

DU MPED Department of PEdu N Sports Sci

Topic:- DU_J18_MPED

1) Skeleton muscles are the target organ of the:**[Question ID = 51990]**

1. Autonomic nervous system [Option ID = 87952]
2. Sympathetic nervous system [Option ID = 87954]
3. Somatic nervous system [Option ID = 87953]
4. Parasympathetic nervous system [Option ID = 87955]

Correct Answer :-

- Somatic nervous system [Option ID = 87953]

2) Which of the following cranial nerves is related to the sense of smell?**[Question ID = 52024]**

1. Olfactory [Option ID = 88090]
2. Trochlear [Option ID = 88091]
3. Abducens [Option ID = 88088]
4. Hypoglossal [Option ID = 88089]

Correct Answer :-

- Olfactory [Option ID = 88090]

3) Which of the following line is related to volleyball?**[Question ID = 52023]**

1. Jump line [Option ID = 88087]
2. Attack line [Option ID = 88086]
3. Baulk line [Option ID = 88085]
4. Bonus line [Option ID = 88084]

Correct Answer :-

- Attack line [Option ID = 88086]

4) Which of the followings gave the biological types described as pyknic, athletic & leptosomatic?**[Question ID = 52009]**

1. Kretschmer's classification [Option ID = 88028]
2. Naccarati's classification [Option ID = 88031]
3. Jung's classification [Option ID = 88030]
4. Sheldon's classification [Option ID = 88029]

Correct Answer :-

- Kretschmer's classification [Option ID = 88028]

5) Which of the following is called 'Master gland' in human body?**[Question ID = 52036]**

1. Parathyroid [Option ID = 88138]
2. Pituitary [Option ID = 88137]
3. Thalamus [Option ID = 88139]
4. Thyroid [Option ID = 88136]

Correct Answer :-

- Pituitary [Option ID = 88137]

6) Which of the followings is not assessed by EPQ?

[Question ID = 52007]

1. Extroversion [Option ID = 88020]
2. Neuroticism [Option ID = 88022]
3. Psychoticism [Option ID = 88021]
4. Pscyhopathic tendencies. [Option ID = 88023]

Correct Answer :-

- Pscyhopathic tendencies. [Option ID = 88023]

7) Which gland secrete the stress hormone- Cortisol?

[Question ID = 51984]

1. Pituitary [Option ID = 87931]
2. Pancreas [Option ID = 87930]
3. Adrenal Cortex [Option ID = 87928]
4. Thyroid [Option ID = 87929]

Correct Answer :-

- Adrenal Cortex [Option ID = 87928]

8) Which one is the second source of energy?

[Question ID = 51988]

1. Vitamins [Option ID = 87947]
2. Amino acids [Option ID = 87946]
3. Carbohydrates [Option ID = 87944]
4. Fats [Option ID = 87945]

Correct Answer :-

- Fats [Option ID = 87945]

9) Which one is the example of sesamoid bone:

[Question ID = 51987]

1. Mandible [Option ID = 87943]
2. Cranium [Option ID = 87942]
3. Patella [Option ID = 87940]
4. Humerus [Option ID = 87941]

Correct Answer :-

- Patella [Option ID = 87940]

10) Which joint is the largest weight bearing joint in the body?

[Question ID = 52044]

1. Elbow joint [Option ID = 88169]
2. Hip joint [Option ID = 88168]
3. Knee joint [Option ID = 88170]
4. Ankle joint [Option ID = 88171]

Correct Answer :-

- Hip joint [Option ID = 88168]

11) Which brain structure connects the brain and spinal cord.

[Question ID = 51985]

1. Medulla [Option ID = 87932]
2. Brain stem [Option ID = 87933]
3. Hypothalamus [Option ID = 87935]
4. Thalamus [Option ID = 87934]

Correct Answer :-

- Brain stem [Option ID = 87933]

12) Which band represents actin?

[Question ID = 51981]

1. Z [Option ID = 87918]
2. A [Option ID = 87917]
3. I [Option ID = 87916]
4. M [Option ID = 87919]

Correct Answer :-

- I [Option ID = 87916]

13) Which country is number one in terms of obesity?

[Question ID = 51983]

1. Australia [Option ID = 87925]
2. USA [Option ID = 87924]
3. India [Option ID = 87927]
4. United Kingdom [Option ID = 87926]

Correct Answer :-

- USA [Option ID = 87924]

14) Which country has the most gold medals in Winter Olympic History?

[Question ID = 52022]

1. Austria [Option ID = 88082]
2. USA [Option ID = 88081]
3. Norway [Option ID = 88083]
4. Germany [Option ID = 88080]

Correct Answer :-

- USA [Option ID = 88081]

15) Which is the best method to calculate fat% :

[Question ID = 52000]

1. BMI [Option ID = 87992]
2. Skinfold thickness [Option ID = 87995]
3. WHR [Option ID = 87993]
4. BMR [Option ID = 87994]

Correct Answer :-

- Skinfold thickness [Option ID = 87995]

16) Which is the power plant of the cell?

[Question ID = 51986]

1. Lysosomes [Option ID = 87939]
2. Ribosome [Option ID = 87936]
3. Nucleolus [Option ID = 87938]
4. Mitochondria [Option ID = 87937]

Correct Answer :-

- Mitochondria [Option ID = 87937]

17) Where are the headquarters of the International Olympics Committee located?

[Question ID = 52041]

1. Italy [Option ID = 88156]
2. Belgium [Option ID = 88158]
3. France [Option ID = 88159]
4. Switzerland [Option ID = 88157]

Correct Answer :-

- Switzerland [Option ID = 88157]

18) An individual achieve his maximum growth in stage.

[Question ID = 52002]

1. Adulthood [Option ID = 88000]
2. Adolescent [Option ID = 88003]
3. Infancy [Option ID = 88002]
4. Childhood [Option ID = 88001]

Correct Answer :-

- Adolescent [Option ID = 88003]

19) Corrosive acid has spilled into a co-worker's eyes, resulting in Severe pain. What should you do first?

[Question ID = 52019]

1. Keep eyes open and flood them with water for 15 minutes [Option ID = 88069]
2. Allow tears to flush out the chemicals [Option ID = 88068]
3. Pour water into eyes for about 5 minutes [Option ID = 88070]
4. Cover both eyes with dressings and immediately obtain medical aid [Option ID = 88071]

Correct Answer :-

- Keep eyes open and flood them with water for 15 minutes [Option ID = 88069]

20) Harvard step test is a test for measuring

[Question ID = 51969]

1. Leg strength [Option ID = 87868]
2. Agility [Option ID = 87870]
3. Cardio vascular endurance [Option ID = 87869]
4. Speed of movement [Option ID = 87871]

Correct Answer :-

- Cardio vascular endurance [Option ID = 87869]

21) Our hair and nails contain

[Question ID = 52028]

1. Phosphorus [Option ID = 88107]
2. Protein [Option ID = 88104]
3. Chlorine [Option ID = 88106]
4. Calcium [Option ID = 88105]

Correct Answer :-

- Protein [Option ID = 88104]

22) When catching a ball, your hands knows when to grasp because

[Question ID = 52030]

1. Afferent signals inform your hand that the ball is about to make contact [Option ID = 88115]
2. Your parasympathetic nervous system is active [Option ID = 88112]
3. Alpha waves are being generated by your brain [Option ID = 88113]
4. Participating muscles receive efferent signals from the brain [Option ID = 88114]

Correct Answer :-

- Participating muscles receive efferent signals from the brain [Option ID = 88114]

23) When designing training programs the following should be considered:

[Question ID = 51993]

1. Boyel's principle [Option ID = 87967]
2. Principle of progressive overload [Option ID = 87966]
3. The all-or-none principle [Option ID = 87964]
4. The fick principle [Option ID = 87965]

Correct Answer :-

- Principle of progressive overload [Option ID = 87966]

24) Dick Fosbury who invented the 'Fosbury Flop' style in high jump event belongs to

[Question ID = 52038]

1. Ukraine [Option ID = 88147]
2. USA [Option ID = 88144]
3. Russia [Option ID = 88146]
4. England [Option ID = 88145]

Correct Answer :-

- USA [Option ID = 88144]

25) Profuse sweating during strenuous physical activity causes the loss of

[Question ID = 51960]

1. Glycogen [Option ID = 87835]
2. Potassium [Option ID = 87833]
3. Sodium chloride [Option ID = 87832]
4. Calcium [Option ID = 87834]

Correct Answer :-

- Sodium chloride [Option ID = 87832]

26) A disease that spread from one generation to another is known as:

[Question ID = 52045]

1. Dificiency disease [Option ID = 88175]
2. Contageous disease [Option ID = 88173]
3. Communicable disease [Option ID = 88172]
4. Colitis [Option ID = 88174]

Correct Answer :-

- Colitis [Option ID = 88174]

27) "Sudirman cup" is related to which sport?

[Question ID = 52055]

1. Hockey [Option ID = 88212]
2. Badminton [Option ID = 88215]
3. Lawn Tennis [Option ID = 88214]
4. Table Tennis [Option ID = 88213]

Correct Answer :-

- Badminton [Option ID = 88215]

28) "You can take horse to the water but you can not make it to drink" Maxim signifies which law of learning.

[Question ID = 52015]

1. Law of choice of stimulus [Option ID = 88055]
2. Law of effect [Option ID = 88052]
3. Law of exercise [Option ID = 88054]
4. Law of readiness [Option ID = 88053]

Correct Answer :-

- Law of readiness [Option ID = 88053]

29) Manika Batra won gold medal in Commonwealth Games 2018 in _____.

[Question ID = 52039]

1. Shooting [Option ID = 88149]
2. Wrestling [Option ID = 88150]
3. Boxing [Option ID = 88151]
4. Table Tennis [Option ID = 88148]

Correct Answer :-

- Table Tennis [Option ID = 88148]

30) During prolonged exercise, the preferred energy source for skeleton muscle is:

[Question ID = 51980]

1. Plasma fatty acid [Option ID = 87913]
2. Plasma glucose [Option ID = 87912]
3. Muscle triglycerides [Option ID = 87914]
4. Muscle glycogen [Option ID = 87915]

Correct Answer :-

- Plasma fatty acid [Option ID = 87913]

31) Trypsin helps in the digestion of

[Question ID = 51967]

1. Vitamins [Option ID = 87860]
2. Protein [Option ID = 87862]
3. Carbohydrates [Option ID = 87863]
4. Fats [Option ID = 87861]

Correct Answer :-

- Protein [Option ID = 87862]

32) Body composition is:

[Question ID = 51997]

1. Fat [Option ID = 87980]
2. Muscle and fat [Option ID = 87981]
3. Muscle, fat and bone [Option ID = 87982]
4. Muscle, fat, bone and water [Option ID = 87983]

Correct Answer :-

- Muscle, fat and bone [Option ID = 87982]

33) According to Freud the best age for socialization of a child?

[Question ID = 52046]

1. 12 years [Option ID = 88179]
2. 8 years [Option ID = 88178]
3. 3 years [Option ID = 88176]
4. 5 years [Option ID = 88177]

Correct Answer :-

- 5 years [Option ID = 88177]

34) Knox test is skill test for

[Question ID = 52042]

1. Hockey [Option ID = 88160]
2. Tennis [Option ID = 88163]
3. Volleyball [Option ID = 88162]
4. Basketball [Option ID = 88161]

Correct Answer :-

- Basketball [Option ID = 88161]

35) Individualized zones of optimal functioning model is used for

[Question ID = 52008]

1. Anxiety [Option ID = 88024]
2. Stress [Option ID = 88026]
3. Personality [Option ID = 88027]
4. Anger [Option ID = 88025]

Correct Answer :-

- Anxiety [Option ID = 88024]

36) From the viewpoint of psychology, 'sympathy' is

[Question ID = 51962]

1. an emotion [Option ID = 87841]
2. a general innate tendency [Option ID = 87842]
3. a reflex action [Option ID = 87843]
4. an instinct [Option ID = 87840]

Correct Answer :-

- an instinct [Option ID = 87840]

37) From the viewpoint of Sociology, which of the following factors are the most important one in the development of human personality?

[Question ID = 52014]

1. Money [Option ID = 88048]
2. Literature [Option ID = 88050]
3. Culture [Option ID = 88051]
4. Art [Option ID = 88049]

Correct Answer :-

- Culture [Option ID = 88051]

38) "Excited situation of a person is emotion", who made this statement?

[Question ID = 52048]

1. Skinner [Option ID = 88187]
2. Derver [Option ID = 88186]
3. Woodworth [Option ID = 88184]
4. Jarseeled [Option ID = 88185]

Correct Answer :-

- Woodworth [Option ID = 88184]

39) _____ refers to the team of three officials who are tasked with the responsibility to review the on-fields referee's decisions by watching video replays

[Question ID = 52017]

1. VAR [Option ID = 88060]
2. VVR [Option ID = 88063]
3. VCR [Option ID = 88061]
4. VOR [Option ID = 88062]

Correct Answer :-

- VAR [Option ID = 88060]

40) _____ is the apex institution involved in the planned and coordinated development of the teacher education system in the country.

[Question ID = 52031]

1. XSEED [Option ID = 88118]
2. UGC [Option ID = 88116]
3. NCTE [Option ID = 88119]
4. NCERT [Option ID = 88117]

Correct Answer :-

- NCTE [Option ID = 88119]

41) _____ is the water soluble Vitamin.

[Question ID = 52037]

1. Vitamin E [Option ID = 88142]
2. Vitamin B [Option ID = 88141]
3. Vitamin K [Option ID = 88143]
4. Vitamin A [Option ID = 88140]

Correct Answer :-

- Vitamin B [Option ID = 88141]

42) Apparatus to measure fat percentage in body is?

[Question ID = 52020]

1. Anthropometer [Option ID = 88072]
2. Tensiometer [Option ID = 88073]
3. Flexometer [Option ID = 88075]
4. Skinfold Caliper [Option ID = 88074]

Correct Answer :-

- Skinfold Caliper [Option ID = 88074]

43) First step of budget preparation is

[Question ID = 51971]

1. estimate expenditure [Option ID = 87877]
2. planning [Option ID = 87878]
3. to search income [Option ID = 87876]
4. facilities and personnel [Option ID = 87879]

Correct Answer :-

- planning [Option ID = 87878]

44) Who amongst the following are found to be most agile

[Question ID = 51968]

1. Gymnasts [Option ID = 87865]
2. Divers [Option ID = 87867]
3. Swimmers [Option ID = 87866]
4. High Jumper Athlete [Option ID = 87864]

Correct Answer :-

- Gymnasts [Option ID = 87865]

45) Who had made this definition of physical fitness, "physical fitness is the ability to face the present and future challenges of life with great success".

[Question ID = 52050]

1. Carpowich [Option ID = 88194]
2. Don Hoskins [Option ID = 88192]
3. David. R. Lams [Option ID = 88193]
4. Careton [Option ID = 88195]

Correct Answer :-

- David. R. Lams [Option ID = 88193]

46) Who has played the most important role to give modern life to Olympic games?

[Question ID = 52054]

1. J.P Thomas [Option ID = 88209]
2. Macale [Option ID = 88211]
3. Baron Pierre de Cubertin [Option ID = 88208]
4. T.P Nun [Option ID = 88210]

Correct Answer :-

- Baron Pierre de Cubertin [Option ID = 88208]

47) Who had mentioned these three objectives of physical education? Health, use of leisure time and moral character

[Question ID = 52049]

1. Book Walter [Option ID = 88189]
2. H Clark [Option ID = 88188]
3. Leslie [Option ID = 88191]
4. Hetherington [Option ID = 88190]

Correct Answer :-

- Book Walter [Option ID = 88189]

48) In which activity lactic acid system is activated?

[Question ID = 51976]

1. 100 mts [Option ID = 87896]
2. 20 km walk [Option ID = 87899]
3. 400 mts [Option ID = 87897]
4. 10,000 mts [Option ID = 87898]

Correct Answer :-

- 100 mts [Option ID = 87896]

49) Gas-exchange process occurs at:

[Question ID = 51998]

1. Capillaries [Option ID = 87986]
2. Alveoli [Option ID = 87987]
3. Heart [Option ID = 87984]
4. Bronchioles [Option ID = 87985]

Correct Answer :-

- Alveoli [Option ID = 87987]

50) How many gold medals did India won in Commonwealth Games 2018?

[Question ID = 51978]

1. 23 [Option ID = 87906]
2. 26 [Option ID = 87905]
3. 25 [Option ID = 87904]
4. 20 [Option ID = 87907]

Correct Answer :-

- 26 [Option ID = 87905]

51) How much of oxygen human organism is composed of:

[Question ID = 51982]

1. 80% [Option ID = 87923]
2. 70% [Option ID = 87920]
3. 60% [Option ID = 87921]
4. 65% [Option ID = 87922]

Correct Answer :-

- 80% [Option ID = 87923]

52) How many test items are there in AAPHER motor fitness test?

[Question ID = 52040]

1. 5 [Option ID = 88152]
2. 4 [Option ID = 88154]
3. 3 [Option ID = 88155]
4. 6 [Option ID = 88153]

Correct Answer :-

- 6 [Option ID = 88153]

53) Atoms combine to form _____.

[Question ID = 51994]

1. Molecule [Option ID = 87970]
2. Cells [Option ID = 87968]
3. Organ [Option ID = 87971]
4. Tissue [Option ID = 87969]

Correct Answer :-

- Molecule [Option ID = 87970]

54) Id, ego and superego factors theory was given by –

[Question ID = 52012]

1. Sigmund Freud [Option ID = 88040]
2. Alfred [Option ID = 88042]
3. Skinner [Option ID = 88041]
4. Carls Rogers [Option ID = 88043]

Correct Answer :-

- Sigmund Freud [Option ID = 88040]

55) In the school setting the major channel of publicity for the physical education programmes is

[Question ID = 51963]

1. Teachers [Option ID = 87844]
2. Students [Option ID = 87845]
3. Intramurals [Option ID = 87847]
4. Advertisement [Option ID = 87846]

Correct Answer :-

- Intramurals [Option ID = 87847]

56) In the technical terms, muscle pull is known as

[Question ID = 51974]

1. Abrasion [Option ID = 87890]
2. Sprain [Option ID = 87888]
3. Contusion [Option ID = 87891]
4. Strain [Option ID = 87889]

Correct Answer :-

- Strain [Option ID = 87889]

57) Due to lack of vitamin C which one of the disease from the following could occur?

[Question ID = 52053]

1. Night blindness [Option ID = 88204]
2. Scurvy [Option ID = 88206]
3. Osteomalacia [Option ID = 88205]
4. Anemia [Option ID = 88207]

Correct Answer :-

- Scurvy [Option ID = 88206]

58) Choose the right word from the following to fill the blank space. "_____ is the range of movement of joints"

[Question ID = 52052]

1. Flexibility [Option ID = 88202]
2. Agility [Option ID = 88200]
3. Velocity [Option ID = 88203]
4. Endurance [Option ID = 88201]

Correct Answer :-

- Flexibility [Option ID = 88202]

59) Sports psychology is defined as

[Question ID = 52001]

1. Study of mind of sports person [Option ID = 87997]
2. Study of behaviour of sports person [Option ID = 87996]
3. Study of character of sports person [Option ID = 87998]
4. Study of consciousness of sports person [Option ID = 87999]

Correct Answer :-

- Study of behaviour of sports person [Option ID = 87996]

60) Aparna Popat is a famous Indian

[Question ID = 51979]

1. Hockey player [Option ID = 87908]
2. Cricket player [Option ID = 87910]
3. Badminton player [Option ID = 87911]
4. Tennis player [Option ID = 87909]

Correct Answer :-

- Badminton player [Option ID = 87911]

61) Dynamometer is used to measure

[Question ID = 51959]

1. Flexibility [Option ID = 87828]
2. Agility [Option ID = 87829]
3. Strength [Option ID = 87830]
4. Speed [Option ID = 87831]

Correct Answer :-

- Strength [Option ID = 87830]

62) Dynamic strength is also known as

[Question ID = 52051]

1. Static strength [Option ID = 88196]
2. Isotonic strength [Option ID = 88197]
3. Strength endurance [Option ID = 88199]
4. Power [Option ID = 88198]

Correct Answer :-

- Isotonic strength [Option ID = 88197]

63) Why should one prefer teaching over and above the other profession?

[Question ID = 52025]

1. For the love of teaching [Option ID = 88093]
2. For the mastery over the subject of teaching [Option ID = 88094]
3. For financial benefits [Option ID = 88095]
4. For the service to humanity [Option ID = 88092]

Correct Answer :-

- For the service to humanity [Option ID = 88092]

64) Cerebrum is related to the

[Question ID = 52005]

1. Heart [Option ID = 88013]
2. Lungs [Option ID = 88014]
3. Skin [Option ID = 88015]
4. Brain [Option ID = 88012]

Correct Answer :-

- Brain [Option ID = 88012]

65) Interval training is used for the development of

[Question ID = 52047]

1. Flexibility [Option ID = 88181]
2. Explosive strength [Option ID = 88182]
3. Agility [Option ID = 88180]
4. Endurance [Option ID = 88183]

Correct Answer :-

- Endurance [Option ID = 88183]

66) Jacob weight is 72 kg and his height is 180cm. What will be the BMI of Jacob?

[Question ID = 51999]

1. 23.42 [Option ID = 87990]
2. 24.22 [Option ID = 87991]
3. 21.42 [Option ID = 87988]
4. 22.22 [Option ID = 87989]

Correct Answer :-

- 21.42 [Option ID = 87988]

67) What will you do as a teacher if the students do not attend your class ?

[Question ID = 52027]

1. Ignore the facts [Option ID = 88100]
2. Understand the reasons and try to remove them [Option ID = 88103]
3. Punish the students [Option ID = 88101]
4. Try to make teaching effective and interesting [Option ID = 88102]

Correct Answer :-

- Try to make teaching effective and interesting [Option ID = 88102]

68) What is the Golden Slam?

[Question ID = 52033]

1. Triple Crown plus Olympic Gold [Option ID = 88126]
2. Grand Slam plus Olympic Silver [Option ID = 88127]
3. Grand Slam plus Olympic Gold [Option ID = 88124]
4. Super Slam plus Olympic Gold [Option ID = 88125]

Correct Answer :-

- Grand Slam plus Olympic Gold [Option ID = 88124]

69) What is the best way for a teacher to resolve the problems in a class?

[Question ID = 52032]

1. Depends on one's own opinion [Option ID = 88121]
2. Use the view that principal gives [Option ID = 88123]
3. Think on suggestions offered by the children and implement the good ones [Option ID = 88122]
4. Ask for other teacher's opinion [Option ID = 88120]

Correct Answer :-

- Think on suggestions offered by the children and implement the good ones [Option ID = 88122]

70) Physical activity is basically a

[Question ID = 51973]

1. Biological necessity [Option ID = 87886]
2. Psychological tendency [Option ID = 87885]
3. Social attribute [Option ID = 87884]
4. Philosophical concept [Option ID = 87887]

Correct Answer :-

- Biological necessity [Option ID = 87886]

71) Hypothalamus is located in

[Question ID = 52011]

1. Midbrain [Option ID = 88037]
2. Kidney [Option ID = 88036]
3. Thorax [Option ID = 88038]
4. Forebrain [Option ID = 88039]

Correct Answer :-

- Forebrain [Option ID = 88039]

72) Jaffer Iqbal is related to which sport?

[Question ID = 52056]

1. Hockey [Option ID = 88218]
2. Badminton [Option ID = 88217]
3. Weight lifting [Option ID = 88219]
4. Athletics [Option ID = 88216]

Correct Answer :-

- Hockey [Option ID = 88218]

73) The waist size of Kamat is 30 inches and his hips circumference is 38 inches. Calculate his WHR.

[Question ID = 52016]

1. 0.68 inches. [Option ID = 88056]
2. 0.90 inches. [Option ID = 88059]
3. 0.78 inches. [Option ID = 88057]
4. 0.88 inches. [Option ID = 88058]

Correct Answer :-

- 0.68 inches. [Option ID = 88056]

74) The 2024 Olympic games is numbered as

[Question ID = 52057]

1. xxxiv olympic games [Option ID = 88223]
2. xxxiii olympic games [Option ID = 88222]
3. xxxi olympic games [Option ID = 88221]
4. xxx olympic games [Option ID = 88220]

Correct Answer :-

- xxxiii olympic games [Option ID = 88222]

75) The longest muscle in the body is

[Question ID = 51958]

1. Pectoralis Major [Option ID = 87826]
2. Sartorius [Option ID = 87827]
3. Deltoid [Option ID = 87824]
4. Illopoas [Option ID = 87825]

Correct Answer :-

- Sartorius [Option ID = 87827]

76) The vestibular sense is located in the

[Question ID = 52006]

1. Ear [Option ID = 88019]
2. Eyes [Option ID = 88018]
3. Nose [Option ID = 88017]
4. Skin [Option ID = 88016]

Correct Answer :-

- Ear [Option ID = 88019]

77) The curriculum is a major factor in?

[Question ID = 52026]

1. Affecting the student behaviour [Option ID = 88099]
2. The arising of less disciplinary problems [Option ID = 88097]
3. The development and maintenance of a good learning environment [Option ID = 88098]
4. The development of student interest [Option ID = 88096]

Correct Answer :-

- The development and maintenance of a good learning environment [Option ID = 88098]

78) The knot used to tie a bandage is known as

[Question ID = 51965]

1. Half hitch [Option ID = 87854]
2. Granny knot [Option ID = 87853]
3. Clove hitch [Option ID = 87852]
4. Reef knot [Option ID = 87855]

Correct Answer :-

- Reef knot [Option ID = 87855]

79) The most important consideration in selecting the sports equipments

[Question ID = 51961]

1. Quality [Option ID = 87839]
2. Source [Option ID = 87837]
3. Utility [Option ID = 87838]
4. Price [Option ID = 87836]

Correct Answer :-

- Quality [Option ID = 87839]

80) The difference between the oxygen required to support a given exercise intensity and the actual oxygen consumption at the start of exercise is known as:

[Question ID = 51991]

1. Oxygen deficit [Option ID = 87956]
2. EPOC [Option ID = 87957]
3. Lactate threshold [Option ID = 87958]
4. Maximum oxygen uptake [Option ID = 87959]

Correct Answer :-

- Oxygen deficit [Option ID = 87956]

81) The Fartlek Training' is used best to develop

[Question ID = 52029]

1. Flexibility [Option ID = 88108]
2. Endurance [Option ID = 88110]
3. Strength [Option ID = 88109]
4. Speed [Option ID = 88111]

Correct Answer :-

- Endurance [Option ID = 88110]

82) The muscle which round in shape and has three parts is:

[Question ID = 51996]

1. Vastus group of muscle [Option ID = 87977]
2. Deltoid [Option ID = 87978]
3. Tricep [Option ID = 87976]
4. Biceps [Option ID = 87979]

Correct Answer :-

- Deltoid [Option ID = 87978]

83) The neurotransmitter released at the neuromuscular junction of a motor unit is always:

[Question ID = 51989]

1. Cyclic AMP [Option ID = 87951]
2. Norepinephrine [Option ID = 87948]
3. Epinephrine [Option ID = 87949]
4. Acetylcholine [Option ID = 87950]

Correct Answer :-

- Acetylcholine [Option ID = 87950]

84) The back thigh muscles are also known as

[Question ID = 51970]

1. Quadriceps [Option ID = 87875]
2. Gluteal [Option ID = 87873]
3. Gastrocnemius [Option ID = 87874]
4. Hamstring [Option ID = 87872]

Correct Answer :-

- Hamstring [Option ID = 87872]

85) The scientific study of art and science of promoting one's state of complete physical, mental, emotional, social, spiritual and environmental wellness is known as:

[Question ID = 52043]

1. Health education [Option ID = 88164]
2. Yoga education [Option ID = 88167]
3. Moral education [Option ID = 88166]
4. Physical education [Option ID = 88165]

Correct Answer :-

- Health education [Option ID = 88164]

86) The literal meaning of the word philosophy is

[Question ID = 51972]

1. Love of wisdom [Option ID = 87881]
2. Love of knowledge [Option ID = 87882]
3. Love of criticism [Option ID = 87880]
4. Love of God [Option ID = 87883]

Correct Answer :-

- Love of wisdom [Option ID = 87881]

87) The sacrum consist of _____ vertebrae.

[Question ID = 51995]

1. 5 [Option ID = 87975]
2. 4 [Option ID = 87973]
3. 2 [Option ID = 87974]
4. 6 [Option ID = 87972]

Correct Answer :-

- 5 [Option ID = 87975]

88) The example of serial skills is

[Question ID = 52010]

1. Jumping [Option ID = 88033]
2. catching [Option ID = 88035]
3. Floor exercises [Option ID = 88034]
4. Running [Option ID = 88032]

Correct Answer :-

- Floor exercises [Option ID = 88034]

89) The olfactory sense in imagery is used for –

[Question ID = 52013]

1. Hearing [Option ID = 88046]
2. Smell [Option ID = 88045]
3. Touch [Option ID = 88044]
4. Sight [Option ID = 88047]

Correct Answer :-

- Smell [Option ID = 88045]

90) The national malaria eradication programme was launched in India in the year

[Question ID = 51966]

1. 1953 [Option ID = 87858]
2. 1973 [Option ID = 87856]

3. 1951 [Option ID = 87859]
4. 1963 [Option ID = 87857]

Correct Answer :-

- 1953 [Option ID = 87858]

91) The cardiac output refers to:

[Question ID = 51992]

1. The electrical output of the cardiac conduction system during a single cardiac cycle [Option ID = 87963]
2. The proportion of blood pumped out of each ventricle during systole [Option ID = 87961]
3. The volume of blood pumped by each ventricle per minute [Option ID = 87960]
4. The product of the ejection fraction and heart rate [Option ID = 87962]

Correct Answer :-

- The volume of blood pumped by each ventricle per minute [Option ID = 87960]

92) The earliest person known to have invented the system of body classification was

[Question ID = 51964]

1. Kretchmer [Option ID = 87849]
2. Hippocrates [Option ID = 87851]
3. Hall [Option ID = 87850]
4. Sheldon [Option ID = 87848]

Correct Answer :-

- Sheldon [Option ID = 87848]

93) The term "cooperation" is the part of

[Question ID = 52003]

1. Cognitive development [Option ID = 88005]
2. Social values [Option ID = 88004]
3. Motor development [Option ID = 88006]
4. Culture [Option ID = 88007]

Correct Answer :-

- Social values [Option ID = 88004]

94) The quality of Physical Education teacher is?

[Question ID = 52021]

1. Good performance [Option ID = 88077]
2. Young [Option ID = 88078]
3. Civilized [Option ID = 88076]
4. Smart [Option ID = 88079]

Correct Answer :-

- Good performance [Option ID = 88077]

95) The positive stress is known as

[Question ID = 52004]

1. Distress [Option ID = 88008]
2. Eu-stress [Option ID = 88010]
3. Anxiety [Option ID = 88009]
4. Stress [Option ID = 88011]

Correct Answer :-

- Eu-stress [Option ID = 88010]

96) The total number of officials required for a Kho-Kho match is

[Question ID = 51975]

1. 5 [Option ID = 87893]
2. 4 [Option ID = 87892]
3. 7 [Option ID = 87895]
4. 6 [Option ID = 87894]

Correct Answer :-

- 6 [Option ID = 87894]

97) The summer olympic for the year 2024 and 2028 will be held in the following cities?

[Question ID = 52035]

1. Paris and Los Angeles [Option ID = 88135]
2. Paris and Beijing [Option ID = 88132]
3. Tokoyo and Paris [Option ID = 88133]
4. Beijing and Tokoyo [Option ID = 88134]

Correct Answer :-

- Paris and Los Angeles [Option ID = 88135]

98) If majority of students in your class are weak then you should

[Question ID = 52034]

1. not care about the intelligent students [Option ID = 88128]
2. keep your speed of teaching fast so that students comprehension level may increase [Option ID = 88129]
3. keep your teaching slow [Option ID = 88130]
4. keep your teaching slow along with some extra guidance to bright pupils [Option ID = 88131]

Correct Answer :-

- keep your teaching slow along with some extra guidance to bright pupils [Option ID = 88131]

99) Stage of change in behaviour modification programme in which people are unwilling to change their behaviour is known as:

[Question ID = 52018]

1. Contemplation [Option ID = 88065]
2. Action [Option ID = 88067]
3. Planning [Option ID = 88066]
4. Pre contemplation [Option ID = 88064]

Correct Answer :-

- Pre contemplation [Option ID = 88064]

100) One deformity may lead to the development of another, knock knees may be caused as a result of

[Question ID = 51977]

1. Scoliosis [Option ID = 87903]
2. Flat foot [Option ID = 87900]
3. Genu legs [Option ID = 87902]
4. Bow legs [Option ID = 87901]

Correct Answer :-

- Bow legs [Option ID = 87901]