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PHYSICAL EDUCATION

- What is the effective method for encouraging self – learning?**
- A. Demonstration Method
 - B. Lecture Method
 - C. Observation
 - D. Task Method

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C. Observation





PHYSICAL EDUCATION

Distance of marathon race is

- A. 43.195 km
- B. 42.195 km
- C. 41.185 km
- D. 40.165 km

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B. 42.195 km





PHYSICAL EDUCATION

If the new skill is to be learned is different than the already learnt skill, transfer of learning will be

- A. Positive
- B. Absolute
- C. Negative
- D. Zero

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D. Zero





PHYSICAL EDUCATION

- The PIB (Plastic Indicator Board) is related to
- A. Shooting
 - B. Shot – Put
 - C. Long – Jump
 - D. Basketball

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C. Long - Jump





PHYSICAL EDUCATION

Which of the following bind the muscle to bone?

- A. Muscle Fiber
- B. Nerve
- C. Tendon
- D. Filament

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C. Tendon





PHYSICAL EDUCATION

“Parietal Bone” is situated in

- A. Skull
- B. Vertebral Column
- C. Foot
- D. Hand

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A. Skull



PHYSICAL EDUCATION

- The first Indian woman Gymnast to take part in Olympic Games**
- A. Kalpana Chawla
 - B. Anju Bobby George
 - C. P.T. Usha
 - D. Deepa Karmakar

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D. Deepa Karmakar





PHYSICAL EDUCATION

- Which one of the following is not a type of tournament?
- A. Elimination
 - B. Round Robin
 - C. Anticipatory
 - D. Bagnall - Wild

C. Anticipatory

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PHYSICAL EDUCATION

Which country postponed the organization of Olympic Games due to Covid – 19?

- A. Japan
- B. China
- C. England
- D. Korea

A. Japan

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PHYSICAL EDUCATION

❑ Pyramid tournament falls in the category of-

- A. Knock – Out
- B. League
- C. Combination
- D. Challenge

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D. Challenge





PHYSICAL EDUCATION

Trial and Error theory was proposed by

- A. Newton
- B. Pavlov
- C. Thorndike
- D. Homer

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C. Thorndike





PHYSICAL EDUCATION

- Ability to achieve maximum speed from stationary position is called
- A. Reaction Ability
 - B. Movement Ability
 - C. Acceleration Ability
 - D. Locomotor Ability

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C. Acceleration Ability





PHYSICAL EDUCATION

How many officials are required for volleyball match during Asian Games?

- A. 4
- B. 3
- C. 8
- D. 10

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C. 8





PHYSICAL EDUCATION

Which of the following is not related to Football?

- A. Penalty Area
- B. Umpire
- C. Trapping
- D. Off - Side

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B. Umpire





PHYSICAL EDUCATION

- Which of the following is called the “Master Gland”?
- A. Pituitary Gland
 - B. Hypothalamus
 - C. Thyroid Gland
 - D. All of the Above

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A. Pituitary Gland





PHYSICAL EDUCATION

Height of Hurdle in 110 m hurdle race is

- A. 1.067 m
- B. 0.914 m
- C. 0.840 m
- D. 1.00 m

A. 1.067 m

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PHYSICAL EDUCATION

Which one is not a kind of nervous system?

- A. Sensory
- B. Central
- C. Peripheral
- D. Autonomic

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A. Sensory





PHYSICAL EDUCATION

❑ Who said “Sound mind in sound body”?

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

C. Aristotle

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PHYSICAL EDUCATION

- “French short service test” is for the game of
- A. Volleyball
 - B. Tennis
 - C. Badminton
 - D. Table – Tennis

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C. Badminton





PHYSICAL EDUCATION

- “Release and reverse” techniques are related to
- A. Swimming
 - B. Shot – Put
 - C. Baseball
 - D. Javelin

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B. Shot - Put





PHYSICAL EDUCATION

The ability of muscle to contract forcefully in quickest possible time is called

- A. Strength
- B. Power
- C. Speed
- D. Agility

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B. Power





PHYSICAL EDUCATION

Which one is not an endocrine gland?

- A. Pituitary gland
- B. Peripheral
- C. Adrenal
- D. Pancreas

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B. Peripheral





PHYSICAL EDUCATION

In which year did India organize Asian games in second time?

- A. 1951
- B. 2010
- C. 1984
- D. 1982

D. 1982

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PHYSICAL EDUCATION

Reflex Action is controlled by

- A. Cerebrum
- B. Spinal Cord
- C. Cerebellum
- D. Medulla oblongata

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B. Spinal Cord





PHYSICAL EDUCATION

- Which of the following is not the category of Crouch Start?
- A. Short Start
 - B. Medium Start
 - C. Elongated Start
 - D. Bunch Start

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A. Short Start





PHYSICAL EDUCATION

- Which of the following minerals are useful for bones and teeth?
- A. Calcium and phosphorus
 - B. Potassium and calcium
 - C. Sulphur and iron
 - D. Phosphorus and Iron

A. Calcium and Phosphorus





PHYSICAL EDUCATION

How many matches will be played when teams are in 30 in knock out tournament?

- A. 28
- B. 27
- C. 29
- D. 30

C. 29

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PHYSICAL EDUCATION

Which of the following Award is given by U.P. Government to sports person?

- A. Yash Bhartiya Award
- B. Arjun Award
- C. Laxman Award
- D. Khel Ratna Award

C. Laxman Award

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PHYSICAL EDUCATION

Individual differences are due to

- A. Environmental Impact
- B. Heredity Impact
- C. Heredity and Environmental Impact
- D. None of the above

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C. Heredity and Environmental Impact





PHYSICAL EDUCATION

- The energy value of food is measured in the unit of
- A. Gram
 - B. Watt
 - C. Calories
 - D. Ampere

C. Calories

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PHYSICAL EDUCATION

Dead Ball is associated with

- A. Softball
- B. Basketball
- C. Hockey
- D. Cricket

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D. Cricket





PHYSICAL EDUCATION

Transition Period aims at

- A. Stabilization performance
- B. Super compensation
- C. Recreation
- D. Recovery

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D. Recovery





PHYSICAL EDUCATION

Which one is not a technique of finish the race?

- A. Run Through
- B. Lunging
- C. Shoulder Shrug
- D. Torso Finish

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D. Torso Finish





PHYSICAL EDUCATION

- During the conduct of a penalty stroke in hockey, the umpire takes position over
- A. Centre line
 - B. 25 Yard line
 - C. Striking Circle
 - D. Goal line

C. Striking Circle

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PHYSICAL EDUCATION

- AAHPERD youths fitness is for measuring
- A. General Motor Ability
 - B. Motor Fitness
 - C. Motor Educability
 - D. All of the Above

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B. Motor Fitness





PHYSICAL EDUCATION

- Lady Ratan Tata Trophy is associated with the game of
- A. Football
 - B. Basketball
 - C. Hockey
 - D. Badminton

C. Hockey

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PHYSICAL EDUCATION

Which of the following is not a component of health related physical fitness?

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

C. Speed

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PHYSICAL EDUCATION

- Which one is not the principle of sports training?
- A. Principle of Overload
 - B. Principle of Individuality
 - C. Principle of Stop and Go
 - D. Principle of Specificity

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C. Principle of Stop and Go





PHYSICAL EDUCATION

- Which of the following instrument measure height?
- A. Spirometer
 - B. Dynamometer
 - C. Stadiometer
 - D. Scoliometer

C. Stadiometer

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PHYSICAL EDUCATION

Speed is indicated in

- A. Kilometer / second
- B. Centimeter / hour
- C. Newton
- D. Kilometer / hour

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D. Kilometer / hour



PHYSICAL EDUCATION

Which one is not a part of brain?

- A. Android
- B. Cerebellum
- C. Thalamus
- D. Cerebrum

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A. Android





PHYSICAL EDUCATION

- Which of the following is not a cognitive disability?
- A. Dyslexia
 - B. Hyper Activity
 - C. Memory Disorder
 - D. Sensory Impairment

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D. Sensory Impairment





PHYSICAL EDUCATION

The weight of man's Javelin is

- A. 600 g
- B. 800 g
- C. 900 g
- D. 700 g

B. 800 g

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PHYSICAL EDUCATION

The motto of Asian Games is

- A. Fast Forward
- B. Ever onward
- C. Ever forward
- D. Forward and Forward

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B. Ever onward





PHYSICAL EDUCATION

How many hurdles are required to be crossed by an athlete in 400 m hurdle race?

- A. 8
- B. 10
- C. 12
- D. 20

B. 10

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PHYSICAL EDUCATION

In which game Antenna is used?

- A. Basketball
- B. Cricket
- C. Rugby
- D. Volleyball

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D. Volleyball





PHYSICAL EDUCATION

- Rehabilitation in sports is done using**
 - A. Hydrotherapy
 - B. Corrective Exercises
 - C. Cryotherapy
 - D. Spinotherapy

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B. Corrective Exercises





PHYSICAL EDUCATION

Which one is not the part of small intestine?

- A. Duodenum
- B. Jejunum
- C. Ileum
- D. Granum

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D. Granum





PHYSICAL EDUCATION

In flexion of elbow biceps muscle acts as

- A. Antagonist
- B. Agonist
- C. Stabilizer
- D. Neutralizer

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B. Agonist





PHYSICAL EDUCATION

Which of the following is called “Building Block” of life?

- A. Genes
- B. Cell
- C. Muscle Fiber
- D. Chromosomes

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B. Cell





Thank You for Watching



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