



Welcome to Our Channel

Sports & Physical Education



Sports & Physical
Education



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PHYSICAL EDUCATION

Beri Beri is caused due to the deficiency of vitamin

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

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B. Vitamin B





PHYSICAL EDUCATION

Total duration of match including interval in hockey is

- A. 69 minutes
- B. 60 minutes
- C. 64 minutes
- D. 65 minutes

A. 69 minutes

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PHYSICAL EDUCATION

Blood is which type of tissue?

- A. Epithelial Tissue
- B. Connective Tissue
- C. Muscular Tissue
- D. Nervous Tissue

B. Connective Tissue

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Which of the following is not a part of Hydrotherapy?

- A. Cryotherapy
- B. Wax Bath
- C. Whirlpool Bath
- D. Contrast Bath

B. Wax Bath

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Break in training first affects our

- A. Flexibility
- B. Agility
- C. Explosive Strength
- D. Speed

A. Flexibility

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PHYSICAL EDUCATION

- What is a standard measurement of running track?
- A. 400 m track
 - B. 800 m track
 - C. 200 m track
 - D. None of these

A. 400 m track

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Physical Education

RBC are produced in

- A. Bone Marrow
- B. Heart
- C. Lungs
- D. Arteries

A. Bone Marrow

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PHYSICAL EDUCATION

- Which of the following is not a part of Law of learning?
- A. Readiness
 - B. Exercise
 - C. Effect
 - D. Forgetting

D. Forgetting

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PHYSICAL EDUCATION

One of the unsaturated fatty acid of animal origin is

- A. Milk
- B. Mutton
- C. Eggs
- D. Fish Oil

D. Fish Oil

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PHYSICAL EDUCATION

Parallel form method is used to determine

- A. Validity
- B. Reliability
- C. Stability
- D. All of these

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B. Reliability





PHYSICAL EDUCATION

- Autogenic training is a technique
 - A. To bring about relaxation in body
 - B. To increase anxiety level
 - C. To counter avoidance syndrome
 - D. To increase perception

A. To bring about relaxation in body





PHYSICAL EDUCATION

How much blood is pumped out by the heart of an Athlete at the time of playing?

- A. 22 ltr.
- B. 19.4 ltr.
- C. 15.6 ltr.
- D. 12.6 ltr.

(A) 22 ltr.

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PHYSICAL EDUCATION

Largest Bone in human body is

- A. Tibia
- B. Femur
- C. Fibula
- D. Humerus

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B. Femur





PHYSICAL EDUCATION

Proximate principle include

- A. Carbohydrate, protein and minerals
- B. Minerals, water and fats
- C. Fats, Proteins and Carbohydrates
- D. Minerals, water and fibers

C. Fats, Proteins and Carbohydrates





PHYSICAL EDUCATION

Cause of constipation is

- A. Impairment of large intestine
- B. Intake of more food
- C. Intake of less water
- D. All of above

D. All of above

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PHYSICAL EDUCATION

First step in sports management is

- A. Budgeting
- B. Coordinating
- C. Planning
- D. Directing

C. Planning

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PHYSICAL EDUCATION

The diabetes occur due to non functioning of

- A. Pancreas
- B. Kidney
- C. Lung
- D. Small Intestine

A. Pancreas

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PHYSICAL EDUCATION

Hypoglycemia is a condition in which the body has low level of

- A. Oxygen
- B. Glucose
- C. Body Fluid
- D. Cholesterol

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B. Glucose





PHYSICAL EDUCATION

- What are the current dimension of medal given at Olympic Games?
- A. Diameter min. 60 mm and thickness min. 3mm
 - B. Diameter min. 65 mm and thickness min. 3.5 mm
 - C. Diameter min. 70 m and thickness min. 3.5 mm
 - D. Diameter min. 65 mm and thickness min. 4 mm

A. Diameter min. 60 mm and thickness min. 3 mm



PHYSICAL EDUCATION

Gold medal in Olympics were first given in

- A. 1896, Athens
- B. 1904, St. Louis
- C. 1908, London
- D. 1928, Antwerp

B. 1904, St. Louis

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PHYSICAL EDUCATION

Planning, organizing, directing and controlling are of management

- A. Functions
- B. Goals
- C. Results
- D. All of these

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A. Functions





PHYSICAL EDUCATION

Which Philosophy propounded “All phenomena are result of law of nature?”

- A. Realism
- B. Idealism
- C. Pragmatism
- D. Naturalism

D. Naturalism

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PHYSICAL EDUCATION

In a training methodology a micro cycle is a training program with an annual program

- A. Weekly
- B. Fortnightly
- C. Monthly
- D. Quarterly

A. Weekly

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PHYSICAL EDUCATION

In which year Bharat Ratna Award was conferred to Sachin Tendulkar?

- A. 2014
- B. 2012
- C. 2013
- D. 2015

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A. 2014





PHYSICAL EDUCATION

An exercise diet procedure that elevate muscle glycogen stored to concentrations 2 to 3 times normal is termed as

- A. Glycogen Sparring
- B. Glycogen Loading
- C. Glycogenesis
- D. Glycine

B. Glycogen Loading

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PHYSICAL EDUCATION

When there is a running radius in 400 m track is 36.81 m. What will be the distance of the straight?

- A. 84.90 m
- B. 83.30 m
- C. 84.31 m
- D. 85.10 m

C. 84.31 m

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PHYSICAL EDUCATION

- During very strenuous exercise the major reason of onset of fatigue is
- A. Depletion of glycogen
 - B. Lactic acid formation
 - C. Oxygen Debt
 - D. Carbon Dioxide

B. Lactic acid formation





PHYSICAL EDUCATION

Engaging in prolonged resistance work increases the muscle mass in athletics is known as

- A. Hyperplasia
- B. Muscular Atrophy
- C. Osteoporosis
- D. Muscular Hypertrophy

D. Muscular Hypertrophy





PHYSICAL EDUCATION

Which is track event?

- A. Long Jump
- B. Javelin Throw
- C. Marathon
- D. Pole vault

C. Marathon

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PHYSICAL EDUCATION

Main respiratory organ is

- A. Nose
- B. Heart
- C. Larynx
- D. Lungs

D. Lungs

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PHYSICAL EDUCATION

Trophy related to Basketball is

- A. S.M. Arjuna Raja
- B. Poornima Trophy
- C. Dhyanchand Trophy
- D. None of the above

A. S.M. Arjuna Raja

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PHYSICAL EDUCATION

Which blood group person is called universal donor?

- A. AB
- B. A
- C. O
- D. B

C. Blood group -O

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PHYSICAL EDUCATION

- Arjuna Award is given to
- A. Best player at national level
 - B. Best player at international level
 - C. Best player at state level
 - D. Best teacher

B. Best player at international level



PHYSICAL EDUCATION

How many type of permanent teeth are there

- A. 8
- B. 4
- C. 12
- D. 18

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B. 4



PHYSICAL EDUCATION

Determining status, making comparison and conclusion are basic functions of

- A. Test
- B. Measurement
- C. Both A and B
- D. Evaluation

C. Both A and B

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PHYSICAL EDUCATION

Main source of Vitamin D is

- A. Sunlight
- B. Excess Water
- C. Balanced Diet
- D. Fruits

A. Sunlight

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PHYSICAL EDUCATION

In our body, main source of energy is

- A. Proteins
- B. Vitamins
- C. Carbohydrates
- D. Minerals

C. Carbohydrates

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PHYSICAL EDUCATION

Corner kick is related to which game

- A. Basketball
- B. Handball
- C. Football
- D. Hockey

C. Football

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PHYSICAL EDUCATION

Main sense organ of taste is

- A. Mouth
- B. Lips
- C. Tongue
- D. Teeth

C. Tongue

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PHYSICAL EDUCATION

Total number of permanent teeth

- A. 30
- B. 31
- C. 32
- D. 33

C. 32

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PHYSICAL EDUCATION

Dhronacharya award is awarded to

- A. Best player
- B. Best teacher
- C. Best Soldier
- D. Best Doctor

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B. Best Teacher



PHYSICAL EDUCATION

Recreation providing agencies are of how many type?

- A. 3
- B. 4
- C. 5
- D. 2

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B. 4



PHYSICAL EDUCATION

Which Asana is done at the end of Yogasna

- A. Pranayama
- B. Padmasana
- C. Shavasana
- D. Sukhasna

C. Shavasana

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PHYSICAL EDUCATION

Protective foods are

- A. Carbohydrates and fats
- B. Proteins and vitamins
- C. Proteins and fats
- D. Vitamin and minerals

D. Vitamin and minerals

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PHYSICAL EDUCATION

Personal Hygiene helps in

- A. Developing attractive personality
- B. Developing emotional stability
- C. Both A and B
- D. None of these

C. Both A and B

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PHYSICAL EDUCATION

In Olympic flag total numbers of rings are

- A. 3
- B. 4
- C. 5
- D. 7

C. 5

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PHYSICAL EDUCATION

Kinesiology is study related to

- A. Body Structure
- B. Diseases
- C. Motion
- D. None of these

C. Motion

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PHYSICAL EDUCATION

Who is known as father of Basketball?

- A. Arjun Singh
- B. Suman Sharma
- C. Dr. James Naismith
- D. Ben Johnson

C. Dr. James Naismith

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PHYSICAL EDUCATION

Measles, small pox, TB etc communicable disease transmit through which mode?

- A. Water
- B. Food
- C. Air
- D. Virus

C. Air

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PHYSICAL EDUCATION

What is the cash amount of Major Dhyanchand Khel Ratna award?

- A. 30 Lakh
- B. 35 lakh
- C. 20 lakh
- D. 25 lakh

D. 25 lakh

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Thank You for Watching



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