

Welcome to Our Channel

Sports & Physical Education





Sports and Physical Education



thakuranjna99



Sports and Physical Education









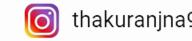
- ☐ By Whom Asiad games are organized?
- (A) IAAF
- (B) BCCI
- (C) IOC
- (D) OCA

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(D) OCA











- Which lever is known as lever of speed?
- (A) First class lever

- (D) First and Second class Lever

(C) Third Class Lever









- □ Psychologically all learning springs from
- (A) Intelligence
- (B) Struggle
- (C) Inner Uses
- (D) Activity Endeavors

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(B) Struggle











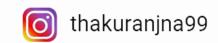
- ☐ First aid for dislocated shoulder is:-
- (A) Stabilization
- (B) Bandaging
- (C) Traction
- (D) Repetition

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(A) Stabilization











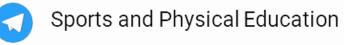
☐ How many matches will be played in league tournament when there are 11 teams?

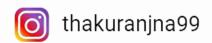
- (A) 54
- (B) 56
- (C) 57
- (D) 55

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(D) 55





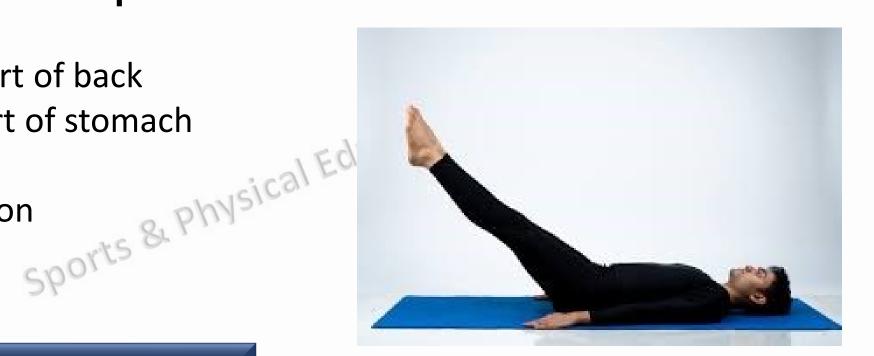






☐ The position of Uthanpadasana-

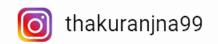
- (A) Lying with support of back
- (B) Lying with support of stomach
- (C) In sitting position
- (D) In standing position



(A) Lying with support of back











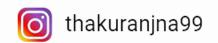
- ☐ The part of astang yoga is
- (A) Asana
- (B) Mudra
- (C) Bandh
- (D) Klesh

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(A) Asana











- ☐ Which of the following games was invented by Jigaro Kano?
- (A) Taekwondo
- (B) Kung fu
- (C) Judo
- (D) Gymnastics



(C) Judo











- □ Lordosis is known as
- (A) Round Back
- (B) Flat Back
- (C) Hollow Back
- (D) S-Curve

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(C) Hollow Back











□ Dimension of Basketball court is

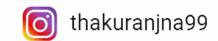
- (A) 28 x 15 m
- (B) 28 x 15 yard
- (C) 28 x 15 feet
- (D) 26 x 15 m

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(A) 28 x 15 m











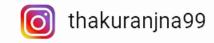
- Most abundant nutrient in milk and milk products is-
- (A) Vitamin C
- (B) Thiamine
- (C) Calcium
- (D) Iron

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(C) Calcium











- ☐ Pen hold grip is used in which of the following sports?
- (A) Cricket
- (B) Hockey
- (C) Table Tennis
- (D) Badminton

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(C) Table Tennis











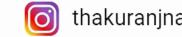
- ☐ What is impossible to change when body is in air?
- (A) Shape of body
- (B) Position of body
- (C) Body mass
- (D) Moment of Body

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(C) Body mass











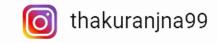
- ☐ International Yoga day is celebrated on
- (A) 20 June
- (B) 21 June
- (C) 22 June
- (D) 23 June

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(B) 21 June











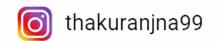
- ☐ Central Board of Physical Education and Recreation is situated at
- (A) Kolkata
- (B) New Delhi
- (C) Chennai
- (D) Mumbai



(B) New Delhi











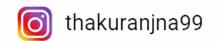
- ☐ Spectrum Hepatitis B is infection of the
- (A) Stomach
- (B) Liver
- (C) Kidney
- (D) Heart

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(B) Liver







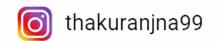




- □ Super compensation is also called as
- (A) Fatigue
- (B) Second Wind
- Sports & Physical Education (C) Variation in Duration
- (D) Adaptation to load

(D) Adaptation to load









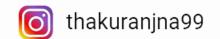
- Push up is the example of
- (A) First class lever
- (B) Second class lever
- (C) Third class lever
- (D) None of the these

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(B) Second class lever











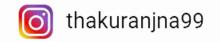
- Who invented insight theory of learning?
- (A) Ivan Pavlov
- (B) Thorndike
- (C) Wolfgang Kohlar
- (D) Hull

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(C) Wolfgang Kohlar











☐ The life span of RBC is

- (A) 90 Days
- (B) 100 Days
- (C) 120 Days
- (D) 125 Days

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(C) 120 Days











- ☐ Largest and strongest muscles are found in which of body?
- (A) Chest
- (B) Lower Limb
- (C) Upper Limb
- (D) Abdomen

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(B) Lower Limb







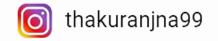




- Which day is celebrated as National Sports Day?
- (A) Birthday of Dhyanchand
- (B) Birthday of Kapil Dev
- Sports & Physical Education (C) Birthday of Jawahar Lal Nehru
- (D) Birthday of Coubertin

(A) Birthday of Dhyanchand









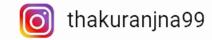
- What is the main aim of Yoga?
- (A) Strong built of body
- (B) Win the game
- (C) Control over the mind
- (D) Sound Sleep

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(C) Control over the mind









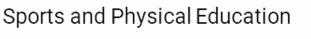


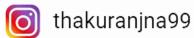
- Camping is an extremely good activity for developing-
- (A) Human personality
- (B) Contact with nature
- (C) Social interaction
- (D) Aesthetic sense

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(A) Human Personality









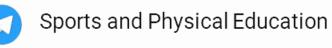


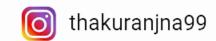
- Which player's name is the Dennis the Menace?
- (A) Andre Agassi
- (B) Jim Courier
- (C) Pete Sampras
- (D) John McEnroe

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(C) Pete Sampras









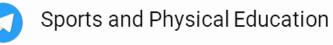


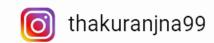
- ☐ In which Asana do we perform pranayama?
- (A) Padma asana
- (B) Naukasana
- (C) Tadasana
- (D) Pravvatasana

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(A) Padma asana











☐ How many bones are there in human body?

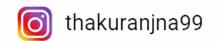
- (A) 206
- (B) 210
- (C) 208
- (D) 209

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(A) 206







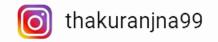




- Which factor is not responsible for obesity?
- (A) Physical Inactivity
- (B) Heredity
- (C) Physical Activity
- Sports & Physical Education (D) Psychological Factors

(C) Physical Activity









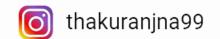
- ☐ Dhyanchand Award was introduces in the year?
- (A) 2002
- (B) 2003
- (C) 2001
- (D) 2001

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(A) 2002







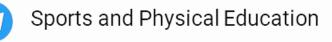


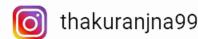


- ☐ Which of the following test measures cardio respiratory functions?
- Sports & Physical Education (A) Harvard Step Test
- (B) JCR Test
- (C) Kraus Weber Test
- (D) Mc Donald Test

(A) Harvard Step Test











- □ Goal Area of Football ground is
- (A) 6 x 20 yards
- (B) 6 x 18 yards
- (C) 18 x 44 yards
- (D) 8 x 20 yards

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(A) 6 x 20 yards









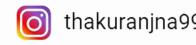


- First sports psychology lab was established by
- (A) Sigmund Freud
- (B) Pavlov
- (C) John Watson
- (D) Carl Diem

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(D) Carl Diem









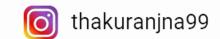
- □ Sports Sociology deals with
- (A) Team Cohesion
- (B) Function of the body
- (C) Mental Training
- (D) Motivation

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(A) Team Cohesion











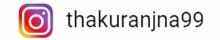
- ☐ Treatment with eyes method is known as
- (A) Cryotherapy
- (B) Hydrotherapy
- (C) Wax therapy
- (D) Electrotherapy

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(A) Cryotherapy











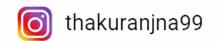
- ☐ BCG injection is given to develop immunity against
- (A) Viral Fever
- (B) T.B.
- (C) Small Pox
- (D) Measles



(B) T.B.











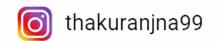
- ☐ Study of joints is called
- (A) Kinesiology
- (B) Biology
- (C) Anthropometry
- (D) Arthrology

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(D) Arthrology











- ☐ High blood sugar level is controlled by
- (A) Glucose
- (B) Thyroxin
- (C) Insulin
- (D) Adrenaline

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(C) Insulin







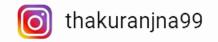




- What is an Athlete Heart?
- (A) It is an abnormal condition of heart.
- (B) It is a pathological condition.
- (C) It is a normal condition that follows the biological law of use.
- (D) It is a hypertrophic condition.

(D) It is a hypertrophic condition









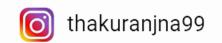
- Which disease is caused due to deficiency of the proteins?
- (A) Kwashiorkor
- (B) Rickets
- (C) Scurvy
- (D) Night Blindness

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(A) Kwashiorkor











☐ What is Shitkari?

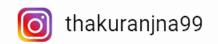
- (A) Yam
- (B) Niyam
- (C) Asana
- (D) Pranayama

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(D) Pranayama











☐ How many stages are in a Yoga for the purification of body, mind and soul?

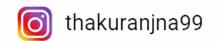
- (A) 10
- (B) 8
- (C) 11
- (D) 12















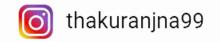
- ☐ Bharatiya Yoga Sansthan is situated in which city?
- (A) Gandhi Nagar
- (B) Banaras
- (C) Chennai
- (D) New Delhi

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(D) New Delhi









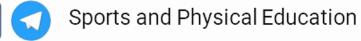


- □ National Park Service is provided by
- (A) Govt Agencies
- (B) Commercial Agencies
- (C) Voluntary Agencies
- (D) Private Agencies

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(A) Govt Agencies









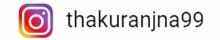


- Who is known as father of Yoga?
- (A) Swami Shivananda
- (B) Rishi Mahesh Yog
- Sports & Physical Education (C) Swami Swatam Ram
- (D) Maharishi Patanjali

(D) Maharishi Patanjali











- ☐ Which of the following fitness component is best developed through Yoga Asana?
- (A) Strength
- (B) Endurance
- (C) Flexibility
- (D) Speed



(C) Flexibility









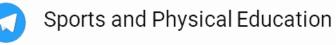


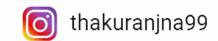
- ☐ Suitable examples of Hinge Joint is :-
- (A) Shoulder Joint
- (B) Hip Joint
- (C) Ankle Joint
- (D) Elbow Joint

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(D) Elbow Joint











- ☐ X-ray helps in determining what amongst the following?
- (A) Physiological Age

- (D) Psychological Age / Mental Age

(B) Anatomical Age









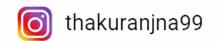
- □ Lower centre of gravity in women make their movements
- (A) Very unstable
- (B) Speeder
- (C) Slower
- (D) More Stable

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(D) More Stable







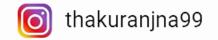




- ☐ The need of physical education is to
- (A) Improve general fitness of people
- (B) Understand human relationships
- (C) Preserve natural resources
- cal Education (D) Understand heredity and environment

(A) Improve general fitness of people









- ☐ Which law of learning is also called the law of satisfaction?
- (A) Law of readiness
- (B) Law of Effect
- (C) Law of Exercise
- (D) Law of Reaction

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(B) Law of Effect











Thank You for Watching



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