

Examination: M.P.Ed. Physical Education

Section 1 - Section 1**Question No.1**

4.00

Bookmark ☐

Newton's third law of motion is also known as

- ☐ law of inertia
- ☐ Law of action reaction
- ☐ Law of gravitation
- ☐ Law of momentum

Question No.2

4.00

Bookmark ☐

The concept of genetic Body type Mesomorph, Ectomorph, Endomorph was given by

- ☐ Pieget
- ☐ Plato
- ☐ Dennis
- ☐ W. Shelden

Question No.3

4.00

Bookmark ☐

Whirl pool and contrast both are the methods used for the treatment of injuries in

- ☐ Thermo-therapy
- ☐ Electro-therapy
- ☐ Physiotherapy
- ☐ Cryo-therapy

Question No.4

4.00

Bookmark ☐

The flexibility can be trained using

- ☐ Plyometrics
- ☐ Pace races
- ☐ Sit & reach bending exercises
- ☐ Acceleration runs

Question No.5

4.00

Bookmark ☐

Full form of URL is?

- ☐ Uniform Resource Link
- ☐ Unified resource link
- ☐ Uniform Register Link
- ☐ Uniform Resource Locator

Question No.6

4.00

Bookmark ☐

Sociogram is a tool to measure

- ☐ Task oriented
- ☐ Team satisfaction
- ☐ Cooperation
- ☐ Affiliation and attraction among group members

Question No.7

4.00

Bookmark ☐

Choose the best antonym of the italicized word.

Ravi and Raghu are really *obstinate* men.

- ☐ compliant
- ☐ considerate
- ☐ understanding
- ☐ friendly

Question No.8

4.00

Bookmark ☐

Sergeant jump is an item included in

- ☐ JCR
- ☐ CAHPER
- ☐ AAHPERD
- ☐ Kraus Weber

Question No.9

4.00

Bookmark ☐

Length and curve of modern standard track:

- ☐ 84.36::115.63
- ☐ 4.38::115.60
- ☐ 84.39::115.61
- ☐ 84.37::115.62

Question No.10

4.00

Bookmark ☐

High blood sugar level is controlled by:

- ☐ Adrenalin
- ☐ Glucose
- ☐ Thyroxin
- ☐ Insulin

Question No.11

4.00

Bookmark ☐

The most reliable measure of variability

- ☐ Range
- ☐ Average deviation
- ☐ Quartile deviation
- ☐ Standard deviation

Question No.12

4.00

Bookmark ☐

Which of the following track events is not slotted in Heptathlon?

- ☐ 100m sprint
- ☐ High jump
- ☐ Javelin throw
- ☐ 100m hurdles

Question No.13

4.00

Bookmark ☐

The collection of blood that forms at the site of a contusion is called

- ☐ Hematoma
- ☐ emphysema
- ☐ Ecchymosis
- ☐ None of the above

Question No.14

4.00

Bookmark ☐

Which of the following planes of the body divides it into upper and lower part

- ☐ Transverse
- ☐ Vertical
- ☐ Sagittal
- ☐ Frontal

Question No.15

4.00

Bookmark ☐

Duration of preparatory phase should be

- ☐ 1/2 to 1/4
- ☐ 1/4 to 1/2
- ☐ 1/3 to 1/4
- ☐ 2/3 to 3/4

Question No.16

4.00

Bookmark ☐

The study of the functions of the human body is called

- ☐ Botany
- ☐ Physiology
- ☐ anatomy
- ☐ Biology

Question No.17

4.00

Bookmark ☐

Find out the missing term:

1, 2, 3, 6, 11, 20, 37, 68, ?

- ☐ 124
- ☐ 105
- ☐ 126
- ☐ 125

Question No.18

4.00

Bookmark ☐

Obtain the missing term.

300, 296, 287, 271, ?, 210

- ☐ 246
- ☐ 250
- ☐ 244
- ☐ None of the above

Question No.19

4.00

Bookmark ☐

In a code language, 321 means "Hot Black Coffee", 536 means "Very Hot Summer", and 589 means "Summer and Winter". Which digit stands for "Very" ?

- ☐ 9
- ☐ 3
- ☐ 6
- ☐ 5

Question No.20

4.00

Bookmark ☐

Who was known as Grandfather of German Gymnastic

- ☐ Jahn
- ☐ Gutmuths
- ☐ Basedow
- ☐ Simon

Question No.21

4.00

Bookmark ☐

Identify the underlined part of speech:

Sorry, I don't know any foreign languages

- ☐ pronoun
- ☐ adverb
- ☐ adjective
- ☐ noun

Question No.22

4.00

Bookmark ☐

The class 1 lever is built for

- ☐ Speed
- ☐ Speed of motion
- ☐ Strength
- ☐ Equilibrium

Question No.23

4.00

Bookmark ☐

RSS feed is a tool of:

- ☐ Graphic design
- ☐ Architecture
- ☐ Web 1.0
- ☐ Web 2.0

Question No.24

4.00

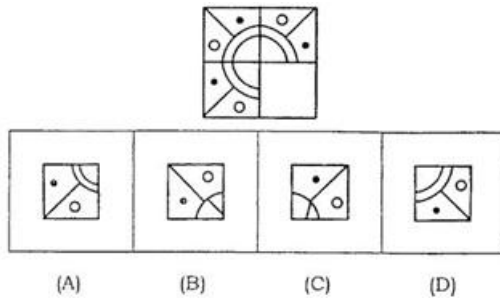
Bookmark ☐

Which of the following team sports has the highest incidence of injuries during games?

- ☐ Team handball
- ☐ Soccer
- ☐ Basketball
- ☐ Volleyball

Question No.25

4.00

Bookmark ☐

- (A) ☐ A
☐ B
☐ D
☐ C

Question No.26

4.00

Bookmark ☐

In which year was the first World Cup Hockey tournament held?

- ☐ 1970
☐ 1973
☐ 1971
☐ 1972

Question No.27

4.00

Bookmark ☐

Choose the correct meaning of the italicized idiom.

He had great difficulty to save *his bacon* when he was blackmailed.

- ☐ Threaten somebody
☐ Escape death
☐ Save pork
☐ Put bacon in the refrigerator

Question No.28

4.00

Bookmark ☐

How many officials required to conduct hammer throw

- ☐ 13
☐ 14
☐ 12
☐ 11

Question No.29

4.00

Bookmark ☐

The mid-point of the distribution is

- ☐ Median
☐ Mean
☐ Standard deviation
☐ Mode

Question No.30

4.00

Bookmark ☐

The Achilles tendon is the tapering part of

- ☐ Quadriceps
- ☐ Gluteus maximus
- ☐ Hamstring
- ☐ Gastrocnemius

Question No.31

4.00

Bookmark ☐

A reduction of 500 calories per day would lead to a weekly weight loss of:

- ☐ 0.5 kg
- ☐ 1 kg
- ☐ 2 kg
- ☐ 1.5 kg

Question No.32

4.00

Bookmark ☐

Choose the best synonym of the italicized word.

Each one of us is the subject of *derision* at some time or the other in our life.

- ☐ irony
- ☐ ridicule
- ☐ criticism
- ☐ laughter

Question No.33

4.00

Bookmark ☐

Choose the correct meaning of the italicized idiom.

Sheela's work seems to be a *Penelope's web*.

- ☐ In her best form
- ☐ Endless
- ☐ Difficult
- ☐ Declining

Question No.34

4.00

Bookmark ☐

Insulin is produced by

- ☐ longer hangs
- ☐ Adrenal
- ☐ Thyroid gland
- ☐ Pancreas

Question No.35

4.00

Bookmark ☐

Based on the information given, answer the below question.

1. A,B,C,D,E and F are travelling in a bus.
2. There are two reporters, two mechanics, one photographer and one writer in the group.
3. Photographer A is married to D who is a reporter.
4. The writer is married to B who is of the same profession as that of F.
5. A,B,C,D are two married couples and no one in this belong to the same profession.
6. F is the brother of C.

How is C related to F?

- ☐ Brother-in-law
- ☐ Sister
- ☐ Brother
- ☐ Cannot be determined

Question No.36

4.00

Bookmark ☐

Trait anxiety inventory was given by

- ☐ Speilbergers
- ☐ Schwartz
- ☐ Devidson
- ☐ Goleman

Question No.37

4.00

Bookmark ☐

Based on the given information, answer the following question.

1. Six friends P,Q,R,S,T and U are memebers of a club and play different games of Football, Cricket, Tennis, Basketball, Badminton and Volleyball
2. T who is taller than P and S plays Tennis.
3. The tallest among them plays Basketball.
4. The Shortest among them plays volleyball.
5. Q and S neither play Volleyball nor Basketball.
6. R plays Volleyball
7. T is between Q who plays Football and P in order of height

What does S Play?

- ☐ Cricket
- ☐ Badminton
- ☐ Either Cricket or Badminton
- ☐ None of the above

Question No.38

4.00

Bookmark ☐

Incorrectly rejecting a true null hypothesis is an example of what?

- ☐ Participant bias
- ☐ Significance testing
- ☐ Type II error
- ☐ Type I error

Question No.39

4.00

Bookmark ☐

The total weight of hockey stick shall not exceed

- ☐ 349 gms
- ☐ 737 gms
- ☐ 726 gms
- ☐ 732 gms

Question No.40

4.00

Bookmark ☐

Which one is disaccharides

- ☐ Sucrose
- ☐ Galactose
- ☐ Fructose
- ☐ Glucose

Question No.41

4.00

Bookmark ☐

Miller wall volley test measures the ability in

- ☐ Tennis
- ☐ Football
- ☐ Volleyball
- ☐ Badminton

Question No.42

4.00

Bookmark ☐

The build up competitions help in

- ☐ Speedy improvement of the performances
- ☐ Motivation control
- ☐ Ensuring success in the competition
- ☐ All the above

Question No.43

4.00

Bookmark ☐

The data recording format in most of the modern magnetic tape

- ☐ 8-bit ASCII
- ☐ 8-bit EBCDIC
- ☐ 7-bit EBCDIC
- ☐ 7-bit ASCII

Question No.44

4.00

Bookmark ☐

Deficiency of which micronutrient can affect the bone development

- ☐ Calcium
- ☐ Iron
- ☐ Vitamin C
- ☐ Vitamin E

Question No.45

4.00

Bookmark ☐

In India School Health Service started at

- ☐ 1909
- ☐ 1908
- ☐ 1910
- ☐ 1911

Question No.46

4.00

Bookmark ☐

Navicular bone is found in

- ☐ Foot
- ☐ Back
- ☐ Hand
- ☐ Face

Question No.47

4.00

Bookmark ☐

Good stress is labeled as

- ☐ Distress
- ☐ Eustress
- ☐ Appraisal
- ☐ Stress Process

Question No.48

4.00

Bookmark ☐

Which of the following is a conductive heating modality?

- ☐ Fluidotherapy
- ☐ Radiant heat therapy
- ☐ Hydrotherapy
- ☐ Immersion

Question No.49

4.00

Bookmark ☐

Amongst the following who got gold medal in 21st commonwealth games in Athletics

- ☐ Rakesh babu
- ☐ Muhammed
- ☐ Neraj Chopra
- ☐ Arpinder singh

Question No.50

4.00

Bookmark ☐

Fast twitch muscle fibre are

- ☐ White muscle fibre
- ☐ Red muscle fibre
- ☐ Both
- ☐ None of these

Question No.51

4.00

Bookmark ☐

Which is not the item of JCR test

- ☐ Vertical jump
- ☐ Chinning up
- ☐ Shuttle run
- ☐ Sit-Up

Question No.52

4.00

Bookmark ☐

Work in which the amount of oxygen that the body can supply is less than the amount necessary to perform the task is known as

- ☐ Anaerobic work
- ☐ Half work
- ☐ Aerobic work
- ☐ Anabolism

Question No.53

4.00

Bookmark ☐

The contractile unit of skeletal muscle is:

- ☐ Z line
- ☐ Sarcomere
- ☐ Actin and myosin
- ☐ Myofibril

Question No.54

4.00

Bookmark ☐

The Law of acceleration is also known as–

- ☐ Law of action and reaction
- ☐ Boyle's law
- ☐ Law of momentum
- ☐ Law of inertia

Question No.55

4.00

Bookmark ☐

The weight of basketball is not more than

- ☐ 650 gms
- ☐ 635 gms
- ☐ 620 gms
- ☐ 600 gms

Question No.56

4.00

Bookmark ☐

A standard swimming pool dimension is

- ☐ 50 x 30 m
- ☐ 50 x 33 m
- ☐ 50 x 32 m
- ☐ 50 x 31 m

Question No.57

4.00

Bookmark ☐

It takes eight hours for a 600 km journey, if 120 km is done by train and the rest by car. It takes 20 minutes more, if 200 km is done by train and the rest by car. The ratio of the speed of the train to that of the cars is:

- ☐ 1:2
- ☐ 2:3
- ☐ 3:4
- ☐ 1:4

Question No.58

4.00

Bookmark ☐

Assertion: - India's president is appointed on a five-year term

Reason: -PratibhaPatil was appointed as India's first woman president in 2007

- ☐ Both A and R are true and R is not the correct explanation of A
- ☐ A is true but R is false
- ☐ Both A and R are true and R is the correct explanation of A
- ☐ A is false but R is true

Question No.59

4.00

Bookmark ☐

The transmission of information about health and disease from an expert to the lay person is _____

- ☐ Medical science
- ☐ Health education
- ☐ social science
- ☐ Physical education

Question No.60

4.00

Bookmark ☐

Motor skills are learnt best by

- ☐ Imitation
- ☐ Memorization
- ☐ Practice
- ☐ Observation

Question No.61

4.00

Bookmark ☐

The spectrum concept of health emphasizes that an individual health is not _____

- ☐ Dynamic
- ☐ Static
- ☐ Energetic
- ☐ All

Question No.62

4.00

Bookmark ☐

What are also called moment force

- ☐ Torques
- ☐ Acceleration
- ☐ Inertia
- ☐ Trajectories

Question No.63

4.00

Bookmark ☐

In Harvard Step test the Height of bench is

- ☐ 20 inch
- ☐ 30 inch
- ☐ 35 inch
- ☐ 25 inch

Question No.64

4.00

Bookmark ☐

Which one of the following is a term given for changes in blood flow to muscles during exercise?

- ☐ Stroke volume
- ☐ Hypertrophy of blood vessels
- ☐ Resting heart rate
- ☐ Vascular shunt

Question No.65

4.00

Bookmark ☐

Choose the correct meaning of the italicized idiom.

Anil got me into trouble by giving a *false colour* to my statement.

- ☐ Giving good impression
- ☐ Giving a wrong colour box
- ☐ Colouring the sentence
- ☐ Giving a wrong character

Question No.66

4.00

Bookmark ☐

All sensory impulses are received from the sensory organs first at the level of

- ☐ Sympathetic system
- ☐ Spinal cord
- ☐ Hypothalamus
- ☐ Brain stem

Question No.67

4.00

Bookmark ☐

Psychodynamic theory was given by

- ☐ Eysenk
- ☐ Sigmund Frued
- ☐ Abraham Maslow
- ☐ Cattell

Question No.68

4.00

Bookmark ☐

The fatigue is the result of accumulation of

- ☐ Carbonic acid
- ☐ Sulphuric acid
- ☐ Lactic acid
- ☐ All of these

Question No.69

4.00

Bookmark ☐

Reliability of a test measure

- ☐ consistency of performance
- ☐ subjectivity
- ☐ validity
- ☐ all

Question No.70

4.00

Bookmark ☐

The response defined as a result of training is called

- ☐ unconditioned reflex
- ☐ Conditioned stimulus
- ☐ conation.
- ☐ Conditioned reflex

Question No.71

4.00

Bookmark ☐

Which of the following is type of hinge joint

- ☐ Shoulder
- ☐ Hip
- ☐ Carpel bone
- ☐ Knee

Question No.72

4.00

Bookmark ☐

The meaning of Fortius is

- ☐ Faster
- ☐ Quicker
- ☐ Stronger
- ☐ Higher

Question No.73

4.00

Bookmark ☐

Which is a Sesamiod bone

- ☐ Sternum
- ☐ Vertebrae
- ☐ Ribs
- ☐ Patella

Question No.74

4.00

Bookmark ☐

What should be applied when muscle pull occur?

- ☐ ultra sound
- ☐ Infrared lamp
- ☐ Warm water
- ☐ Ice

Question No.75

4.00

Bookmark ☐

Choose the missing term: 3F,6G,11I,18L, ?

- ☐ 28Q
- ☐ 27O
- ☐ 27P
- ☐ 26N

Question No.76

4.00

Bookmark ☐

What is the philosophy of physical educations programmes _____

- ☐ Realism
- ☐ naturalism
- ☐ pragmatism
- ☐ idealism

Question No.77

4.00

Bookmark ☐

Historical research is known as

- ☐ Demographic research
- ☐ Introspective research
- ☐ Biographical research
- ☐ Retrospective research

Question No.78

4.00

Bookmark ☐

Which of the following is known as the building blocks of the body?

- ☐ Minerals
- ☐ Protein
- ☐ Carbohydrates
- ☐ Vitamins

Question No.79

4.00

Bookmark ☐

Somatotyping profile of (4,4,1) is considered as.

- ☐ Endomorph Mesomorph
- ☐ Mesomorphic Endomorph
- ☐ Balanced Endomorph
- ☐ Balanced Mesomorph

Question No.80

4.00

Bookmark ☐

Select the option which improves the underlined part of the sentences.

The Prime Minister called on the President.

- ☐ in
- ☐ by
- ☐ to
- ☐ No improvement

Question No.81

4.00

Bookmark ☐

Which one of the following is a relative measure of dispersion

- ☐ Covariance
- ☐ Mode
- ☐ Standard deviation
- ☐ Co-efficient of Variance

Question No.82

4.00

Bookmark ☐

Which is not a Scope of Health

- ☐ Health Care
- ☐ Health instruction
- ☐ Healthful Living
- ☐ Health Service

Question No.83

4.00

Bookmark ☐

Ramesh had a cold and couldn't go to the party, so I bought him a cake to make up for his _____

- ☐ disillusion
- ☐ disappointment
- ☐ disgust
- ☐ depression

Question No.84

4.00

Bookmark ☐

Malaria transmitted by bite of

- ☐ Rate bite
- ☐ Female anopheles mosquito
- ☐ Snake
- ☐ Male anopheles mosquito

Question No.85

4.00

Bookmark ☐

The test of significance used for comparing two means is

- ☐ ANOVA
- ☐ Chi-square
- ☐ F-test
- ☐ T-test

Question No.86

4.00

Bookmark ☐

One ATP can give calories up to :

- ☐ 6.9 cal
- ☐ 4.1 Cal
- ☐ 4 cal
- ☐ 9 cal

Question No.87

4.00

Bookmark ☐

The statistical measure which is generally applied for the determination of sampling error is

- ☐ Mean
- ☐ Chi – Square
- ☐ Correlation
- ☐ Standard deviation

Question No.88

4.00

Bookmark ☐

Reaction time is measured by

- ☐ Sergeant jump
- ☐ Stick drop test
- ☐ Standing Broad jump
- ☐ Shuttle run

Question No.89

4.00

Bookmark ☐

Study the following information carefully and answer the question below it

The Director of an MBA college has decided that six guest lectures on the topics of Motivation, Decision Making, Quality Circle, Assessment Centre, Leadership and Group Discussion are to be organised on each day from Monday to Sunday.

- (i) One day there will be no lecture (Saturday is not that day), just before that day Group Discussion will be organised.
- (ii) Motivation should be organised immediately after Assessment Centre.
- (iii) Quality Circle should be organised on Wednesday and should not be followed by Group Discussion
- (iv) Decision Making should be organised on Friday and there should be a gap of two days between Leadership and Group Discussion

How many lectures are organised between Motivation and Quality Circle?

- ☐ Two
- ☐ Four
- ☐ One
- ☐ Three

Question No.90

4.00

Bookmark ☐

Deficiency of iron

- ☐ Rickets
- ☐ Scurvy
- ☐ Anemia
- ☐ Goiter

Question No.91

4.00

Bookmark ☐

Health is partly determined by our _____

- ☐ Habit
- ☐ Genes
- ☐ Society
- ☐ Culture

Question No.92

4.00

Bookmark ☐

Night blindness is caused due to deficiency of:

- ☐ Vitamin E
- ☐ Vitamin C
- ☐ Vitamin D
- ☐ Vitamin A

Question No.93

4.00

Bookmark ☐

Which fracture is also known as Boxer Fracture

- ☐ Metatarsal fracture
- ☐ Wrist fracture
- ☐ Phalange fracture
- ☐ Metacarpal fracture

Question No.94

4.00

Bookmark ☐

Good restaurants serving pure vegetarian food are very hard to _____.

- ☐ take to
- ☐ come by
- ☐ get in
- ☐ go through

Question No.95

4.00

Bookmark ☐

Statements: Some bats are snakes, No snake is dangerous

Conclusion:

I. Some dangerous animals are snakes

II. Some bats are not dangerous.

- ☐ If either I or II follows
- ☐ If only conclusion II follows
- ☐ If neither I nor II follows
- ☐ If only conclusion I follows

Question No.96

4.00

Bookmark ☐

Which is not the characteristics of good test

- ☐ Reliability
- ☐ Feasibility
- ☐ Objectivity
- ☐ Validity

Question No.97

4.00

Bookmark ☐

The national game of India is

- ☐ Cricket
- ☐ hockey
- ☐ kabaddi
- ☐ football

Question No.98

4.00

Bookmark ☐

The gold standard for measuring body composition is

- ☐ Body mass index
- ☐ Skinfold test
- ☐ Underwater weighing
- ☐ Weight

Question No.99

4.00

Bookmark ☐

Mascot of 21st commonwealth games

- ☐ Blue Koala Borobi
- ☐ Kangaroo
- ☐ Polar bear
- ☐ Tiger

Question No.100

4.00

Bookmark ☐

The mean of a distribution is 23, the median is 24, and the mode is 25.5. It is most likely that this distribution is:

- ☐ Symmetrical
- ☐ Asymptotic
- ☐ Positively Skewed
- ☐ Negatively Skewed

Sr No.	MPEd Physical Education
1	Choose the missing term out of the given options: _aa _ba _bb _ab _aab
Alt1	aaabb
Alt2	babab
Alt3	bbaab
Alt4	bbbaa

2	Choose word from the given options which bears the same relationship to the third word, as the first two bears: Hour : Second :: Tertiary : ?
Alt1	Intermediary
Alt2	Primary
Alt3	Ordinary
Alt4	Secondary

3	Select the lettered pair that has the same relationship as the original pair of words: Stickler : Insist
Alt1	Laggard: Outlast
Alt2	Braggart: Boast
Alt3	Haggler: Concede
Alt4	Trickster: Risk

4	Select the lettered pair that has the same relationship as the original pair of words: Necromancy : Ghosts
Alt1	Romance: Stories
Alt2	Magie: Amulets
Alt3	Alchemy: Gold
Alt4	Sorcery: Spirits

5	Find out the number that has the same relationship as the numbers of the given pair: MAD: JXA: RUN: ?
Alt1	ORK
Alt2	OSQ
Alt3	PRJ
Alt4	UXQ

6	Spot the defective segment from the following:
Alt1	Keep the miscreants
Alt2	at your arm's length
Alt3	for
Alt4	they will pull the wool over your eyes

7	The terrorists held the tourists ----- for ransom.
Alt1	as hostages
Alt2	hostages
Alt3	hostage

Alt4	captives
------	----------

8	If I ----- wealthy, I would have got many friends.
Alt1	had been
Alt2	were
Alt3	was
Alt4	am

9	Choose the option closest in meaning to the given word: NEOLOGISM
Alt1	inoculation
Alt2	coinage
Alt3	consistency
Alt4	mirth

10	Choose the antonymous option you consider the best: SUAVE
Alt1	crestfallen
Alt2	polite
Alt3	rough
Alt4	cherished

11	In a certain code, REFRIGERATOR is coded as ROTAREGIRFER. Which word would be coded as NOITINUMMA ?
Alt1	ANMOMIUTNI
Alt2	AMNTOMUIIN
Alt3	AMMUNITION
Alt4	NMMUNITIOA

12	Traffic : Road in the same way as
Alt1	Aeroplane : Aerodrome
Alt2	Blood : Veins
Alt3	Roots : Tree
Alt4	Car : Garage

13	The following information is given: One of M.Gopi, his wife, their son and Mr.Gopi's mother is an architect and another is a doctor. (i) If the doctor is younger than the architect, then the doctor and the architect are not blood relatives. (ii) If the doctor is a woman, then the doctor and the architect are blood relatives. (iii) If the architect is a man, then the doctor is a man. Whose occupation is known by this information?
Alt1	Mr. Gopi is the doctor
Alt2	Mr. Gopi's son is the architect
Alt3	Mrs. Gopi is the doctor
Alt4	Mr. Gopi's mother is the doctor

14	Gopal was ranked 5th from the top and 16th from the bottom in a test. How many students were there in his class
Alt1	19
Alt2	21
Alt3	22
Alt4	20

15	Median of 10o, 5o, -2o, -1o, -5o, 15o is
Alt1	-2o
Alt2	-1o
Alt3	2o
Alt4	3o

16	Which of the following is 'OXYMORON'?
Alt1	Found Missing
Alt2	TIT-TAT
Alt3	GOTO
Alt4	Misunderstood

17	There are 5 persons in a class. Each one is shaking hand with the other. Find the total number of hand shakes?
Alt1	5
Alt2	10
Alt3	20
Alt4	60

18	Of the 26 Capital letters, how many are symmetrical along with vertical and horizontal axes.
Alt1	4
Alt2	3
Alt3	6
Alt4	5

19	There are 30 boys and 60 girls in a village . There are 70 men and 40 women in that village. What is the percentage of boys in that village?
Alt1	0.1
Alt2	0.25
Alt3	0.2
Alt4	0.15

20	There are N students in a class and only 8 of them are girls. If 11 boys added to the class,how many students in the class are boys?
Alt1	N+3
Alt2	N-3
Alt3	N-19

Alt4	19
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21	Which Indian Badminton player won Silver Medal in Rio Olympics
Alt1	Saina Nehwal
Alt2	Kidambi Srikanth
Alt3	P.V.Sindhu
Alt4	Jwala Gutta

22	Dronacharya Award is first awarded in which year
Alt1	1982
Alt2	1983
Alt3	1984
Alt4	1985

23	National Sports Day in India marks the birthday of
Alt1	Roop Singh
Alt2	Milka Singh
Alt3	P.T.Usha
Alt4	Dhyan Chand

24	2020 Summer Olympics will be held at
Alt1	Tokyo
Alt2	Los Angles
Alt3	Boston
Alt4	Brisbane

25	What do the Olympic rings represent
Alt1	Five important Nations
Alt2	Five Continents of the world
Alt3	Five important Games
Alt4	Five Major cities of the world

26	Marathon was instituted in commemoration of a soldier of
Alt1	New York
Alt2	London
Alt3	Boston
Alt4	Greek

27	The modern olympics were conducted in
Alt1	1894 AD
Alt2	1904 AD
Alt3	1896 AD
Alt4	1900 AD

28	The first college of Physical Education in India was
Alt1	Lakshmibai National College of Physical Education
Alt2	YMCA College of Physical Education

Alt3	HVP Mandal's Degree College of Physical Education
Alt4	The Bombay Physical Culture Association

29	Physiology deals with
Alt1	Study of human body function
Alt2	Study of Efficiency
Alt3	Study of Human Psyche
Alt4	Study of Physical Education

30	Transport of Food is taken care by
Alt1	Lungs
Alt2	Muscles
Alt3	Heart
Alt4	Blood

31	During heavy exercise the supply of blood increases towards
Alt1	Skeletal Muscles
Alt2	Bones
Alt3	Brain
Alt4	Skin

32	The drug that stimulates the Central Nervous System is
Alt1	Anabolic steroid
Alt2	Amphetamine
Alt3	Androstenedione
Alt4	Stanozolol

33	Deficiency of which vitamin leads to Anaemia
Alt1	Vitamin B12
Alt2	Vitamin D
Alt3	Vitamin C
Alt4	Vitamin K

34	The shoulder joint is a type of
Alt1	Hinge
Alt2	Ball and Socket
Alt3	Pivot
Alt4	Saddle

35	Sunlight is source of
Alt1	D
Alt2	C
Alt3	B
Alt4	A

36	Which of the following is rich source of Vitamin C
Alt1	Apple

Alt2	Cherries
Alt3	Banana
Alt4	Guava

37	What is the weight of a women javelin for a standard competition
Alt1	700 gms
Alt2	800 gms
Alt3	600 gms
Alt4	900 gms

38	Lane width in a standard 400 mts track
Alt1	1.22 m
Alt2	1.25 m
Alt3	1.20 m
Alt4	1.00 m

39	The height of the net from the ground at the centre of the Badminton court is
Alt1	5 feet
Alt2	5.1 feet
Alt3	4.9 feet
Alt4	5.2 feet

40	Fastest way of finishing a tournament is
Alt1	Round Robin
Alt2	Knock out
Alt3	Knock out cum league
Alt4	League

41	Number of Hurdles and water jumps in 300 mts steeple chase
Alt1	28 and 6
Alt2	26 and 7
Alt3	27 and 7
Alt4	28 and 7

42	Aerobic exercises develop
Alt1	Endurance
Alt2	Speed
Alt3	Strength
Alt4	Flexibility

43	Newton's third law of motion is known as
Alt1	Law of Inertia
Alt2	Law of Acceleration
Alt3	Law of Action reaction
Alt4	Law of Gravitation

44	Dick Fosbury who invented the Fosbury Flop Style in high jump belongs to
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Alt1	Russia
Alt2	Germany
Alt3	USA
Alt4	China

45	Pugilists are also known as
Alt1	Boxers
Alt2	Judokons
Alt3	Athletes
Alt4	Archers

46	During which stage of growth and development more intake of calories are required
Alt1	Infancy
Alt2	Childhood
Alt3	Adolescence
Alt4	Early adulthood

47	The richest source of protein is
Alt1	Egg
Alt2	Pulses
Alt3	Groundnut
Alt4	Soyabean

48	Increase in muscle mass due to weight training is called
Alt1	Haematoma
Alt2	Muscular Atrophy
Alt3	Muscular Hypertrophy
Alt4	Muscular Hypotrophy

49	Harvard step test is a test for measuring
Alt1	Muscular endurance
Alt2	Cardio vascular endurance
Alt3	Strength
Alt4	Flexibility

50	The longest bone in human body is
Alt1	Ulna
Alt2	Tibia
Alt3	Femur
Alt4	Rib

51	Pele is related to which game
Alt1	Foot Ball
Alt2	Volley Ball
Alt3	Cricket
Alt4	Hand Ball

52	How many events are there in Heptathlon
Alt1	10
Alt2	7
Alt3	5
Alt4	8

53	Shuttle Run test measures
Alt1	Speed
Alt2	Endurance
Alt3	Flexibility
Alt4	Agility

54	Which of the following line is related to Volley Ball
Alt1	Service Line
Alt2	Bauk Line
Alt3	Finish Line
Alt4	Bonus Line

55	Time shall be taken from the
Alt1	Flash / Smoke
Alt2	Movement of body of athlete
Alt3	Hand movement of Assistant starter
Alt4	Sound of Gun

56	An athlete covering 100 mts distance in 10 sec ran at what speed
Alt1	100 m/s
Alt2	10 m/s
Alt3	20 m/s
Alt4	1000 m/s

57	Which of the following is not related with stress
Alt1	Anemia
Alt2	Hypertension
Alt3	Mental Illness
Alt4	Peptic Ulcer

58	Sprain is a tear of
Alt1	Tendon
Alt2	Muscle
Alt3	Ligament
Alt4	Bone

59	Kyphosis is associated with
Alt1	Posture
Alt2	Training
Alt3	Skill Test
Alt4	Sports Injury

60	Pranayama means control and regulation of
Alt1	Body
Alt2	Breath
Alt3	Mind
Alt4	Spirit

61	Yoga is a process of gaining control over
Alt1	Body
Alt2	Pranayama
Alt3	Asanas
Alt4	Mind

62	Psychology is the study of
Alt1	Speed
Alt2	Science
Alt3	Human Behaviour
Alt4	Society

63	Sports Medicine field does not include
Alt1	Nurition and Diet
Alt2	Treatment and Prevention of injuries
Alt3	Conditioning and training
Alt4	Grants for sports promotion

64	During Heavy Exercise the supply of blood increases towards
Alt1	Brain
Alt2	Skin
Alt3	Kidneys
Alt4	Skeletal Muscle

65	Stanozolol the drug which was misused by the Candian Athlete Ben John in Olympics is
Alt1	Stimulant
Alt2	Beta blocker
Alt3	Anabolic Steriod
Alt4	Diuretic

66	Shin Splints Occur in
Alt1	Abomen
Alt2	Upper leg
Alt3	Back
Alt4	Lower leg

67	Pierre de Coubertin father of Modern Olympic Games belongs to which country
Alt1	England
Alt2	USA
Alt3	France

Alt4	Switzerland
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68	Who Inaugurated the first Modern Olympic Games in 1896
Alt1	King George II of Greece
Alt2	King George I of Greece
Alt3	King George III of Greece
Alt4	King George IV of Greece

69	The Instrument which measures the Blood Pressure
Alt1	Stadiometer
Alt2	sphygmomanometer
Alt3	dynamometer
Alt4	Menometer

70	Cooper 12 M RUN Test is to measure the
Alt1	Strength
Alt2	Speed
Alt3	Aerobic Fitness
Alt4	Strength endurance

71	In which Olympics did India sent its Athletes for first time
Alt1	1924, Paris
Alt2	1896, Greence
Alt3	1948, London
Alt4	1920, Antwerp

72	Micro Cycle Plan
Alt1	1 Year
Alt2	3 Months
Alt3	1 Month
Alt4	Weekly plan

73	AIMS Promotes
Alt1	Marathon Running
Alt2	Cycling
Alt3	Swimming
Alt4	Sprinting

74	The second largest organ in the body.
Alt1	Kidney
Alt2	Liver
Alt3	Lungs
Alt4	Heart

75	The types of Energy used in Playing Foot Ball
Alt1	Kinetic Energy
Alt2	Electrical Energy

Alt3	Thermal Energy
Alt4	Muscular Energy

76	What is cardiac hypertrophy
Alt1	Changes in heart size
Alt2	Due to Training the size of Heart Increases
Alt3	Athletics Heart
Alt4	Normal thickness in the ventricular wall

77	Who is the Present President of IAAF
Alt1	Juan Anotonio
Alt2	Suresh Kalamadi
Alt3	Sebastian Coe
Alt4	Lamine Dick

78	In a single knock out fixture for 29 teams.how many byes
Alt1	5
Alt2	3
Alt3	6
Alt4	2

79	The Minimum time must be allowed between the last heat of any round and first heat of a Subsequent Round or final
Alt1	45 Min
Alt2	90 Min
Alt3	60 Min
Alt4	Not on same day

80	The angle of landing sector in Javelin
Alt1	34.98 deg
Alt2	29 deg
Alt3	31 deg
Alt4	33 deg

81	Physical Education is a fundamental right to every citizen is included in
Alt1	WHO Charter
Alt2	SNIPES Charter
Alt3	UNESCO Charter
Alt4	HRD Charter

82	Second wind is a phenomenon in
Alt1	Sprints
Alt2	Distance running
Alt3	Hurdles
Alt4	Jumps

83	Acclimatization is the
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Alt1	Constant exposure to climate
Alt2	Physiological Adaptation to the environment
Alt3	Exposure to high altitude
Alt4	Cold Weather

84	Immediate symptom of sprained ankle
Alt1	Strength
Alt2	Bleeding
Alt3	Oedema
Alt4	Dislocation

85	The length of Hockey Stick as Measured from the top of the Handle to the bottom of the Head of the stick shall be not more than.
Alt1	100 cms
Alt2	110 Cms
Alt3	95 Cms
Alt4	105 Cms

86	Weight of the Hockey ball
Alt1	145 Grams to 155 Grams
Alt2	156 Grams to 163 Grams
Alt3	164 Grams to 168 Grams
Alt4	140 Grams to 144 Grams

87	Weight of the Cricket Ball
Alt1	5 and 1/2 Ounces to 5 3/4 ounces
Alt2	4 and 1/2 Ounces to 4 3/4 ounces
Alt3	6 and 1/2 Ounces to 6 3/4 ounces
Alt4	None of the above

88	Who has the Power to disqualify the Athlete in Race Walking during the competition.
Alt1	Technical Delegate
Alt2	Referee
Alt3	Chief Judge
Alt4	Umpire

89	Which Blood Cells have no nucleus
Alt1	WBC
Alt2	RBC
Alt3	Thrombocytes
Alt4	Plate Lets

90	Which of the following is called the Master Gland
Alt1	Pituitary
Alt2	Hypothalamus
Alt3	Thyroid
Alt4	Pancreas

91	Intensity to used for improvement of Maximum Strength through Maximal Resistance Method
Alt1	80 to 100 % of the Maximum
Alt2	70 to 80 % of the Maximum
Alt3	60 to 70 % of the Maximum
Alt4	50 to 60 % of the Maximum

92	What is Test in Physical Education
Alt1	Questioning of Measuring Tool to assess the status of one skill or attitude etc
Alt2	Collection of information
Alt3	Collection of data
Alt4	Collection of the facts

93	Punter is used
Alt1	chess
Alt2	horse riding
Alt3	boxing
Alt4	Foot ball

94	Present President of International Olympic Committee
Alt1	Juan Antonia Samarach
Alt2	Jacques Rogge
Alt3	Thomas Bach
Alt4	Coubertin

95	The Olympic Flag consists of
Alt1	White background with no border and Olympic symbol in the centre
Alt2	White back ground with black border and Olympic symbol in the centre
Alt3	Yellow back ground with black border and Olympic symbol on the top right corner
Alt4	Grey background with no border and Olympic symbol in the centre

96	Which Component of the diet helps the body to absorb nutrients.
Alt1	Carbohydrates
Alt2	Proteins
Alt3	Fat
Alt4	Vitamin

97	Which is the last event in Decathlon on 2nd day
Alt1	400 M
Alt2	100 M
Alt3	1500 M
Alt4	High jump

98	2018 Winter Olympics will be held at.
Alt1	Sappora
Alt2	Nagana
Alt3	Sochi

Alt4	Pyeong Chang
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99	Mcdonald Soccer Test is to measure
Alt1	Shooting ability
Alt2	Throwing ability
Alt3	Dribbling soccer ability
Alt4	General soccer ability

100	Salivary gland produces
Alt1	Adrenal
Alt2	Pepsin
Alt3	Ptyalin
Alt4	Renin

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