



Welcome to Our Channel

Sports & Physical Education



**Sports & Physical
Education**



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thakuranjna99



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PHYSICAL EDUCATION

□ Decathlon consists of

- A. 6 track and 4 field events
- B. 4 track and 6 field events
- C. 3 track and 7 field events
- D. 7 tracks and 3 field events



B. 4 track and 6 field events



PHYSICAL EDUCATION

IAAF stands for

- A. International Amount of Athletic Federation
- B. Indian Amateur Athletic Federation
- C. International Amateur Athletic Federation
- D. Indian Athletic Amateur Federation

C. International Amateur Athletic Federation





PHYSICAL EDUCATION

The national sports day celebrated on

- A. August 28
- B. August 29
- C. August 21
- D. August 23

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B. August 29





PHYSICAL EDUCATION

The first Olympic Games were held in Olympia in the year

- A. 300 BC
- B. 872 BC
- C. 776 BC
- D. 205 BC

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C. 776 BC





PHYSICAL EDUCATION

- Who are the participants in the special Olympics?
- A. Physically Handicapped
 - B. Mentally retarded children and adults.
 - C. Both A and B
 - D. Veterans

C. Both A and B

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PHYSICAL EDUCATION

The first Asian Games were held in the year

- A. 1949
- B. 1951
- C. 1950
- D. 1952

B. 1951

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PHYSICAL EDUCATION

- What is the aim of the physical education?
- A. Physical Development
 - B. Wholesome development of the individual
 - C. Growth and development
 - D. All of the above

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B. Wholesome development of the individual





PHYSICAL EDUCATION

- What was the nickname of Indian legend hockey player Dhyanchand?
- A. Hockey Wizard
 - B. Hockey Man
 - C. Hockey Jockey
 - D. Little Master

A. Hockey Wizard

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PHYSICAL EDUCATION

Which style of kabaddi is officially recognized?

- A. National
- B. Sanjeevani
- C. Circle
- D. Samvahini

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B. Sanjeevani





PHYSICAL EDUCATION

The first vertebrae is called

- A. Axis
- B. Spinal Cord
- C. Atlas
- D. Ribs

C. Atlas

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PHYSICAL EDUCATION

Sternum is the part of

- A. Thorax
- B. Pelvic Girdle
- C. Shoulder Girdle
- D. None of the above

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A. Thorax





PHYSICAL EDUCATION

Which of the following planes of the body divide it into upper and lower part?

- A. Sagittal
- B. Horizontal
- C. Vertical
- D. Frontal

B. Horizontal

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PHYSICAL EDUCATION

Who conceived the Asian games movement?

- A. Prof. G.D. Sondhi
- B. Maharaja Yadvendra Singh of Patiala
- C. M.C. Dhavan
- D. Mrs. Prakash Dhavan

A. Prof. G.D. Sondhi

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PHYSICAL EDUCATION

Gluteus Maximus muscle is situated in

- A. Thigh
- B. Arms
- C. Lower Leg
- D. Hip

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D. Hip





PHYSICAL EDUCATION

Sprain is an injury to

- A. Ligaments
- B. Muscles
- C. Bones
- D. Tissue

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A. Ligaments





PHYSICAL EDUCATION

Bonus line is marked in which of the following

- A. Rugby
- B. Kho Kho
- C. Kabaddi
- D. Judo

C. Kabaddi

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PHYSICAL EDUCATION

- Cardiac output is the amount of blood pumped by ventricle in one
- A. Attempt
 - B. Minute
 - C. Contraction
 - D. Second

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B. Minute





PHYSICAL EDUCATION

Night blindness is caused due to deficiency of

- A. Vitamin D
- B. Vitamin A
- C. Vitamin E
- D. Vitamin K

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B. Vitamin A





PHYSICAL EDUCATION

First Indian woman Olympic medal winner is

- A. Saina Nehwal
- B. M.C. Marry Kom
- C. Karnam Malleshwari
- D. Sakshi Malik

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C. Karnam Malleshwari





PHYSICAL EDUCATION

Which of the following cannot provide any energy

- A. Carbohydrates
- B. Fat
- C. Vitamin
- D. Protein

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C. Vitamin





PHYSICAL EDUCATION

Mesomorphy is characterized by

- A. Short and Thick Neck
- B. Chest with fatty Breast
- C. Strong and long neck
- D. Long and slender neck

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C. Strong and long neck





PHYSICAL EDUCATION

Goal Area of football ground is

- A. 6 Yards x 20 Yards
- B. 6 Yards x 18 Yards
- C. 18 Yards x 44 Yards
- D. 8 Yards x 20 Yards

A. 6 Yards x 20 Yards

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PHYSICAL EDUCATION

Three second rule is applied in the game of

- A. Basketball
- B. Kabaddi
- C. Kho Kho
- D. Table Tennis

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A. Basketball





PHYSICAL EDUCATION

Which country hosted the first special Olympic?

- A. America
- B. England
- C. India
- D. Germany

July 20, 1968, in Chicago

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A. America





PHYSICAL EDUCATION

Who designed the Olympic Emblem?

- A. Pierre de Coubertin
- B. King George
- C. Dimitrious Vikelas
- D. Henri de Baillet

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A. Pierre de Coubertin





PHYSICAL EDUCATION

The city of Olympia is in

- A. Rome
- B. Italy
- C. Greece
- D. Germany

C. Greece

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PHYSICAL EDUCATION

Jogging, swimming and cycling are a part of

- A. Continuous training
- B. Weight Training
- C. Interval Training
- D. Fartlek Training

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A. Continuous Training





PHYSICAL EDUCATION

Lung capacity is usually measured by

- A. Barometer
- B. Thermometer
- C. Spirometer
- D. Anemometer

C. Spirometer

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PHYSICAL EDUCATION

Who was the first woman player to receive Arjuna Award?

- A. M. D'Souza
- B. K. Sandhu
- C. M. Shah
- D. S. D'Souza

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D. S. D'Souza

1963-Steffie d'souza





PHYSICAL EDUCATION

Smashing in Volleyball is also known as

- A. Lifting
- B. Spiking
- C. Service
- D. Blocking

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B. Spiking





PHYSICAL EDUCATION

Learning from one situation to another is

- A. Learning Curve
- B. Negative learning
- C. Transfer of learning
- D. Plateau

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C. Transfer of learning





PHYSICAL EDUCATION

Which of the following is not the spinal injury

- A. Abrasion
- B. Fracture
- C. Dislocation
- D. Slip Disc

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A. Abrasion



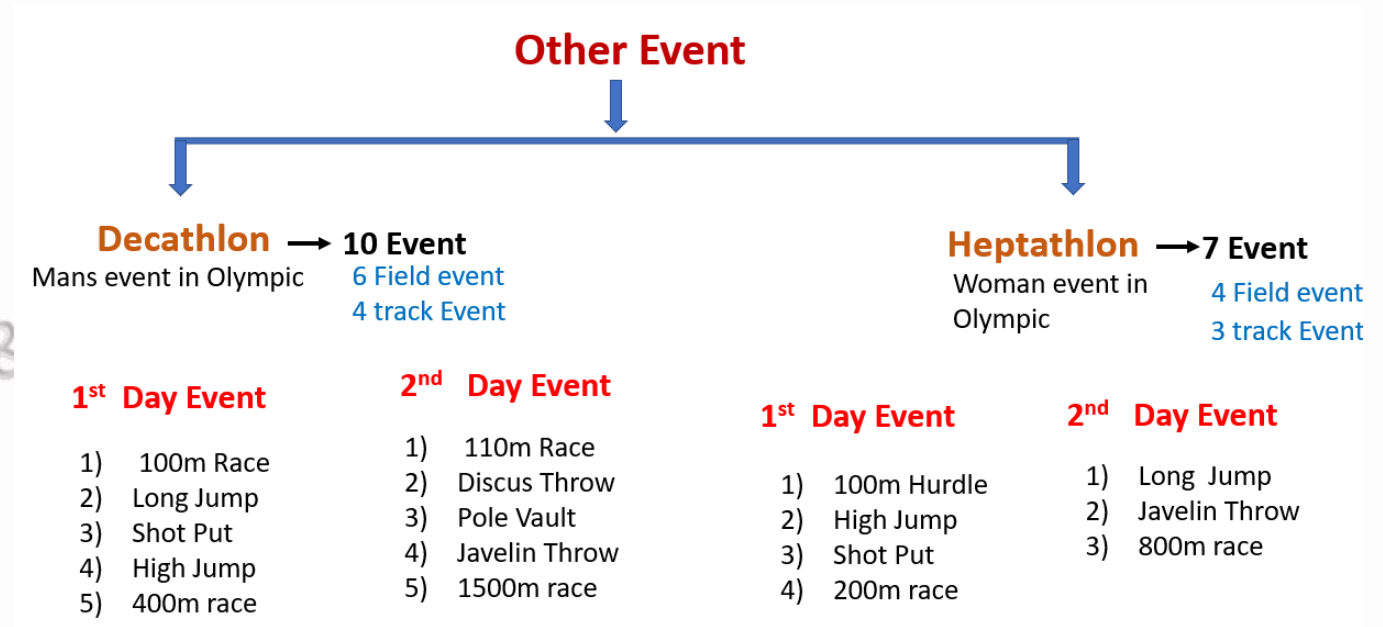


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❑ Which of the following event is not included in Heptathlon?

- A. High Jump
- B. 100 m Hurdle
- C. Javelin Throw
- D. 3000 m race

D. 3000 m race





PHYSICAL EDUCATION

Neck Joint is an example of

- A. Hinge joint
- B. Gliding Joint
- C. Pivot Joint
- D. Ball and Socket Joint

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C. Pivot Joint





PHYSICAL EDUCATION

How many total match will be played in league tournament when team are 10?

- A. 44
- B. 45
- C. 46
- D. 47

B. 45

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PHYSICAL EDUCATION

“281 and Beyond” book is written by

- A. Shane Warne
- B. Shahid Afridi
- C. M.S. Dhoni
- D. V.V.S. Laxman

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D. V.V.S Laxman





PHYSICAL EDUCATION

- In soccer the penalty kick spot is marked at a distance of
- A. 12 Yards
 - B. 8 Yards
 - C. 10 Yards
 - D. 16 Yards

A. 12 Yards

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PHYSICAL EDUCATION

- Who supervises the take over zone during the relay race?
- A. Referee
 - B. Umpire
 - C. Line man
 - D. Judge

B. Umpire

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PHYSICAL EDUCATION

- Mental age of an individual is defected by
- A. Year, month and days
 - B. Through X – rays
 - C. Functional Efficiency of organs
 - D. Psychological test

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D. Psychological Test





PHYSICAL EDUCATION

In which of the following exercises work done is not considered as work scientifically?

- A. Isotonic Exercises
- B. Isometric Exercises
- C. Isokinetic Exercises
- D. Calisthenics Exercises

B. Isometric Exercises





PHYSICAL EDUCATION

Pre – competition meal should be high in

- A. Carbohydrate
- B. Fat
- C. Protein
- D. Fiber

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A. Carbohydrate





PHYSICAL EDUCATION

Which of the following is a disease caused by a virus

- A. Cholera
- B. Tuberculosis
- C. Leprosy
- D. Chickenpox

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D. Chickenpox

varicella-zoster virus



PHYSICAL EDUCATION

Which of the following is a richest source of vitamin C?

- A. Banana
- B. Apple
- C. Guava
- D. Tomato

C. Guava

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PHYSICAL EDUCATION

How many Byes will be given in lower half when team are 11 in knock out tournament?

- A. 2
- B. 3
- C. 1
- D. 4

B. 3

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PHYSICAL EDUCATION

Fatigue comes during training due to

- A. Lactic acid
- B. Adrenal
- C. Carbon Dioxide
- D. pH factor

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A. Lactic Acid





PHYSICAL EDUCATION

Deficiency of which vitamin causes rickets disease?

- A. Vitamin C
- B. Vitamin D
- C. Vitamin A
- D. Vitamin B

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B. Vitamin D





PHYSICAL EDUCATION

Which among the following is not a Pranayama?

- A. Ujjai
- B. Surya Bhedan
- C. Sheetali
- D. Nauli

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D. Nauli





PHYSICAL EDUCATION

What is the dimension of the Basketball Court?

- A. 28 m x 15 m
- B. 28 m x 14 m
- C. 27 m x 15 m
- D. 26 m x 15 m

A. 28 m x 15 m

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PHYSICAL EDUCATION

The key component of health related fitness is

- A. Cardiovascular Endurance
- B. Body Composition
- C. Muscular Strength
- D. Flexibility

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A. Cardiovascular Endurance





PHYSICAL EDUCATION

Which is the middle coats of the wall of the heart?

- A. Pericardium
- B. Endocardium
- C. Epicardium
- D. Myocardium

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D. Myocardium





Thank You for Watching



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