



Gandaki University

गण्डकी विश्वविद्यालय

Pokhara, Nepal

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Entrance Examination 2080 (2023)
Bachelor in Sports Management (BSM)

Symbol No.:

Time: 75 minutes

In words:.....

Total Questions: 100

Encircle 'o' the correct answer from the multiple choices.

1. What is the value of π (pi) correct to three decimal places?

- (A) 3.140 (B) 3.141 (C) 3.144 (D) 3.145

2. If $a = 5$ and $b = 7$, what is the value of $2a + 3b$?

- (A) 29 (B) 31 (C) 26 (D) 25

3. Simplify: $4/5 + 2/3$

- (A) $26/15$ (B) $5/3$ (C) $22/15$ (D) $1 \frac{1}{15}$

4. Solve for x: $2x + 5 = 15$

- (A) $x = 5$ (B) $x = 7.5$ (C) $x = 10$ (D) $x = 12$

5. What is the square root of 144?

- (A) 10 (B) 12 (C) 14 (D) 16

6. If the length of a rectangle is 8 cm and its width is 4 cm, what is its area?

- (A) $12cm^2$ (B) $16cm^2$ (C) $24cm^2$ (D) $32cm^2$

7. What is the value of $\sqrt{3^2 + 4^2}$?

- (A) 5 (B) 7 (C) 25 (D) 49

8. What is the least common multiple (LCM) of 6 and 8?
(A) 12 (B) 16 (C) 24 (D) 48
9. What is the value of 0.5 as a fraction in lowest terms?
(A) $1/2$ (B) $2/5$ (C) $5/10$ (D) $10/2$
10. In a right triangle, side opposite to the right angle is called:
(A) Hypotenuse (B) Adjacent (C) Opposite (D) None of the above
11. If a car travels at a speed of 60 km/h for 2 hours, how far does it travel?
(A) 30 km (B) 60 km (C) 120 km (D) 240 km
12. Solve for y: $3y - 7 = 11$
(A) $y = 2$ (B) $y = 6$ (C) $y = 7$ (D) $y = 18$
13. What is the area of a triangle with a base of 8 cm and a height of 6 cm?
(A) $12cm^2$ (B) $24cm^2$ (C) $32cm^2$ (D) $48cm^2$
14. Which of the following is a prime number?
(A) 17 (B) 21 (C) 28 (D) 39
15. What is the value of 5! (5 factorial)?
(A) 20 (B) 60 (C) 120 (D) 720
16. If the radius of a circle is 4 cm, what is its circumference?
(A) 8π cm (B) 12π cm (C) 16π cm (D) 32π cm
17. Solve for x : $\frac{2x}{3} = 8$
(A) $x = 4$ (B) $x = 6$ (C) $x = 12$ (D) $x = 16$
18. If $x^3 = 125$ What is the value of x ?
(A) 3 (B) 5 (C) 6 (D) 25
19. If the volume of a cube is 64 cubic centimeters, what is the length of one of its sides?
(A) 4 cm (B) 6 cm (C) 8 cm (D) 10 cm

20. What is the perimeter of a rectangle with a length of 12 cm and a width of 8 cm?
(A) 20 cm (B) 32 cm (C) 40 cm (D) 48 cm
21. The synonym of 'Brief' is.....
(A) Little (B) Limited (C) Partial (D) Short
22. The points to be discussed in the meeting are called.....
(A) schedule (B) strategy (C) agenda (D) plan
23. The passive form of the statement, 'Someone is destroying the jungle' is.....
(A) The jungle is being destroyed by someone.
(B) The jungle is being destroyed.
(C) The jungle has been destroyed.
(D) The jungle has been destroyed by someone.
24. She always goes to university.....bus.
(A) by (B) in (C) on (D) from
25. The antonym of 'victory' is.....
(A) defeat (B) courage (C) expert (D) dark
26. Identify the correct spelling from the following words.
(A) exagerate (B) exaggerate (C) exaagerate (D) exageratte
27. Find the correct order to make the sensible sentence.
1. Julia 2. bold 3. was 4. beautiful 5. and
(A) 12345 (B) 14523 (C) 13254 (D) 15432
28. What is the meaning of the phrase 'to smell a rat' ?
(A) to be in a bad mood (B) to get distressed
(C) a food that tastes bad (D) to suspect foul dealing
29. How many syllables do you find in the word 'opportunity' ?
(A) 3 (B) 4 (C) 5 (D) 6
30. What is the word class of the word 'carefully' in the sentence 'She danced carefully'.
(A) noun (B) adverb (C) adjective (D) verb

31. The root of the word 'truthfulness' is.....
- (A) truth (B) full (C) ness (D) true
32. Which one the following words has a different vowel sound?
- (A) break (B) deaf (C) bread (D) said
33. 'Swift Holiday' ismost comfortable bus I have ever travelled.
- (A) a (B) an (C) the (D) no article
34.his busy schedule, he attended our programme.
- (A) However (B) Because of (C) Although (D) In spite of
35. If I went to Kathmandu, I.....Pashupatinath temple.
- (A) can visit (B) will visit (C) would visit (D) would have visited
36. When the teacher.....into the class, the students stood up.
- (A) enters (B) entered (C) had entered (D) was entering
37. He said to me, "Did you finish your assignment"? The indirect speech of this question is.....
- (A) He asked if I had finished my assignment.
(B) He asked me if I finished my assignment.
(C) He asked me if I finish my assignment.
(D) He said to me if I had finished my assignment.
38. Ram makes the wall.....
- (A) paint (B) painted (C) to paint (D) painting
39. Let's go to play football,.....?
- (A) will you (B) can we (C) shall we (D) shan't we
40. Neither Krishna nor his parents..... to attend the party.
- (A) is coming (B) comes (C) has come (D) have come
41. Which is the first Nepali to play in the Indian Premier League (IPL)?
- (A) Sandeep Lamichhane (B) Paras Khadka
(C) Dipendra Singh Airee (D) Sompal Kami

42. Which sport is Nepal's national game?
(A) Football (Soccer) (B) Cricket
(C) Volleyball (D) None, Nepal doesn't have a national game
43. Who is the first Nepali to win a medal in the Olympics?
(A) Deepak Maharjan (judo) (B) Raju Tamang (athletics)
(C) Sandeep Lamichhane (cricket) (D) Rubina Chhetri (athletics)
44. In which sport did Nepal win its first Olympic medal (bronze) in 1988?
(A) Archery (B) Boxing (C) Taekwondo (D) Wrestling
45. Who is the first Nepali to play in the English Premier League (EPL)?
(A) Bimal Gharti Magar (B) Hari Khadka
(C) Anil Gurung (D) None
46. Which sport is known as "the gentlemen's game"?
(A) Football (Soccer) (B) Tennis
(C) Cricket (D) Golf
47. Who holds the record for the most Grand Slam tennis titles in history?
(A) Serena Williams (B) Rafael Nadal (C) Roger Federer (D) Novak Djokovic
48. In which country was the 2016 Summer Olympics held?
(A) Brazil (B) China (C) Russia (D) United States
49. Which country is famous for its dominance in the sport of sumo wrestling?
(A) China (B) Mongolia (C) Japan (D) South Korea
50. What is the highest possible score in a single game of bowling?
(A) 100 (B) 200 (C) 300 (D) 400
51. Who is often referred to as the "The Flying Sikh" and is a legendary Indian athlete?
(A) P. T. Usha (B) Milkha Singh (C) Mary Kom (D) Abhinav Bindra
52. Which sport is associated with the term "slam dunk"?
(A) Baseball (B) Basketball (C) Ice Hockey (D) Table Tennis

53. Which country has won the most FIFA World Cup titles in men's football (soccer)?
(A) Argentina (B) Brazil (C) Germany (D) Italy
54. In which city is the Wimbledon tennis tournament traditionally held?
(A) New York City (B) Paris (C) London (D) Melbourne
55. Which athlete is known as "The Fastest Man on Earth" and holds the world record in the 100m and 200m sprints?
(A) Usain Bolt (B) Carl Lewis (C) Michael Johnson (D) Jesse Owens
56. Which country has won the most Olympic gold medals in gymnastics?
(A) China (B) Russia (C) United States (D) Japan
57. Which sport uses the term "hat-trick" to describe a player scoring three goals in a single game?
(A) Cricket (B) Football (C) Ice Hockey (D) Rugby
58. Which Indian cricketer is known as the "Little Master"?
(A) Sachin Tendulkar (B) Virat Kohli
(C) Rahul Dravid (D) Kapil Dev
59. Which sport is often called "the sport of kings"?
(A) Tennis (B) Polo (C) Golf (D) Chess
60. Who won the FIFA Women's World Cup in 2019?
(A) Brazil (B) Germany (C) United States (D) Sweden
61. Which country is famous for producing world-class cricketers like Brian Lara and Vivian Richards?
(A) England (B) Australia (C) West Indies (D) South Africa
62. Which of the following lines is related to Football game?
(A) Baulk line (B) Goal line (C) Bonus line (D) Attack line
63. Who holds the record for the most Olympic gold medals in swimming?
(A) Ian Thorpe (B) Michael Phelps (C) Mark Spitz (D) Ryan Lochte

64. Which of the following is not an official Olympic sport?
(A) Table Tennis (B) Badminton (C) Chess (D) Taekwondo
65. Which country won the most medals in the 2021 Tokyo Olympics?
(A) United States (B) China (C) Japan (D) Russia
66. The famous player Michael Jordon is associated with the game
(A) Handball (B) Basketball (C) Cricket (D) Soccer
67. Which of the following term is related with cricket?
(A) Spiking (B) Wide ball (C) Shooting (D) Digging
68. How many players are there in one volleyball team?
(A) 12 (B) 6 (C) 10 (D) 8
69. The acceleration due to gravity on surface of the earth is approximately
(A) 0.98 m/s^2 (B) 98 m/s^2 (C) 9.8 m/s^2 (D) 980 m/s^2
70. Where was the 9th National Game of Nepal organized?
(A) Biratnagar (B) Pokhara (C) Dhangadhi (D) Hetauda
71. Which of the following is not a component of physical fitness?
(A) Flexibility (B) Creativity
(C) Cardiovascular Endurance (D) Muscular Strength
72. What is the recommended duration for moderate-intensity aerobic activity for adults per week, as per the American Heart Association?
(A) 30 minutes (B) 60 minutes (C) 90 minutes (D) 120 minutes
73. Which nutrient is primarily responsible for repairing and building tissues in the body?
(A) Carbohydrates (B) Fats (C) Proteins (D) Vitamins
74. What is the term for the maximum amount of weight a person can lift for one repetition of a specific exercise?
(A) Repetition Maximum (RM) (B) Maximum Strength
(C) Muscular Endurance (D) Flexibility

75. Which of the following is a low-impact aerobic exercise suitable for individuals with joint issues?

- (A) Running (B) Cycling
(C) Jumping Jacks (D) High-Intensity Interval Training (HIIT)

76. Which hormone is often referred to as the "stress hormone" and can be released during intense physical activity?

- (A) Insulin (B) Estrogen (C) Cortisol (D) Testosterone

77. What is the primary role of antioxidants in the body?

- (A) Boosting metabolism
(B) Preventing muscle cramps
(C) Protecting cells from damage by free radicals
(D) Increasing oxygen intake

78. Which of the following activities is considered a muscular endurance exercise?

- (A) Lifting heavy weights for one repetition
(B) Running a marathon
(C) Performing push-ups
(D) Yoga

79. What is the recommended daily water intake for adults in liters, as suggested by health experts?

- (A) 1 liter (B) 2 liters (C) 3 liters (D) 4 liters

80. Which of the following sports is often associated with improved cardiovascular fitness and muscular endurance?

- (A) Chess (B) Swimming (C) Bowling (D) Table Tennis

81. What is the term for a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity?

- (A) Fitness (B) Health (C) Wellness (D) Strength

82. Which of the following vitamins is primarily obtained through exposure to sunlight?

- (A) Vitamin A (B) Vitamin C (C) Vitamin D (D) Vitamin K

83. What is the recommended daily intake of fruits and vegetables for a balanced diet, according to nutrition guidelines?

- (A) 1 serving (B) 2 servings (C) 5 servings (D) 10 servings

84. Which of the following exercises is effective for improving balance and flexibility?
(A) Squats (B) Yoga (C) Bench Press (D) Deadlifts
85. What is the term for the process by which the body converts food into energy?
(A) Digestion (B) Respiration (C) Metabolism (D) Excretion
86. What is the recommended duration of moderate-intensity aerobic exercise for children and adolescents per day, as per health guidelines?
(A) 15 minutes (B) 30 minutes (C) 45 minutes (D) 60 minutes
87. What is the primary source of energy for the brain?
(A) Carbohydrates (B) Fats (C) Proteins (D) Vitamins
88. Which of the following activities can help improve bone density and reduce the risk of osteoporosis?
(A) Swimming (B) Weightlifting (C) Pilates (D) Tai Chi
89. What is the term for the process by which the body adapts to increased levels of physical activity?
(A) Overtraining (B) Muscle soreness (C) Conditioning (D) Fatigue
90. Which of the following is not a component of physical health and wellness?
(A) Emotional well-being (B) Muscular strength
(C) Cardiovascular fitness (D) Flexibility
91. What is the minimum recommended frequency for strength training exercises for overall health benefits?
(A) Once a week (B) Twice a week
(C) Three times a week (D) Five times a week
92. What is the term for the body's ability to maintain a stable internal environment despite external changes?
(A) Homeostasis (B) Thermoregulation
(C) Adaptation (D) Resilience
93. Which of the following nutrients is a source of long-term energy storage in the body?
(A) Carbohydrates (B) Proteins (C) Fats (D) Vitamins

94. In which stage of sleep do most dreams occur?
(A) Stage 1 (B) Stage 2
(C) REM (Rapid Eye Movement) Sleep (D) Deep Sleep (Slow-Wave Sleep)
95. What is the term for the ability to perform everyday tasks with ease and without undue fatigue?
(A) Strength (B) Fitness
(C) Functional Capacity (D) Coordination
96. Man or animal suffering from Rabies is afraid from water that is known as.....
(A) Cito phobia (B) Rabbi phobia (C) Chronophobia (D) Hydrophobia
97. Which exercise is necessary before playing or training?
(A) warm up (B) cool down (C) jumping (D) weight training
98. Sports Medicine is related with.....
(A) Management (B) Administration (C) Injury (D) Planning
99. The percentage of fat, bone, water and muscle in a human body is called.....
(A) Muscular endurance (B) Muscular strength
(C) Body composition (D) Movement
100. The ability to overcome resistance for longer duration is called.....
(A) Speed (B) Strength (C) Endurance (D) Flexibility

All the best !!!