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15. The longest muscle in human body is?

- (A) Sartorius ✓
- (B) Biceps
- (C) Deltoid
- (D) Lattismus Dorsi

16. The cardio respiratory capacity is related to

- (A) Strength
- (B) Flexibility
- (C) Normal physical endurance ✓
- (D) Agility

17. Shuttle run 'Test' measures

- (A) Explosive strength
- (B) Speed endurance
- (C) Agility ✓
- (D) Speed

18. Which of the following game's team consists of both men and women players?

- (A) Corfball
- (B) Netball
- (C) Softball ✓
- (D) Handball

19. 'Stimulus Response Theory' was given by?

- (A) Frobel
- (B) E. L. Thorndike ✓

28. The weight of a hockey ball approximately is

- (A) 5.5 ounce to 5.75 ounce ✓
- (B) 5 ounce to 5.5 ounce
- (C) 6 ounce to 6.5 ounce
- (D) 5.75 ounce to 6 ounce

129. How many events are there in Heptathlan?

- (A) 5
- (B) 6
- (C) 7 ✓
- (D) 9

30. In which country Indian women cricket team won the test series


first time ?

- (A) New Zealand
- (B) South Africa
- (C) Australia
- (D) England ✓

31. 'Pele' is related to which game?

- (A) Cricket
- (B) Horse Riding
- (C) Swimming
- (D) Football ✓

11. To which of the following chambers of the heart, is the aorta connected?

(A) Left ventricle 

(B) Right ventricle

(C) Right auricle


(D) Left auricle

12. What will you do, if you burn by fire?


(A) Lying down on floor

(B) To cover with quilt

(C) Will use maximum water

(D) Remove all clothes 

13. What is flexibility?

(A) Isotonic movements 

(B) Health

(C) Concentration

(D) Long life

14. In which place World Class Hockey

Academy is proposed to

be established by International Hockey Federation?

(A) Berlin

(B) Sydney

(C) Madrid

(D) Dubai 

36. By which hormone High Blood Sugar level


can be controlled in stomach?

- (A) Glucose
- (B) Insulin 
- (C) Thyroxin
- (D) Non-Adrenergic

37. Are heavy exercises good for sound sleep?

- (A) Yes
- (B) No 
- (C) Sometimes
- (D) Never


38. Balanced diet contains

- (A) Protein
- (B) Vitamin
- (C) Carbohydrates
- (D) All of the above 

39. The longest bone in human body is?

- (A) Ulna
- (B) Tibia
- (C) Femur 
- (D) Humerus

49. The width of a lane in an athletic track is?


(A) 1.20 mt 

(B) 1.21 mt

(C) 1.19 mt

(D) 1.22 mt

50. During a hockey match, if the ball is stuck in the Goalkeeper's pads then game is restarted

(A) By Bully 

(B) By centre back pass

(C) By hit from outside 'D'

(D) By toss

41. Fatigue comes during training due to?

- (A) Lactic acid ✓
- (B) Adrenal
- (C) Carbon Di Oxide
- (D) pH-Factors

42. What energy do minerals supply to the body?

- (A) Chemical
- (B) Electrical
- (C) Thermal
- (D) No energy ✓

43. The Olympic games in 2016 will be held at?

- (A) London
- (B) America
- (C) Holland
- (D) Brazil ✓

44. The measuring instrument of Blood pressure is?

- (A) Steadiometer
- (B) Menometer
- (C) Sphygmomanometer ✓
- (D) Dynamometer

24. How many entries are allowed per event in Athletics in Olympics?

(A) 2

(B) 3 ✓

(C) 4

(D) 5

25. When did Cricket World Cup start?

(A) 1970

(B) 1975 ✓

(C) 1979

(D) 1973

26. Reason of constipation is due to

(A) Less functioning of large intestine ✓

(B) Extra eating

(C) Less make of water

(D) More intake of water

27. What was the Mascot of first Asian games held at New Dethi?

(A) Jantar Mantar ✓

(B) Kutub Minar

(C) Lotus flower

(D) Appu

7. According to rules, the colour of football goal post is?

- (A) Light yellow
- (B) Green
- (C) Light blue
- (D) White ✓

8. How much protein a working woman must intake every day?

- (A) 27gm
- (B) 46gm
- (C) 30gm
- (D) 37gm ✓

9. Which of the following line is related to volleyball?

- (A) Bonus line
- (B) Baulk line
- (C) Attack line
- (D) Service line ✓

Olympic Flag consist on how many circles ?

Ans. 5 circles . Blue, Yellow, Black, Green and red.

First Olympic games held in ?

Ans. 1896 Athens, Greece.

2020 Olympic games held in ?

Ans. Tokyo, Japan.

2016 Olympic games held in ?

Ans. Rio de Janeiro Brazil.

2016 Olympic games held in ?

Ans. London England

1. The landing arena of High Jump will be

(A) 5x4mts

(B) 5x5mts

(C) 5 x 3 mts

(D) 5 x 6 mts

2. Blood is purified in the human body by?

(A) Carbon dioxide

(B) Nitrogen

(C) Oxygen

(D) Hydrogen

45. The minimum number of players required in a team to start a

Basketball match is?—

(A) 4

(B) 5 ✓

(C) 3

(D) 12

46. What is Blood?

(A) Tissue

(B) Liquid Tissue ✓

(C) Blood Platelets

(D) Special Tissue

47. Water percentage in plasma is?

(A) 60%

(B) 70%

(C) 80%

(D) 90% ✓

48. Who declares the 'Olympic games close'?

(A) Chairman JOC ✓

(B) President IOC

(C) Secretary IOC

(D) Prime Minister of the country

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20. How many types of joints there in human body?

(A) 2

(B) 3 ✓

(C) 6

(D) 9

21. Which of the famous Hockey player has written the book 'Golden Hattrick'?

(A) Ajit Pal Singh

(B) Dhyan Chand

(C) Balbir Singh ✓

(D) Surjit Singh

22. The types of swimming in competitions are?

(A) 10

(B) 6

(C) 4 ✓

(D) 2

23. Which of the following vitamin we get from Sun rays?

(A) Vitamin A

(B) Vitamin B

(C) Vitamin C

(D) Vitamin D ✓

32. The normal temperature of a healthy human being is?

(A) 98.4° F ✓

(B) 95.5° F

(C) 96.6° F

(D) 97.4° F

33. The life span of Red Blood corpuscles is not more than

(A) 120 days ✓

(B) 130 days

(C) 140 days

(D) 150 days

34. What is the resting stroke volume per beat of heart?

(A) 20-40 ml

(B) 40-60 ml

(C) 60-80 ml ✓

(D) 80-100 ml

35. The length of trachea (wind pipe) in an adult person is about?

(A) 20 cm

(B) 15 cm

(C) 10 cm ✓

(D) 05 cm

- A. Amylase
B. Trypsin✓
C. Lipase
D. None of the above
- Q32. Which vitamin is easily destroyed by heat and air?
A. K
B. C✓
C. D
D. A
- Q33. Which of the following vitamins is water soluble?
A. C and B Complex✓
B. D and K Complex
C. A and D Complex
D. B₁ and B₅ Complex
- Q34. Fuel used by the body while doing the exercise of severe intensity is:
A. Carbohydrate
B. Carbohydrate & fat equally
C. Less carbohydrate & more fat✓
D. None of the above
- Q35. Fatty acids are stored in the:
A. Upper most layer
B. Adipose tissue✓
C. Connective tissue
D. None of the above
- Q36. Process in which absorption of soluble food is done by the wall of small intestine and then passed to the blood is:
A. Assimilation✓
B. Ingestion
C. Digestion
D. Absorption
- Q37. Absorption of the fat takes place in:
A. Mouth
B. Large intestine✓
C. Small intestine
D. Liver
- Q38. Carbohydrates are converted into sugar in the:
A. Duodenum
B. Large intestine
C. Digestive tract✓
D. Liver
- Q39. 'Calcium' responsible for regulating the contraction response is present in:
A. Protoplasm
B. Pancreas
C. Cytoplasm✓
D. Intestine
- Q40. Carbohydrates is an important component of diet especially for:

- A. Physiotherapy only
 B. Corrective exercise therapy only
 C. Both the above ✓
 D. None of the above
- Concentric and eccentric contraction of muscles take place in:
 A. Isometric method
 B. Isotonic method ✓
 C. Both the above
 D. None of the above
- What type of fats are not hazardous to health?
 A. Polyunsaturated ✓
 B. Unsaturated
 C. Saturated
 D. All of the above
- Deficiency of Vitamin D causes:
 A. Beri beri
 B. Scurvy
 C. Rickets ✓
 D. Night blindness
- Obesity does not cause:
 A. infertility
 B. Cancer ✓
 C. Diabetes
 D. Ischaemic heart disease
- The source of acid rain is:
 A. Nitrous oxide
 B. Nitric oxide ✓
 C. CFCs
 D. CO₂
- Which of the water pollutant is a source of water borne disease like cholera and gastroenteritis?
 A. Animal waste
 B. Sewage ✓
 C. Fertilizers
 D. Mercury
- For strength dominating sports, the diet should be rich in:
 A. Carbohydrates ✓
 B. Vitamins
 C. Minerals
 D. Proteins
- Carbohydrates are more suitable for energy production in the body because:
 A. They have more affinity to oxygen ✓
 B. They are more dynamic
 C. They are more powerful
 D. They have CO₂ carrying capacity
- Which enzyme digests protein?

Psychology & Sociology of Sports, Exercise & Physical Education

Decreased performance in the beginning but gradual improvement is indicated

- by:
- A. Concave graph ✓
 - B. Convex graph
 - C. Concavo-convex graph
 - D. None of the above

Increased performance in the beginning but gradual decline later is indicated

- by:
- A. Concave graph
 - B. Convex graph ✓
 - C. Both (a) and (b)
 - D. None of the above

Which is not a primary motive?

- A. Affection ✓
- B. Hunger
- C. Sex
- D. Thirst

Psychology is taught to the student of physical education because:

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- B. Unique performance of a team
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What level of stress may enhance performance of athletes?

- A. Heightened
- B. Moderate
- C. Optimal ✓
- D. None of the above

Concentration is the narrowest path of:

- A. Aggression
- B. Arousal
- C. Activation
- D. Attention ✓

Whose name is associated with conditioned reflex learning?

- A. John Dewey
- B. Aristotle

- A. Rate learning ✓
B. Understanding
C. Application
D. Correlation
- Q82. Stress is:
A. Advantageous to the player
B. Detrimental to the abilities
C. Both advantageous and detrimental as per the situation ✓
D. None of the above
- Q83. Maslow places ___ needs at the bottom of hierarchy.
A. Esteem
B. Belongingness
C. Safety
D. Physiological ✓
- Q84. Which law of learning is also called the law of use and disuse?
A. Law of exercise ✓
B. Law of readiness
C. Law of effect
D. Law of intimacy
- Q85. The law of effect is also known as:
A. Law of use & disuse ✓
B. Law of satisfaction
C. Law of recency
D. Law of frequency

.....

Health Education, Nutrition & Recreation

- Q1. Which of the following is not a source of protein?
A. Eggs
B. Meat
C. Oil ✓
D. Milk
- Q2. Which of the following has greater food value?
A. White eggs
B. Brown eggs
C. Both (a) and (b) ✓
D. Ducks eggs
- Q3. Four important mineral nutrients required in large quantities by the human are:
A. Phosphorous, Calcium, Sodium and Magnesium ✓
B. Calcium, Sodium, Potassium, and Manganese
C. Iron, Calcium, Sodium, Phosphorous
D. Phosphorous, Iron, Calcium, Sodium and Magnesium
- Q4. Which of the following is the richest source of Vitamin C?

- Q13. Exposure to ultraviolet radiation is a:
- Mechanical hazard
 - Physical hazard ✓
 - Chemical hazard
 - Biological hazard
- Q14. Chilblains, frost bite are caused due to:
- Physical agents ✓
 - Chemical agents
 - Biological agents
 - Mechanical agents
- Q15. Lung cancer is caused due to:
- Physical agents
 - Chemical agents ✓
 - Biological agents
 - Mechanical agents
- Q16. Diseases like hypertension, industrial neurosis, peptic ulcer are of:
- Physical origin
 - Chemical origin
 - Biological origin
 - Psychological origin ✓
- Q17. Which form of hepatitis was initially call the serum hepatitis?
- Hepatitis A
 - Hepatitis B ✓
 - Hepatitis C
 - Hepatitis D
- Q18. Which hepatitis virus spreads by direct contact?
- Hepatitis A ✓
 - Hepatitis B
 - Hepatitis C
 - Hepatitis D
- Q19. Accumulation of lactic acid in the muscles:
- Improves body's efficiency
 - leads to fatigue ✓
 - Does not have any effect on the body
 - None of the above
- Q20. Aerobic efficiency can be best improved by:
- Speed training
 - Flexibility training
 - Endurance training ✓
 - Balance training
- Q21. Muscle types can be determined by:
- Use of spectrophotometer
 - Use of biopsy ✓
 - Use of calorimeter
 - All of the above
- Q22. For complete treatment of the sports injuries, one should depend upon:

D. Pigeons and rats

How is psychology defined today?

A. The science of behaviour and mental processes

B. The science of human behaviour and mental processes

C. The science of mind ✓

D. The study of motivation, emotion, personality, adjustment and abnormality

Who is regarded as the 'father' of psychology?

A. Sigmund Freud

B. Ivan Pavlov

C. John B. Watson

D. Wundt ✓

Body mind relationship was first promulgated by:

A. Socrates

B. Plato ✓

C. Descartes

D. Homer

Who said, "sound mind in a sound body"?

A. Descartes

B. Rousseau

C. Aristotle

D. Plato ✓

The hereditary factors of learning are:

A. Height and weight

B. Physical structure

C. Body composition

D. All of the above ✓

Autogenic training is a technique:

A. To bring about relaxation in body ✓

B. To increase anxiety level

C. To counter avoidance syndrome

D. None of the above

Which law of learning states that things most often repeated are best retained?

A. Law of readiness

B. Law of exercise ✓

C. Law of effect

D. Law of recency

The state of being first creates a strong almost unusable impression. This:

A. Law of primacy ✓

B. Law of intensity

C. Law of recency

D. Law of effect

The things most recently learned are best remembered refers to:

A. Law of intensity

B. Law of effect

C. Law of primacy

D. Law of recency ✓

Which is the lowest level of learning?

- C. Experience of the person
D. Aptitude of the person
- Q63. Terminal feedback is the information provided to the learner:
A. Before the activity
B. During the activity
C. After the activity ✓
D. None of the above
- Q64. What type of motivation is not applicable to young children?
A. Intrinsic motivation ✓
B. Extrinsic motivation
C. Achievement motivation
D. None of the above
- Q65. The 'trial and error' theory of learning was propounded by:
A. Newton
B. Pavlov
C. Thorndike ✓
D. Homer
- Q66. In the childhood, individual's behaviour is most influenced by:
A. Community
B. School
C. Peer group
D. Family ✓
- Q67. The cause of frustration among sports persons is:
A. Result of own performance
B. Normally due to mismatched level of aspiration and ability ✓
C. Result of good performance
D. Natural outcome of competitive sports
- Q68. Which is the description of the methods of personality measurement?
A. Rating scale
B. Interviews & observations
C. Paper & pencil test
D. All of the above ✓
- Q69. Trial & error learning is also known as:
A. Conditioning
B. Connectionism ✓
C. Insight
D. None of the above
- Q70. Law of effect in learning was started by:
A. Pavlov
B. Thorndike ✓
C. Skinner
D. Gestalt
- Q71. What is the population that psychologists usually study?
A. Cats & dogs ✓
B. Monkeys
C. People

- B. 3-5 years
- C. 11-14 years
- D. 2-4 years

Q54. Which is the most effective method for encouraging self learning?

- A. Demonstration method
- B. Lecture method
- C. Observation method ✓
- D. Task method

Q55. Which one is the simplest form of cognition?

- A. Conception
- B. Perception
- C. Sensation ✓
- D. Affection

Q56. The response defined as a result of training is called:

- A. Conditioned stimulus
- B. Unconditioned reflex
- C. Conditioned reflex ✓
- D. Conation

Q57. Which need is on top of the Maslow's hierarchy of needs?

- A. Self-actualization ✓
- B. Esteem
- C. Belongingness
- D. Safety

Q58. ERG theory was given by:

- A. Maslow
- B. Alderfer ✓
- C. Jung
- D. McClelland

Q59. Which of the following is an intrinsic motivator?

- A. Pay
- B. Promotion
- C. Feedback
- D. Interest of play ✓

Q60. The two factor theory of motivation is given by:

- A. Maslow
- B. Jung
- C. Alderfer
- D. Herzberg ✓

Q61. Reinforcement theory of motivation is given by:

- A. Jung
- B. Herzberg
- C. Skinner ✓
- D. Maslow

Q62. Achievement motivation relates to:

- A. Need of the person ✓
- B. Knowledge of the person

- C. Sensation
D. All of the above
- Q45.** Natural motivation is also known as:
A. Intrinsic ✓
B. Self assertion
C. Self actualization
D. Extrinsic
- Q46.** Human psychology is confined to the study of:
A. Behaviour ✓
B. Mind
C. Soul
D. Relationship
- Q47.** Which of the following is a law of learning?
A. Law of readiness
B. Law of exercise
C. Law of effect
D. All of the above ✓
- Q48.** Mental development includes:
A. External and internal organs
B. Reasoning and thinking ✓
C. Ethical and moral
D. Emotional maturity
- Q49.** Through which of the following methods, desirable channels are provided for the release of emotional energy?
A. Inhibition
B. Sublimation
C. Catharsis ✓
D. Repression
- Q50.** The rate of progress in learning slows down and reaches a limit beyond which further improvement seems impossible. It is known as:
A. Plateau ✓
B. Loss of interest
C. Boredom
D. Difficult stage
- Q51.** The therapy of psychoanalysis was developed by:
A. Skinner
B. Sigmund Freud ✓
C. Plato
D. Darwin
- Q52.** Sports performance is the bi-product of:
A. Skill
B. Conditional ability
C. Total personality ✓
D. Tactical ability
- Q53.** The first metamorphosis falls between the age of:
A. 7-10 years ✓

- C. Fear of future
- D. State of organism

A reliable psychological test means:

- A. Accuracy of measurement
- B. Forecasting behaviour
- C. Consistency of measurement ✓
- D. None of the above

The first test of intelligence was developed by:

- A. Binet and Simon ✓
- B. Pavlov and Watson
- C. Terman and Merrill
- D. Maslow and McDougal

In development process, the term "gang-age" occurs during:

- A. Early childhood
- B. Puberty ✓
- C. Infancy
- D. Later childhood

Cognition deals with:

- A. Learning
- B. Memory
- C. Creativity
- D. All of the above ✓

Outstanding athletes usually possess certain personality characteristics, such as:

- A. Aggressiveness ✓
- B. Neurotic
- C. Ambivalence
- D. Submissiveness

Psycho-sexual development takes place during:

- A. Later childhood
- B. Adolescence ✓
- C. Young age
- D. Adulthood

The psychologist who has been most closely related with the study of achievement motivation is:

- A. McClelland ✓
- B. Maslow
- C. Vroom
- D. McGregor

The concept of mental age was given by:

- A. Stern
- B. Galton
- C. Binet ✓
- D. Watson

The impulses that travel from CNS to muscle are called:

- A. Efferent ✓
- B. Afferent

- C. Psychological factors
D. All of the above ✓
- Q27. Gestalt has propounded:
A. Theory of trial and error
B. Theory of conditioning
C. Theory of learning ✓
D. None of the above
- Q28. Feedback method: /
A. Is helpful to the learner ✓
B. Is detrimental to the learner
C. Is neither helpful nor detrimental
D. None of the above
- Q29. Learning of physical skills is concerned with:
A. Cognitive learning
B. Affective learning
C. Motor learning ✓
D. All of the above
- Q30. In born tendency for particular mode of behaviour in lower or higher animals is called:
A. Emotion
B. Feeling
C. Instinct ✓
D. Sentiment
- Q31. The best method for training of emotions in sports is:
A. Repression
B. Redirection
C. Inhibition
D. Sublimation ✓
- Q32. Proximo-distal growth means:
A. Development from spinal cord outwards ✓
B. No uniform growth and development
C. Growth from general to specific
D. Growth from head to the lower body parts
- Q33. Cephalo-caudal growth means:
A. Growth from general to specific
B. No uniform growth and development
C. Growth and development proceed from birth to death
D. Growth is from head downwards ✓
- Q34. Surplus energy theory of play was propounded by:
A. McDougal
B. Lazarus
C. Karl Groose
D. Herbert Spencer ✓
- Q35. Emotion is defined as:
A. Feeling
B. Disturbed state or organism ✓

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- A. John Dewey
- B. Aristotle

- C. Rousseau
D. Pavlov✓
- Q9. The personal feedback is facilitated through:
A. Television
B. Tape recorder
C. Kinesthetic knowledge✓
D. All of the above
- Q10. Concurrent feedback is provided to the learner:
A. After the activity
B. During the activity✓
C. Before the activity
D. None of the above
- Q11. Psychological process of adaptation which eventually leads to increase in performance capacity is known as:
A. Principle of progression of load✓
B. Principles of continuity
C. Principles of differentiation
D. None of the above
- Q12. The knowing aspect or awareness in psychology is known as:
A. Affection
B. Conation
C. Cognition✓
D. None of the above
- Q13. Reaction time is a component of:
A. Physical fitness
B. Motor fitness✓
C. Health related physical fitness
D. None of the above
- Q14. The test that measures reaction time is:
A. Standing broad jump
B. Sergeant jumps
C. Shuttle run
D. Stick drop test✓
- Q15. These are the conditions related with stress except:
A. Hypertension
B. Anaemia✓
C. Mental illness
D. Peptic ulcer
- Q16. Theory of conditioning was given by:
A. Aristotle
B. Pavlov✓
C. Gestalt
D. Thorndike
- Q17. Who gave the laws of learning?
A. Watson
B. McDougal

- C. Pavlov
- D. Thorndike ✓

Theory of learning was given by:

- A. Thorndike ✓
- B. Gestalt
- C. H.C. Buck
- D. G.A. Finch

Achievement motivation is synonymous to:

- A. Biofeedback theory only
- B. Feedback theory ✓
- C. Neuro-biofeedback theory
- D. None of the above

The period of growth and development from 9 to 11 years is known as:

- A. Early childhood
- B. Later childhood ✓
- C. Puberty
- D. Adulthood

The reason for lower performance in sports competition is:

- A. Fear of failure
- B. Anxiety ✓
- C. Aggression
- D. Motivation

Individual differences are due to:

- A. Environmental impact
- B. Heredity impact ✓
- C. Heredity and environmental impact
- D. Community impact

Cognitive learning is also called:

- A. Mental learning ✓
- B. Affective learning
- C. Motor learning
- D. All of the above

During adolescence, the behaviour of a person is influenced by:

- A. Family
- B. Peer group ✓
- C. School
- D. Society

Violence associated with the competition sport is mainly due to:

- A. The very nature of the competitive sport
- B. The social tensions within the society
- C. The social backwardness
- D. Identity of spectators with teams on racial, religious or national considerations ✓

The personal factors in learning are:

- A. Heredity factors
- B. Fitness factors

D. Nerves

Q62. Duration is measure of:

- A. Distance
B. Displacement
C. Force
D. Time✓

Q63. 'Speed' is indicated in:

- A. Km/sec²
B. Cm/hour
C. Newton
D. Km/hr✓

Q64. First law of motion is also called:

- A. Law of action and reaction
B. Law of conservation of energy
C. Law of inertia✓
D. Law of transference of momentum

Q65. Imaginary line passing laterally from one side to other is called:

- A. Sagittal axis
B. Sagittal plane
C. Vertical axis
D. Lateral axis✓

Q66. In isometric contraction, the muscle:

- A. Shortens✓
B. Lengthens
C. Neither shortens nor lengthens
D. Shortens as well as lengthens

Q67. The scapula bone is situated in:

- A. Leg
B. Hip
C. Upper back✓
D. Arm

Q68. Mechanics is the branch of physics that deals with bodies:

- A. At rest
B. In motion✓
C. Both (a) and (b)
D. None of the above

Q69. The branch of mechanics that describes the cause of force is:

- A. Kinetics
B. Kinematics✓
C. Biomechanics
D. Fluid mechanics

Q70. The branch of mechanics, which deals with the force that produces or changes the state of motion is:

- A. Kinematics
B. Statistics
C. Biomechanics
D. Kinetics✓

Q71. Which of the following is an example of hinge joint?

- A. Hip joint
B. Elbow joint✓
C. Ankle joint
D. All of the above

Q72. At the time of release of discus:

- A. Centripetal force is more than centrifugal force
B. Centrifugal force is more than centripetal force✓
C. Centrifugal and centrifugal forces become zero
D. None of the above

Q73. The sternum is located in:

- A. Foot
B. Palm
C. Chest✓
D. Skull

Q74. The schedules for interval training are prepared:

- A. Annually
B. Weekly
C. Monthly
D. Quarterly✓

Q75. Who invented the method of weight training?

- A. Aristotle
B. Herbert Spencer
C. Fredrick Yahn✓
D. Morgan and Adamson
- *****

The following bones form the elbow joint except:

- A. Scapula ✓
- B. Radius
- C. Ulna
- D. Humerus

Main bones in forearm are:

- A. Humerus-femur
- B. Radius-ulna ✓
- C. Ulna-phalanges
- D. Wrist bones-phalanges

What type of muscles are capable of resisting fatigue in a long duration activity?

- A. Deltoid
- B. Fast twitch
- C. Slow twitch ✓
- D. Both (a) and (b)

Muscles which cause the joints to bend are called:

- A. Flexors ✓
- B. Extensors
- C. Abductors
- D. Adductors

Synovial joint is:

- A. Slightly movable
- B. Freely movable ✓
- C. Both (a) and (b)
- D. None of the above

Which of the following is a fibrous joint?

- A. Joints of the skull ✓
- B. Joints of the fingers
- C. Joints of the ribs
- D. All of the above

The terms 'anterior and posterior' are synonymous with:

- A. Frontal and back
- B. Ventral and dorsal ✓
- C. Lateral and medial
- D. None of the above

Lumbar vertebrae are:

- A. 6 in number
- B. 7 in number
- C. 5 in number ✓
- D. 4 in number

Q54.

A bone which is formed by the replacement of cartilage is known as:

- A. Long bone
- B. Short bone
- C. Sesamoid bone
- D. Replacing bone ✓

Q55.

A bone which is formed by the transformation of connective tissue is called:

- A. Replacing bone
- B. Investing bone ✓
- C. Sesamoid bone
- D. Flat bone

Q56.

The specific function of tarsal bone is:

- A. Protection
- B. To give strength ✓
- C. To act as lever
- D. None of the above

Q57.

Example of synovial joint is:

- A. Suture
- B. Knee joint ✓
- C. Inter vertebral disc
- D. Shoulder joint

Q58.

Study of muscles is called:

- A. Osteology
- B. Anthropology
- C. Mycology ✓
- D. Anthropometry

Q59.

Total number of bones in the human skull are:

- A. 20
- B. 21
- C. 22 ✓
- D. 23

Q60.

How many carpal bones are there in the wrist?

- A. 6
- B. 7
- C. 8 ✓
- D. 9

Q61.

Osteology is the study of:

- A. Muscles
- B. Bones ✓
- C. Joints

- Q30. In which type of lever, the weight is in between force and fulcrum?
 A. Type I
 B. Type II ✓
 C. Type III
- Q31. The movements around ball and socket joints are:
 A. Flexion and extension
 B. Rotation and circumduction
 C. Hyper extension
 D. All of the above ✓
- Q32. Bone cells are also called:
 A. Osteoblasts
 B. Osteocytes ✓
 C. Osteoclasts
 D. Osteoporosis
- Q33. 'Hamstring' muscle:
 A. Extends knee
 B. Flexes knee
 C. Extends elbow
 D. Flexes elbow ✓
- Q34. Which of the following is a ball and socket joint?
 A. Hip joint
 B. Shoulder joint
 C. Both (a) and (b) ✓
 D. None of the above
- Q35. During abduction, the arm moves:
 A. Towards the body
 B. Away from the body ✓
 C. In front of the chest
 D. None of the above
- Q36. In which type of lever, the force is in between weight and fulcrum?
 A. Type I
 B. Type II
 C. Type III ✓
 D. All of the above
- Q37. Which of the following is responsible for limiting the range of movements of joint?
 A. Tendons
 B. Ligaments ✓
 C. Both (a) and (b)
 D. Muscle fibers
- Q38. 'Zygomatic' bone is present in:
 A. Upper extremities
 B. Lower extremities
 C. Vertebral column
 D. Skull ✓
- Q39. Flexion at elbow is brought about by:
 A. Biceps
 B. Triceps
 C. Both (a) and (b) ✓
 D. None of the above
- Q40. Study of bones is called:
 A. Osteoporosis
 B. Osteoclast
 C. Osteology ✓
 D. Arthrology
- Q41. The bone cells which are involved in building of bone are:
 A. Osteoblasts ✓
 B. Osteoclasts
 C. Osteocytes
 D. None of the above
- Q42. The skeleton of thorax is made up of:
 A. Cartilage
 B. Bone
 C. Both (a) and (b) ✓
 D. None of the above
- Q43. What type of bones perform the function of giving strength?
 A. Long bones
 B. Regular bones
 C. Flat bones ✓
 D. Short bones
- Q44. Density of bones is greater in:
 A. Men ✓
 B. Women
 C. Both (a) and (b)
 D. None of the above
- Q45. Which of the following is a joint of reciprocal innervation?
 A. Pivot joint
 B. Saddle joint ✓
 C. Condylod joint
 D. Hinge joint

- Q62. Duration is measure of:
 A. Distance
 B. Displacement
 C. Force
 D. Time✓
- Q63. 'Speed' is indicated in:
 A. Km/sec²
 B. Cm/hour
 C. Newton
 D. Km/hr✓
- Q64. First law of motion is also called:
 A. Law of action and reaction
 B. Law of conservation of energy
 C. Law of inertia✓
 D. Law of transference of momentum
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 A. Aristotle
 B. Herbert Spencer
 C. Fredrick Yahn✓
 D. Morgan and Adamson

Kinesiology and Biomechanics

- Q1.** Endoskeleton involves:
nails
A. Covering of skin, hair,
B. Bones and cartilages ✓
C. bones only
D. None of the above
- Q2.** Exoskeleton involves:
nails ✓
A. Covering of skin, hair,
B. Bones and cartilages
C. Long bones only
D. Short bones only
- Q3.** Study of joints is called:
A. Kinesiology
B. Biology
C. Anthropometry
D. Arthrology ✓
- Q4.** Sideward curvature of the spine is called:
A. Knock knee
B. Kyphosis
C. Scoliosis ✓
D. Lordosis
- Q5.** The path of an object project projected into free air space is known as:
A. Speed
B. Abnormal curve
C. Velocity
D. Parabola ✓
- Q6.** Boxer's muscles are:
A. Trapezius
B. Sterno cliedo mastoid
C. Abdominal
D. Deltoid ✓
- Q7.** 'Neck joint' is an example of:
A. Pivot joint ✓
B. Hinge joint
C. Saddle joint
D. Condylloid joint
- Q8.** 'Trapezius' muscles help in:
backward ✓
A. Pushing the neck
B. Punching
C. Raising the leg forward
D. None of the above
- Q9.** Strongest ligament of the hip joint is:
A. Pubofemoral
B. Ileo femoral ✓
C. Ischiofemoral
D. None of the above
- Q10.** Which type of lever is most effective in sport movements?
A. Third class ✓
B. Second class
C. First class
D. None of the above
- Q11.** Which muscle is involved in the elevation of arm?
A. Deltoid ✓
B. Biceps
C. Triceps
D. Quadriceps
- Q12.** Which of the following is an example of bi-axial joint?
A. Hinge
B. Pivot
C. Both (a) and (b) ✓
D. None of the above
- Q13.** Number of bones in the axial skeleton is:
A. 60
B. 80 ✓
C. 40
D. 20
- Q14.** Number of bones in the appendicular skeleton are:
A. 120
B. 180
C. 126 ✓
D. 116

Q21. Which of the following is an example of uniaxial joint?

- A. Condylloid
- B. Saddle
- C. Hinge
- D. Condylloid and saddle

Q22. The cartilage which serves to cushion the impact of large forces on bone ends is called:

- A. Fibrous cartilage
- B. Hyaline cartilage ✓
- C. Notch
- D. Fossa

Q23. Function of long bones in the body is to:

- A. Give strength
- B. Give protection
- C. Act as lever
- D. Provide surface area for muscle attachment ✓

Q24. Force generation but fiber lengthening is also known as:

- A. Eccentric contraction ✓
- B. Concentric contraction
- C. Isotonic contraction
- D. Isometric contraction

Q25. 'Kyphosis' is also called:

- A. Hollow back
- B. Round back ✓
- C. Lateral back
- D. Back curve

Q26. A forward upward movement of the foot at the ankle joint is:

- A. Plantar flexion
- B. Dorsi flexion ✓
- C. Inversion
- D. Eversion

Q27. Bending of head towards right or left side of the shoulder is:

- A. Extension
- B. Flexion
- C. Lateral flexion
- D. Lateral extension ✓

Q28. Synovial joints are:

- A. Slightly movable

- B. Freely movable ✓
- C. Both (a) and (b)
- D. None of the above

Q23. The vertical axis passes:

- A. Perpendicular to the ground ✓
- B. Horizontal to the ground
- C. Both (a) and (b)
- D. None of above

Q24. The law of gravity is an example of a law of motion studied in the body of knowledge called:

- A. Chemistry
- B. Physics
- C. Mechanics ✓

Q25. Largest bone in the human body is:

- A. Femur ✓
- B. Humerus
- C. Tibia
- D. Fibula

Q26. Shortest bone in the human body is:

- A. Phalange
- B. Metatarsal
- C. Innominate bone
- D. Tarsal ✓

Q27. Which of the following has maximum percentage in the composition of bone?

- A. Calcium sulphate
- B. Calcium phosphate ✓
- C. Chloride
- D. Fluoride

Q28. The forces acting on a runner near the end of a race are:

- A. Weight
- B. Friction
- C. Air resistance

Q29. The terms rest and motion are studied under:

- A. Biochemistry
- B. Anatomy
- C. Biomechanics ✓
- D. None of the above

Q43. The primary muscle substrate immediately available for ATP synthesis is:

- A. Glucose
- B. Fructose
- C. Glycogen
- D. None ✓

Q44. Which of the following tissues has the best potential to reproduce itself following an injury?

- A. Epithelial tissue
- B. Muscular tissue
- C. Nervous tissue ✓
- D. Connective tissue

Q45. Which of the following inflammatory mediators inhibit blood clotting?

- A. Histamine ✓
- B. Heparin
- C. Kinins
- D. Leukotrienes

Q46. 'Hydrotherapy' is given using:

- A. Ice ✓
- B. Water
- C. Wax
- D. Heat

Q47. An example of injury caused by macrotrauma is:

- A. Stress fracture
- B. Sprain ✓
- C. Tendinitis
- D. Flat feet

Q48. Stress fractures result when:

- A. Osteoclastic activity is greater than osteoblastic activity
- B. Osteoblastic activity is greater than osteoclastic activity ✓
- C. Osteoclastic and osteoblastic activities are equal
- D. The body reaches the stage of resistance

Q49. What is the percentage of water in human body?

- A. 50%
- B. 60% ✓
- C. 70%

Q50. Which of the following is a hard tissue?

- A. Tendon
- B. Cartilage
- C. Bone ✓
- D. Muscles

Q51. What should be the duration of Sauna Bath initially?

- A. 6-8 minutes
- B. 5-10 minutes
- C. 15 to 30 minutes ✓
- D. 1 hr. to 2 hr.

Q52. A typical fiber in the adult man may have a diameter of:

- A. 30-50 mm
- B. 50-70 mm ✓
- C. 70-90 mm
- D. None of the above

Q53. Which of the following branches helps in diagnostic teaching and coaching in sports?

- A. Kinesiology
- B. Biomechanics ✓
- C. Mechanics
- D. Anthropometry

Q54. In which of the following does the reactions of energy synthesis take place?

- A. Nucleus
- B. Cell sap ✓
- C. Cell
- D. Mitochondria

Q55. Chronic injuries are treated with

- A. X-rays
- B. Ultraviolet rays
- C. Infrared rays ✓
- D. Ultrasound

Q56. If a muscle is injured after vigorous workout, one should rest for how long before exercise after:

- A. 12 hrs.
- B. 24 hrs.
- C. 36 hrs. ✓
- D. 48 hrs.

Q57. Jogging and the sport:

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- B. Reducing swelling ✓
 C. treatment of wound
 D. None of the above
The common injury in basketball
 A. Medical meniscus damage
 B. Damaged medical ligament
 C. Damaged lateral ligament
Chronic sports injuries are treated using:
 A. Diathermy ✓
 B. Infrared
 C. Ultra violet
 D. Ultrasound
Shoulder dislocation injuries are commonly associated with:
 A. Rowing
 B. Basketball
 C. Volleyball
 D. Judo ✓
Rehabilitation of sports injuries is done using:
 A. Calisthenics
 B. Corrective exercises ✓
 C. Freehand exercises
In case a sports person gets transient feeling, he is advised to:
 A. Sit ✓
 B. Lie down
 C. Stand
Which of the following is associated with rickets?
 A. Knock knee ✓
 B. Pigeon chest
 C. Oedema
 D. Abrasion
Strain is an injury to:
 A. Ligament
 B. Muscle ✓
 C. Bone
 D. Connective tissues
Osmotics:
 A. Increase the body's urine ✓

- B. Decrease the body's output of urine
 C. Increase the size of the muscle fiber
 D. Causes weight gain
Q36. Athlete's foot is caused by:
 A. Virus ✓
 B. Bacteria
 C. Fungus
 D. None of the above
Q37. 'Shin splint' occurs in:
 A. Upper leg
 B. Lower leg
 C. Abdomen ✓
 D. Back
Q38. What is the percentage of water in the muscle tissues?
 A. 75%
 B. 90% ✓
 C. 85%
 D. 80%
Q39. Water in the muscle is responsible for:
 A. Flexibility ✓
 B. Strength
 C. Suppleness
 D. Endurance
Q40. The first treatment recommended for long distance exhausted athlete is:
 A. Artificial respiration
 B. Massage
 C. Cryotherapy ✓
Q41. For complete treatment of sports injuries, one should depend upon:
 A. Physiotherapy ✓
 B. Corrective exercise therapy
 C. Both of the above
 D. Conditioning
Q42. The process of regenerating ATP is catalyzed by the enzyme:
 A. Creatine
 B. Phosphokinase
 C. Phosphate ✓
 D. Creatine phosphokinase

- B. Swimming
- C. Hiking
- D. Football

Q16. What type of first aid should be given to a person suffering from heat stroke?

- A. Have the patient lie down in a cool place.
- B. Let him stay in the sun for some more time.
- C. Give him a glass of cold water.
- D. Surrounding the patient.

Q17. During heavy exercise, the supply of blood increases towards:

- A. Brain
- B. Skeletal muscle ✓
- C. Skin
- D. Kidney

Q18. Which of the following is carried by the blood?

- A. Enzymes
- B. Oxygen
- C. Hormones

Q19. Fibres with small cross-sectional area are:

- A. Faster twitch
- B. Slow twitch ✓
- C. Both (a) and (b)
- D. None of the above

Q20. Drugs that increase muscle bulk and extra power for muscle contraction are:

- A. Caffeine
- B. Androgenic steroids ✓
- C. Cortico steroids
- D. Betablockers

Q21. Softness of bones is known as:

- A. Osteoporosis
- B. Osteomalacia ✓
- C. Osteoblast
- D. Osteoclast

Q22. Disease or injury affecting the wall of a blood vessel is:

- A. Abdominal wound
- B. Stress fracture

- C. Black eye
- D. Hemorrhage ✓

Q23. Break in a bone as a result of injury of pathological weakness is called:

- A. Severe bleeding
- B. Dislocation
- C. Fracture ✓
- D. Abrasion

Q24. Stress fracture is common among:

- A. Young children ✓
- B. Adults
- C. Older people
- D. Women

Q25. Stress fracture is common among:

- A. Dancers and athletes ✓
- B. Factory workers
- C. Women
- D. General population

Q26. The quickest and most effective way to stop bleeding is:

- A. Direct pressure on the wound ✓
- B. Cryotherapy
- C. Hydrotherapy
- D. Tourniquets

Q27. Which of the following is more severe?

- A. Sprain ✓
- B. Strain
- C. Both (a) and (b) are equally severe
- D. Abrasion

Q28. Heart rate is defined as:

- A. Quantity of blood pumped away by heart in one minute
- B. Number of systolic contractions per minute
- C. Number of diastolic contractions per minute
- D. Number of heart contractions per minute ✓

Q29. Contrast bath is recommended for:

- A. Reducing dislocated joint pain

D. Swimming and bathing ✓
 Didaskaleum' was a place for:

- A. Music
- B. Grammar ✓
- C. Both (a) and (b)
- D. None of the above

In Rome, training was given to boys:

- A. By their fathers ✓
- B. By their mothers
- C. By their teachers
- D. None of the above

In which Olympics was it discovered that drugs are being used for performance enhancement?

- A. 1960 Rome ✓
- B. 1988 Seoul
- C. 1992 Barcelona
- D. 1996 Atlanta

Who invented use of 'oil' in the gymnasium?

- A. Romans
- B. Athenians
- C. Spartans ✓
- D. None of the above

The slave tutors who used to teach at home were called:

- A. Paedotribes
- B. Pedagogue ✓
- C. Piatanistas
- D. None of the above

'Palaestra' was formed for:

- A. Gymnastics ✓
- B. Music
- C. Swimming
- D. Arithmetic

To which of the following is the hosting of Olympic Games awarded?

- A. To the city ✓
- B. To the country
- C. To the district
- D. To the capital

Which Olympics were longest as per their duration in day?

- A. 1906
- B. 1908 ✓
- C. 1952
- D. 1956

Q64. Which of the following represents the correct combination of colours of Olympic rings?

- A. Blue, Yellow, Black, Green, Red ✓
- B. Brown, Blue, Yellow, Black, Red
- C. Purple, Green, Red, Pink, Yellow
- D. Blue, Yellow, Brown, Green, Purple

Q65. In which of the following year, Olympics were not held due to world war?

- A. 1948
- B. 1952
- C. 1940 ✓
- D. 1968

Q66. The term 'citius' in the Olympic motto denotes:

- A. Higher
- B. Faster ✓
- C. Stronger
- D.

Q67. The first modern Olympic games were held in the year:

- A. 1896 ✓
- B. 1900
- C. 1904
- D. None of the above

Q68. The word 'athlete' originated in:

- A. Rome ✓
- B. Greece
- C. China
- D. Egypt

Q69. Meaning of word athlete was:

- A. 'The contest' ✓
- B. 'The prize'

- C. 'The strong man'
D. 'The slave'
- Q78. The Greeks emphasized more upon:
A. Individualism✓
B. Naturalism
C. Professionalism
D. None of the above
- Q77. Which country hosted the first 'Special Olympics'?
A. USA✓
B. England
C. India
D. Germany
- Q72. Atlanta Olympics marked:
A. Centenary of modern Olympics✓
B. First time Olympics in USA
C. Olympics in North America
D. None of the above
- Q73. Teachers of Archery in the ancient Greece were known as:
A. Sphairistes
B. Paidotribes
C. Ecclesia
D. Toxotes✓
- Q74. The masseurs in the ancient Greece were known as:
A. Toxotes
B. Aleiptae✓
C. Paidotribes
D. Epheboi
- Q75. Mud bath was popular in:
A. Athens✓
B. Sparta
C. Rome
D. None of the above
- Q76. In which year did B.P. Coubertin, father of Modern Olympics, died?

- A. 1937✓
B. 1938
C. 1939
D. 1940
- Q77. How many countries participated in the first modern Olympics 1896?
A. 11
B. 12
C. 13✓
D. 14
- Q78. In which Olympics was the Olympic oath administered for the first time?
A. 1896, Athens
B. 1900, Paris
C. 1908, London
D. 1920, Antwerp✓
- Q79. Which of the following events constituted pentathlon in ancient Olympics?
A. Running, Jumping, Discus, Javelin and Wrestling✓
B. Running, Jumping, Discus, Swimming and Chariot Racing
C. Boxing, Wrestling, Running, Jumping and Swimming
D. None of the above
- Q80. Who suggested modern pentathlon in Olympics?
A. G.D. Sondhu
B. P. Coubertin✓
C. J.A. Samaranch
- Q81. The exponent of modern Olympic Games B.P. Coubertin belongs to:
A. France✓
B. England
C. USA

- A. A thing for throwing ✓
 B. A thing for pushing
 C. A thing for eating
 D. A thing for playing
- Q42.** The main profession of the Greeks was:
 A. Agriculture ✓
 B. Pottery
 C. Playing
 D. Music
- Q43.** A weak child born, used to be left on the 'Mount Tygatus' for dying, in:
 A. Athens
 B. Rome
 C. Sparta ✓
 D. None of the above
- Q44.** In Sparta, at the age of 18, the boys were enrolled for in the secret corps known as:
 A. Dedascalum
 B. Palaestra
 C. Crypteia ✓
 D. None of the above
- Q45.** Sports grounds in Sparta were called:
 A. Paedotribes
 B. Crypteia
 C. Platanistas ✓
 D. Dedascaleum
- Q46.** Who were the first to strip naked in the competitions?
 A. Athenians
 B. Spartans ✓
 C. Romans
 D. None of the above
- Q47.** Women had separate competitions in games during Olympics which were held at Olympion in the honor of:
 A. God Zeus
 B. Goddess Hera ✓
 C. God Apollo
 D. None of the above
- Q48.** The word 'athlete' in Greek
- A. A city state
 B. Money maker ✓
 C. Prize seeker
 D. Race
- Q49.** Which award was given to the winners in the ancient Olympic Games?
 A. Coins
 B. Caps
 C. Wild olive leaf crowns ✓
 D. Medals
- Q50.** Who inaugurated the first modern Olympic Games in 1896?
 A. King George II of Greece
 B. King George I of Greece ✓
 C. Queen Victoria
 D. B.P. Coubertin
- Q51.** In 'pentathlon' what does 'penta' and 'athlon' stands for?
 A. Five and prize
 B. Six and flower
 C. Five and leaves ✓
 D. Six and individual
- Q52.** 'Plato' earned proficiency in the game of:
 A. Golf
 B. Wrestling ✓
 C. Judo
 D. Swimming
- Q53.** Who was the founder of 'lyceum'?
 A. Rousseau
 B. Aristotle ✓
 C. Galen
 D. Plato
- Q54.** Under whose control were the first Olympic Games held?
 A. King George-II
 B. King George-I ✓
 C. Theodosius
 D. Martin Luthar King
- Q55.** 'Palaestra' was famous for:
 A. Music
 B. Grammar
 C. Both (a) and (b)

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 A. Athens
 B. Rome
 C. Sparta ✓
 D. None of the above
- Q44. In Sparta, at the age of 18, the boys were enrolled for in the secret corps known as:
 A. Dedascalum
 B. Palaestra
 C. Crypteia ✓
 D. None of the above
- Q45. Sports grounds in Sparta were called:
 A. Paedotribes
 B. Crypteia
 C. Platanistas ✓
 D. Dedascalum
- Q46. Who were the first to strip naked in the competitions?
 A. Athenians
 B. Spartans ✓
 C. Romans
 D. None of the above
- Q47. Women had separate competitions in games during Olympics which were held at Olympion in the honor of:
 A. God Zeus
 B. Goddess Hera ✓
 C. God Apollo
 D. None of the above
- Q48. The word 'athlete' in Greek means:
 A. A city state
 B. Money maker ✓
 C. Prize seeker
 D. Race
- Q49. Which award was given to the winners in the ancient Olympic Games?
 A. Coins
 B. Caps
 C. Wild olive leaf crowns ✓
 D. Medals
- Q50. Who inaugurated the first modern Olympic Games in 1896?
 A. King George II of Greece
 B. King George I of Greece ✓
 C. Queen Victoria
 D. B.P. Coubertin
- Q51. In 'pentathlon' what does 'penta' and 'athlon' stands for?
 A. Five and prize
 B. Six and flower
 C. Five and leaves ✓
 D. Six and individual
- Q52. 'Plato' earned proficiency in the game of:
 A. Golf
 B. Wrestling ✓
 C. Judo
 D. Swimming
- Q53. Who was the founder of 'lyceum'?
 A. Rousseau
 B. Aristotle ✓
 C. Galen
 D. Plato
- Q54. Under whose control were the first Olympic Games held?
 A. King George-II
 B. King George-I ✓
 C. Theodosius
 D. Martin Luther King
- Q55. 'Palaestra' was famous for:
 A. Music
 B. Grammar
 C. Both (a) and (b)

- Q38. In Athens, the boys were enrolled in Codet Corps called:
- A. Pythian
 - B. Nemean ✓
 - C. Isthmian
 - D. None of the above
- Q39. Lyceum, the public gymnasia was related with:
- A. Rousseau
 - B. Aristotle ✓
 - C. God Zeus
 - D. None of the above
- Q40. What is the duration of summer Olympic Games?
- A. 16 days ✓
 - B. 17 days
 - C. 18 days
 - D. 10 days
- Q41. In which year, were the ancient Olympic Games banned?
- A. 396 AD
 - B. 394 AD ✓
 - C. 296 AD
 - D. 334 AD
- Q42. 'Agoge' in ancient Greece meant:
- A. Formal system of education ✓
 - B. Informal system of education
 - C. Reading, writing, playing
- Q43. What was 'Palaestra' famous for, in the ancient Greece?
- A. It was a wrestling school ✓
 - B. It was a music school
 - C. It was a stadium
 - D. It was a swimming pool
- Q44. 'Didascaleum' in the ancient Greece was famous for:
- A. Aerobics
 - B. Dance
 - C. Music ✓

- D. Weight training
- Q35. Where were the 13th Asian Games held?
- A. Beijing
 - B. Bangkok ✓
 - C. London
 - D. Athens
- Q36. Who amongst the following started the custom of carrying the flaming torch from Athens to the site of Olympic Games?
- A. Adolf Hitler ✓
 - B. King George-I
 - C. Plato
 - D. Aristotle
- Q37. The Olympic flag consists of:
- A. White background with no border & Olympic symbol in the center ✓
 - B. White background with black border & Olympic symbol in the center
 - C. Yellow background with black border & Olympic symbol on the top right corner
 - D. Grey background with no border & Olympic symbol in the center
- Q38. 'Agoge' was in:
- A. Greece ✓
 - B. Rome
 - C. Iran
 - D. China
- Q39. Who was the pioneer of Medical Gymnastics?
- A. Rousseau
 - B. Gestalt
 - C. Aristotle
 - D. Hyppocrates ✓
- Q40. In which year were the Winter Olympics held for the first time?
- A. 1923
 - B. 1924 ✓
 - C. 1925
 - D. 1926
- Q41. Word 'Diskos' in Greek meant:

- A. Pythian
- B. Nemean ✓
- C. Isthmian
- D. None of the above

In Athens, the boys were enrolled in Codet Corps called:

- A. Crypteia
- B. Epheboi ✓
- C. Pedagogue
- D. Ecclesia

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- B. Aristotle ✓
- C. God Zeus
- D. None of the above

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- D. 1986, Athens
- Q13. When and where was the Olympic flag used for the first time?
 A. 1896, Athens Olympics
 B. 1996, Atlanta Olympics
 C. 1920, Antwerp Olympics ✓
 D. None of the above
- Q14. Where is the headquarters of International Olympic Committee located?
 A. U.S.A.
 B. London
 C. Switzerland ✓
 D. Germany
- Q15. What is the aim of physical education?
 A. Physical development
 B. A wholesome development of an individual ✓
 C. Growth and development
- Q16. What is the philosophy of physical education programmes?
 A. Realism
 B. Pragmatism ✓
 C. Idealism
- Q17. Which of the following Asian countries hosted the first Commonwealth Games?
 A. Malaysia ✓
 B. China
 C. Japan
 D. Pakistan
- Q18. Which of following games were included in the Asian Games held in 1998?
 A. Basketball and Volleyball
 B. Snooker and Billiards ✓
 C. Squash and Tennis
 D. Kabaddi and Kho-Kho
- Q19. Who amongst the following first classified different exercises?
 A. Plato
 B. Galen
 C. Aristotle ✓
 D. Rousseau
- Q20. The principles of physical training were first prescribed by:
 A. Galen ✓
 B. Plato
 C. Rousseau
 D. Aristotle
- Q21. 'Palaestra' and 'Didaskaleion' were famous in:
 A. Athens ✓
 B. Sparta
 C. Rome
 D. both (a) and (b)
- Q22. How many entries per event were allowed in Olympics?
 A. 2
 B. 3 ✓
 C. 4
 D. 5
- Q23. In which year were the first Olympics held?
 A. 1896
 B. 1906 ✓
 C. 1908
 D. 1916
- Q24. What was the punishment given to the cheaters in the first Olympics?
 A. They used to be hanged
 B. They used to be drowned
 C. They used to be beaten with hunters ✓
 D. They used to be detained
- Q25. What is the motto written on the shrine of god Apollo, in Greece?
 A. Meden Agan ✓
 B. Citius Altius Fortius
 C. Ever onward
 D. None of the above
- Q26. Which of the following were not held in the honor of god Poseidon?
 A. Isthmian ✓
 B. Nemean
 C. Pythian
 D. Olympics
- Q27. Which games were held in honor of god Zeus?

PET (MCQs)

(Only for Physical Education Teacher)

Foundations of Physical Education & Sport

Which Muslims ruler died after falling from his horse while playing 'Polo'?

- A. Babar
- B. Qutub-ud-Din Aibek ✓
- C. Jahangir
- D. Akbar

'Phillipides' was a:

- A. Athenian Greek ✓
- B. Spartan Greek
- C. Roman
- D. None of the above

Which Mughal emperor was associated with the game of 'Polo'?

- A. Babar
- B. Aurangzeb
- C. Jahangir
- D. Akbar ✓

In ancient Greece, the 'sky god' was:

- A. Poseidon
- B. Apollo ✓
- C. Zeus
- D. None of the above

In ancient Greece, the 'god of sea' was:

- A. Poseidon ✓
- B. Apollo
- C. Zeus
- D. None of the above

In the ancient Greece, 'Apollo' was:

- A. God of Sea
- B. God of healing ✓
- C. God of fire

- Q7. Olympic rings indicate:
- A. Five continents ✓
 - B. Five rivers
 - C. Five countries
 - D. Five mountains

Q8. Which games were held in the honor of god Apollo?

- A. Nemean Games
- B. Isthmian Games
- C. Pythian Games ✓
- D. None of the above

Q9. The ancient Olympic Games were banned by which emperor?

- A. Aristotle
- B. Poseidon
- C. Theodoseus ✓
- D. None of the above

Q10. What type of track was made for foot races, by the Greeks?

- A. Round track
- B. Straight track ✓
- C. Oval track
- D. Hilly track

Q11. Which Roman King won prizes in the ancient Olympics by bribing the officials?

- A. King George
- B. Theodosius I ✓
- C. King Nero
- D. King Philip

Q12. In which Olympics were gold medals first given to the winners?

- A. 1928, Antwerp
- B. 1908, London
- C. 1900, Paris ✓

اطلاع عام

اب

NTS, PMS, CSS, PCS TESTS

کے لئے مہنگی کتابیں لینے کی کوئی
ضرورت نہیں۔ کیوں کہ ہم نے ایک
سروس شروع کی ہے جس سے آپ
کو SMS کے ذریعے MCQs ملیں گے

موبائل پر یہ سروس Activate کرنے کے لئے

FOLLOW Mind_Ability

لکھ کر 40404 پر بھیج دیں شکریہ

نوٹ: اس سروس کے کوئی چارجز نہیں صرف
پہلے میسج پر 1 روپے کاٹا جائے گا



FB/Mind.AbilitySMS

Olympic Flag consist on how many circles ?

Ans. 5 circles . Blue, Yellow, Black, Green and red.

First Olympic games held in ?

Ans. 1896 Athens, Greece.

2020 Olympic games held in ?

Ans. Tokyo, Japan.

2016 Olympic games held in ?

Ans. Rio de Janeiro Brazil.

2016 Olympic games held in ?

Ans. London England

1. The landing arena of High Jump will be

(A) 5x4mts

C

(B) 5x5mts

(C) 5 x 3 mts

(D) 5 x 6 mts

2. Blood is purified in the human body by?

(A) Carbon dioxide

C

(B) Nitrogen

(C) Oxygen

(D) Hydrogen

3. Name the vitamin which is water soluble

(A) Vitamin A

(B) Vitamin B

B

(C) Vitamin E

(D) Vitamin K

4. Salivary gland produces

- (A) Ptyalin
- (B) Adrenal
- (C) Pepsin
- (D) Renin

A

5. Who is responsible for sanitation /cleanliness in schools?

- (A) Principal
- (B) Cleaning worker
- (C) Teacher and students
- (D) All of the above

D

6. Name the disease which is categorized as psychosomatic disease

- (A) Diabetes
- (B) Asthma
- (C) Tuberculosis
- (D) Small pox

A

7. According to rules, the colour of football goal post is?

- (A) Light yellow
- (B) Green
- (C) Light blue
- (D) White

D

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Ans. 5 circles . Blue, Yellow, Black, Green and red.

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- (B) Green
- (C) Light blue
- (D) White

D

8. How much protein a working woman must intake every day?

- (A) 27gm
- (B) 46gm
- (C) 30gm
- (D) 37gm

D

9. Which of the following line is related to volleyball?

- (A) Bonus line
- (B) Baulk line
- (C) Attack line
- (D) Service line

D

10. The tread mills training is prescribed for the injured athlete for the purpose of improving his/her

- (A) Muscle strength
- (B) Stability of the body
- (C) Range of motion
- (D) Muscle endurance

D

11. To which of the following chambers of the heart, is the aorta connected?

- (A) Left ventricle
- (B) Right ventricle
- (C) Right auricle
- (D) Left auricle

A

12. What will you do, if you burn by fire?

- (A) Lying down on floor
- (B) To cover with quilt
- (C) Will use maximum water
- (D) Remove all clothes

D

13. What is flexibility?

- (A) Isotonic movements
- (B) Health
- (C) Concentration
- (D) Long life

A

14. In which place World Class Hockey Academy is proposed to

be established by International Hockey Federation?

- (A) Berlin
- (B) Sydney
- (C) Madrid
- (D) Dubai

D

15. The longest muscle in human body is?

- (A) Sartorius
- (B) Biceps
- (C) Deltoid
- (D) Lattismus Dorsi

A

16. The cardio respiratory capacity is related to

- (A) Strength
- (B) Flexibility
- (C) Normal physical endurance
- (D) Agility

C

17. Shuttle run 'Test' measures

- (A) Explosive strength
- (B) Speed endurance
- (C) Agility
- (D) Speed

C

18. Which of the following game's team consists of both men and women players?

- (A) Corfball
- (B) Netball
- (C) Softball
- (D) Handball

C

19. 'Stimulus Response Theory' was given by?

- (A) Frobel
- (B) E. L. Thorndike
- (C) Dr. Radhakrishnan
- (D) John Dewey

B

20. How many types of joints there in human body?

- (A) 2
- (B) 3
- (C) 6
- (D) 9

B

21. Which of the famous Hockey player has written the book 'Golden Hattrick'?

- (A) Ajit Pal Singh
- (B) Dhyan Chand
- (C) Balbir Singh
- (D) Surjit Singh

C

22. The types of swimming in competitions are?

- (A) 10
- (B) 6
- (C) 4
- (D) 2

C

23. Which of the following vitamin we get from Sun rays?

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

D

24. How many entries are allowed per event in Athletics in Olympics?

- (A) 2
- (B) 3
- (C) 4
- (D) 5

B

25. When did Cricket World Cup start?

- (A) 1970
- (B) 1975
- (C) 1979
- (D) 1973

B

26. Reason of constipation is due to

- (A) Less functioning of large intestine
- (B) Extra eating
- (C) Less make of water
- (D) More intake of water

A

27. What was the Mascot of first Asian games held at New Dethi?

- (A) Jantar Mantar
- (B) Kutub Minar
- (C) Lotus flower
- (D) Appu

A

28. The weight of a hockey ball approximately is

- (A) 5.5 ounce to 5.75 ounce
- (B) 5 ounce to 5.5 ounce
- (C) 6 ounce to 6.5 ounce
- (D) 5.75 ounce to 6 ounce

A

129. How many events are there in Heptathlan?

- (A) 5
- (B) 6
- (C) 7
- (D) 9

C

30. In which country Indian women cricket team won the test series

first time ?

- (A) New Zealand
- (B) South Africa
- (C) Australia
- (D) England

D

31. 'Pele' is related to which game?

- (A) Cricket
- (B) Horse Riding
- (C) Swimming
- (D) Football

D

32. The normal temperature of a healthy human being is?

- (A) 98.4° F
- (B) 95.5° F
- (C) 96.6° F
- (D) 97.4° F

A

33. The life span of Red Blood corpuscles is not more than

- (A) 120 days
- (B) 130 days
- (C) 140 days
- (D) 150 days

A

34. What is the resting stroke volume per beat of heart?

- (A) 20-40 ml
- (B) 40-60 ml
- (C) 60-80 ml
- (D) 80-100 ml

C

35. The length of trachea (wind pipe) in an adult person is about?

- (A) 20 cm
- (B) 15 cm
- (C) 10 cm
- (D) 05 cm

C

36. By which hormone High Blood Sugar level can be controlled in stomach?

- (A) Glucose
- (B) Insulin
- (C) Thyroxin
- (D) Non-Adrenergic

B

37. Are heavy exercises good for sound sleep?

- (A) Yes
- (B) No
- (C) Sometimes
- (D) Never

B

38. Balanced diet contains

- (A) Protein
- (B) Vitamin
- (C) Carbohydrates
- (D) All of the above

D

39. The longest bone in human body is?

- (A) Ulna
- (B) Tibia
- (C) Femur
- (D) Humerus

C

40. The main source of vitamin 'A' is?

- (A) Egg
- (B) Banana
- (C) Carrot
- (D) Potato

C

41. Fatigue comes during training due to?

- (A) Lactic acid
- (B) Adrenal
- (C) Carbon Di Oxide
- (D) pH-Factors

A

42. What energy do minerals supply to the body?

- (A) Chemical
- (B) Electrical
- (C) Thermal
- (D) No energy

B

43. The Olympic games in 2016 will be held at?

- (A) London
- (B) America
- (C) Holland
- (D) Brazil

D

44. The measuring instrument of Blood pressure is?

- (A) Steadiometer
- (B) Menometer
- (C) Sphygmomanometer
- (D) Dynamometer

C

45. The minimum number of players required in a team to start a

Basketball match is?—

- (A) 4
- (B) 5
- (C) 3
- (D) 12

B

46. What is Blood?

- (A) Tissue
- (B) Liquid Tissue
- (C) Blood Platelets
- (D) Special Tissue

B

47. Water percentage in plasma is?

- (A) 60%
- (B) 70%
- (C) 80%
- (D) 90%

D

48. Who declares the 'Olympic games close'?

- (A) Chairman JOC
- (B) President IOC
- (C) Secretary IOC
- (D) Prime Minister of the country

A

49. The width of a lane in an athletic track is?

- (A) 1.20 mt
- (B) 1.21 mt
- (C) 1.19 mt
- (D) 1.22 mt

D

50. During a hockey match, if the ball is stuck in the Goalkeeper's pads then game is restarted

- (A) By Bully
- (B) By centre back pass
- (C) By hit from outside 'D'
- (D) By toss

A

Mind Ability

knowledge By SMS



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