

#### **Welcome to Our Channel**

# **Sports & Physical Education**





**Sports and Physical Education** 



thakuranjna99



**Sports and Physical Education** 







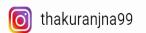


- What is the effective method for encouraging self learning?
- A. Demonstration Method
- B. Lecture Method
- C. Observation
- D. Task Method

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C. Observation









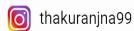
#### □ Distance of marathon race is

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

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B. 42.195 km







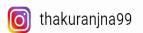


- ☐ If the new skill is to be learned is different than the already learnt skill, transfer of learning will be
- A. Positive
- B. Absolute
- C. Negative
- D. Zero



D. Zero







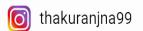


- □ The PIB (Plastic Indicator Board) is related to
- A. Shooting
- B. Shot Put
- C. Long Jump
- D. Basketball

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C. Long - Jump





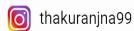




- Which of the following bind the muscle to bone?
- A. Muscle Fiber
- B. Nerve
- C. Tendon
- D. Filament



C. Tendon





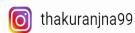


- □ "Parietal Bone" is situated in
- A. Skull
- B. Vertebral Column
- C. Foot
- D. Hand



A. Skull







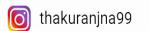


- The first Indian woman Gymnast to take part in Olympic Games
- A. Kalpana Chawla
- B. Anju Bobby George
- C. P.T. Usha
- D. Deepa Karmakar

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D. Deepa Karmakar







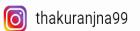


- Which one of the following is not a type of tournament?
- A. Elimination
- B. Round Robin
- C. Anticipatory
- D. Bagnall Wild



C. Anticipatory





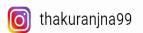




- □ Which country postponed the organization of Olympic Games due to Covid – 19?
- A. Japan
- B. China
- C. England
- D. Korea



A. Japan





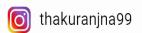


- Pyramid tournament falls in the category of-
- A. Knock Out
- B. League
- C. Combination
- D. Challenge

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D. Challenge







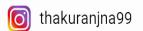


- ☐ Trial and Error theory was proposed by
- A. Newton
- B. Pavlov
- C. Thorndike
- D. Homer



C. Thorndike







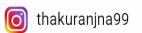


- □ Ability to achieve maximum speed from stationary position is called
- A. Reaction Ability
- B. Movement Ability
- C. Acceleration Ability
- D. Locomotor Ability

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C. Acceleration Ability







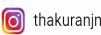


How many officials are required for volleyball match during Asian Games?

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



**C.** 8





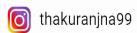


- Which of the following is not related to Football?
- A. Penalty Area
- B. Umpire
- C. Trapping
- D. Off Side



B. Umpire







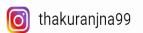


- Which of the following is called the "Master Gland"?
- A. Pituitary Gland
- B. Hypothalamus
- C. Thyroid Gland
- D. All of the Above

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A. Pituitary Gland







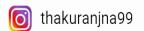


- ☐ Height of Hurdle in 110 m hurdle race is
- A. 1.067 m
- B. 0.914 m
- C. 0.840 m
- D. 1.00 m

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A. 1.067 m







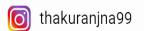


- Which one is not a kind of nervous system?
- A. Sensory
- B. Central
- C. Peripheral
- D. Autonomic



A. Sensory







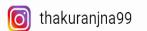


- ☐ Who said "Sound mind in sound body"?
- A. Descartes
- B. Rousseau
- C. Aristotle
- D. Plato

C. Aristotle









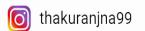


- ☐ "French short service test" is for the game of
- A. Volleyball
- B. Tennis
- C. Badminton
- D. Table Tennis

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C. Badminton







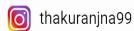


- "Release and reverse" techniques are related to
- A. Swimming
- B. Shot Put
- C. Baseball
- D. Javelin



B. Shot - Put







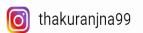


- □ The ability of muscle to contract forcefully in quickest possible time is called
- A. Strength
- B. Power
- C. Speed
- D. Agility

B. Power









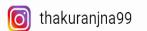


- Which one is not an endocrine gland?
- A. Pituitary gland
- B. Peripheral
- C. Adrenal
- D. Pancreas

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B. Peripheral









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

A. 1951

B. 2010

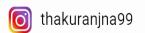
C. 1984

D. 1982



D. 1982







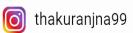


- □ Reflex Action is controlled by
- A. Cerebrum
- B. Spinal Cord
- C. Cerebellum
- D. Medulla oblongata

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**B. Spinal Cord** 





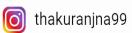




- Which of the following is not the category of Crouch Start?
- A. Short Start
- B. Medium Start
- C. Elongated Start
- D. Bunch Start



A. Short Start





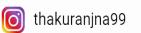


- Which of the following minerals are useful for bones and teeth?
- A. Calcium and phosphorus
- B. Potassium and calcium
- C. Sulphur and iron
- D. Phosphorus and Iron

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A. Calcium and Phosphorus









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



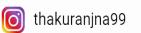




- □ Which of the following Award is given by U.P. Government to sports person?
- A. Yash Bhartiya Award
- B. Arjun Award
- C. Laxman Award
- D. Khel Ratna Award

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C. Laxman Award





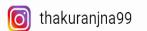


- □ Individual differences are due to
- A. Environmental Impact
- B. Heredity Impact
- C. Heredity and Environmental Impact
- D. None of the above

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C. Heredity and Environmental Impact







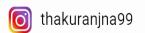


- ☐ The energy value of food is measured in the unit of
- A. Gram
- B. Watt
- C. Calories
- D. Ampere

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C. Calories





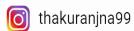




- □ Dead Ball is associated with
- A. Softball
- B. Basketball
- C. Hockey
- D. Cricket



D. Cricket





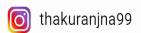


- □ Transition Period aims at
- A. Stabilization performance
- B. Super compensation
- C. Recreation
- D. Recovery

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D. Recovery







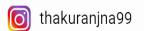


- Which one is not a technique of finish the race?
- A. Run Through
- B. Lunging
- C. Shoulder Shrug
- D. Torso Finish

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D. Torso Finish







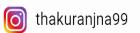


- □ During the conduct of a penalty stroke in hockey, the umpire takes position over
- A. Centre line
- B. 25 Yard line
- C. Striking Circle
- D. Goal line

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C. Striking Circle







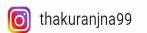


- □ AAHPERD youths fitness is for measuring
- A. General Motor Ability
- **B.** Motor Fitness
- C. Motor Educability
- D. All of the Above

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**B. Motor Fitness** 







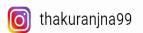


- □ Lady Ratan Tata Trophy is associated with the game of
- A. Football
- B. Basketball
- C. Hockey
- D. Badminton



C. Hockey







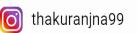


- □ Which of the following is not a component of health related physical fitness?
- A. Strength
- B. Flexibility
- C. Speed
- D. Endurance



C. Speed









- 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







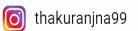


- Which of the following instrument measure height?
- A. Spirometer
- B. Dynamometer
- C. Stadiometer
- D. Scoliometer

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C. Stadiometer







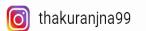


- □ Speed is indicated in
- A. Kilometer / second
- B. Centimeter / hour
- C. Newton
- D. Kilometer / hour

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D. Kilometer / hour







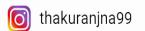


- ☐ Which one is not a part of brain?
- A. Android
- B. Cerebellum
- C. Thalamus
- D. Cerebrum



A. Android







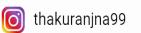


- Which of the following is not a cognitive disability?
- A. Dyslexia
- B. Hyper Activity
- C. Memory Disorder
- D. Sensory Impairment

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**D. Sensory Impairment** 







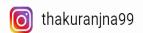


#### ☐ The weight of man's Javelin is

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

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B. 800 g





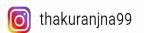


- ☐ The motto of Asian Games is
- A. Fast Forward
- B. Ever onward
- C. Ever forward
- D. Forward and Forward

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**B. Ever onward** 









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

A. 8

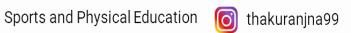
B. 10

C. 12

D. 20

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B. 10





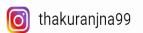


- ☐ In which game Antenna is used?
- A. Basketball
- B. Cricket
- C. Rugby
- D. Volleyball



D. Volleyball









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

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**B.** Corrective Exercises







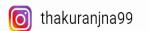


- ☐ Which one is not the part of small intestine?
- A. Duodenum
- B. Jejunum
- C. Ileum
- D. Granum



D. Granum







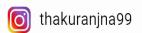


- ☐ In flexion of elbow biceps muscle acts as
- A. Antagonist
- B. Agonist
- C. Stabilizer
- D. Neutralizer

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B. Agonist







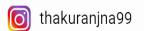


- Which of the following is called "Building Block" of life?
- A. Genes
- B. Cell
- C. Muscle Fiber
- D. Chromosomes



B. Cell









# Thank You for Watching



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