Key	Remarks
1	<b>The principles of physical training were first prescribed by:</b> A. Plato B. Galen C. Aristotle D. Rousseau	<b>B</b>	
2	<b>The study of the functions of the human body is called:</b> A. Botany B. Anatomy C. Physiology D. Biology	<b>C</b>	
3	<b>Who is said to be the Father of Philosophy of Idealism?</b> A. Socrates B. Plato C. Aristotle D. Galan	<b>A</b>	
4	<b>The longest bone in human body is named as:</b> A. Femur B. Rib C. Humours D. Pelvic	<b>A</b>	
5	<b>Perfuse sweating, during strenuous physical activities causes the loss of-</b> A. Sodium Chloride B. Calcium C. Potassium D. Glycogen	<b>A</b>	
6	<b>Which component of fitness is measured by Shuttle run test?</b> A. Speed B. Endurance C. Agility D. Flexibility	<b>C</b>	
7	<b>The training cycle which has normal duration of 3-10 days is called</b> A. Micro Cycle B. Meso Cycle C. Macro Cycle D. None of these	<b>A</b>	
8	<b>Aerobic refers to the utilization of oxygen:</b> A. True B. False C. Partially True D. Partially False	<b>A</b>	
9	<b>Automatization of a motor action is called:</b> A. Tactics B. Technique C. Style D. Skill	<b>D</b>	

10	<b>Muscle Hypertrophy means:</b> A. Increase in muscle size B. Decrease in muscle size C. Weakness in the muscle D. Damage of muscle cells	A	
11	<b>Which of the following is type of hinge joint?</b> A. Shoulder joint B. Hip joint C. Neck joint D. Elbow joint	D	
12	<b>Sitting without chair is an example of-</b> A. Isokinetic Exercise B. Isotonic Exercise C. Isometric Exercise D. kinematics	C	
13	<b>Cooper's 12 Minutes Run/Walk test is to measure the-</b> A. Strength B. Speed C. Endurance D. Agility	C	
14	<b>The Process of inhalation in Yoga called as:</b> A. Rechaka B. Puraka C. Kumbaka D. Prana	B	
15	<b>The longest muscles of the human body is-</b> A. Deltoid B. Sartorius C. Iliopsoas D. Pectoralis major	B	
16	<b>Among the following which has been unveiled as the official slogan for the 2024 Paris Olympics?</b> A. 'Games Wide Open' B. 'Held your Hope High' C. 'Move on with Games' D. 'let's make it happen'	A	
17	<b>Who has been named as Time Magazine's 'Athletes of the year' for 2023?</b> A. Neeraj Chopra B. Leonel Messi C. Simone Biles D. Tigerwoods	B	
18	<b>The word Gambit is related to which of the following sports?</b> A. Carom B. Table Tennis C. Polo D. Chess	D	
19	<b>The marathon was instituted in commemoration of a soldier of-</b> A. New York B. Greek C. Boston D. London	B	



20	<p><b>In which year, the “International Olympic Committee” was formed?</b></p> <p>A. 1892 B. 1893 C. 1894 D. 1895</p>	C	
21	<p><b>Which country will host Commonwealth games 2026?</b></p> <p>A. Australia B. Glasgow C. Victoria D. Canada</p>	B	
22	<p><b>Which was the only appearance of cricket at the Summer Olympics?</b></p> <p>A. 1900 B. 1904 C. 1908 D. 1912</p>	A	
23	<p><b>Which NBA player is known as ‘The King’?</b></p> <p>A. Michael Jordan B. Kobe Bryant C. LeBron James D. Kevin Durant</p>	C	
24	<p><b>‘Federation Cup’ in India is associated with which sports?</b></p> <p>A. Hockey B. Football C. Badminton D. Basketball</p>	B	
25	<p><b>‘Stopper’ terminology is associated with which of the following sports?</b></p> <p>A. Hockey B. Football C. Rugby D. Cricket</p>	B	
26	<p><b>Which among the following sports have largest number of participants in teams of eitherside?</b></p> <p>A. Soccer B. Baseball C. Rugby D. Water Polo</p>	C	
27	<p><b>India won its first Olympic Hockey Gold in the year</b></p> <p>A. 1924 B. 1932 C. 1928 D. 1948</p>	C	
28	<p><b>What is the new name of ‘Khelo India Women’s League’?</b></p> <p>A. Asmita Women’s League B. Aspire Women’s League C. Fit India Women’s League D. Bharat Women’s League</p>	A	
29	<p><b>Who is the first Indian woman to win an Asian Games gold in 400m run?</b></p> <p>A. Kamaljit Sandhu B. P.T. Usha C. M.L. Valsamma D. K. Malleshwari</p>	A	

30	<p><b>In which year did India participate in the Olympic Games?</b></p> <p>A. 1920                      C. 1896</p> <p>B. 1928                      D. 1900</p>	D		
----	---	---	--	--

---