

Welcome to Our Channel

Sports & Physical Education





Sports and Physical Education



thakuranjna99



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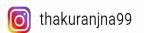


- ☐ Beri Beri is caused due to the deficiency of vitamin
- A. Vitamin A
- B. Vitamin B
- C. Vitamin C
- D. Vitamin D

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B. Vitamin B







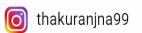


- ☐ Total duration of match including interval in hockey is
- A. 69 minutes
- B. 60 minutes
- C. 64 minutes
- D. 65 minutes

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A. 69 minutes





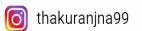




- Blood is which type of tissue?
- **Epithelial Tissue**
- Sports & Physical Education B. Connective Tissue
- C. Muscular Tissue
- D. Nervous Tissue

B. Connective Tissue







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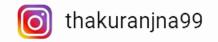
- ☐ Which of the following is not a part of Hydrotherapy?
- A. Cryotherapy
- B. Wax Bath
- C. Whirlpool Bath
- D. Contrast Bath

B. Wax Bath











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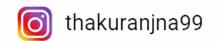
- ☐ Break in training first affects our
- A. Flexibility
- B. Agility
- C. Explosive Strength
- D. Speed

A. Flexibility











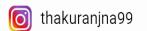


- **□** What is a standard measurement of running track?
- A. 400 m track
- B. 800 m track
- C. 200 m track
- D. None of these

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A. 400 m track







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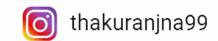
- ☐ RBC are produced in
- A. Bone Marrow
- B. Heart
- C. Lungs
- D. Arteries

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A. Bone Marrow









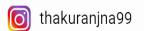


- ☐ Which of the following is not a part of Law of learning?
- A. Readiness
- B. Exercise
- C. Effect
- D. Forgetting

D. Forgetting







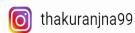




- ☐ One of the unsaturated fatty acid of animal origin is
- A. Milk
- B. Mutton
- C. Eggs
- D. Fish Oil



D. Fish Oil







- Parallel form method is used to determine
- A. Validity
- B. Reliability
- C. Stability
- D. All of these

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B. Reliability





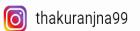




- Autogenic training is a technique
- To bring about relaxation in body
- B. To increase anxiety level
- Sports & Physical Education To counter avoidance syndrome
- D. To increase perception

A. To bring about relaxation in body









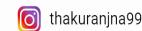
☐ How much blood is pumped out by the heart of an Athlete at the time of playing?

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

(A) 22 ltr.





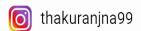




- ☐ Largest Bone in human body is
- A. Tibia
- B. Femur
- C. Fibula
- D. Humerus



B. Femur

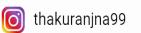






- Proximate principle include
- Carbohydrate, protein and minerals
- B. Minerals, water and fats
- Sports & Physical Education Fats, Proteins and Carbohydrates
- D. Minerals, water and fibers

C. Fats, Proteins and Carbohydrates



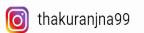




- ☐ Cause of constipation is
- Impairment of large intestine Sports & Physical Education
- B. Intake of more food
- Intake of less water
- D. All of above

D. All of above







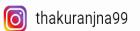


- ☐ First step in sports management is
- A. Budgeting
- B. Coordinating
- C. Planning
- D. Directing



C. Planning







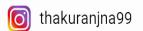


- ☐ The diabetes occur due to non functioning of
- A. Pancreas
- B. Kidney
- C. Lung
- D. Small Intestine

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A. Pancreas







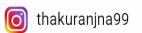


- Hypoglycemia is a condition in which the body has low level of
- A. Oxygen
- B. Glucose
- C. Body Fluid
- D. Cholesterol

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B. Glucose





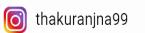




- ☐ What are the current dimension of medal given at Olympic Games?
- A. Diameter min. 60 mm and thickness min. 3mm
- B. Diameter min. 65 mm and thickness min. 3.5 mm
- C. Diameter min. 70 m and thickness min. 3.5 mm
- D. Diameter min. 65 mm and thickness min. 4 mm

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





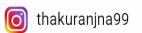




- ☐ Gold medal in Olympics were first given in
- A. 1896, Athens
- B. 1904, St. Louis
- C. 1908, London
- D. 1928, Antwerp

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B. 1904, St. Louis





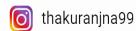


- ☐ Planning, organizing, directing and controlling are of management
- A. Functions
- B. Goals
- C. Results
- D. All of these

A. Functions









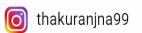


- ☐ Which Philosophy propounded "All phenomena are result of law of nature?"
- A. Realism
- B. Idealism
- C. Pragmatism
- D. Naturalism













- ☐ In a training methodology a micro cycle is a training program with an annual program
- A. Weekly
- B. Fortnightly
- C. Monthly
- D. Quarterly











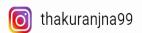


☐ In which year Bharat Ratna Award was conferred to Sachin Tendulkar?

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

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A. 2014



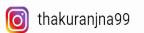




- ☐ An exercise diet procedure that elevate muscle glycogen stored to concentrations 2 to 3 times normal is termed as
- Sports & Physical Education A. Glycogen Sparring
- B. Glycogen Loading
- C. Glycogenesis
- Glycine

B. Glycogen Loading







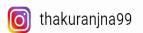


☐ When there is a running radius in 400 m track is 36.81 m. What will be the distance of the straight?

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

C. 84.31 m





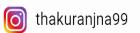




- During very strenuous exercise the major reason of onset of fatigue is
- Depletion of glycogen
- Sports & Physical Education B. Lactic acid formation
- C. Oxygen Debt
- D. Carbon Dioxide

B. Lactic acid formation









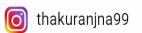
- Engaging in prolonged resistance work increases the muscle mass in athletics is known as

- Jacoporosis

 D. Muscular Hypertrophy

D. Muscular Hypertrophy







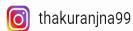


- **□** Which is track event?
- A. Long Jump
- B. Javelin Throw
- C. Marathon
- D. Pole volt

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C. Marathon









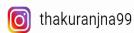
☐ Main respiratory organ is

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



D. Lungs









- ☐ Trophy related to Basketball is
- A. S.M. Arjuna Raja
- B. Poornima Trophy
- Sports & Physical Education **Dhyanchand Trophy**
- D. None of the above

A. S.M. Arjuna Raja







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☐ Which blood group person is called universal donor?

- A. AB
- B. A
- C. 0
- D. B

C. Blood group -O









- ☐ Arjuna Award is given to
- Best player at national level
- Sports & Physical Education Best player at international level
- Best player at state level
- D. Best teacher

B. Best player at international level







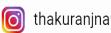


How many type of permanent teeth are there

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

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B. 4



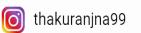




- ☐ Determining status, making comparison and conclusion are basic functions of
- A. Test
- B. Measurement
- C. Both A and B
- D. Evaluation

C. Both A and B







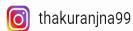


- Main source of Vitamin D is
- A. Sunlight
- B. Excess Water
- C. Balanced Diet
- D. Fruits

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A. Sunlight







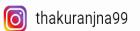


- ☐ In our body, main source of energy is
- A. Proteins
- B. Vitamins
- C. Carbohydrates
- D. Minerals

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C. Carbohydrates







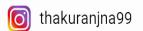


- ☐ Corner kick is related to which game
- A. Basketball
- B. Handball
- C. Football
- D. Hockey



C. Football







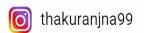


- ☐ Main sense organ of taste is
- A. Mouth
- B. Lips
- C. Tongue
- D. Teeth

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C. Tongue









☐ Total number of permanent teeth

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

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C. 32





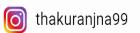


- ☐ Dhronacharya award is awarded to
- A. Best player
- B. Best teacher
- C. Best Soldier
- D. Best Doctor

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B. Best Teacher









Recreation providing agencies are of how many type?

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

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B. 4





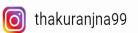


- ☐ Which Asana is done at the end of Yogasna
- A. Pranayama
- B. Padmasana
- C. Shavasana
- D. Sukhasna

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C. Shavasana









- **Protective foods are**
- A. Carbohydrates and fats
- Sports & Physical Education B. Proteins and vitamins
- C. Proteins and fats
- D. Vitamin and minerals

D. Vitamin and minerals





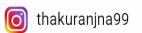




- Personal Hygiene helps in
- Developing attractive personality
- Sports & Physical Education Developing emotional stability
- Both A and B
- D. None of these

C. Both A and B









☐ In Olympic flag total numbers of rings are

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



C. 5





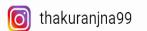


- ☐ Kinesiology is study related to
- A. Body Structure
- B. Diseases
- C. Motion
- D. None of these

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C. Motion





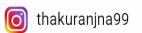




- Who is known as father of Basketball?
- Arjun Singh
- B. Suman Sharma
- Sports & Physical Education Dr. James Naismith
- D. Ben Johnson

C. Dr. James Naismith









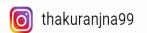
☐ Measles, small pox, TB etc communicable disease transmit through which mode?

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













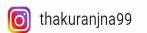
☐ What is the cash amount of Major Dhyanchand Khel Ratna award?

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

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D. 25 lakh









Thank You for Watching



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