



# Welcome to Our Channel

## Sports & Physical Education



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Education



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# PHYSICAL EDUCATION

- Which of the following activity cannot be considered as recreation?
- A. Collecting Stamps
  - B. Playing card
  - C. Doing Yogasanas
  - D. Playing Cricket

**A. Collecting Stamps**

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# PHYSICAL EDUCATION

**5 to 10 Days training known as**

- A. Meso Cycle
- B. Macro Cycle
- C. Micro Cycle
- D. None of these

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**C. Micro Cycle**





# PHYSICAL EDUCATION

- What type of concepts are learned by experience?**
- A. Mental
  - B. Natural
  - C. Artificial
  - D. Cognitive

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**B. Natural**





# PHYSICAL EDUCATION

- In which event women took place for the first time in Olympic game?
- A. Putting shots and Javelin throw
  - B. Long jump and high jump
  - C. 100 m and 200 m race
  - D. Lawn Tennis and equestrian

**D. Lawn Tennis and equestrian**





# PHYSICAL EDUCATION

- When was the Olympic flame ceremony introduced in Olympic games?
- A. 1928
  - B. 1896
  - C. 1920
  - D. 1936

**D. 1936**

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# PHYSICAL EDUCATION

- Who among the following is known as father of Kinesiology?
- A. Archimedes
  - B. Hippocrates
  - C. Galen
  - D. Aristotle

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**D. Aristotle**





# PHYSICAL EDUCATION

❑ What is the formula of stagger in 400 m athletics track?

- A.  $[W(n - 1) - 10 \text{ cm}]2\pi$
- B.  $[W(n + 1) - 10 \text{ cm}]2 \pi$
- C.  $[W(n + 1) + 10 \text{ cm}]2 \pi$
- D.  $[W(n - 1) - 10 \text{ cm}] \pi$

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**A.  $[W(n - 1) - 10 \text{ cm}]2\pi$**







# PHYSICAL EDUCATION

In which of the following track races does the phenomenon called second wind occur?

- A. 1500 m
- B. 100 m
- C. 200 m
- D. 400 m

**A. 1500 m**

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# PHYSICAL EDUCATION

In present scenario which principle of the first aid is used immediately after injury?

- A. RICE
- B. PRICE
- C. RICES
- D. ICE

**B. PRICE**

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# PHYSICAL EDUCATION

..... may be the best medicine for mental illness.

- A. Prayer
- B. Exercise
- C. Psychiatric drugs
- D. Stimulating Diet

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**B. Exercise**





# PHYSICAL EDUCATION

- Recreation activities should cover the whole range of human**
  - A. Abilities
  - B. Characteristics
  - C. Needs
  - D. Interests

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**D. Interests**





# PHYSICAL EDUCATION

- “Surplus energy theory” of play was propounded by
- A. Mc Doughal
  - B. Lazarus
  - C. Karl Groose
  - D. Herbert Spencer

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**D. Herbert Spencer**





# PHYSICAL EDUCATION

Main objective of recreation is

- A. To acquire lost energy
- B. To learn any skill with ease
- C. To enjoy with the friends
- D. To prove better than other

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**A. To acquire lost energy**



# PHYSICAL EDUCATION

The anatomical name of chest bone is

- A. Clavicle
- B. Scapula
- C. Sternum
- D. Latissimus Dorsi

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**C. Sternum**





# PHYSICAL EDUCATION

- White muscle fibers are better adapted to perform**
  - A. Slow contraction
  - B. Fast contraction
  - C. No contraction
  - D. Extension

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**B. Fast contraction**







# PHYSICAL EDUCATION

❑ “Learning is the acquisition of habits, knowledge and attitudes”, is defined by

- A. Woodworth
- B. Crow and Crow
- C. Guildford
- D. Skinner

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**B. Crow and Crow**





# PHYSICAL EDUCATION

To whom does the credit for invented the Two Factor Theory of Intelligence goes

- A. Thorndike
- B. Spearman
- C. Jean Piaget
- D. Kohler

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**B. Spearman**





# PHYSICAL EDUCATION

Reinforcement theory of motivation is given by

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

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**D. Skinner**





# PHYSICAL EDUCATION

- In which type of Lever, the force is between the weight and fulcrum?
- A. Type I and Type II
  - B. Type I
  - C. Type III
  - D. Type II

**C. Type III**

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# PHYSICAL EDUCATION

The angle of landing sector of shot put is

- A. 45 degree
- B. 40 degree
- C. 90 degree
- D. 34.92 degree

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**D. 34.92 degree**





# PHYSICAL EDUCATION

Merdeka cup is associated with

- A. Hockey
- B. Golf
- C. Football
- D. Badminton

**C. Football**

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# PHYSICAL EDUCATION

Each raid in Kabaddi is of

- A. 25 seconds
- B. 30 seconds
- C. 35 seconds
- D. 40 seconds

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**B. 30 seconds**



# PHYSICAL EDUCATION

- What is the minimum length of runway in Long Jump?
- A. 30 m
  - B. 35 m
  - C. 40 m
  - D. 45 m

**C. 40 m**

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# PHYSICAL EDUCATION

**Penalty shootout time in Hockey is**

- A. 10 seconds
- B. 9 seconds
- C. 8 seconds
- D. 12 seconds

**C. 8 seconds**

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# PHYSICAL EDUCATION

- What is the primary goal of players on offence in Basketball?**
- A. Dribble
  - B. Score
  - C. Rebound
  - D. Pass

**B. Score**

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# PHYSICAL EDUCATION

**Philosopher known as the father of Idealism**

- A. Aristotle
- B. Rousseau
- C. Plato
- D. Darwin

**C. Plato**

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# PHYSICAL EDUCATION

When was SNIPES merged with SAI?

- A. 1984
- B. 1987
- C. 1982
- D. 1985

**B. 1987**

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# PHYSICAL EDUCATION

**Founder principal of L.C.P.E. Gwalior was**

- A. P.M. Joseph
- B. SP Chopde
- C. JS Naruka
- D. S Shrivastava

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**A. PM Joseph**





# PHYSICAL EDUCATION

- Who started Turnverein movement in Germany?
- A. John Basedow
  - B. Ludwig John
  - C. Fredrich Gutsmuth
  - D. Watson

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**B. Ludwig John**





# PHYSICAL EDUCATION

In which of the following sports event the interval training is found least effective?

- A. Cycling
- B. Gymnastics
- C. Swimming
- D. Track Event

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**B. Gymnastics**





# PHYSICAL EDUCATION

- For long jump, velocity of wind is measured for the duration of
- A. 10 seconds
  - B. 5 seconds
  - C. 15 seconds
  - D. 20 seconds

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**B. 5 seconds**







# PHYSICAL EDUCATION

Increase in thickness of muscle fiber is called

- A. Inflation
- B. Hypertrophy
- C. Hypoxia
- D. Endomorphy

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**B. Hypertrophy**





# PHYSICAL EDUCATION

## Sit and Reach test measures

- A. Abdominal Strength
- B. Shoulder Strength
- C. Hamstring and back flexibility
- D. Hyper extension of back

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**C. Hamstring and back flexibility**





# PHYSICAL EDUCATION

Radha Mohan cup is associated with

- A. Football
- B. Horse race
- C. Polo
- D. Weightlifting

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**C. Polo**



# PHYSICAL EDUCATION

What is the width of lines in athletic track events?

- A. 5 cm
- B. 5.1 cm
- C. 5.2 cm
- D. 5.3 cm

**A. 5 cm**

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# PHYSICAL EDUCATION

- Which Indian was the first to win world title in Badminton?
- A. Prakash Padukone
  - B. Syed Modi
  - C. Aparna Papat
  - D. P. Gopichand

**A. Prakash Padukone**

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# PHYSICAL EDUCATION

Interval training method was developed by

- A. W. Gerschler
- B. EV Aaken
- C. RE Morgan
- D. GD Adamson

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**A. W. Gerschler**





# PHYSICAL EDUCATION

Which of the following is not correctly matched

- A. Beckham – Football
- B. Serena Williams – Tennis
- C. Dipeeka Sandhu – Badminton
- D. Sania Mirza - Tennis

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**C. Dipeeka Sandhu – Badminton**





# PHYSICAL EDUCATION

The word Percussion is associated with

- A. Wrestling
- B. Judo
- C. Swimming
- D. Massage

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**D. Massage**







# PHYSICAL EDUCATION

Which disease is transmitted from infected mammals to man?

- A. Rabies
- B. Malaria
- C. Chicken Pox
- D. AIDS

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**A. Rabies**





# PHYSICAL EDUCATION

**Osteology is the study of**

- A. Muscles
- B. Bones
- C. Joint
- D. Nerve

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**B. Bones**





# PHYSICAL EDUCATION

## Goniometer measures

- A. Strength
- B. Endurance
- C. Power
- D. Flexibility

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**D. Flexibility**





# PHYSICAL EDUCATION

**Finish Grip is related to**

- A. Golf Stick
- B. Cricket Bat
- C. Hockey
- D. Javelin

**D. Javelin**

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# PHYSICAL EDUCATION

Which one is not a method of drawing fixture?

- A. Cyclic Method
- B. Tabular Method
- C. Circular Method
- D. Stair case Method

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**C. Circular Method**





# PHYSICAL EDUCATION

- Which Asana from the following is performed in sitting position?
- A. Chakrasna
  - B. Ardha – matsyendrasana
  - C. Mayurasana
  - D. Trikonasana

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**B. Ardha – matsyendrasana**





# PHYSICAL EDUCATION

- Which one of the following is not a theory of play?
- A. Psycho-analytic Theory
  - B. Psycho-physical Theory
  - C. Social-contact Theory
  - D. Cathartic theory

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**B. Psycho-physical theory**





# PHYSICAL EDUCATION

- Which of the following is not a component of AAHPER Youth fitness test
- A. Pull Ups
  - B. Sits Up
  - C. Standing Broad Jump
  - D. German Drill

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**D. German Drill**







# PHYSICAL EDUCATION

- Round Robin belongs to
- A. Knock out Tournament
  - B. Double Knock Out Tournament
  - C. Ladder Tournament
  - D. League Tournament

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**D. League Tournament**





# PHYSICAL EDUCATION

- When 8 teams are participating in Round Robin Tournament, how many round will be played?
- A. 28
  - B. 7
  - C. 21
  - D. 14

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**B. 7**





# Thank You for Watching



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