

## PHYSICAL EDUCATION

1. Who is known as founding father of the Asian games ?
  - (a) Pt. Jawaharlal Nehru
  - (b) Mahatma Gandhi
  - (c) Pro. Guru Dutt Sondhi
  - (d) Maharaja Yadavendra Singh (Patiala)
  
2. According to Aristotle, play in its basic nature is :
  - (a) Unconstrained
  - (b) Cathartic
  - (c) Reflective
  - (d) Spontaneous
  
3. Virtually Physical Education is an active form of
  - (a) Recreation
  - (b) Aerobic
  - (c) Gymnastic
  - (d) Sports
  
4. The Indian Olympic Association was formed in
  - (a) 1927
  - (b) 1952
  - (c) 1947
  - (d) 1972
  
5. In which Olympic games women participated for first time ?
  - (a) 1896 Athens
  - (b) 1900 Paris
  - (c) 1920 Antwerp
  - (d) 1920 Amsterdam
  
6. Philosophy of physical education is said to be
  - (a) elective
  - (b) eclectic
  - (c) selective
  - (d) imperative
  
7. Which of the following is a key factor in man's socialization process ?
  - (a) Social understanding
  - (b) Social courtesies
  - (c) Social interaction among people
  - (d) Social visits
  
8. A person's posture is most influenced by his
  - (a) Movement habits
  - (b) Home environment
  - (c) Life style
  - (d) Nutritional status
  
9. In talent identification for sports, which of the following factors assumes the greatest importance ?
  - (a) Mental maturity
  - (b) Genetic endowment
  - (c) Motor qualities
  - (d) Chronological age
  
10. Concentric contraction is, when muscle is
  - (a) Lengthening
  - (b) Antagonist
  - (c) Shortening
  - (d) No change in size

11. When hypertrophy of muscle is for short time it is known as
- (a) Fiber hyperplasia (b) Chronic hypertrophy  
(c) Transient hypertrophy (d) Fiber hypertrophy
12. DOMS refer to
- (a) Delayed Onset Muscle Swiftness (b) Delayed Onset Muscle Soreness  
(c) Delayed Onset Muscle Sweetness (d) Delayed Onset Muscle Speed
13. The person exercising is converting chemical energy (Food) into :
- (a) Thermal energy (b) Nuclear energy  
(c) Mechanical energy (d) Electrical energy
14. Volume of air that remains in the respiratory passage and does not participate in gas exchange, is referred as :
- (a) Vital capacity (b) Alveolar ventilation  
(c) Anatomical dead space (d) Second wind
15. One ATP consist of
- (a) Three adenosine and one phosphate group.  
(b) Two adenosine and three phosphate group.  
(c) One adenosine and two phosphate group.  
(d) One adenosine and three phosphate group.
16. Tidal volume means :
- (a) Air left inside the lungs after a forceful exhalation.  
(b) Maximum air inhaled.  
(c) Air inspired and expired during normal breathing.  
(d) Force inhalation.
17. Which chamber of heart is the most hardest working chamber ?
- (a) Right Auricle (b) Left Auricle  
(c) Left Ventricle (d) Right Ventricle
18. The word haematocrit is the ratio of the formed elements in the following :
- (a) Insulin (b) Blood  
(c) Oxygen (d) Food
19. Specific function of long bone in the body is to :
- (a) Give strength (b) Give protection  
(c) Act as lever (d) Provide surface for muscle attachment

20. Knee joint is :
- (a) Multi axial (b) Uni axial  
(c) Bi axial (d) Saddle
21. Deltoid muscle is a
- (a) Multi-pennate (b) Uni-pennate  
(c) Bi-pinnate (d) All of the above
22. Which of the following muscle is also known as “Boxer Muscle” ?
- (a) Serratus Anterior (b) Pectoralis Major  
(c) Deltoid (d) Biceps
23. Turning effect of an eccentric force is called
- (a) Centripetal force (b) Centrifugal force  
(c) Torque (d) Spin
24. Synarthrosis joint is also known as
- (a) Immovable joint (b) Slightly movable joint  
(c) Highly movable joint (d) Synovial joint
25. Prime mover is also known as
- (a) Antagonist (b) Stabilizer  
(c) Neutralizer (d) Agonist
26. Which of the muscle is named from its function and shape ?
- (a) Pronator Quadratus (b) Biceps  
(c) Latissimus dorsi (d) Brachialis
27. P.N.F. stands for
- (a) Plyometric Neuromuscular facilities (b) Proprioceptive neuromuscular facilitation  
(c) Proper Neural force (d) Parasympathetic Nervous facilitation
28. 100 mts sprinter on a “Set Position” is at
- (a) Stable position (b) Unstable position  
(c) Neutral position (d) Relaxed position
29. Under Top spin ball after bounce react in \_\_\_\_\_ the following manner :
- (a) Bounce high (b) Turns left  
(c) Turns right (d) Bounce low

30. Which of the following is not the component of mechanical analysis ?  
(a) Nature of force causing motion (b) Underlying mechanical objectives  
(c) Forms of contraction (d) Mechanical principle applied
31. Which of the following is an intrinsic motivation ?  
(a) Pay (b) Promotion  
(c) Feedback (d) Interest in play
32. The “trial and error” theory of learning was propounded by  
(a) Newton (b) Pavlov  
(c) Thorndike (d) Homer
33. Who said “sound mind in a sound body” ?  
(a) Descartes (b) Rousseau  
(c) Aristotle (d) Plato
34. The eating disorder marked by self – starvation is known as  
(a) Anorexia nervosa (b) Bulimia nervosa  
(c) Obesity (d) Binge eating disorder
35. Who is the pioneer that proposed the 16 basic dimensions of normal personality and devised a questionnaire (16 PF) to measure them ?  
(a) Carl Jung (b) Raymond Cattell  
(c) Julian Rotter (d) Gordon Allport
36. Sheldon proposed three different types of traits. The trait that would best describe a football player could be :  
(a) Mesomorph (b) Endomorph  
(c) Ectomorph (d) Meso-endomorph
37. All sensory impulses are received from the sensory organs first at the level of :  
(a) Sympathetic system (b) Spinal cord  
(c) Brain stem (d) Hypothalamus
38. Which of the following is not stage of learning ?  
(a) Cognitive (b) Associative  
(c) Behavioural (d) Autonomous
39. The macro level scheduling refers to preparation of :  
(a) Year long calendar of activities (b) Teacher workload schedule  
(c) Semester-wise activity programme (d) Time table for instruction and examination

40. The earliest name for physical education teacher in schools was  
(a) Drill master (b) Physical training instructor  
(c) Skill masters (d) Physical educator
41. In which year the master of physical education was introduced in India ?  
(a) 1961-62 (b) 1962-63  
(c) 1963-64 (d) 1964-65
42. The elementary school education predominantly should be  
(a) Fun education (b) Skill education  
(c) Movement education (d) Awareness education
43. Right to education bill was passed by Indian Parliament on :  
(a) 2 July 2009 (b) 4 August 2009  
(c) 1 September 2009 (d) 30 November 2009
44. Laxmibai National college of physical education was started in year  
(a) 1957 (b) 1960  
(c) 1956 (d) 1962
45. Where do the Athletes acquire ethical values such as sportsmanship ?  
(a) Co-athletes and Seniors (b) Teacher and Coaches  
(c) Game Official (d) Parents and Elders
46. By and large, in its approach the curriculum framework ought to be  
(a) Multi-dimensional (b) Developmental  
(c) Progressive (d) Democratic
47. Health is generally understood to be :  
(a) Quality of human organism (b) Soundness of body and mind  
(c) Freedom from disease and deformities (d) Functional efficiency of the organs system
48. Vitamin „K“ is necessary for  
(a) Skin (b) Eye  
(c) Growth of Bone (d) Blood Clotting
49. Which one of the following is not related to social dimension of health ?  
(a) Forgiveness (b) Co-operation  
(c) Unselfishness (d) Well groomed posture

50. Which mineral is needed to manufacture haemoglobin ?  
(a) Iron (b) Iodine  
(c) Calcium (d) Phosphorus
51. Which fitness component is not considered to be health related fitness ?  
(a) Balance (b) Body composition  
(c) Cardio-respiratory endurance (d) Flexibility
52. What percentage of body fat makes man obese ?  
(a) 20 percent (b) 25 percent and above  
(c) 30 percent and above (d) 35 percent and above
53. "ELISE" test are generally used to detect -  
(a) Malaria (b) Hepatitis  
(c) Rabies (d) HIV infection
54. Which communicable disease is known as "Hydrophobia" ?  
(a) Tetanus (b) AIDS  
(c) Rabies (d) Tuberculosis
55. The major transmission channel of tuberculosis is  
(a) Droplet infection (b) Body contact  
(c) Blood transfusion (d) Lack of vitamins
56. When the training load is neither too low nor too high for an athlete's capacity, it is called  
(a) Normal load (b) Maximum load  
(c) Optimum load (d) Specific load
57. Two major components of load are :  
(a) Intensity and volume (b) Specificity and volume  
(c) Continuity and recovery (d) Exercise and volume
58. Which of the following event is not slotted in heptathlon (for women) ?  
(a) High jump (b) Javelin throw  
(c) 100 mts sprint (d) 100 mts hurdles
59. The psycho-physiological reactivity of an athlete to external load is called  
(a) Internal load (b) Optimum load  
(c) Load intensity (d) Training load
60. A muscle contraction performed against a fixed or immovable resistance is known as  
(a) Isotonic contraction (b) Isometric contraction  
(c) Stimulus frequency (d) Exercise volume

61. What is the stagger distance for 3<sup>rd</sup> lane in 400 mts event ?  
(a) 14.71 mts (b) 14.75 mts  
(c) 14.95 mts (d) 14.69 mts
62. Fosbury flop is a technique of which event in athletics ?  
(a) Long jump (b) Triple jump  
(c) High jump (d) Pole-vault
63. Which athletic event is not a part of Decathlon events ?  
(a) 400 mts (b) 1500 mts  
(c) Triple jump (d) Long jump
64. Which of the following periods is not mentioned in the process of periodization ?  
(a) Period of competition (b) Period of conceptual planning  
(c) Period of preparation (d) Period of Transition
65. Power of test is also referred as  
(a) Type I error (c) Type II error  
(b) Regression coefficient (d) One tail analysis
66. From research point of view a closed mind is best described to create :  
(a) Focus on research problem (b) Easy deviation from the problem  
(c) Biggest hurdle in the way of research (d) Systematic solution of problem
67. Which of the following is best quality of good research ?  
(a) All research objectives are biased to the problem.  
(b) Research is hypothetical activity.  
(c) Research depend upon personal experience.  
(d) Research is a meticulously planned activity.
68. Which of the following is not in hierarchy of events in the research procedure ?  
(a) Formulation of problem (b) Literature review  
(c) Preparing the design of the study (d) Guessing the solution of the problem
69. Review of literature in research is necessary mostly because of :  
(a) It helps to define the limits of the fields of the knowledge in which study is being conducted.  
(b) It motivates researcher to achieve his objectives.  
(c) It prevent researcher from day dreaming in line of testing his hypothesis.  
(d) It shuts the gap in knowledge.

70. Design of research refers to
- (a) Area of research
  - (b) Blue print of procedure involved in research
  - (c) Good sample of research
  - (d) Findings of research
71. Exploratory, descriptive diagnostic and experience are the part of which component in research ?
- (a) Selection of problem
  - (b) Hypothesis
  - (c) Design of study
  - (d) Tools of research
72. Which of the following is considered the back bone of the research ?
- (a) Hypothesis
  - (b) Design of the research
  - (c) Sample of research
  - (d) Findings of research
73. In which type of research, hypothesis is not required ?
- (a) A case study
  - (b) Descriptive research
  - (c) Analytical research
  - (d) Applied research
74. Which of the following is not the tool for data collection ?
- (a) Questionnaire
  - (b) Interview
  - (c) Schedule
  - (d) Check list
75. Systematic random sampling is largely continued to :
- (a) Infinite numbers in population
  - (b) Finite numbers in population
  - (c) Stratified data of the study
  - (d) Nature of the study
76. The concept of variables :
- (a) Is derived from statistics
  - (b) Has always been used in psychology
  - (c) Is derived from biology
  - (d) Is derived from physics
77. The writing of research reports is best regarded as :
- (a) Just like writing an essay.
  - (b) A skill
  - (c) Something that most student find easy to understand.
  - (d) A scholarly approach.
78. Which of the following is a relative measure of dispersion ?
- (a) Standard deviation
  - (b) Percentile
  - (c) Coefficient of variance
  - (d) Quartile deviation



79. The mean and median will be same :
- (a) If distribution of score is symmetrical.
  - (b) If distribution of score is asymmetrical.
  - (c) If distribution of score is scattered.
  - (d) For nominal and ratio data
80. Co-efficient of correlation will be always :
- (a) More than 0
  - (b) More than  $-1$
  - (c) Less than 1
  - (d) Between  $-1$  and  $+1$
81. Measurement is fact finding, it provides :
- (a) Preliminary status of pupils
  - (b) Overview of situation
  - (c) Raw data
  - (d) A starting point of a new work
82. Which of the following process does not reflect importance of measurement ?
- (a) Diagnosis
  - (b) Description
  - (c) Prediction
  - (d) Motivation
83. Which one of the following is used to measure explosive strength of leg ?
- (a) 50 mts run
  - (b) Full squat with maximum weight
  - (c) Half squat with maximum weight
  - (d) Standing broad jump
84. Which of the two characteristics of a test are very closely inter-related ?
- (a) Norms and validity
  - (b) Reliability and validity
  - (c) Objectivity and validity
  - (d) Reliability and objectivity
85. Which of the following is not part of J.C.R. test battery ?
- (a) Vertical jump
  - (b) Shuttle run
  - (c) Standing broad jump
  - (d) Chinning up
86. Knox test is skill test for
- (a) Tennis
  - (b) Volleyball
  - (c) Basketball
  - (d) Hockey
87. Which test items is not a part of Barrow Motor Ability Test ?
- (a) Standing broad jump
  - (b) Zig – Zag run
  - (c) Medicine ball put
  - (d) Hopping
88. Which of the following test is used to measure aggression ?
- (a) SCAT
  - (b) BIDR
  - (c) GEQ Questionnaire
  - (d) AML
89. Which of the following instruments is not used to take anthropometric measurements ?
- (a) Stadiometer
  - (b) Goniometer
  - (c) Calorimeter
  - (d) Skin fold calliper

90. Which of the following is the most crucial component of managerial system ?  
(a) The programme (b) The quality control system  
(c) The personnel (d) The communication
91. Who is the father of modern management ?  
(a) F.W. Taylor (b) Henry Fayol  
(c) George R. Terry (d) James L. Lundy
92. Organisation means “Planning the work” and administration means :  
(a) Controlling (b) Processing information  
(c) Decision making (d) Working in the plan
93. The earliest term used for management was  
(a) Administration (b) Organisation  
(c) Co-ordination (d) Direction
94. The school intramural programme virtually serve as an excellent ground for  
(a) Skill development (b) Basic instructional work  
(c) Testing skill proficiency (d) Students recreation
95. Who received the Rajiv Gandhi Khel Ratan Award in 2017 ?  
(a) Heera Nand Kataria (b) Brij Bhushan Mohan  
(c) Sardar Singh (d) Roshan Lal
96. Who won the 2016 Women’s Single Wimbledon Championship ?  
(a) Simma Halep (b) Serena William  
(c) Angelique Kevber (d) Andy Larson
97. Who try to bring “Right to Play” bill in parliament ?  
(a) Sushil Kumar (b) Pullela Gopichand  
(c) Sachin Tendulkar (d) Sakshi Malik  
(c)
98. Vitamin D help in the prevention of  
(a) Beri Beri (b) Night blindness  
(c) Muscular dystrophy (d) Pallegra
99. Which company has bagged the broadcast right of 2018 Khelo India School Game (KISG) ?  
(a) Sahara (b) Adidas  
(c) Star Sports (d) Reebok

100. Who was the most expensive player at the pro kabaddi auctions 2016 ?(a) Anup Kumar  
(b) Sandeep Narwal  
(c) Mohit Chillar (d) Jang Kin Lee

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