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NOTE: MORE DATA IS UPDATE REGULARLY, SO KEEP IT VISIT, THANKS!

100 #MCQ_OF_HEALTH & #PHYSICAL #EDUCATION

- 1 2004 OLYMPIC GAMES HELD IN _____ GREEK
- 2 ATHLETICS ARE ALSO CALLED THE BASE OF _____ OLYMPIC GAMES
- 3 DURATION OF SARKAL KABADI MATCH _____ 40 MIN
- 4 FIRST PRESIDENT OF PAKISTAN GOLF FEDERATION _____ JUSTICE A R KARNEES
- 5 FOR WINNING THE GAME LEAD IS REQUIRED _____ 2
- 6 HEIGHT OF NANGA PARBAT _____ 8125 M

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- 7 HOW MANY LANES ON TRACK _____ 8
- 8 HOW MANY SUBSTITUTE PLAYERS IN VALLEY BALL TEAM _____ 6
- 9 HOW MANY UMPIRES IN BASE BALL _____ 4
- 10 IN 100 M WOMEN HURDLES COMPETITION DISTANCE BETWEEN HURDLES _____ 8.5 M
- 11 IN 110 METER MEN HURDLE RACE THE HEIGHT OF HURDLES _____ 1.067 M
- 12 IN 2006 ASIAN GAMES HOW MANY COUNTRIES PARTICIPATED IN KABADI _____ 12
- 13 IN WHICH YEAR PAKISTAN WON ODI WORLD CUP _____ 1992
- 14 JUDO IS INTRODUCED IN OLYMPIC GAME _____ 1964
- 15 OLD NAME OF PAKISTAN GOLF FEDERATION _____ PAKISTAN GOLF UNION
- 16 THE GAME OF CHESS STARTED FROM _____ 3000 BC
- 17 THE STICK WHICH IS USED TO HIT THE BALL IN GOLF IS CALLED _____ CLUB
- 18 TOTAL HEIGHT OF K-2 _____ 8516 M
- 19 TOTAL NUMBER OF PLAYER IN CRICKET TEAM _____ 11
- 20 TOTAL NUMBER OF PLAYERS IN BEACH VALLEY BALL GAME _____ 2
- 21 TOTAL WEIGHT OF TABLE TENNIS BALL _____ 2.7
- 22 WEIGHT OF VALLEY BALL BALL IS _____ 9 TO 10 OUNCE
- 23 WHAT IS THE LOWEST SCORE IN IN ODI CRICKET RECORD _____ 43 RUNS
- 24 WHEN ASIAN KABADI FEDERATION IS ESTABLISHED _____ 1978
- 25 WHEN BASE BALL STARTED IN PAKISTAN _____ 1992
- 26 WHEN FIRST ASIAN KABADI CHAMPIONSHIP HELD _____ 1980
- 27 WHEN FIRST FIFA WORLD CUP HELD _____ 1930
- 28 WHEN FIRST TIME BASKETBALL INTRODUCE IN OLYMPIC GAMES _____ 1940
- 29 WHEN INTERNATIONAL POLO FEDERATION WAS ESTABLISHED _____ 1983
- 30 WHEN PAKISTAN FIRST TIME PARTICIPATE IN DAVIS CUP _____ 1948

- 31 WHICH COUNTRY FIRST OF ALL INTRODUCE CHESS _____ HINDUSTAN
- 32 WHICH DEVICE USED TO MEASURE THE WIND VELOCITY _____ THE WIND GAUGE
- 33 WHICH IS THE BIGGEST RACE IN OLYMPIC GAMES _____ MARATHON RACE
- 34 WHICH IS THE HIGHEST MOUNTAIN IN PAKISTAN _____ K-2
- 35 WHICH PLAYER WON MORE TITLES OF TOUR DE FRANCE _____ FRANCE
- 36 WHICH TEAM WON FIRST FIFA WORLD CUP _____ URUGUAY
- 37 WHICH TEAM WON THE WORLD CUP 2007 _____ AUSTRALIA
- 38 WIDTH OF VALLEY BALL COURTS LINES _____ 5 CM
- 39 _____ TENDON LOCATED IN THE POSTERIOR SIDE OF THE LOWER LEG. ACHILLES
- 40 _____ THE MAIN MASS OF NERVOUS TISSUE, TYPING BETWEEN SENSORY RECEPTORS, WHICH ACTS AS AN INTEGRATING CENTRE. CENTRAL NERVOUS SYSTEM
- 41 _____ THE TERM USED TO DESCRIBE AN AGGREGATION OF BODY CELLS WITH SPECIALIZED STRUCTURE AND FUNCTION. TISSUE
- 42 _____ IS PSYCHOLOGICAL STUDY OF MORAL PRINCIPLES? AXIOLOGY
- 43 _____ IS THE RESIDUAL FLUID OF BLOOD LEFT AFTER REMOVAL OF THE CELLULAR ELEMENTS. PLASMA
- 44 _____ IS THE SCIENCE, WHICH DEALS WITH THE DESCRIPTION OF THE STRUCTURE OF CELLS, TISSUES, ORGANS AND ORGANISMS. ANATOMY
- 45 'PELE' IS RELATED TO WHICH GAME? SWIMMING
- 46 'STIMULUS RESPONSE THEORY' WAS GIVEN BY? E. L. THORNDIKE
- 47 18.29 M TRIPLE JUMP RECORD IS OF JONATHAN ADWORD
- 48 2008 OLYMPIC GAMES HELD IN WHICH COUNTRY _____ CHINA
- 49 2011 WORLD CUP HELD IN WHICH COUNTRY _____ ALL OF THESE
- 50 2ND NAME OF ATHLETICS IS _____ TRACK AND FIELD EXERCISES
- 51 400 METER RACE WAS INCLUDED INOLYMPIC 1912
- 52 4TH ASIAN GAMES HELD IN WHICH COUNTRY
_____ PAKISTAN

- 53 9TH ASIAN GAMES HELD IN WHICH COUNTRY _____ PAKISTAN
- 54 A LONG DISTANCE RUNNER MUST CONSUME MORE QUANTITY OF? CARBOHYDRATE
- 55 A MUSCLE FIBRE RELAXES WHEN: THE NERVE STIMULUS IS REMOVED
- 56 A PERFECT FOOD, KNOWN AS NUTRITIOUS IS ONE THAT? CONTAINS ALL NUTRITIOUS ELEMENTS OF FOOD
- 57 A RICH SOURCE OF VITAMIN A IS: APRICOT
- 58 A STRESS SITUATION WHICH GRABS A PERSON COMPLETELY IN-VERY SHOUR TIME IS? ACUTE
- 59 A TYPICAL FIBER IN THE ADULT MAN MAY HAVE A DIAMETER OF 50-70 MM
- 60 ABDOMINAL MUSCLES ARE BEST DEVELOPED FROM: ABDOMINAL CRUNCH
- 61 ABDOMINAL MUSCLES ARE BEST DEVELOPED FROM? PLAYING
- 62 ACCORDING TO RULES, THE COLOUR OF FOOTBALL GOAL POST IS? WHITE
- 63 AEROBIC POWER CAN BE ENHANCED BY? CIRCUIT TRAINING
- 64 AFTER CALCIUM IONS HAVE BEEN RELEASED FROM THE SARCOPLASMIC RETICULUM THEY: BIND TO TROPONIN
- 65 AFTER EMULSION, THE DIGESTION OF FAT IS DONE BY AN ENZYME CALLED? LIPASE
- 66 AGAINST WHICH COUNTRY 'MARADONA' SCORED THE GOAL OF THE CENTURY? ENGLAND
- 67 AGE MEASURED IN DAYS, MONTHS AND YEARS IS CALLED? BIRTH AGE
- 68 AGILITY MAY BE NEEDED IN SPEED, BALANCE, COORDINATION AND _____? STRENGTH
- 69 ALL OF THE FOLLOWING ARE EXCITABLE TISSUES EXCEPT: MINISCULE CARTILAGE
- 70 ALL THE FOLLOWING FACTORS ADD TO INSTABILITY OF SHOULDER JOINT EXCEPT? ORGAN OF LONG HEAD OF BICEPS
- 71 AN EXAMPLE OF INJURY CAUSED BY MACROTREUMA IS: SPRAIN
- 72 AN IMMEDIATE EMOTIONAL STATE OF APPREHENSION & TENSION IS RESPONSE TO SPECIFIC SITUATION IS CALLED? TRAIT ANXIETY
- 73 AN OFFENSIVE PLAY THAT IS COMMONLY USED IN BASKETBALL FOR A SET SHOT IS THE? PIVOT
- 74 ANAEROBIC METABOLISM REFERS TO THE GENERATION OF ATP: WITHOUT THE USE OF OXYGEN
- 75 ANGLE OF JAVELIN THROUGH _____ 29
- 76 APPARATUS TO MEASURE FAT PERCENTAGE IN BODY IS? SKINFOLD METER/CALIPER
- 77 APPENDIX IS HELPFUL IN DIGESTIVE SYSTEM OF HUMAN BEING FOR? NOT HELPFUL IN DIGESTIVE PROCESS
- 78 APPROPRIATENESS, USEFULNESS, MEANINGFULNESS OF ANY INFERENCE A RESEARCHER DRAWS REFERS TO DATA? VALIDITY OF THE DATA
- 79 APPROXIMATELY, WHAT PERCENTGE OF HEART IS GENERATED Y MUSCLE TISSUE? 0.85
- 80 ARE HEAVY EXERCISES GOOD FOR SOUND SLEEP? NO
- 81 ARTERY CARRIES THE SUPPLY OF BLOOD TOWARDS HEART? PULMONARY ARTERY
- 82 ASIAN GAMES ARE ALSO KNOWN AS _____ ASIA
- 83 ASIAN GAMES TOOK PLACE AFTER EVERY _____ 4 YEARS
- 84 AT WHAT SCORE ENDS WILL BE CHANGED IN THE TIE BREAK GAME IN TENNIS? 42741
- 85 ATHLETE'S FOOT IS CAUSED BY VIRUS
- 86 AUTOMATIC NERVOUS SYSTEM CONTROLS THE _____ FUNCTION OF THE BODY. INVOLUNTARY
- 87 BALANCED DIET CONTAINS ALL OF THE ABOVE
- 88 BALL AND SOCKET TYPES OF JOINT IS? TRI-AXIAL JOINT
- 89 BASE BALL IS THE NATIONAL GAME OF WHICH COUNTRY _____ AMERICA

- 90 BEARDEN AND HUNGRY THE JAVELIN THROW WAS CONSIDERED REGULAR GAME IN 1870
- 91 BEFORE THE SHOT PUT COMPETITION ALL THE PLAYERS ARE GIVEN TUMS 42768
- 92 BHARTIYAM WAS CONDUCTED TO PROMOTE? MASS RHYTHMIC ACTIVITIES
- 93 BLOOD GETS DE OXYGENATE IN: NERVES
- 94 BLOOD GETS DE-OXYGENATED IN? HEART
- 95 BLOOD IS PURIFIED IN THE HUMAN BODY BY? OXYGEN
- 96 BLOOD PLASMA ALSO CIRCULATES _____ AND CONTAINS SEVERAL OF THE COMPONENTS ESSENTIAL FOR THE FORMATION OF BLOOD CLOTS. IMMUNE BODIES
- 97 BLOOD TRANSPORT WASTE PRODUCTS TO _____ FOR ELIMINATION FROM THE BODY. EXCRETORY ORGANS
- 98 BRACHIAL ARTERY LIES ON THE ANTERIOR ASPECT OF ALL THE FOLLOWING STRUCTURES EXCEPT? TERSE MAJOR
- 99 BY WHICH HORMONE HIGH BLOOD SUGAR LEVEL CAN BE CONTROLLED IN STOMACH? INSULIN
- 100 CARBOHYDRATES ARE CONVERTED INTO SUGAR IN THE: DIGESTIVE TRACT