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No. Admin/Rect/2025

Date: 04.07.2025

Subject: Question Paper and the Answer Keys of the written test held on **03.07.2025** for the post of **Sports Officer (Scale-I) (Job Ref. No. 50630180)**.

The Question Paper and the Answer Key of the Written Test conducted for the post of **Sports Officer (Scale-I) (Job Ref. No. 50630180)** on **Thursday, 03.07.2025**, is enclosed below.

By Order

Note: Candidates must be specific in their representations/ concerns/ feedback and indicate their question(s) and explanation(s), if desired.

INDIAN INSTITUTE OF TECHNOLOGY, BOMBAY

Written Examination for Assistant Sports officer.

Date: _____

Duration: 1 Hour

Name: _____

Signature: _____

Marks

Part-I

NOTE: Q1-Q30. Carries 1 Mark each

Please Circle the Correct Answer.

1. A coaches role is to

- ☒ a) Assist athletes to reach their full potential
- b) Look after their own needs and not develop younger athletes
- c) Influence young people to behave and act like they do
- d) Improve their own skills through practice

2. Which action should you take if one of the players you were coaching used loud and consistent verbal abuse towards an umpire/referee or other official?

- ☒ a) 'Bench' the player to give them the chance to calm down and ask the player to apologise to the umpire/referee after the game
- b) 'Bench' the player to give them the chance to calm down, but encourage them to complain to the umpire/referee after the game
- c) Let it go if the player had never abused an umpire/referee before
- d) Let it go if the umpire/referee had made an incorrect decision

3. A coach should know the needs of their squad prior to planning a training session.

- ☒ a) True
- b) False

4. As per the rules established by the International Olympic Committee, only_____is allowed to bid for and host the Olympic Games.

- i. Cities
- ii. Countries

- a) Both I and II
- b) Only I
- c) Neither I nor II
- ☒ d) Only II

5. The decrease in response of a biological object to a continued stimulus in training is called as

- a) Reversibility
- b) Adoption
- c) Acclimatization
- ☒ d) Accommodation

6. During a jump, the jumper's head remains at the same level but the center of gravity follows the ____

- ☒ a) Parabolic path
- b) Circular path
- c) Elliptical path
- d) Hyperbolic path

7. Name the international independent agency whose key activities include scientific research, education, development & monitoring of anti-doping capacities and code in all sports and all countries.

- A. International Body Against Doping
- ☒ B. World Anti-Doping Agency
- C. Play true, Play safe
- D. International Body for Sports Ethics

- a) A
- b) C
- ☒ c) B
- d) D

8. The first-ever Asian Games were held in?

- ☒ a) New Delhi
- b) Calcutta
- c) Bombay
- d) Chennai

9. Which of the following award is given to a University for its all-round good performance in sports?

- a) Dronacharya Award
- ☒ b) Maulana Abul Kalam Trophy
- c) Arjun Award
- d) Dhyanchand Award

10. In shot put, the shot which is a metal ball weighs how many kg for men and women?

- a) Men-7.5 kg Women-4.5 kg
- b) Men-7.3 kg Women-4.5 kg
- c) Men-7 kg Women-4 kg
- ☒ d) Men-7.26 kg Women-4 kg

11. ____ is a traditional Indian sport, whereby athletes perform various types of gymnastics moves and hold various poses on a vertical wooden pole.

- ☒ a) Mallakhamb
- b) YubiLakpi

- c) Nandan Ranthu Kali
- d) Kalaripayattu

12. Which of the following is called a soft tissue injury:

- a) Abrasion
- ☒ b) Sprain
- ☒ c) Strain
- ☒ d) Above all

13. Which of the following are considered as over-use injuries?

- I. Muscle strain
- II. Bursitis
- III. Shoulder dislocation
- IV. Muscle soreness
- V. Stress fracture
- VI. Tennis elbow
- VII. Ankle sprain

Choose the correct answer from the code given below:

- a) I, III and VI
- b) II, IV and V
- c) IV, VI and VII
- ☒ d) II, V and VI

14. Arrange the heat disorders in ascending order of their severity:

- I. Heat stroke
- II. Heat syncope
- III. Heat cramps
- IV. Heat exhaustion due to water depletion
- V. Heat exhaustion due to salt depletion

Select the correct option:

- a) IV, V, II, III, I
- b) V, IV, III, II, I
- c) II, IV, V, III, I
- ☒ d) III, II, IV, V, I

15. Which of the following are the important factors in the prevention of Sports Injuries?

- I. Helmets
- II. Clothing
- III. Footwear

- a) I and II
- b) I and III
- ☒ c) I, II and III
- d) II and III

16. Which of the following are important concerns when designing an effective rehabilitation program?

- a) Providing correct and immediate first aid
- ☒ b) Reducing pain
- c) Restoring full range of motion
- d) All of the above

17. Which of the following is not a symptom of a concussion?

- a) Conscious but with impaired memory
- b) Unconscious
- c) Difficulty concentrating
- ☒ d) All are symptoms of concussions

18. Which of the following is the body's most efficient energy source?

- a) Water
- b) Fat
- c) Minerals
- ☒ d) Carbohydrates

19. When a sprinter runs the 100-meter dash, what structure within the muscles is primarily being used?

- a) Muscle spindles
- b) Golgi Tendon organs
- ☒ c) Fast Twitch fibers
- d) Slow Twitch fibers

20. Factors that must be considered in order to prevent foot injuries include:

- a) Proper footwear
- b) Adapting to training surfaces
- c) Correcting biomechanical deficiencies
- d) A & B
- ☒ e) All of the above

21. The closed basket weave taping techniques is used to support which of the following

- a) Arch
- ☒ b) Ankle
- c) Shin

d) Knee

22. Which of the following organizations is responsible for helmet certification standards?

- a) Athletic Equipment Manager Association
- b) National Collegiate Athletic Association
- c) American National Standards Institution
- ☒ d) National Operating Committee on Standards for Athletic Standards

23. A bicep curl using a dumbbell is an example of a/an:

- a) Isometric exercises
- b) PNF exercise
- c) Isokinetic exercise
- ☒ d) Isotonic exercise

24. The Yo-Yo test in cricket

- ☒ a) is a fitness assessment that evaluates an athlete's aerobic capacity and endurance
- b) is for determining running between wickets
- c) is for umpires
- d) is not for spinal strength

25. What is most common injury in cricket?

- a) No Injury
- b) Knee Injury
- c) Spinal Injury
- ☒ d) Hamstring Injury

26. Under the General Financial Rules (GFR), purchases of goods up to ₹50,000 can be made directly from the market without inviting quotations or bids, provided a certificate is recorded by the competent authority regarding the quality, specification, and reasonable price of the goods.

- ☒ a) True
- b) False

27. In a sports department, who is responsible for fiscal prudence.

- a) Head/ Incharge
- b) Department Officer
- c) Office Staff
- ☒ d) All of the above

28. Sporting equipment are considered consumables.

- a) Yes
- ☒ b) No

c) Can't Say

29. Which of the following are parameters for ethical behaviour in sports?

- I. Fairness
- II. Integrity
- III. Responsibility
- IV. Respect
- V. Sportsmanship

- a) I, II, and III
- b) Only Integrity
- c) None of the above

☒ d) All of the above

30. GFR Rule 149 mandates:

- a) Spend Money
- ☒ b) Purchase through Government E-Marketplace
- c) Keeping Clear Records
- d) All of the above

Part-2

The following questions have 10 marks each:

Please answer these in the sheet provided. Write your name clearly on the top of the sheet and sign.

- Q31. You have to procure some services of an external pitch curator. Write a letter to the sanctioning authority seeking approval for hiring services of the curator.
- Q32. You are in charge of the hostel grounds maintenance, which many people including students, faculty, and staff use. The field needs to be used by institute team for one month to conduct training camps. Write a suitable notice asking relevant authorities for permission and requesting teams not to use this field for one month.