



Welcome to Our Channel

Sports & Physical Education



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Education



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Physical Education

- Which was the first institution to start physical education college in India?
- A. L.N.C.P.E Gwalior
 - B. N.S.N.I.S Patiala
 - C. Y.M.C.A Madras
 - D. Christian College Lucknow

C. Y.M.C.A Madras





Physical Education

❑ In Russian terminology physical education is known as –

- A. Physical Culture
- B. Movement Education
- C. Kinesiology
- D. Physical Training

A. Physical Culture

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Physical Education

- The most important function of first aider for a casualty is**
- A. Taking the casualty to a doctor
 - B. Treating the casualty
 - C. Saving life using the means of available
 - D. Arranging transportation to carry the casualty to hospital.

C. Saving life using the means of available





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Who was toxotace in Athens?

- A. Dancer
- B. Swimmer
- C. Archer
- D. Runner

C. Archer

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The capacity in which person do their activity for longer time under the condition of fatigue is called

- A. Speed
- B. Strength
- C. Agility
- D. Endurance

D. Endurance

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Physical Education

Large number of students are controlled by

- A. Discussion Method
- B. Command Method
- C. Demonstration Method
- D. Project Method

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B. Command Method





Physical Education

Who was the member of International Olympic Committee in 1947 from India?

- A. Sir Dorabjee Jamshedji Tata
- B. G.D. Sondhi
- C. Raja Bhalendra Singh
- D. Dr. P.M. Joshep

C. Raja Bhalendra Singh





Physical Education

Spinograph is used to measure which deformity?

- A. Kyphosis
- B. Lordosis
- C. Knock knee
- D. Scoliosis

D. Scoliosis

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Physical Education

The major main component of growth and development are

- A. Hereditary
- B. Environment
- C. Diet
- D. Play

B. Environment

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It is not a motor performance component

- A. Power
- B. Speed
- C. Flexibility
- D. Agility

C. Flexibility

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Which one of the following cannot be done by elbow joint?

- A. Rotation
- B. Flexion
- C. Extension
- D. Pronation

A. Rotation

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- Story telling as a form of recreation is still very popular among the
- A. Old people
 - B. School children
 - C. Women folk
 - D. Village folk

D. Village folk

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Physical Education

“Physical education is the sum of those experiences which come to the individual through movement” definition is given by whom?

- A. J.B. Nash
- B. C.A. Bucher
- C. H.C. Buck
- D. D. Oberteufer

D. D. Oberteufer

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The cardiac muscles are called

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

C. Myocardium

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- Inter School tournament organized in sports known as
- A. Pyramid
 - B. Intramural
 - C. Extramural
 - D. Challenge

C. Extramural

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Vitamin B₆ is present in

- A. Liver
- B. Milk
- C. Egg
- D. Fish

A. Liver

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In which Olympic, first Olympic torch relay was used officially

- A. 1968, Mexico
- B. 1936, Berlin
- C. 1964, Tokyo
- D. 1988, Seol

B. 1936, Berlin

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The imitation method of teaching is best suited in teaching

- A. Adolescents
- B. Adult
- C. Children
- D. Women

C. Children

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- NSS expedition and summer camps are organized by**
- A. Educational Institution
 - B. Government Agencies
 - C. Private Agencies
 - D. Youth Service Agencies

A. Educational Institution

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Participation in recreational activities is largely determined by

- A. Economic
- B. Lifestyle
- C. Social Status
- D. Motivation

C. Social Status

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Official engaged in officiating must have

- A. Knowledge
- B. Self Confidence
- C. Techniques
- D. Reaction Time

B. Self Confidence

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The normal temperature of the body is

- A. 99⁰ Fahrenheit
- B. 98.6⁰ Fahrenheit
- C. 98.4⁰ Fahrenheit
- D. 97.4⁰ Fahrenheit

C. 98.4⁰ Fahrenheit

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Which of the following is the most common injury

- A. Fracture
- B. Crack Knee
- C. Knee cap dislocation
- D. Turn Cartilage

D. Turn Cartilage

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The term “Cue” is related with

- A. Chess
- B. Baseball
- C. Billiards
- D. Golf

C. Billiards

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In which period pranayama and surya namaskara were done?

- A. Muslim Period
- B. Nalanda Period
- C. Maha Kavya Period
- D. Rajput Period

C. Maha Kavya Period





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Approximate percentage of water in human body is

- A. 50 – 60 %
- B. 65 – 75 %
- C. 75 – 85 %
- D. 40 – 50%

A. 50 – 60 %

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The author of Yoga Sutra is

- A. Kapil Muni
- B. Sampurnanand
- C. Maharishi Patanjali
- D. Vatsyayan

C. Maharishi Patanjali

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Which is most appropriate method of teaching in physical education practical classes?

- A. Command Method
- B. Lecture Method
- C. Whole and part Method
- D. Demonstration Method

C. Whole and Part Method





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Which type of muscle fibres are required for the good long distance runner?

- A. Slow Twitch Fibers
- B. Fast Twitch Fibers
- C. Nerve Fibers
- D. None of these

A. Slow Twitch Fibers

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Function of living organism is known as

- A. Anatomy
- B. Anthropology
- C. Physiology
- D. Psychology

C. Physiology

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When was the National Discipline Scheme started in India?

- A. 1956
- B. 1954
- C. 1960
- D. 1957

B. 1954

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❑ Etymological meaning of Kinesiology is

- A. Kinesiology is science of motion.
- B. Kinesiology is science of motion of living beings.
- C. Kinesiology is science of motion of human beings
- D. Kinesiology is science of motion of human beings during sports participation.

A. Kinesiology is science of motion.





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- The only way to build muscle and lean body mass is to engage in
- A. Strength Training
 - B. Weight Training
 - C. Interval Training
 - D. Pressure Training

A. Strength Training

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- Which of the following is not related to school health program?
- A. Keeping Health Record
 - B. Health Education
 - C. Controlling of diseases
 - D. Health Inspection

C. Controlling of Diseases





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In which of the following year Olympic games were not held due to world war?

- A. 1948
- B. 1952
- C. 1944
- D. 1956

C. 1944

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The Fartlek training is known as

- A. Circuit Training
- B. Acceleration Training
- C. Speed Play
- D. Pace Method

C. Speed Play

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The combination of stress and speed ability is called

- A. Explosive Strength
- B. Maximum Strength
- C. Strength Endurance
- D. Overload

A. Explosive Strength

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When ten teams enters in knockout tournament the fixture shall be played in

- A. 3 Rounds
- B. 5 Rounds
- C. 6 Rounds
- D. 4 Rounds

D. 4 Rounds

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What is the height of goal post in Handball from ground surface?

- A. 2 m
- B. 3 m
- C. 2.5 m
- D. 3.5 m

A. 2 m

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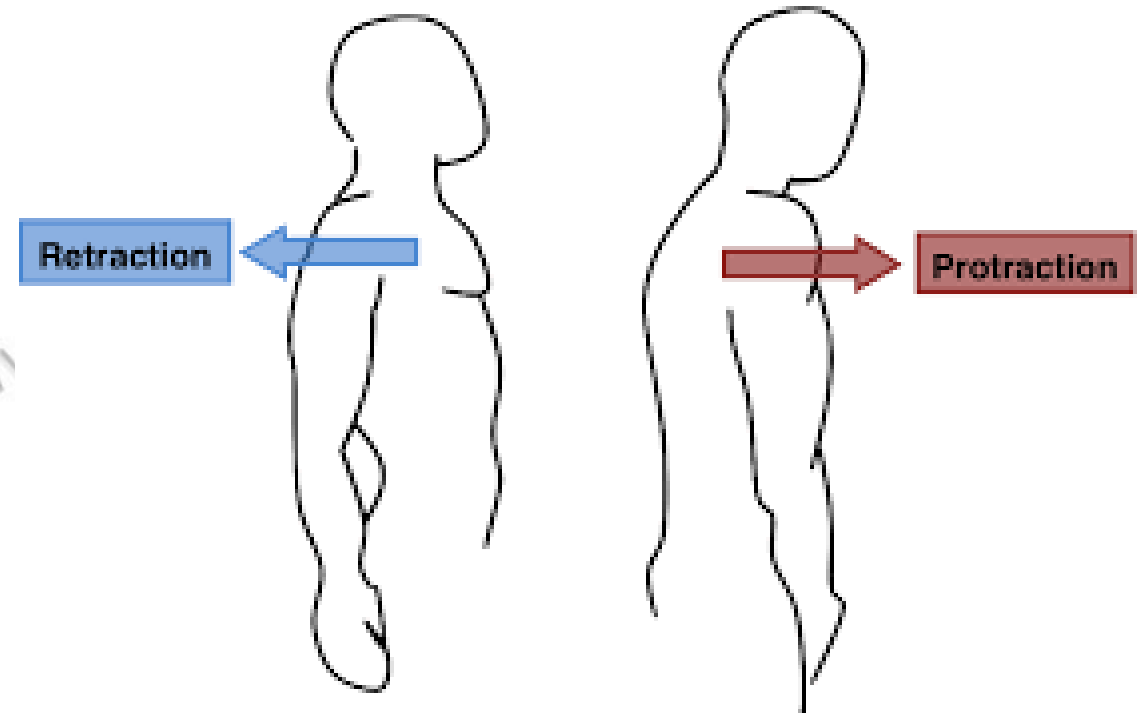
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☐ Protraction and retraction take place in

- A. Hip Joint
- B. Shoulder Joint
- C. Elbow Joint
- D. Knee Joint

B. Shoulder Joint

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Which type of motivation is more effective in learning?

- A. Intrinsic Motivation
- B. Extrinsic Motivation
- C. Participation Motivation
- D. Achievement Motivation

A. Intrinsic Motivation

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Who is considered as the founding father of national discipline scheme?

- A. G.M. Pathania
- B. Gen. J.K. Bhonsle
- C. Gen Narendra Singh
- D. Gen. K.S. Thimiya

B. Gen. J.K. Bhonsle

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The disease of muscle is known as-

- A. Myology
- B. Myopathy
- C. Psychology
- D. Astrology

B. Myopathy

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Psycho-physical unity of man is-

- A. Body and bone development
- B. Body and heart development
- C. Body and mind development
- D. Soul and muscle development

C. Body and mind development





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It is a unit for measuring energy

- A. Milligram
- B. Kilogram
- C. Calories
- D. Gram

C. Calories

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Which vitamin is soluble in water?

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

A. Vitamin B

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The Active site of energy production in the cell is

- A. Nucleus
- B. Chromosomes
- C. Mitochondria
- D. Golgi Apparatus

C. Mitochondria

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Largest muscle is

- A. Hamstring
- B. Latissimus Dorsi
- C. Gluteus Maximus
- D. Sartorius

C. Gluteus Maximus

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Which one is structural body deformity of human hunch?

- A. Lordosis
- B. Kyphosis
- C. Scoliosis
- D. Knock knee

B. Kyphosis

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Who invented circuit training method?

- A. Woldemar Gerschlar
- B. Hans Reinbell
- C. E.V. Aakon
- D. Morgan and Adamson

D. Morgan and Adamson

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Thank You for Watching



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