

Welcome to Our Channel





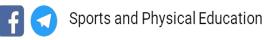


□ Which of the following activity cannot be considered as recreation?

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- A. Collecting Stamps
- B. Playing card
- C. Doing Yogasanas
- D. Playing Cricket

A. Collecting Stamps





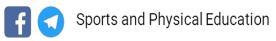


□ 5 to 10 Days training known as

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









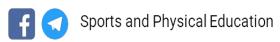


□ What type of concepts are learned by experience?

- A. Mental
- B. Natural
- C. Artificial
- D. Cognitive



B. Natural





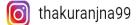


In which event women took place for the first time in Olympic game?

- A. Putting shots and Javelin throw
- B. Long jump and high jump
- C. 100 m and 200 m race
- Sports & Physical Education D. Lawn Tennis and equestrian

D. Lawn Tennis and equestrian







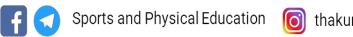


When was the Olympic flame ceremony introduced in Olympic games?

- A. 1928
- B. 1896
- C. 1920
- D. 1936

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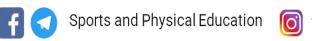


□ Who among the following is known as father of Kinesiology?

- A. Archimedes
- B. Hippocrates
- C. Galen
- D. Aristotle

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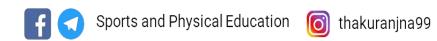




□ What is the formula of stagger in 400 m athletics track?

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. $[W(n - 1) - 10 \text{ cm}]\pi$ Sports & Physical Education

A. [W(n – 1) – 10 cm]2 π





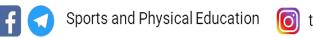


In which of the following track raced does the phenomenon called second wind occurs?

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









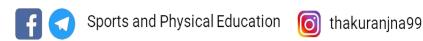


In present scenario which principle of the first aid is used immediately after injury?

A. RICEB. PRICEC. RICESD. ICE









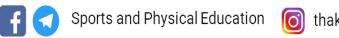


□ may be the best medicine for mental illness.

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









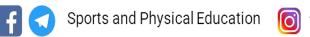


Recreation activities should cover the whole range of human

- A. Abilities
- **B.** Characteristics
- C. Needs
- D. Interests

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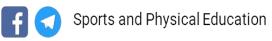


□ "Surplus energy theory" of play was propounded by

- A. Mc Doughal
- B. Lazarus
- C. Karl Groose
- D. Herbert Spencer

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D. Herbert Spencer







Main objective of recreation is

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

A. To acquire lost energy







□ The anatomical name of chest bone is

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

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□ 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







"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







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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□ Reinforcement theory of motivation is given by

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









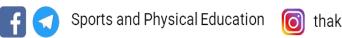


□ In which type of Lever, the force in between the weight and fulcrum?

- A. Type I and Type II
- B. Type I
- C. Type III
- D. Type II

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□ The angle of landing sector of shot put is

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







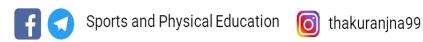




□ Merdeka cup is associated with

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







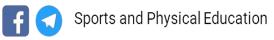


□ Each raid in Kabaddi is of

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



B. 30 seconds







□ What is the minimum length of runway in Long Jump?

- A. 30 m
- B. 35 m
- C. 40 m
- D. 45 m







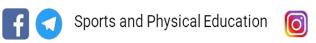


Penalty shootout time in Hockey is

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











□ What is the primary goal of players on offence in Basketball?

- A. Dribble
- B. Score
- C. Rebound
- D. Pass









Philosopher known as the father of Idealism

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





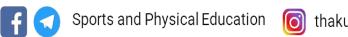




□ When was SNIPES merged with SAI?

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







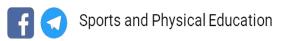


□ Founder principal of L.C.P.E. Gwalior was

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









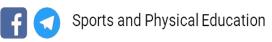


□ Who started Turnverein movement in Germany?

- A. John Basedow
- B. Ludwig John
- C. Fredrich Gutsmuth
- D. Watson

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

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

B. Gymnastics







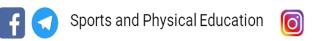


□ For long jump, velocity of wind is measured for the duration of

- A. 10 seconds
- B. 5 seconds
- C. 15 seconds
- D. 20 seconds









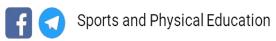


□ Increase in thickness of muscle fiber is called

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



B. Hypertrophy





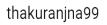


Sit and Reach test measures

- A. Abdominal Strength
- **B.** Shoulder Strength
- Sports & Physical Education C. Hamstring and back flexibility
- D. Hyper extension of back

C. Hamstring and back flexibility







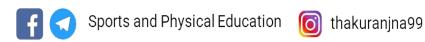


□ Radha Mohan cup is associated with

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

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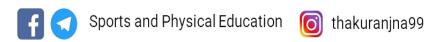




□ What is the width of lines in athletic track events?

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







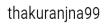


Which Indian was the first to win world title in Badminton?

- A. Prakash Padukone Sports & Physical Education
- B. Syed Modi
- C. Aparna Popat
- D. P. Gopichand

A. Prakash Padukone







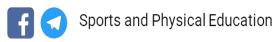


□ Interval training method was developed by

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

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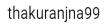


Which of the following is not correctly matched

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

C. Dipeeka Sandhu – Badminton







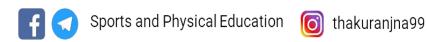


□ The word Percussion is associated with

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









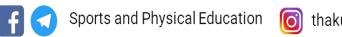


Which disease is transmitted from infected mammals to man?

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

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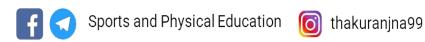


□ Osteology is the study of

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









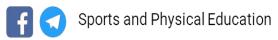


□ Goniometer measures

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

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D. Flexibility





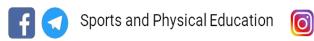


□ Finish Grip is related to

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









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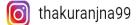


□ Which one is not a method of drawing fixture?

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

C. Circular Method





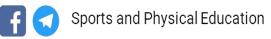




Which Asana from the following is performed in sitting position?

- A. Chakrasna
- Sports & Physical Education B. Ardha – matsyendrasana
- C. Mayurasana
- D. Trikonasana

B. Ardha – matsyendrasana





Which one of the following is not a theory of play?

- A. Psycho-analytic Theory
- Sports & Physical Education B. Psycho-physical Theory
- C. Social-contact Theory
- D. Catharic theory

B. Psycho-physical theory



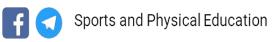




Which of the following is not a component of AAHPER Youth fitness test

- A. Pull Ups
- B. Sits Up
- Sports & Physical Education C. Standing Broad Jump
- D. German Drill





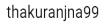


Round Robin belongs to

- A. Knock out Tournament
- Sports & Physical Education B. Double Knock Out Tournament
- C. Ladder Tournament
- D. League Tournament

D. League Tournament









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











Thank You for Watching



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thakuranjna99



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