SPORTS
SCIENE
QUIZ

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1. Badminton rackets are mainly made up of:
   a) Aluminium alloy    b) Carbon fibre
c) Zinc               d) Copper

2. A small-bore rifle in biathlon sport must weigh at least:
   a) 2.2 kg      b) 3.3 kg
c) 3.5 kg         d) 4.9 kg

3. The punching force in boxing directly depends on:
   a) Mass     b) Velocity
c) Acceleration d) Impulse-momentum

4. The angle at which the dart (in a darts game) leaves the hands is generally less than:
   a) 45 degrees b) 60 degrees
c) 90 degrees     d) 120 degrees
5. The game that involves centrifugal force for midair spin, centre of gravity for balance beam routines and Newton’s third law of motion is:
   a) Football  
   b) Hockey  
   c) Cricket  
   d) Gymnastics

6. In skating which force is required to push outward:
   a) Centrifugal force  
   b) Centripetal force  
   c) Gravitational force  
   d) All of these

7. Swimming is an aerobic exercise that usually pumps:
   a) Heart  
   b) Lungs  
   c) Both (a) and (b)  
   d) None of these

8. A basketball bounces higher on wood surfaces as compared to concrete surfaces because wood surfaces absorb:
   a) Less energy  
   b) More energy  
   c) Both (a) and (b)  
   d) None of these

9. The hockey rink is built on the basis of:
   a) Geometry  
   b) Chemistry  
   c) Trigonometry  
   d) All of these

10. In cycling the steering strategy is mainly used for maintaining:
    a) Balance  
    b) Body temperature  
    c) Sweating  
    d) None
11. The interaction between the club head and the ball in Golf will be determined by the:
   a) Ball mass  b) Ball direction  
   c) Ball amplitude  d) None

12. When the football travels through the air, it always follows a curved or:
   a) Parabolic path  b) Hyperbolic path  
   c) Sigmoid path  d) None

13. In baseball when a bat hits the ball, it can briefly deform the ball. Some of this energy that went into squeezing the ball will also be released to the air in the form of:
   a) Vapour  b) Heat  
   c) Fumes  d) All of these

14. Running makes the heart rate, breathing rate and pulse rate more:
   a) Slower  b) Faster  
   c) Remain constant  d) None

15. Which hormone is used by athletes to increase their muscular strength?
   a) Erythropoietin hormone  b) Thyroid hormone  
   c) Human Growth hormone  d) ACTH hormone

16. What are the important foods required mainly by cricketers during matches?
   a) Dairy products  b) Whole grain  
   c) Lean protein  d) All of these

17. What are the side effects of blood doping?
   a) Kidney dysfunction  b) Insomnia  
   c) Infertility  d) Prostate cancer

18. The length of feathers in shuttlecock can range between:
   a) 50-65 mm  b) 25-40 mm  
   c) 62-70 mm  d) 75-92 mm

19. What is the maximum number of clubs that can be used in tournament golf?
   a) 12  b) 16  
   c) 19  d) 14

20. In the winter Olympic sport of curling, what type of rocks are the curling stones made from?
   a) Limestone  b) Granite  
   c) Basalt  d) All of these

21. Dimples on a golf ball help reduce drag and increase the distance the ball flies.
   a) True  b) False

22. ___________ is the key attribute in successful marathon running.

23. Performance enhancing synthetic steroids are based on the structure of the hormone:
   a) Testosterone  b) Cortisol  
   c) Estrogens  d) Progesterone
24. The width of the goal post in the game of football is 26 feet.
   a) True  b) False

25. _______ feet is the distance between the popping crease and the stumps on a cricket pitch
   a) 3 feet  b) 2 feet  c) 4 feet  d) 6 feet

   a) True  b) False

27. Caffeine can help runners in long distance events but it is banned when taken in large amounts.
   a) True  b) False

28. The official distance of a marathon is 52 kilometres.
   a) True  b) False

29. Generally what are the putting styles used by Shot Put competitors?
   a) Spin  b) Glide  c) Both of them  d) None of them

30. In Shot Put, the athlete must rest the shot close to the _______ while throwing.
    a) Shoulder  b) Neck

31. In snooker, generally there are 22 balls on a board with 8 different colours, match the following colours with their points.
    a) Red 2  
    b) Yellow 3  
    c) Green 4  
    d) Brown 1

32. An F1 car is mostly made up of _________ material?
    a) Plastic  b) Carbon Fibre  c) Steel  d) Aluminium

33. What is the parallel road to the starting grid called in formula one?
    a) Pit Lane  b) By-Lane  c) Inside-Lane  d) Shoulder-Lane

34. A _________ is the name of a hit when the ball is contacted with the fingertips above the head in volleyball.
    a) Spike  b) Forearm pass  c) Set  d) Serve

35. A diet low in carbohydrates can lead to:
    a) Lack of energy  b) Loss of concentration  c) Delayed recovery  d) All of these

36. An isotonic drink is required by the players during sports.
    a) True  b) False

ANSWERS
1. (b)  2. (c)  3. (d)  4. (a)  5. (d)  
6. (b)  7. (c)  8. (a)  9. (a)  10. (a) 
11. (b) 12. (a) 13. (b) 14. (b) 15. (c)  
16. (d) 17. (a) 18. (c) 19. (d) 20. (b)  
21. (a) 22. Stamina 23. (a) 24. (b) 25. (c)  
26. (a) 27. (a) 28. (b) 29. (c) 30. (b) 
31. Red-1, Yellow-2, Green-3, Brown-4 
32. (b) 33. (a) 34. (c) 35. (d) 36. (a)

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