

Sample question paper for Swimming 6 week Certificate Course

After breaststroke turn, how many kicks and pulls are allowed?

- a) 1 kick, 1 pull
- b) 2 kicks, 1 pull
- c) 1 kick, 2 pulls
- d) 2 kicks, 2 pulls

In freestyle turn (flip turn), how many meters should a swimmer cover underwater?

- a) 10 meters
- b) 15 meters
- c) 5 meters
- d) 12 meters

In butterfly turn, how many meters should a swimmer cover underwater?

- a) 5 meters
- b) 10 meters
- c) 15 meters
- d) 12 meters

What is the ideal pH level of pool water?

- a) 6.0 - 6.5
- b) 7.2 - 7.6
- c) 8.0 - 8.5
- d) 5.5 - 6.0

What is the recommended chlorine level in a swimming pool?

- a) 1.0 - 3.0 ppm
- b) 5.0 - 7.0 ppm
- c) 0.5 - 1.0 ppm
- d) 3.5 - 4.5 ppm

Which of the following is a duty of a swimming coach?

- a) Motivating swimmers
- b) Ensuring safety
- c) Providing technical training
- d) All of the above

Which of the following can disqualify a swimmer in a race?

- a) False start
- b) Improper turn
- c) Incorrect stroke technique
- d) All of the above

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What is the correct sequence of strokes in a medley relay?

- a) Butterfly, Backstroke, Breaststroke, Freestyle
- b) Backstroke, Breaststroke, Butterfly, Freestyle
- c) Backstroke, Butterfly, Breaststroke, Freestyle
- d) Backstroke, Breaststroke, Freestyle, Butterfly

Which swimming stroke starts from water instead of a dive?

- a) Freestyle
- b) Backstroke
- c) Butterfly
- d) Breaststroke

Which of the following is the odd one out based on training duration?

- a) Long-term training
- b) Short-term training
- c) Interval training
- d) None of the above

What is the importance of psychological training in swimming?

- a) Helps in stress management
- b) Improves concentration and focus
- c) Boosts confidence and performance
- d) All of the above

Which swimming stroke is the fastest?

- a) Backstroke
- b) Freestyle
- c) Breaststroke
- d) Butterfly

Swimming Rules & Techniques

What is the maximum underwater distance allowed after the start and each turn in backstroke?

- a) 10 meters
- b) 15 meters
- c) 20 meters
- d) No limit

In which stroke is a dolphin kick allowed during the pullout phase?

- a) Freestyle
- b) Backstroke
- c) Breaststroke
- d) Butterfly

How many official swimming strokes are recognized in competitive swimming?

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- a) 3
- b) 4
- c) 5
- d) 6

Which of the following strokes is NOT part of an individual medley event?

- a) Butterfly
- b) Backstroke
- c) Sidestroke
- d) Breaststroke

What happens if a swimmer fails to touch the wall with both hands simultaneously in butterfly?

- a) Time penalty
- b) Warning
- c) Disqualification
- d) No penalty

Which stroke is considered the most energy-efficient?

- a) Freestyle
- b) Breaststroke
- c) Backstroke
- d) Butterfly

In breaststroke, when should the head break the surface of the water?

- a) After every pull
- b) After every two strokes
- c) Only at the start
- d) At the turn only

What is the term for a quick turn performed by swimmers to change direction at the wall?

- a) Flip turn
- b) Tumble turn
- c) Open turn
- d) Both A & B

What should a swimmer avoid to prevent disqualification in a freestyle race?

- a) Touching the lane ropes
- b) Pushing off the pool bottom
- c) Breathing too often
- d) Swimming underwater for 5 meters

How many swimmers compete in a relay team?

- a) 3
- b) 4

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- c) 5
- d) 6

Which stroke requires an alternating arm movement?

- a) Backstroke
- b) Breaststroke
- c) Butterfly
- d) Sidestroke

Swimming Training & Conditioning

Which type of training focuses on improving speed and power?

- a) Endurance training
- b) Sprint training
- c) Strength training
- d) Flexibility training

Which factor is most important for increasing swimming endurance?

- a) Muscle strength
- b) Stroke efficiency
- c) Breathing technique
- d) Both B & C

Which swimming stroke is best for building upper body strength?

- a) Breaststroke
- b) Butterfly
- c) Backstroke
- d) Freestyle

What is the purpose of interval training in swimming?

- a) Improving stroke technique
- b) Enhancing cardiovascular endurance
- c) Increasing flexibility
- d) Reducing muscle fatigue

What is the recommended breathing pattern in freestyle for efficient swimming?

- a) Every 2 strokes
- b) Every 3 strokes
- c) Every 5 strokes
- d) Depends on the swimmer

Which of the following is a common dryland exercise for swimmers?

- a) Bench press
- b) Squats
- c) Pull-ups

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d) All of the above

Which training technique helps swimmers adjust to high-altitude competition?

- a) Resistance training
- b) Altitude training
- c) Sprint drills
- d) Tapering

What is the best way to improve underwater dolphin kicks?

- a) Using fins
- b) Strength training
- c) Practicing streamline position
- d) All of the above

Which part of the body should be engaged most for an effective kick in freestyle?

- a) Arms
- b) Core
- c) Ankles
- d) Shoulders

Swimming Equipment & Safety

Which piece of equipment helps swimmers maintain buoyancy while training?

- a) Kickboard
- b) Pull buoy
- c) Hand paddles
- d) Fins

Why do swimmers wear caps during races?

- a) To reduce drag
- b) To protect hair from chlorine
- c) To improve hydrodynamics
- d) All of the above

What is the purpose of hand paddles in swimming training?

- a) Increase arm strength
- b) Improve stroke technique
- c) Increase resistance in water
- d) All of the above

Which equipment is used to practice breathing control in swimming?

- a) Snorkel
- b) Hand paddles
- c) Kickboard
- d) Pull buoy

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Which of the following should be avoided for swimming safety?

- a) Swimming alone
- b) Ignoring lifeguard instructions
- c) Overexertion
- d) All of the above

Which swimming pool depth is considered safe for diving?

- a) 1.5 meters
- b) 2.0 meters
- c) 3.0 meters
- d) 1.0 meter

Why should swimmers warm up before training?

- a) Prevent injuries
- b) Improve performance
- c) Increase flexibility
- d) All of the above

Which part of the body is most prone to injury in swimming?

- a) Knees
- b) Shoulders
- c) Ankles
- d) Lower back

Competitive Swimming & Records

Who holds the record for the most Olympic gold medals in swimming?

- a) Ian Thorpe
- b) Michael Phelps
- c) Mark Spitz
- d) Ryan Lochte

How long is an Olympic-sized swimming pool?

- a) 25 meters
- b) 50 meters
- c) 100 meters
- d) 75 meters

Which country has historically dominated swimming at the Olympics?

- a) USA
- b) Australia
- c) China
- d) Russia

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How many laps does a swimmer complete in a 400m freestyle race in a 50m pool?

- a) 4
- b) 8
- c) 10
- d) 6

What is the longest swimming race in the Olympics?

- a) 400m freestyle
- b) 800m freestyle
- c) 1500m freestyle
- d) 10km marathon

What is the world record time for 100m freestyle (approximately)?

- a) 46 seconds
- b) 50 seconds
- c) 55 seconds
- d) 60 seconds

What is the fastest stroke for short-distance sprints?

- a) Backstroke
- b) Butterfly
- c) Freestyle
- d) Breaststroke

What is the minimum age for Olympic swimming competition?

- a) 14 years
- b) 16 years
- c) 18 years
- d) No minimum age

Answer

Swimming Rules & Techniques

- (a) 1 kick, 1 pull
- (b) 15 meters
- (c) 15 meters
- (b) 7.2 - 7.6
- (a) 1.0 - 3.0 ppm
- (d) All of the above
- (d) All of the above
- (d) Backstroke, Breaststroke, Butterfly, Freestyle
- (b) Backstroke
- (c) Interval training
- (d) All of the above

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- (b) Freestyle
 - (b) 15 meters
 - (c) Breaststroke
 - (b) 4
 - (c) Sidestroke
 - (c) Disqualification
 - (b) Breaststroke
 - (a) After every pull
 - (d) Both A & B (Flip turn & Tumble turn)
 - (b) Pushing off the pool bottom
 - (b) 4
 - (a) Backstroke
- Swimming Training & Conditioning
- (b) Sprint training
 - (d) Both B & C (Stroke efficiency & Breathing technique)
 - (b) Butterfly
 - (b) Enhancing cardiovascular endurance
 - (d) Depends on the swimmer
 - (d) All of the above
 - (b) Altitude training
 - (d) All of the above
 - (b) Core
- Swimming Equipment & Safety
- (b) Pull buoy
 - (d) All of the above
 - (d) All of the above
 - (a) Snorkel
 - (d) All of the above
 - (c) 3.0 meters
 - (d) All of the above
 - (b) Shoulders
- Competitive Swimming & Records
- (b) Michael Phelps
 - (b) 50 meters
 - (a) USA
 - (b) 8
 - (d) 10km marathon
 - (a) 46 seconds
 - (c) Freestyle
 - (b) 16 years