

DU MPED Department of PEdu N Sports Sci

Topic:- MPED S2

1) Which one of the followings are male sex hormones?

[Question ID = 8701]

1. Insulin [Option ID = 34798]
2. Aldosterone [Option ID = 34799]
3. Androgens [Option ID = 34800]
4. Pheromones [Option ID = 34801]

Correct Answer :-

- Androgens [Option ID = 34800]

2) Islets of Langerhans are found in

[Question ID = 8702]

1. Anterior Pituitary [Option ID = 34802]
2. Kidney Cortex [Option ID = 34803]
3. Spleen [Option ID = 34804]
4. Endocrine pancreas [Option ID = 34805]

Correct Answer :-

- Endocrine pancreas [Option ID = 34805]

3) Pituitary gland known as the 'master' endocrine gland is under the control of

[Question ID = 8703]

1. Pineal gland [Option ID = 34806]
2. Adrenal gland [Option ID = 34807]
3. Hypothalamus [Option ID = 34808]
4. Thyroid gland [Option ID = 34809]

Correct Answer :-

- Hypothalamus [Option ID = 34808]

4) In human adult females oxytocin

[Question ID = 8704]

1. Causes strong uterine contractions during parturition [Option ID = 34810]
2. Is secreted by anterior pituitary [Option ID = 34811]
3. Stimulates growth of mammary glands [Option ID = 34812]
4. Stimulates pituitary to secrete vasopressin [Option ID = 34813]

Correct Answer :-

- Causes strong uterine contractions during parturition [Option ID = 34810]

5) The first branch of the human aorta is

[Question ID = 8705]

1. Left subclavian artery [Option ID = 34814]
2. Brachiocephalic artery [Option ID = 34815]
3. Coronary artery [Option ID = 34816]
4. Left common carotid artery [Option ID = 34817]

Correct Answer :-

- Coronary artery [Option ID = 34816]

6) Least blood pressure is present in

[Question ID = 8706]

1. Aorta [Option ID = 34818]
2. Capillary [Option ID = 34819]
3. Vein [Option ID = 34820]
4. Vena Cava [Option ID = 34821]

Correct Answer :-

- Vena Cava [Option ID = 34821]

7) A person has blood group A means he / she has

[Question ID = 8707]

1. A antigen in RBC [Option ID = 34822]
2. A antigen in plasma [Option ID = 34823]
3. B antigen in RBC [Option ID = 34824]
4. B antigen in plasma [Option ID = 34825]

Correct Answer :-

- A antigen in RBC [Option ID = 34822]

8) Thickest layer in the heart is

[Question ID = 8708]

1. Endocardium [Option ID = 34826]
2. Myocardium [Option ID = 34827]
3. Epicardium [Option ID = 34828]
4. Pericardium [Option ID = 34829]

Correct Answer :-

- Myocardium [Option ID = 34827]

9) What is the function of blood platelets

[Question ID = 8709]

1. Aid in coagulation of blood [Option ID = 34830]
2. Ingest bacteria [Option ID = 34831]
3. Carry hemoglobin [Option ID = 34832]
4. Transport CO₂ [Option ID = 34833]

Correct Answer :-

- Aid in coagulation of blood [Option ID = 34830]

10) Blood grouping is important for

[Question ID = 8710]

1. Diagnosis of blood disease [Option ID = 34834]
2. Blood transfusion [Option ID = 34835]
3. Detection of AIDS [Option ID = 34836]
4. Blood donation [Option ID = 34837]

Correct Answer :-

- Blood transfusion [Option ID = 34835]

11) Contraction of diaphragm muscles cause

[Question ID = 8711]

1. Expiration [Option ID = 34838]
2. Pause [Option ID = 34839]
3. Breathing out [Option ID = 34840]
4. Inspiration [Option ID = 34841]

Correct Answer :-

- Inspiration [Option ID = 34841]

12) Normal tidal volume is

[Question ID = 8712]

1. 500 ml [Option ID = 34842]
2. 600 ml [Option ID = 34843]
3. 700 ml [Option ID = 34844]
4. 400 ml [Option ID = 34845]

Correct Answer :-

- 500 ml [Option ID = 34842]

13) One of the major cause of non-communicable diseases is

[Question ID = 8713]

1. Mosquito bite [Option ID = 34846]
2. Physical inactivity [Option ID = 34847]
3. Exposure to cold [Option ID = 34848]
4. Flies [Option ID = 34849]

Correct Answer :-

- Physical inactivity [Option ID = 34847]

14) Physical Dimension of Health pertains to the

[Question ID = 8714]

1. Ability of a person to see oneself as a member of a society [Option ID = 34850]
2. Perfect functioning of the body [Option ID = 34851]
3. Feeling of a sense of Enlightenment. [Option ID = 34852]
4. Ability to have control over emotions [Option ID = 34853]

Correct Answer :-

- Perfect functioning of the body [Option ID = 34851]

15) The main purpose of health education is to

[Question ID = 8715]

1. Give information about fitness and wellbeing [Option ID = 34854]
2. Bring down behaviour induced incidence of disease and promotion of health [Option ID = 34855]
3. Teach health related topics in schools [Option ID = 34856]
4. Educate rural population about sanitation and hygiene [Option ID = 34857]

Correct Answer :-

- Bring down behaviour induced incidence of disease and promotion of health [Option ID = 34855]

16) Which is the most abundant tissue in the human body?

[Question ID = 8716]

1. Epithelial [Option ID = 34858]
2. Connective [Option ID = 34859]
3. Muscle [Option ID = 34860]
4. Nervous [Option ID = 34861]

Correct Answer :-

- Connective [Option ID = 34859]

17) Which division of the nervous system initiates a response known as fight or flight?

[Question ID = 8717]

1. The sympathetic nervous system [Option ID = 34862]
2. The parasympathetic nervous system [Option ID = 34863]
3. The somatic nervous system [Option ID = 34864]
4. The Mesenteric Nervous System [Option ID = 34865]

Correct Answer :-

- The sympathetic nervous system [Option ID = 34862]

18) Which of these is not an example of a neurotransmitter?

[Question ID = 8718]

1. Dopamine [Option ID = 34866]
2. Oxytocin [Option ID = 34867]
3. Carbon monoxide [Option ID = 34868]
4. Magnesium [Option ID = 34869]

Correct Answer :-

- Magnesium [Option ID = 34869]

19) The physical exercises stimulus applied leads to enhances the hormonal responsiveness in condition of-

[Question ID = 8719]

1. Low intensity [Option ID = 34870]
2. Hydration [Option ID = 34871]
3. Low volume [Option ID = 34872]
4. More recovery time [Option ID = 34873]

Correct Answer :-

- Hydration [Option ID = 34871]

20) In sports training known as Tweaking the Exercise Stimulus as "hyperemia" is related to-

[Question ID = 8720]

1. Nervous system. [Option ID = 34874]
2. Muscular system. [Option ID = 34875]
3. Tendons and bones. [Option ID = 34876]
4. Blood and oxygen. [Option ID = 34877]

Correct Answer :-

- Blood and oxygen. [Option ID = 34877]

21) Eysenck personality questionnaire consist of how many sub variables?

[Question ID = 8721]

1. 3 [Option ID = 34878]
2. 4 [Option ID = 34879]
3. 5 [Option ID = 34880]
4. 6 [Option ID = 34881]

Correct Answer :-

- 4 [Option ID = 34879]

22) How many draws for allotment of lanes will be drawn for the final of any sprint event (100m-400m)?

[Question ID = 8722]

1. Four draws [Option ID = 34882]
2. Three draws [Option ID = 34883]
3. Two draws [Option ID = 34884]
4. One draws [Option ID = 34885]

Correct Answer :-

- Three draws [Option ID = 34883]

23) The knowing aspect or awareness in psychology is known as:-

[Question ID = 8723]

1. Recitation
[Option ID = 34886]
2. Cognition
[Option ID = 34887]
3. Affection
[Option ID = 34888]
4. Conation
[Option ID = 34889]

Correct Answer :-

- Cognition
[Option ID = 34887]

24) Density factor of sports training is:-

[Question ID = 8724]

1. Up load
[Option ID = 34890]
2. Low load
[Option ID = 34891]
3. Less recovery time
[Option ID = 34892]
4. Reduced training load
[Option ID = 34893]

Correct Answer :-

- Less recovery time
[Option ID = 34892]

25) Plateau in competitive sports career is

[Question ID = 8725]

1. Constant load [Option ID = 34894]
2. No training load [Option ID = 34895]
3. Stagnation in performance [Option ID = 34896]
4. Stereotype training [Option ID = 34897]

Correct Answer :-

- Stagnation in performance [Option ID = 34896]

26) For how many years the ancient Olympic Games were held continuously.

[Question ID = 8726]

1. 1500 years [Option ID = 34898]
2. 1000 years [Option ID = 34899]
3. 1200 years [Option ID = 34900]
4. 800 years [Option ID = 34901]

Correct Answer :-

- 1200 years [Option ID = 34900]

27) The Proprioceptive Neuromuscular Facilitation is to develop which motor ability.

[Question ID = 8727]

1. Speed [Option ID = 34902]
2. Balance [Option ID = 34903]
3. Power [Option ID = 34904]
4. Flexibility [Option ID = 34905]

Correct Answer :-

- Flexibility [Option ID = 34905]

28) The self-esteem is referred as

[Question ID = 8728]

1. I think I can do [Option ID = 34906]

2. I think I cannot do [Option ID = 34907]
3. Lack of concentration [Option ID = 34908]
4. Mental distraction [Option ID = 34909]

Correct Answer :-

- I think I can do [Option ID = 34906]

29) The biofeedback is related with
[Question ID = 8729]

1. Physiology [Option ID = 34910]
2. Motor development [Option ID = 34911]
3. Anatomy [Option ID = 34912]
4. Body sensations [Option ID = 34913]

Correct Answer :-

- Physiology [Option ID = 34910]

30) The optimal angle of release of any object, the performance depend upon
[Question ID = 8730]

1. Weight, Shape and size of object. [Option ID = 34914]
2. Height of release [Option ID = 34915]
3. Angular force applied [Option ID = 34916]
4. Friction [Option ID = 34917]

Correct Answer :-

- Weight, Shape and size of object. [Option ID = 34914]

31) The skin rolling is related with:-

[Question ID = 8731]

1. Massage
[Option ID = 34918]
2. Roll ball
[Option ID = 34919]
3. Swiss Ball
[Option ID = 34920]
4. Acupressure
[Option ID = 34921]

Correct Answer :-

- Massage
[Option ID = 34918]

32) Which of the following organs does not have glycogen storage?
[Question ID = 8732]

1. Liver [Option ID = 34922]
2. Muscle [Option ID = 34923]
3. Intestine [Option ID = 34924]
4. Erythrocytes [Option ID = 34925]

Correct Answer :-

- Erythrocytes [Option ID = 34925]

33) Trail races typically have been related to which sports.
[Question ID = 8733]

1. Swimming [Option ID = 34926]
2. Cycling [Option ID = 34927]
3. Athletics [Option ID = 34928]
4. Triathlon [Option ID = 34929]

Correct Answer :-

- Athletics [Option ID = 34928]

34) The Gene Doping appears on the prohibited list for the first time in which year.
[Question ID = 8734]

1. 2010 [Option ID = 34930]
2. 2006 [Option ID = 34931]
3. 2008 [Option ID = 34932]
4. 2004 [Option ID = 34933]

Correct Answer :-

- 2004 [Option ID = 34933]

35) For the 3000m steeple chase event how many water jumps are used.

[Question ID = 8735]

1. 4 jumps [Option ID = 34934]
2. 5 jumps [Option ID = 34935]
3. 3 jumps [Option ID = 34936]
4. 6 jumps [Option ID = 34937]

Correct Answer :-

- 5 jumps [Option ID = 34935]

36) How many numbers of spikes or nails may be used by an athlete in spike shoes?

[Question ID = 8736]

1. 11 [Option ID = 34938]
2. 12 [Option ID = 34939]
3. 13 [Option ID = 34940]
4. 14 [Option ID = 34941]

Correct Answer :-

- 11 [Option ID = 34938]

37) Imaginary line passing laterally from one side to other is called

[Question ID = 8737]

1. Sagittal axis [Option ID = 34942]
2. Sagittal plane [Option ID = 34943]
3. Vertical axis [Option ID = 34944]
4. Lateral axis [Option ID = 34945]

Correct Answer :-

- Lateral axis [Option ID = 34945]

38) Hypoxia refers to

[Question ID = 8738]

1. Inadequate oxygen reaching to cells [Option ID = 34946]
2. Sufficient oxygen reaching to cells [Option ID = 34947]
3. Inadequate oxygen reaching to tissues [Option ID = 34948]
4. Sufficient oxygen reaching to tissues [Option ID = 34949]

Correct Answer :-

- Inadequate oxygen reaching to tissues [Option ID = 34948]

39) Principles of learning can be used to

[Question ID = 8739]

1. Facilitate learning in a big way [Option ID = 34950]
2. Provide happy learning experiences to students [Option ID = 34951]
3. Understand, analyze and manage human behaviour [Option ID = 34952]
4. Produce Stronger transfer- effects [Option ID = 34953]

Correct Answer :-

- Understand, analyze and manage human behaviour [Option ID = 34952]

40) "A diagram speaks more than a thousand words" the statement means that the teacher should:-

[Question ID = 8740]

1. Use diagram in teaching
[Option ID = 34954]
2. Speak more and more in class
[Option ID = 34955]
3. Use teaching aids
[Option ID = 34956]
4. Not speak too much in the class
[Option ID = 34957]

Correct Answer :-

- Use teaching aids
[Option ID = 34956]

41) The type of communication that the teacher has in the classroom is termed as

[Question ID = 8741]

1. Interpersonal [Option ID = 34958]
2. Mass communication [Option ID = 34959]
3. Group communication [Option ID = 34960]

4. Face to face communication [Option ID = 34961]

Correct Answer :-

- Group communication [Option ID = 34960]

42) The earliest model to explain the relationship between athletic performance and arousal is explained by:

[Question ID = 8742]

1. IZOF [Option ID = 34962]
2. Drive Theory [Option ID = 34963]
3. Inverted U hypothesis [Option ID = 34964]
4. Big Five Model [Option ID = 34965]

Correct Answer :-

- Inverted U hypothesis [Option ID = 34964]

43) What process begins immediately after the physical activity is terminated?

[Question ID = 8743]

1. The relaxation process [Option ID = 34966]
2. The resting process [Option ID = 34967]
3. The recovery process [Option ID = 34968]
4. The recreational process [Option ID = 34969]

Correct Answer :-

- The recovery process [Option ID = 34968]

44) Which of the following pairs is incorrectly matched?

[Question ID = 8744]

1. Piaget - Cognitive Development [Option ID = 34970]
2. Maslow - Hierarchy of Needs [Option ID = 34971]
3. Thorndike - Trial and Error [Option ID = 34972]
4. Skinner - Programmed Learning [Option ID = 34973]

Correct Answer :-

- Piaget - Cognitive Development [Option ID = 34970]

45) You want to develop cooperation and team spirit in students? Which activities would you propose?

[Question ID = 8745]

1. Art [Option ID = 34974]
2. Debate [Option ID = 34975]
3. Group work [Option ID = 34976]
4. Quiz [Option ID = 34977]

Correct Answer :-

- Group work [Option ID = 34976]

46) Among elite endurance athlete the stroke volume remains upto

[Question ID = 8746]

1. 70 to 90 ml/ beat [Option ID = 34978]
2. 50 to 70 ml/beat [Option ID = 34979]
3. 80 to 90 ml/ beat [Option ID = 34980]
4. 90 to 110 ml/ beat [Option ID = 34981]

Correct Answer :-

- 90 to 110 ml/ beat [Option ID = 34981]

47) Which of the following vitamin is a fat soluble vitamin?

[Question ID = 8747]

1. B6
[Option ID = 34982]
2. C
[Option ID = 34983]
3. D
[Option ID = 34984]
4. B12
[Option ID = 34985]

Correct Answer :-

- B12
[Option ID = 34985]

48) Which of the following objective of physical education was not suggested by H. Clark?

[Question ID = 8748]

1. Physical fitness
[Option ID = 34986]
2. Social efficiency
[Option ID = 34987]
3. Emotional aspect of development
[Option ID = 34988]
4. Culture
[Option ID = 34989]

Correct Answer :-

- Emotional aspect of development
[Option ID = 34988]

49) The word catcher is associated with:-

[Question ID = 8749]

1. Basketball
[Option ID = 34990]
2. Baseball
[Option ID = 34991]
3. Bridge
[Option ID = 34992]
4. Boxing
[Option ID = 34993]

Correct Answer :-

- Baseball
[Option ID = 34991]

50) Manjit Dua is associated to which sports?

[Question ID = 8750]

1. Tennis [Option ID = 34994]
2. Table tennis [Option ID = 34995]
3. Athletics [Option ID = 34996]
4. Badminton [Option ID = 34997]

Correct Answer :-

- Table tennis [Option ID = 34995]

51) What is the color of the first and second ring in the target face of archery?

[Question ID = 8751]

1. White
[Option ID = 34998]
2. Black
[Option ID = 34999]
3. Blue
[Option ID = 35000]
4. Red
[Option ID = 35001]

Correct Answer :-

- White
[Option ID = 34998]

52) The diameter of the table tennis ball is:-

[Question ID = 8752]

1. 38 mm
[Option ID = 35002]
2. 39 mm
[Option ID = 35003]
3. 40 mm

[Option ID = 35004]

4. 42 mm

[Option ID = 35005]

Correct Answer :-

- 40 mm

[Option ID = 35004]

53) When was the FIFA fair play trophy for the team with the best record of fair play was awarded?

[Question ID = 8753]

1. 1930

[Option ID = 35006]

2. 1994

[Option ID = 35007]

3. 1970

[Option ID = 35008]

4. 1974

[Option ID = 35009]

Correct Answer :-

- 1970

[Option ID = 35008]

54) Which of the following philosophy deals with the concept such as an individual experiences and choices are unique effecting their perception of reality

[Question ID = 8754]

1. Realism [Option ID = 35010]

2. Pragmatism [Option ID = 35011]

3. Existentialism [Option ID = 35012]

4. Humanism [Option ID = 35013]

Correct Answer :-

- Existentialism [Option ID = 35012]

55) Thyroid gland is located at

[Question ID = 8755]

1. Base of the brain [Option ID = 35014]

2. Front of the Neck [Option ID = 35015]

3. Pancreas [Option ID = 35016]

4. Liver [Option ID = 35017]

Correct Answer :-

- Front of the Neck [Option ID = 35015]

56) The shortest bone in human body is:-

[Question ID = 8756]

1. Stirrup

[Option ID = 35018]

2. Sesamoid

[Option ID = 35019]

3. Distal phalange

[Option ID = 35020]

4. Tarsal

[Option ID = 35021]

Correct Answer :-

- Stirrup

[Option ID = 35018]

57) The study of blood & related disorder is called:

[Question ID = 8757]

1. Histology [Option ID = 35022]

2. Hematology [Option ID = 35023]

3. Immunology [Option ID = 35024]

4. Cardiology [Option ID = 35025]

Correct Answer :-

- Hematology [Option ID = 35023]

58) The study of muscles is called:

[Question ID = 8758]

1. Anthropology [Option ID = 35026]
2. Myology [Option ID = 35027]
3. Neurology [Option ID = 35028]
4. Physiology [Option ID = 35029]

Correct Answer :-

- Myology [Option ID = 35027]

59) The major component of the blood is:

[Question ID = 8759]

1. Plasma [Option ID = 35030]
2. R.B.C [Option ID = 35031]
3. W.B.C [Option ID = 35032]
4. Platelets [Option ID = 35033]

Correct Answer :-

- Plasma [Option ID = 35030]

60) Lack of sufficient RBC in blood results into:

[Question ID = 8760]

1. Pyria [Option ID = 35034]
2. Hydrophobia [Option ID = 35035]
3. Anaemia [Option ID = 35036]
4. Tuberculosis [Option ID = 35037]

Correct Answer :-

- Anaemia [Option ID = 35036]

61) Body Composition is concerned primarily with:-

[Question ID = 8761]

1. Absorption & use of nutrients by the body
[Option ID = 35038]
2. Ability of skeleton system to give shape to the body
[Option ID = 35039]
3. Maintenance of body mass in the body
[Option ID = 35040]
4. Relative proportion of fat & lean tissue in the body
[Option ID = 35041]

Correct Answer :-

- Relative proportion of fat & lean tissue in the body
[Option ID = 35041]

62) Which of the following exercise is effective for developing core strength?

[Question ID = 8762]

1. Push Up
[Option ID = 35042]
2. Biceps curl
[Option ID = 35043]
3. Planks
[Option ID = 35044]
4. Hamstring Stretch
[Option ID = 35045]

Correct Answer :-

- Planks
[Option ID = 35044]

63) The Standard distance of Marathon Race.

[Question ID = 8763]

1. 26 kms. [Option ID = 35046]
2. 42 kms [Option ID = 35047]

3. 42.195 kms [Option ID = 35048]
4. 42.123 kms [Option ID = 35049]

Correct Answer :-

- 42.195 kms [Option ID = 35048]

64) Aorta is connected to :

[Question ID = 8764]

1. Left Ventricle [Option ID = 35050]
2. Right Ventricle [Option ID = 35051]
3. Left Auricle [Option ID = 35052]
4. Right Auricle [Option ID = 35053]

Correct Answer :-

- Left Ventricle [Option ID = 35050]

65) Who declares the Olympic games closed?

[Question ID = 8765]

1. Chairman IOC [Option ID = 35054]
2. President IOC [Option ID = 35055]
3. Secretary IOC [Option ID = 35056]
4. Prime-Minister of the organizing country [Option ID = 35057]

Correct Answer :-

- President IOC [Option ID = 35055]

66) The resting stroke volume per beat of heart is:-

[Question ID = 8766]

1. 20- 40 ml [Option ID = 35058]
2. 40-60 ml [Option ID = 35059]
3. 60-80 ml [Option ID = 35060]
4. 80-100 ml [Option ID = 35061]

Correct Answer :-

- 60-80 ml [Option ID = 35060]

67) Which of the following grand slam tournament starts on the first month of every New Year?

[Question ID = 8767]

1. French Open [Option ID = 35062]
2. Australian Open [Option ID = 35063]
3. US Open [Option ID = 35064]
4. Wimbledon [Option ID = 35065]

Correct Answer :-

- Australian Open [Option ID = 35063]

68) Activity lasting more than 10 Sec, the fuel that muscle use in such an activity is:-

[Question ID = 8768]

1. ATP [Option ID = 35066]
2. ADP [Option ID = 35067]
3. Glycogen & Glucose [Option ID = 35068]
4. Fat [Option ID = 35069]

Correct Answer :-

- Glycogen & Glucose [Option ID = 35068]

69) Sprain possibly Occurs in :

[Question ID = 8769]

1. Ligaments [Option ID = 35070]
2. Bones [Option ID = 35071]
3. Tendons [Option ID = 35072]
4. Organs [Option ID = 35073]

Correct Answer :-

- Ligaments [Option ID = 35070]

70) The World Anti-Doping Agency (WADA) was established in the year

[Question ID = 8770]

1. 1999 [Option ID = 35074]
2. 1987 [Option ID = 35075]
3. 2002 [Option ID = 35076]
4. 2000 [Option ID = 35077]

Correct Answer :-

- 1999 [Option ID = 35074]

71) The wounds or cuts are made by tearing of the skin

[Question ID = 8771]

1. Lacerations [Option ID = 35078]
2. Abrasions [Option ID = 35079]
3. Avulsion [Option ID = 35080]
4. Contusion [Option ID = 35081]

Correct Answer :-

- Lacerations [Option ID = 35078]

72) Deformity of the injured part is the sign & symptoms of

[Question ID = 8772]

1. Fracture [Option ID = 35082]
2. Dislocation [Option ID = 35083]
3. Contusion [Option ID = 35084]
4. Concussion [Option ID = 35085]

Correct Answer :-

- Fracture [Option ID = 35082]

73) An excessive and repetitive force placed on the bones and other connective tissues can cause

[Question ID = 8773]

1. Overuse Injury [Option ID = 35086]
2. Indirect Injury [Option ID = 35087]
3. Avulsion [Option ID = 35088]
4. Direct Injury [Option ID = 35089]

Correct Answer :-

- Overuse Injury [Option ID = 35086]

74) The Sutures of the skull is an example of

[Question ID = 8774]

1. Pivot Joint [Option ID = 35090]
2. Fibrous Joint [Option ID = 35091]
3. Synovial Joint [Option ID = 35092]
4. Cartilaginous Joint [Option ID = 35093]

Correct Answer :-

- Fibrous Joint [Option ID = 35091]

75) The layer of connective tissue sheath that covers the whole muscle

[Question ID = 8775]

1. Perimysium [Option ID = 35094]
2. Epimysium [Option ID = 35095]
3. Endomysium [Option ID = 35096]
4. Sarcolemma [Option ID = 35097]

Correct Answer :-

- Epimysium [Option ID = 35095]

76) The freely moveable joints are also called the

[Question ID = 8776]

1. Synovial Joint [Option ID = 35098]
2. Fibrous Joint [Option ID = 35099]
3. Condylod Joints [Option ID = 35100]
4. Cartilaginous Joints [Option ID = 35101]

Correct Answer :-

- Synovial Joint [Option ID = 35098]

77) The special types of bones that is fixed into a tendon or a joint capsule

[Question ID = 8777]

1. Sesamoid bones [Option ID = 35102]
2. Long Bones [Option ID = 35103]
3. Flat Bones [Option ID = 35104]
4. Short Bones [Option ID = 35105]

Correct Answer :-

- Sesamoid bones [Option ID = 35102]

78) A disruption of the fibers of a muscle or tendon is referred to as

[Question ID = 8778]

1. Strain [Option ID = 35106]
2. Cramp [Option ID = 35107]

3. Dislocation [Option ID = 35108]
4. Fracture [Option ID = 35109]

Correct Answer :-

- Strain [Option ID = 35106]

79) The volume of blood pumped by the heart in one minute

[Question ID = 8779]

1. Tidal Volume [Option ID = 35110]
2. Stroke Volume [Option ID = 35111]
3. Cardiac Output [Option ID = 35112]
4. Minute Ventilation [Option ID = 35113]

Correct Answer :-

- Cardiac Output [Option ID = 35112]

80) An increase in the cross section of the muscle fiber is referred as

[Question ID = 8780]

1. Muscle Atrophy [Option ID = 35114]
2. Hyperplasia [Option ID = 35115]
3. Muscle Hypertrophy [Option ID = 35116]
4. Myasthenia Gravis [Option ID = 35117]

Correct Answer :-

- Muscle Hypertrophy [Option ID = 35116]

81) Volume of air inhaled or exhaled with each breath during normal breathing

[Question ID = 8781]

1. Tidal volume [Option ID = 35118]
2. Minute Ventilation [Option ID = 35119]
3. Breathing Frequency [Option ID = 35120]
4. Total Lung Capacity [Option ID = 35121]

Correct Answer :-

- Tidal volume [Option ID = 35118]

82) A National Sports Federation that uses as a catalyst to transform the lives of children and adults with intellectual disabilities.

[Question ID = 8782]

1. Indian Olympic Bharat [Option ID = 35122]
2. Special Olympic Bharat [Option ID = 35123]
3. Sports Authority of India [Option ID = 35124]
4. Indian Paralympic Federation [Option ID = 35125]

Correct Answer :-

- Special Olympic Bharat [Option ID = 35123]

83) The duration of the Olympic Games shall not exceed

[Question ID = 8783]

1. 12 Days [Option ID = 35126]
2. 16 Days [Option ID = 35127]
3. 14 Days [Option ID = 35128]
4. 10 Days [Option ID = 35129]

Correct Answer :-

- 16 Days [Option ID = 35127]

84) The weight of the Olympic torch is

[Question ID = 8784]

1. 700 gm [Option ID = 35130]
2. 500 gm [Option ID = 35131]
3. 450 gm [Option ID = 35132]
4. 850 gm [Option ID = 35133]

Correct Answer :-

- 700 gm [Option ID = 35130]

85) Quality physical education program develops the following emotional domain

[Question ID = 8785]

1. Value of self-expression [Option ID = 35134]
2. Movement skills [Option ID = 35135]
3. Affiliation Needs with the group [Option ID = 35136]
4. Mastery in Coordination [Option ID = 35137]

Correct Answer :-

- Value of self-expression [Option ID = 35134]

86) For an effective teaching and coaching in physical education, the teacher should possess the following skill:-

[Question ID = 8786]

1. Monitoring the dietary program

[Option ID = 35138]

2. Good Demonstration and communication skills

[Option ID = 35139]

3. Sports Reporting Skills

[Option ID = 35140]

4. Officiating Skills

[Option ID = 35141]

Correct Answer :-

- Good Demonstration and communication skills

[Option ID = 35139]

87) "Olympiad" means:-

[Question ID = 8787]

1. Place in Greece [Option ID = 35142]
2. To win the medal in Olympic Games [Option ID = 35143]
3. To take part in the Olympic Games [Option ID = 35144]
4. The period between two Olympic Games [Option ID = 35145]

Correct Answer :-

- The period between two Olympic Games [Option ID = 35145]

88) Wrestling was included in the Modern Olympic Games in:-

[Question ID = 8788]

1. 1896 [Option ID = 35146]
2. 1900 [Option ID = 35147]
3. 1904 [Option ID = 35148]
4. 1908 [Option ID = 35149]

Correct Answer :-

- 1904 [Option ID = 35148]

89) Which among the following is not the laws of learning?

[Question ID = 8789]

1. Law of Readiness

[Option ID = 35150]

2. Law of Reaction

[Option ID = 35151]

3. Law of Effect

[Option ID = 35152]

4. Law of Exercise

[Option ID = 35153]

Correct Answer :-

- Law of Reaction

[Option ID = 35151]

90) The training cycle which has a normal duration of 3-6 weeks is called

[Question ID = 8790]

1. Macro Cycle [Option ID = 35154]
2. Micro Cycle [Option ID = 35155]
3. Meso Cycle [Option ID = 35156]
4. Periodic Cycle [Option ID = 35157]

Correct Answer :-

- Meso Cycle [Option ID = 35156]

91) The ability to execute motor actions under given circumstances in the minimum possible time is called

[Question ID = 8791]

1. Flexibility [Option ID = 35158]
2. Agility [Option ID = 35159]
3. Endurance [Option ID = 35160]

4. Speed [Option ID = 35161]

Correct Answer :-

- Speed [Option ID = 35161]

92) The essence of management in any field of human interaction is

[Question ID = 8792]

1. Coordination [Option ID = 35162]
2. Coexistence [Option ID = 35163]
3. Cooperation [Option ID = 35164]
4. Coaction [Option ID = 35165]

Correct Answer :-

- Coordination [Option ID = 35162]

93) The "feel good chemicals" endorphins commonly known as the "runner's high" are released in the brain , are the natural opiates to

[Question ID = 8793]

1. Increased muscle potential [Option ID = 35166]
2. Improved Vital Capacity [Option ID = 35167]
3. Aid Cardiac Output [Option ID = 35168]
4. Enhance Tolerance to Pain [Option ID = 35169]

Correct Answer :-

- Enhance Tolerance to Pain [Option ID = 35169]

94) Saurabh Chaudhary is associated with which sport

[Question ID = 8794]

1. Judo [Option ID = 35170]
2. Shooting [Option ID = 35171]
3. Boxing [Option ID = 35172]
4. Wrestling [Option ID = 35173]

Correct Answer :-

- Shooting [Option ID = 35171]

95) Joshna Chinappa is associated with which sport

[Question ID = 8795]

1. Tennis [Option ID = 35174]
2. Squash [Option ID = 35175]
3. Badminton [Option ID = 35176]
4. Table Tennis [Option ID = 35177]

Correct Answer :-

- Squash [Option ID = 35175]

96) What energy do minerals supply to the body?

[Question ID = 8796]

1. Chemical [Option ID = 35178]
2. Electrical [Option ID = 35179]
3. Thermal [Option ID = 35180]
4. No Energy [Option ID = 35181]

Correct Answer :-

- No Energy [Option ID = 35181]

97) The extremely humidity in the atmosphere causes

[Question ID = 8797]

1. great loss of heat from the body [Option ID = 35182]
2. extra ordinary evaporation of sweat [Option ID = 35183]
3. no evaporation of sweat [Option ID = 35184]
4. too much secretion of sweat [Option ID = 35185]

Correct Answer :-

- no evaporation of sweat [Option ID = 35184]

98) The term 1 RM means

[Question ID = 8798]

1. One Repetition Method [Option ID = 35186]
2. One Relaxation Method [Option ID = 35187]
3. One Repetition Maximum [Option ID = 35188]
4. One Recovery Method [Option ID = 35189]

Correct Answer :-

- One Repetition Maximum [Option ID = 35188]

99) The span of Transition period of sports training should not be more than

[Question ID = 8799]

1. 1 to 2 weeks [Option ID = 35190]
2. 3 to 4 weeks [Option ID = 35191]
3. 5 to 6 weeks [Option ID = 35192]
4. 5 to 7 weeks [Option ID = 35193]

Correct Answer :-

- 3 to 4 weeks [Option ID = 35191]

100) What kind of loading does exercise like 'jumping from a bench to the floor and then immediately back on the bench' depict?

[Question ID = 8800]

1. Eccentric [Option ID = 35194]
2. Concentric [Option ID = 35195]
3. Plyometric [Option ID = 35196]
4. Speed Loading [Option ID = 35197]

Correct Answer :-

- Plyometric [Option ID = 35196]