



# Welcome to Our Channel

## Sports & Physical Education



Sports & Physical  
Education



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# Physical Education

**By Whom Asiad games are organized?**

- (A) IAAF
- (B) BCCI
- (C) IOC
- (D) OCA

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**(D) OCA**





# Physical Education

Which lever is known as lever of speed?

- (A) First class lever
- (B) Second Class Lever
- (C) Third Class Lever
- (D) First and Second class Lever

**(C) Third Class Lever**





# Physical Education

❑ Psychologically all learning springs from

- (A) Intelligence
- (B) Struggle
- (C) Inner Uses
- (D) Activity Endeavors

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**(B) Struggle**





# Physical Education

❑ **First aid for dislocated shoulder is:-**

- (A) Stabilization
- (B) Bandaging
- (C) Traction
- (D) Repetition

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**(A) Stabilization**





# Physical Education

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

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

**(D) 55**

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# Physical Education

## ❑ 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**





# Physical Education

The part of astang yoga is

- (A) Asana
- (B) Mudra
- (C) Bandh
- (D) Klesh

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**(A) Asana**







# Physical Education

Which of the following games was invented by Jigaro Kano?

- (A) Taekwondo
- (B) Kung fu
- (C) Judo
- (D) Gymnastics

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**(C) Judo**





# Physical Education

Lordosis is known as

- (A) Round Back
- (B) Flat Back
- (C) Hollow Back
- (D) S-Curve

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**(C) Hollow Back**





# Physical Education

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**





# Physical Education

❑ **Most abundant nutrient in milk and milk products is-**

- (A) Vitamin C
- (B) Thiamine
- (C) Calcium
- (D) Iron

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**(C) Calcium**





# Physical Education

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**





# Physical Education

❑ 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**





# Physical Education

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**



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# Physical Education

❑ **Central Board of Physical Education and Recreation is situated at**

- (A) Kolkata
- (B) New Delhi
- (C) Chennai
- (D) Mumbai

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**(B) New Delhi**



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# Physical Education

❑ Spectrum Hepatitis B is infection of the

- (A) Stomach
- (B) Liver
- (C) Kidney
- (D) Heart

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**(B) Liver**





# Physical Education

❑ Super compensation is also called as

- (A) Fatigue
- (B) Second Wind
- (C) Variation in Duration
- (D) Adaptation to load

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**(D) Adaptation to load**





# Physical Education

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**





# Physical Education

Who invented insight theory of learning?

- (A) Ivan Pavlov
- (B) Thorndike
- (C) Wolfgang Kohlar
- (D) Hull

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**(C) Wolfgang Kohlar**





# Physical Education

The life span of RBC is

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

**(C) 120 Days**

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# Physical Education

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**



# Physical Education

❑ Which day is celebrated as National Sports Day?

- (A) Birthday of Dhyanchand
- (B) Birthday of Kapil Dev
- (C) Birthday of Jawahar Lal Nehru
- (D) Birthday of Coubertin

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**(A) Birthday of Dhyanchand**



# Physical Education

❑ 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**







# Physical Education

❑ **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**





# Physical Education

❑ 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**





# Physical Education

In which Asana do we perform pranayama?

- (A) Padma asana
- (B) Naukasana
- (C) Tadasana
- (D) Pravvatasana

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**(A) Padma asana**





# Physical Education

How many bones are there in human body?

(A) 206

(B) 210

(C) 208

(D) 209

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**(A) 206**



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# Physical Education

Which factor is not responsible for obesity?

- (A) Physical Inactivity
- (B) Heredity
- (C) Physical Activity
- (D) Psychological Factors

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**(C) Physical Activity**





# Physical Education

**Dhyanchand Award was introduced in the year?**

- (A) 2002
- (B) 2003
- (C) 2001
- (D) 2001

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**(A) 2002**





# Physical Education

Which of the following test measures cardio respiratory functions?

- (A) Harvard Step Test
- (B) JCR Test
- (C) Kraus Weber Test
- (D) Mc Donald Test

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**(A) Harvard Step Test**





# Physical Education

❑ **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**







# Physical Education

**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**





# Physical Education

## ❑ Sports Sociology deals with

- (A) Team Cohesion
- (B) Function of the body
- (C) Mental Training
- (D) Motivation

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**(A) Team Cohesion**



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# Physical Education

❑ Treatment with eyes method is known as

- (A) Cryotherapy
- (B) Hydrotherapy
- (C) Wax therapy
- (D) Electrotherapy

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**(A) Cryotherapy**





# Physical Education

**BCG injection is given to develop immunity against**

- (A) Viral Fever
- (B) T.B.
- (C) Small Pox
- (D) Measles

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**(B) T.B.**





# Physical Education

❑ Study of joints is called

- (A) Kinesiology
- (B) Biology
- (C) Anthropometry
- (D) Arthrology

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**(D) Arthrology**





# Physical Education

High blood sugar level is controlled by

- (A) Glucose
- (B) Thyroxin
- (C) Insulin
- (D) Adrenaline

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**(C) Insulin**





# Physical Education

## ❑ 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**





# Physical Education

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**







# Physical Education

❑ What is Shitkari?

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

**(D) Pranayama**

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# Physical Education

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

(A) 10

(B) 8

(C) 11

(D) 12

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**(B) 8**





# Physical Education

**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**





# Physical Education

**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**



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# Physical Education

❑ Who is known as father of Yoga?

- (A) Swami Shivananda
- (B) Rishi Mahesh Yog
- (C) Swami Swatam Ram
- (D) Maharishi Patanjali

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**(D) Maharishi Patanjali**





# Physical Education

Which of the following fitness component is best developed through Yoga Asana?

- (A) Strength
- (B) Endurance
- (C) Flexibility
- (D) Speed

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**(C) Flexibility**





# Physical Education

❑ 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**





# Physical Education

X-ray helps in determining what amongst the following?

- (A) Physiological Age
- (B) Anatomical Age
- (C) Chronological Age
- (D) Psychological Age / Mental Age

**(B) Anatomical Age**







# Physical Education

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**





# Physical Education

❑ The need of physical education is to

- (A) Improve general fitness of people
- (B) Understand human relationships
- (C) Preserve natural resources
- (D) Understand heredity and environment

**(A) Improve general fitness of people**





# Physical Education

❑ 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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