

# 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 secretes 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. Flexomeasure [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]