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**(Physical Education)**  
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## 125 Questions

**Que. 1** The five interlinked rings of five different colors of the olympic flag reflect

1. Unity of the world
2. Brotherhood of man kind
3. International relations
4. Globalisation

Correct Option - 1

**Que. 2** Which of the following cannot provide any energy?

1. Carbohydrate
2. Fat
3. Vitamin
4. Protein

Correct Option - 3

**Que. 3** The lateral deviation in spine are measured through

1. Vertebro graph
2. Scolio meter
3. Infra scolio
4. Gonio spine

Correct Option - 2

**Que. 4** Mesomorphy is characterised by

1. Short and thick neck
2. Chest with fatty breast
3. Strong and long neck
4. Long and slender neck

Correct Option - 3

**Que. 5** Who invented the law of learning first?

1. Hull
2. Thorndike
3. Pavlov
4. Kohler

Correct Option - 2

**Que. 6** Which among the following denotes the area of 23 meters in Hockey field?

1. 22.90 mt.  $\times$  55mt.
2. 22.95 mt.  $\times$  55mt.
3. 22.92 mt.  $\times$  55mt.
4. 22.98 mt.  $\times$  55mt.

Correct Option - 1

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**Que. 7** Goal Area of football ground is

1. 6 yds.  $\times$  20 yds.
2. 6 yds.  $\times$  18 yds.
3. 18 yds.  $\times$  44 yds.
4. 8 yds.  $\times$  20 yds.

Correct Option - 1

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**Que. 8** Which of the following is not a criteria of a good test?

1. Objectivity
2. Subjectivity
3. Reliability
4. Validity

Correct Option - 2

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**Que. 9** Name the test to determine the cardio-vascular efficiency.

1. Harvard test
2. Cooper's test
3. Margaria step test
4. Bench test

Correct Option - 2

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**Que. 10** The first step in planning process is

1. Determining goals
2. Providing facilities
3. Mobilisation of resources
4. Identification of target groups

Correct Option - 1

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**Que. 11** In hockey the corner hit is taken from the

1. Back-line
2. Centre-line
3. 25 yds. line
4. Goal-line

Correct Option - 3

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**Que. 12** Distance of Marathon race is

1. 43.195 km
2. 42.195 km
3. 41.185 km
4. 40.165 km

Correct Option - 2

---

**Que. 13** Three second rule is applied in the game of

1. basketball
2. kabaddi
3. kho-kho
4. table tennis

Correct Option - 1

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**Que. 14** Sports top form depends on

1. Training
2. Physiological limits
3. Diet
4. Equipments

Correct Option - 2

---

**Que. 15** Success and failure, in learning activities are related to the

1. Strength of the urge to achieve
2. Intention of progressively improve performance
3. Level of aspiration
4. Experience of satisfaction and annoyance

Correct Option - 1

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**Que. 16** Competitions conducted within the four walls of the institution are

1. Intramurals
2. Extramurals
3. Indoor competitions
4. Outdoor competitions

Correct Option - 1

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**Que. 17** The characteristics of athletic personality includes all except

1. Self confidence
2. Extroversion
3. Fighting spirit
4. Submission

Correct Option - 4

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**Que. 18** Which of the following is the first step in a sports programme?

1. Directing
2. Staffing
3. Planning
4. Budgeting

Correct Option - 3

---

**Que. 19** Intramural programme creates in students the sense of

1. achievement
2. involvement

3. humour
  4. enjoyment
- Correct Option - 2

---

**Que. 20** Blue print of the competition plan is called

1. technique
2. tactics
3. strategy
4. skill

Correct Option - 3

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**Que. 21** Which Indian Captain mounted on the Victory stand for first time during Olympics?

1. Dhyan Chand
2. Jaipal Singh
3. K. D. Singh Babu
4. Kapil Dev

Correct Option - 2

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**Que. 22** Which country hosted the first "Special Olympics"

1. America
2. England
3. India
4. Germany

Correct Option - 1

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**Que. 23** Who designed the Olympic emblem?

1. Pierre de Coubertin
2. King George
3. Demetrius Vikelas
4. Henri de Baillet

Correct Option - 1

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**Que. 24** Who was the President of Indian Olympic Association in the year 2021?

1. Narinder Dhruv Batra
2. Narayan Ramachandran
3. Raja Bhalindra Singh
4. Milkha Singh

Correct Option - 1

---

**Que. 25** The city Olympia is in

1. Rome
2. Italy
3. Greece
4. Germany

Correct Option - 3

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**Que. 26** Which philosophy of Education defines a teacher as a role model for students?

1. Idealism
2. Naturalism
3. Realism
4. Existentialism

Correct Option - 1

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**Que. 27** "Physical education is a Fundamental Right to every citizen" is included in

1. WHO Charter
2. SNIPES Charter
3. HRD Ministry Charter
4. UNESCO Charter

Correct Option - 4

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**Que. 28** How does Hockey match starts?

1. with back pass
2. with forward pass
3. with bully
4. with hit

Correct Option - 1

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**Que. 29** The highest award given to sports coaches in India is \_\_\_\_\_

1. Arjuna Award
2. Khel Ratna Award
3. Ati Vashista Jyoti
4. Dronacharya Award

Correct Option - 4

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**Que. 30** Ex-officio President of SAI is

1. President of India
2. Prime Minister of India
3. Union Minister of Youth Affairs and Sports
4. Director General

Correct Option - 2

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**Que. 31** The Winter Olympics were introduced in the year

1. 1942
2. 1956
3. 1952
4. 1924

Correct Option - 4

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**Que. 32** Which of the following is not the type of artificial motivation?

1. Praise and reproof
2. Award and punishment
3. Law of effect
4. Reflexes

Correct Option - 4

**Que. 33** Immediate treatment provided to an athlete upon a sports injury is

1. Short wave diathermy
2. Cryotherapy
3. Contrast bath
4. Whirlpool

Correct Option - 2

**Que. 34** Jogging, swimming, and cycling are parts of

1. Continuous training
2. Weight training
3. Interval training
4. Fartlek training

Correct Option - 1

**Que. 35** 'Michel Ferriera' is associated with the game of

1. Chess
2. Billiards
3. Golf
4. Equestrian

Correct Option - 2

**Que. 36** Lung capacity usually measured by

1. Bairrometer
2. Thermometer
3. Spirometer
4. Animometer

Correct Option - 3

**Que. 37** Who was the first athlete to be awarded Padmashree?

1. P. T. Usha
2. G. S. Randhawa
3. V. S. Chauhan
4. Milkha Singh

Correct Option - 4

**Que. 38** Which of the following is secondary source?

1. Pictorial records



2. Mechanical records
3. Personal records
4. Text books

Correct Option - 4

**Que. 39** Which of the following movement can not be performed by elbow joint?

1. Flexion
2. Extension
3. Rotation
4. Pronation

Correct Option - 3

**Que. 40** "Ergograph" measures

1. Muscular strength
2. Muscular endurance
3. Muscle length
4. Muscle size

Correct Option - 2

**Que. 41** Who among the following gave the Olympic 'Motto'?

1. Hitter
2. Coubertin
3. Henry Didion
4. Socrates

Correct Option - 3

**Que. 42** In sports, Ergogenic aids help to  
I. Increase strength and endurance

II. Increase concentration

III. Increase pain

IV. Early onset of fatigue

1. I and II are correct
2. II and III are correct
3. I and IV are correct
4. III and IV are correct

Correct Option - 1

**Que. 43** Who was the first woman player to receive the 'Arjuna Award'?

1. M. D'souza
2. K. Sandhu
3. M. Shah
4. S. D'souza

Correct Option - 3

**Que. 44** 'Smashing' in volleyball is also known as

1. Lifting
2. Spiking
3. Service
4. Blocking

Correct Option - 2

**Que. 45** Learning from one situation to another is

1. Learning curve
2. Negative learning
3. Transfer of learning
4. Plateau

Correct Option - 3

**Que. 46** An ectomorph individual has a

1. Thin and slender frame
2. Bulky and stocky body
3. Muscular and athletic frame
4. Body's beautiful image

Correct Option - 1

**Que. 47** Exercise-related stress fractures occur in bones

1. Below the knee
2. In the spinal column
3. Above the neck
4. In the arm

Correct Option - 4

**Que. 48** With which game 'Bully' is associated?

1. Cricket
2. Football
3. Golf
4. Hockey

Correct Option - 4

**Que. 49** In sprinting races, which is not the important factor?

1. Leg power
2. Muscular endurance
3. Leg length
4. Type of muscle fibre

Correct Option - 2

**Que. 50** Which of the following is not a spinal injury?

1. Abrasion

- 2. Fracture
- 3. Dislocation
- 4. Slip disc

Correct Option - 1

**Que. 51** Which of the following events is not included in the heptathlon?

- 1. High jump
- 2. 100 m sprint
- 3. Javelin throw
- 4. Discus throw

Correct Option - 4

**Que. 52** The award given for outstanding performance in sports is

- 1. Bharat Ratna
- 2. Padma Shri Award
- 3. Arjuna Award
- 4. Dronacharya Award

Correct Option - 3

**Que. 53** How many Gold medals have been won by India in Commonwealth Game 2018?

- 1. 25
- 2. 26
- 3. 23
- 4. 20

Correct Option - 2

**Que. 54** Insulin is secreted by

- 1. Liver
- 2. Pituitary
- 3. Pancreas
- 4. Thyroid

Correct Option - 3

**Que. 55** Match List - I with List - II using the codes given below.

List I		List II	
a.	Javelin throw	1.	Demonstration method
b.	Instep kick	2.	Sequential part method
c.	Marching	3.	Oral method
d.	Classroom teaching	4.	Whole-part-whole method

- 1. (a) - (3), (b) - (2), (c) - (1), (d) - (4)
- 2. (a) - (1), (b) - (3), (c) - (2), (d) - (4)
- 3. (a) - (4), (b) - (3), (c) - (2), (d) - (1)
- 4. (a) - (2), (b) - (4), (c) - (1), (d) - (3)

Correct Option - 4

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**Que. 56** When was the First International Yoga Day celebrated?

1. 21 June 2015
2. 21 June 2016
3. 23 July 2015
4. 25 July 2016

Correct Option - 1

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**Que. 57** National game of India is

1. Cricket
2. Football
3. Kabaddi
4. Hockey

Correct Option - 4

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**Que. 58** 'Meena Shah' is associated with the game of

1. Swimming
2. Judo
3. Table-tennis
4. Badminton

Correct Option - 4

---

**Que. 59** Which of the following is considered as genetic endowment?

1. Endurance
2. Flexibility
3. Speed
4. Strength

Correct Option - 3

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**Que. 60** 'Neck joint' is an example of

1. Hinge joint
2. Gliding joint
3. Pivot joint
4. Ball and socket joint

Correct Option - 3

---

**Que. 61** Father of Naturalism is

1. Plato
2. John Dewey
3. Aristotle
4. Rousseau

Correct Option - 4

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**Que. 62** The best method of sports administration is

1. Autocratic
2. Democratic
3. Dictatorial
4. Laissez faire

Correct Option - 2

**Que. 63** Internship programme of teacher education provides

1. Content courses
2. Practical courses
3. Complete school environment
4. Research courses

Correct Option - 2

**Que. 64** Which of the following drugs is not banned by the international Olympic Committee?

1. Cocaine
2. Marijuana
3. Alcohol
4. Ephedrine

Correct Option - 3

**Que. 65** Newton's second law of motion is

1. Law of inertia
2. Law of counter force
3. Law of acceleration
4. Law of gravitation

Correct Option - 3

**Que. 66** During muscle contraction if there is no change in the size of muscles, this contraction is called

1. Iso-tonic
2. Iso-metric
3. Iso-kinetic
4. Kinetic

Correct Option - 2

**Que. 67** Who was the first Physical Educationist got Dronacharya Award?

1. Prof. Ajmer Singh
2. Prof. Robson
3. Prof. A. K. Uppal
4. Prof. Karan Singh

Correct Option - 4

**Que. 68** Bonus point comes into effect only when there are \_\_\_\_\_ defenders on the kabaddi mat/ground.

1. 5 defenders

2. 4 defenders
3. 6 defenders or more
4. 3 defenders

Correct Option - 3

---

**Que. 69** How many total match will be played in League Tournament when teams are ten (10)?

1. 45
2. 44
3. 46
4. 47

Correct Option - 1

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**Que. 70** How many Byes will be given in the lower half when teams are 11 (eleven) in Knockout Tournament?

1. 2
2. 3
3. 1
4. 4

Correct Option - 2

---

**Que. 71** McDonalds soccer test involves

1. Volleying the soccer ball against a backboard
2. Volleying the soccer ball and also kicking a soccer ball for a distance
3. Volleying the soccer ball, kicking a soccer ball for a distance and dribble for speed
4. kicking a soccer ball for a distance and dribble for speed

Correct Option - 1

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**Que. 72** For men 110 m hurdle race, the height of the hurdle is

1. 0.840 m
2. 0.920 m
3. 1.067 m
4. 1.11 m

Correct Option - 3

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**Que. 73** In soccer, the penalty kick spot is marked at a distance of

1. 12 yards
2. 8 yards
3. 10 yards
4. 16 yards

Correct Option - 1

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**Que. 74** In 3000 m steeple chase, the number of water jumps is

1. 6
2. 7

3. 8
4. 9

Correct Option - 2

**Que. 75** Decathlon consists of

1. 6 track and 4 field events
2. 4 track and 6 field events
3. 3 track and 7 field events
4. 7 track and 3 field events

Correct Option - 2

**Que. 76** In weightlifting competition the increase in weight between two attempts must not be less than

1. 2.5 kg
2. 5 kg
3. 10 kg
4. 2 kg

Correct Option - 2

**Que. 77** 'Round Robin' is related to

1. Knock-out tournament
2. Ladder tournament
3. Combination tournament
4. League tournament

Correct Option - 4

**Que. 78** IAAF stands for

1. International Association of Athletic Federation
2. Indian Amateur Athletic Fedration
3. International Athletic Amateur Federation
4. Indian Athletic Amateur Federation

Correct Option - 1

**Que. 79** The National Sports Day celebrated on

1. August 28
2. August 29
3. August 21
4. August 23

Correct Option - 2

**Que. 80** The effectiveness of teaching can be judged by

1. Good subject contents
2. Strict discipline
3. Impact on the students
4. Liberty to students

Correct Option - 3

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**Que. 81** Sports Talent Search Scholarship Scheme was launched in

1. 1970-71
2. 1975-76
3. 1977-78
4. 1980-81

Correct Option - 1

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**Que. 82** Effective communication is essential in sports management to keep alive its

1. dynamics
2. characteristics
3. principle
4. foundation

Correct Option - 1

---

**Que. 83** In which events, did India win gold medal in Beijing Olympics, 2008?

1. Shooting
2. Swimming
3. Boxing
4. Archery

Correct Option - 1

---

**Que. 84** The first Olympic Games were held in Olympia in the year

1. 300 BC
2. 872 BC
3. 776 BC
4. 205 AD

Correct Option - 3

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**Que. 85** Who are the participants in Special Olympics?

1. Physically handicapped
2. Mentally retarded children and adults
3. Both (A) and (B)
4. Veterans

Correct Option - 2

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**Que. 86** 2022 Commonwealth Games held in \_\_\_\_\_

1. Gold Coast, Queensland
2. Kuala Lumpur
3. Edmonton
4. Birmingham

Correct Option - 4

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**Que. 87** The First Asian Games were held in the year

1. 1949
2. 1951
3. 1950
4. 1952

Correct Option - 2

**Que. 88** Professional ethics in Physical Education includes

1. Physical profficiency
2. Impartiality
3. Moral values
4. Emotional stability

Correct Option - 2

**Que. 89** In India, National Fitness Corps was set up in

1. 1954
2. 1971
3. 1959
4. 1965

Correct Option - 4

**Que. 90** What is the aim of physical education?

1. Physical development
2. A wholesome development of an individual
3. Growth and development
4. All of the above

Correct Option - 2

**Que. 91** Who was the first person to receive "Rajiv Gandhi Khel Ratna" Award?

1. K. Malleshwari
2. Baichung Bhutia
3. Vishwanathan Anand
4. Sachin Tendulkar

Correct Option - 3

**Que. 92** How many times keepers should check the performance before a world record can be considered in the track events?

1. 3 including one chief time keeper
2. 2 including one chief time keeper
3. 4 including one chief time keeper
4. 5 including one chief time keeper

Correct Option - 1

**Que. 93** Generally, the upper age limit for a boxer to compete in National Championships is

1. 35 years
2. 37 years
3. 38 years
4. 39 years

Correct Option - 2

**Que. 94** The term 'Nine Penal Offences' is associated with

1. Hockey
2. Soccer
3. Judo
4. Tackwondo

Correct Option - 2

**Que. 95** Adaptation to load training at high altitude is called

1. Acclimatization
2. Super compensation
3. Thermoregulation
4. None of the above

Correct Option - 1

**Que. 96** Aerobic fitness is best achieved through

1. Swimming
2. Circuit training
3. Short sprints
4. Long distance running

Correct Option - 4

**Que. 97** What was the nickname of Indian legend hockey player 'Dhyanchand'?

1. 'Hockey Wizard'
2. 'Hockey Man'
3. 'Hockey Jockey'
4. 'Little master'

Correct Option - 1

**Que. 98** Which style of Kabaddi is officially recognized?

1. National
2. Sanjeevani
3. Circle
4. Samvahini

Correct Option - 2

**Que. 99** The first vertebrae is called

1. Axis
2. Spinal cord

3. Atlas
4. Ribs

Correct Option - 3

**Que. 100** 'Lean Body Mass' is

1. Muscle, bone and other non fat tissues of the body
2. Fatty tissues of the body
3. Total body weight
4. None of the above

Correct Option - 1

**Que. 101** In which year was the First World Track and Field Championship held?

1. 1981
2. 1982
3. 1983
4. 1984

Correct Option - 3

**Que. 102** Sternum is the part of

1. Thorax
2. Pelvic girdle
3. Shoulder girdle
4. None of these

Correct Option - 1

**Que. 103** Which of the following tests is not used to measure muscular endurance?

1. Sit up
2. Flexed arm hang
3. 12 mts. run-walk
4. Long distance walk

Correct Option - 4

**Que. 104** Which of the following planes of the body divide it into upper and lower parts?

1. Sagittal
2. Transverse
3. Vertical
4. Frontal

Correct Option - 2

**Que. 105** Which of the following is an intrinsic reward of sports?

1. Recognition
2. Status
3. Attention
4. Self esteem

Correct Option - 4

**Que. 106** Who conceived the Asian games movement?

1. Prof. G. D. Sondhi
2. Maharaja Yadvendra Singh of Patiala
3. M. C. Dhavan
4. Mrs. Prakash Dhavan

Correct Option - 1

**Que. 107** Gluteus maximus muscle is present in

1. Thigh
2. Arms
3. Lower leg
4. Hip

Correct Option - 4

**Que. 108** Indian Hockey team won following Olympic medals

1. 8 Golds, 1 Silver, 1 Bronze
2. 7 Golds, 2 Silver, 2 Bronze
3. 8 Golds, 1 Silver, 2 Bronze
4. 7 Golds, 1 Silver, 1 Bronze

Correct Option - 3

**Que. 109** Legal criteria of classifying a person into child and adolescent is

1. Chronological age
2. Anatomical age
3. Physiological age
4. Mental age

Correct Option - 1

**Que. 110** The factor that most adversely affects teacher education in physical education is

1. Government policy
2. Non-uniformity of curriculum
3. Lack of employability
4. Lack of leadership

Correct Option - 3

**Que. 111** Sprain is an injury to

1. Ligaments
2. Muscles
3. Bones
4. Tissues

Correct Option - 1

**Que. 112** Hyper extension occurs when the angle of extension is beyond

1. 60°
2. 90°
3. 180°
4. 80°

Correct Option - 3

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**Que. 113** Which of the following game does not provide time-out during play?

1. Volleyball
2. Football
3. Handball
4. Basketball

Correct Option - 2

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**Que. 114** 2018 Asian Games was held at

1. Indonesia
2. Thailand
3. Singapore
4. Maldives

Correct Option - 1

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**Que. 115** Bonus line is marked in which of the following sports?

1. Rugby
2. Kho-Kho
3. Kabaddi
4. Judo

Correct Option - 3

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**Que. 116** Cardiac output is the amount of blood pumped by a ventricle in one

1. Attempt
2. Minute
3. Contraction
4. Second

Correct Option - 2

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**Que. 117** Night blindness is caused due to deficiency of

1. Vitamin D
2. Vitamin A
3. Vitamin E
4. Vitamin K

Correct Option - 2

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**Que. 118** First Indian Woman Olympic Medal winner is

1. Saina Nehwal

2. M. C. Mary Kom
3. Karnam Malleshwari
4. Sakshi Malik

Correct Option - 3

**Que. 119** Which of the following is called 'Master Gland'?

1. Thyroid Gland
2. Hypothalamus Gland
3. Pituitary Gland
4. None of the above

Correct Option - 3

**Que. 120** Which of the following is not related to the School Health Programme?

1. Career counselling
2. Keeping health records
3. Hygiene
4. Cure diseases

Correct Option - 1

**Que. 121** First Physical Education Teacher's Training College in India was started at

1. Lucknow
2. Kandivali
3. Chennai
4. Amravati

Correct Option - 3

**Que. 122** A professional institution is judged by

1. Goodwill of society
2. Experience
3. Efficiency
4. Location

Correct Option - 3

**Que. 123** High blood sugar level is controlled by

1. Glucose
2. Thyroxin
3. Insulin
4. Adrenalin

Correct Option - 3

**Que. 124** Which of the following is health related fitness component?

1. Reaction ability
2. Agility
3. Speed

4. Body composition

Correct Option - 4

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**Que. 125** Which of the following qualities of a teacher will be liked most by the students?

1. Idealistic philosophy
2. Compassion
3. Discipline
4. Entertaining

Correct Option - 2

