

رہنمائے کھیل و جسمانی تعلیم

A GUIDE ON SPORTS & PHYSICAL EDUCATION

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نیو ایڈیشن: 2015

ADVANCED TEST SAMPLE ON SPORTS SCIENCES &
PHYSICAL EDUCATION

(Sample 01 carry 100 questions)

Marks: 200

Times Allowed: 100 Minutes

Directions: Select from the lettered choices that choice which best completes the statement or answers the question. Indicate the letter of your choice on the answer sheet at the end of each sample.

B 1. When the elbow joint is in the flexed position during a pull-up, the forearm is in a _____ Position.

(A) pronated

(B) supinated

(C) everted

(D) extended

D 2. If the contraction of a muscle group responsible for a movement and its corresponding antagonistic group of muscles contract with the same amount of force at the same time, _____ results.

(A) skillful coordination

(B) smooth execution

(C) a jerky action

(D) no movement

D 3. The United Nations is connected with health through an agency known as the

(A) Public Health Service

(B) Department of Health

(C) United Medical Association

(D) World Health Organization

D 4. "Education through play and social realization through participation and self-expression" best characterizes the educational program advanced by

- (A) Rousseau
- (B) Pestalozzi
- (C) Drago
- (D) Froebel

5. What was the reason for the decision to boycott the 1980 Moscow Olympics by a number of countries?

- (A) Soviet war in Afghanistan
- (B) Soviet support for Balkan insurgencies
- (C) Soviet support for North Korean nuclear program

6. At body joints, friction is eliminated by the

- (A) Meninges
- (B) Sarcolemma
- (C) Peritoneum
- (D) Bursae

7. Exercises done in the recumbent position

- (A) require as much balance effort as when performed in the sitting position
- (B) are free from the pull of gravity
- (C) should be limited to therapeutic use of the musculature
- (D) require greater gravitational force

8. In respiration, the quantity of air normally inspired is termed _____ volume

- (A) vital
- (B) capacity
- (C) supplemental
- (D) complementary

9. The muscle which acts most effectively as a knee-joint extensor is the

- (A) vastus medialis
- (B) biceps femoris
- (C) semitendinosus
- (D) semimembranosus

10. In tennis, if the receiver returns a good serve on a volley, the correct decision is
- (A) A point for the server
 - (B) The server takes another serve
 - (C) A let
 - (D) A point for the receiver
11. The squat-thrust and dip exercise is especially beneficial in a lesson concerned with practice of the
- (A) Spike in volleyball
 - (B) Foul shot in basketball
 - (C) Punt in soccer
 - (D) Lob in tennis
12. In the condition of round shoulders, all of the following are present except a (an)
- (A) tendency toward tilting head forward
 - (B) depressed chest
 - (C) abduction and lateral tilt of the shoulder girdle
 - (D) increased convexity of the thoracic spine
13. Drawing a hand away from a hot stove illustrates a
- (A) conditioned response
 - (B) simple reflex
 - (C) learned response
 - (D) voluntary response
14. Of the following purposes for the use of drill in a physical activity lesson, all are correct except that it
- (A) keeps pupils busy the entire period
 - (B) allows pupils to gain skill in a motor problem
 - (C) trains for alacrity in correct response
 - (D) provides beneficial physiological exercise
15. An instrument used for measuring joint angles is the
- (A) Goniometer
 - (B) Ergograph

- (C) Tonometer
(D) Manometer
16. In general, correct standing posture include all of the following except having
(A) Most of the body weight on the ball of the feet
(B) The knees locked
(C) The feet parallel and about six inches apart
(D) The abdomen retracted
17. In volleyball, an official game is completed when the
(A) End of fifteen minutes of play is completed
(B) When the score is 25-24 is called
(C) Scorer informs the referee that the score is 25-23
(D) When the score is 15-14 is called
18. A backrow player comes in front of the 3-meter line and attacks the ball above the height of the net. The correct call would be:
(A) This is a legal play, so play would continue.
(B) Backrow players are not allowed to attack the ball in front of the 3-meter line.
(C) The play is legal as long as the setter is jump setting.
(D) Only legal if the three front row players are unable to attack the ball.
19. How many times can you touch a Volley Ball ball in a row?
(A) One time
(B) Two times
(C) Three times
(D) As many as it takes
20. What is the correct order for using your three contacts?
(A) Set, Pass, Attack
(B) Pass, Attack, Set
(C) Set, Attack, Pass
(D) Pass, Set, Attack

21. The first four games of a volleyball match are played to what score?
(A) 21
(B) 15
(C) 25
(D) 30
22. How many players are there on one side of a volleyball court?
(A) 6
(B) 12
(C) 4
(D) 9
23. Are players allowed to run with the ball, or run and bounce the ball like they do in basketball?
(A) Yes, they can do both
(B) They can run with it
(C) They can bounce it like basketball
(D) No, they can't do either
24. Which of these is not a proper pass in netball?
(A) Chest Pass
(B) Bounce Pass
(C) Shoulder Pass
(D) Head Pass
25. Males or females are allowed to play netball.
(A) Both can
(B) Only men can
(C) Only females can
(D) The referee can decide
26. When you walk with the ball, in netball terms what is it called?
(A) Walking
(B) Stepping
(C) Running

- (D) Jogging
27. How many people are on a netball team, playing on the court at one time?
- (A) 10
 - (B) 11
 - (C) 7
 - (D) 12
28. All of the following associations of play and volleyball official's signal are correct except:
- (A) net foul---touching net on side that committed foul
 - (B) time out---raising the arms vertically overhead with the number of fingers extended corresponding to the number of time outs
 - (C) lifted ball---raising one hand slowly upward with the palm up
 - (D) double foul---crossing both hands over the top of the net
29. A principal constituent of connective tissue is
- (A) creation
 - (B) veronol
 - (C) trional
 - (D) collagen
30. Which one of the following is a fundamental motor skill often used for active leisure activities?
- (A) Netball pass
 - (B) Hockey flick
 - (C) Running
 - (D) Triple jump
31. Bacteria capable of living only where free oxygen is present are said to be
- (A) anaerobic
 - (B) symbiotic
 - (C) samrophytic
 - (D) aerobic

32. In volleyball, a volley consists of
- (A) three successful serves
 - (B) a series of taps by team members in order to return the ball to their opponents
 - (C) one contact with the ball by a player anytime during the game
 - (D) a series of plays that takes place until the ball is declared dead
33. What does boxed mean?
- (A) Stopping quickly and then deciding to start again on another approach
 - (B) exchanging the positions of the feet after releasing the shot
 - (C) Getting hit by a runner
 - (D) Having a competitor in front and on the side
34. The last effective technique for catching a basketball is to
- (A) keep the fingers spread
 - (B) Keep the eyes on the ball
 - (C) keep the knees slightly flexed
 - (D) control the ball with the palms
35. Which one of the following pairs shows two good examples of characteristics of a balanced, healthy lifestyle?
- (A) Non smoking and non active
 - (B) Nutritional diet and regular water drinking
 - (C) Non alcohol and low protein diet
 - (D) Physically active and smoking only a limited number of cigarettes.
36. Which event is not classified as a field event?
- (A) Shot put
 - (B) Highjump
 - (C) Hurdles
 - (D) javelin
37. The offensive basketball player who regains the ball on the rebound should attempt all of the following except to
- (A) try to bank the shot
 - (B) try to tap the ball toward the basket

- (C) shoot the ball
(D) move away from the basket and shoot
38. In applying the mouth-to-mouth technique of artificial respiration to infants and small children, the first aider should blow air into the victim at the rate of approximately--
-----times per minute
(A) 6
(B) 12
(C) 20
(D) 35
39. Which one of the following is not a role of the school curriculum in promoting an active, healthy lifestyle?
(A) Teaching motor skills
(B) Developing leadership roles
(C) Encouraging participation in activities
(D) Selecting the best performers for national teams
40. Newton's second law of motion is also known as
(A) Law of inertia - 1
(B) Law of action reaction - 3
(C) Law of momentum - 2
(D) Law of gravitation.
41. Parotid gland is a/an پیرنٹل گنڈ
(A) gastric gland
(B) intestinal gland
(C) salivary gland
(D) none of the above
42. The knee joint consists of which movements?
(A) adduction
(B) flexion
(C) hyperextension
(D) b and c
43. Which is not an exercise
(A) basketball

Abduction \rightleftarrows
Adduction \leftarrow

- (B) football
(C) sitting
(D) soccer
44. In teaching beginners the dive in swimming, of the following the one usually presented first is the
(A) sitting dive
(B) standing front dive
(C) knee dive
(D) dive from one leg
45. It is correct to state that in
(A) gymnastics, balance is most important
(B) golf, coordination is most important
(C) wrestling, strength is most important
(D) an 800m running relay, endurance is most important
46. Most cases of infectious heart disease among persons between five and twenty-five years of age are due to
(A) rheumatic \rightarrow ریمٹک
(B) congenital heart disease
(C) syphilis
(D) mumps
47. Where does Kerb's Cycle takes place?
(A) Cytoplasm
(B) Chloroplast
(C) Golgi Bodies
(D) Mitochondria
48. That the things most recently learned are best remembered refers to
(A) Law of intensity
(B) Law of effect
(C) Law of primacy
(D) Law of recency.
49. The breast stroke is begun by

*most living cells produce energy
cells process in which aerobic
exercise it take place in the mitochondria
producing oxygen and produce carbon
dioxide and water possible product
ADP is converted to rich energy ATP*

- (A) bending the knees and extending the arms
- (B) gliding with the arms and the legs fully extended
- (C) extending the legs fully with the arms held along the sides of the body
- (D) drawing the knees upward while the hands are held at the sides

50. In basketball, the three-two defense is most effective for
- (A) use against a slow team
 - (B) the start of a fast break
 - (C) use on a large court
 - (D) defense against good shots from the corner

51. All of the following statements concerning tournaments are correct except:

- (A) The number of games necessary to complete a round-robin tournament for six teams is fifteen.
- (B) The number of byes in an elimination tournament for nine teams is seven
- (C) Players in a ladder tournament are permitted to challenge anyone above them in the tournament
- (D) Elimination tournaments with sixteen entrants should seed at least four players

52. Nutrition includes the study of _____

- (A) the organism's food
- (B) process of digestion
- (C) the way an organism obtains food
- (D) all of the above

53. In setting up an elimination tournament chart consisting of twenty-three players, one should have

- (A) seven byes at the top and seven byes at the bottom
- (B) five byes at the top and six byes at the bottom
- (C) four byes at the top and five byes at the bottom
- (D) three byes at the top and three byes at the bottom

54. Where should the runner look when hearing the command, "set"?
- (A) At the starter
 - (B) At the finish tape
 - (C) Directly down to the ground
 - (D) At the group a few feet ahead

55. 'Davis Cup' is associated with the game of
- (A) Tennis
 - (B) Squash
 - (C) Hockey
 - (D) Deck Tennis

56. Boxer's muscles are
- (A) trapezius
 - (B) sternocleidomastoid
 - (C) Abdominal
 - (D) Deltoid

57. The vertical axis passes
- (A) Perpendicular to the ground
 - (B) Horizontal to the ground
 - (C) Both (a) and (b)
 - (D) None of above.

58. In general, all of the following characteristics of adolescents are correct except:

- (A) Sebaceous glands are generally active during this period
- (B) Thirteen-year-old girls are taller than thirteen-year-old boys
- (C) Boys and girls tend to mature sexually at a little earlier age than 50 years ago.
- (D) After their sixteenth birthday, boys, as compared with girls, to gain more weight during the late teens

59. All of the following are related to the clotting of blood except

- (A) cholesterol

- (B) prothrombin
 (C) blood platelets
 (D) fibrin
60. Limit all of the following in your diet except
 (A) Saturated and Trans fats
 (B) Sugar and Salts
 (C) Cholesterol
 (D) Fiber
61. Sport Board was formed in
 (A) 1962
 (B) 1960
 (C) 1965
 (D) 1970
- Parabola is
 (A) The path of an object projected into free air
 (B) path of an object formed with air resistance
 (C) Path of the object falling vertically down
 (D) None of the above.
63. If the score is tied at the expiration of playing time in a basketball game, the referee should have the players
 (A) stop the play and declare the game a tie
 (B) participate for one or more extra time until the tie is broken
 (C) play for an additional five-minute period and if, at the end of this time the tie is unbroken, it remains a tie replay the game at a later date
 (D) replay the game after a five-minute rest
64. Why are staggered starts used?
 (A) To rest rid fast runners
 (B) To give slower runners a head start
 (C) To equalize distance when races are run on curves
 (D) To help the starter see false starts more easily
65. Where were (17th) Commonwealth Games held?
 (A) Manchester, England

No
Tie

- (B) Victoria, Canada
 (C) Kathmandu, Nepal
 (D) Pusan, S. Korea.
66. A beginner in volleyball who is learning to volleyball should not be instructed to
 (A) follow-through in the direction of intended flight
 (B) keep his weight on the forward part of his feet as he plays the ball
 (C) let his fingers follow the flight of the ball after hitting it
 (D) use his hands as fists when contacting the ball
67. All of the following suggestions regarding the teaching of continuous backward rolls are correct except:
 (A) Spotters should be used throughout the performance
 (B) For each roll, the hands must be placed accurately as in a single backward roll
 (C) During the early stages of instruction, speed rather than accuracy should be stressed.
 (D) There must be No anchoring in position throughout the roll
68. Of the following procedures in a beginner's tennis group, the most effective is to
 (A) present practice drills which will help develop the forehand drive, the backhand drive, and the serve
 (B) concentrate on the forehand drive until it is above average
 (C) emphasize the techniques of the serve for the first ten meetings
 (D) explain and have the group learn rules and regulations before introducing techniques
69. How many shots are fired for a false start?

- (A) One
- (B) Two
- (C) Three
- (D) Four

70. How is a runner disqualified in the 100-meter dash?
 (A) Having three false starts
 (B) Crossing the finish with arms outstretched
 (C) Using a standing start
 (D) Running in another runner's lane

71. Body protein has a source of energy of
 (A) 9 kcal/g
 (B) 6 kcal/g
 (C) 3 kcal/g
 (D) 4 kcal/g

72. What is a foot fault?
 (A) When the attacker touches the 3-meter line.
 (B) A player steps on the service line when serving.
 (C) The player crosses the center line.
 (D) Both B and C

73. To win the game, a team must be ahead in points by how many points?
 (A) At least 1 point
 (B) At least 2 points
 (C) At least 3 points
 (D) At least 4 points

74. A "Let Serve" is a:
 (A) Legal serve that hits the net and stays on your side.
 (B) A serve that the official allows you to do again.
 (C) An illegal serve that does not count.
 (D) A legal serve that hits the net and continues into the opponent's court.

75. Athletes may take carnitine pills in order to _____. However, this is of no demonstrable value.
 A. provide glycogen stores
 B. build muscles

C. burn fat faster
 D. increase foot speed
 76. What is the major disadvantage of accumulating lactate in the muscles?

- A. fatigue
- B. muscle damage
- C. nausea
- D. none; it is an advantage

77. The most abundant of the muscle proteins is _____.

- A) actin
- B) troponin
- C) myosin
- D) tropomyosin

78. The structure that connects muscles to bones is the _____.

- A) aponeurosis
- B) fascicle
- C) tendon
- D) ligament

79. What country made history in 1960 by winning the first European football championship?

- (A) Soviet Union
- (B) Yugoslavia
- (C) West Germany
- (D) Spain

80. When was badminton introduced as a Medal Sport in the Olympics?

- (A) 1992 Barcelona Olympics
- (B) 1996 Atlanta Olympics
- (C) 2000 Sydney Olympics
- (D) 1960 Rome Olympics

in the Triple J
 What nationality is

81. Like the Thomas Cup championship which is only for men, there is a badminton championship trophy that is only for women. Which is it?

- (A) Sudirman Cup
- (B) Uber Cup
- (C) All England Open
- (D) Davis Cup

82. Which of the following will daily running not do for your body?

- (A) Lower the amount of times your heart beats while resting
- (B) Lower your LDL level *(low density lipoprotein)*
- (C) Lower your HDL level *(high density lipoprotein)*
- (D) Decrease insulin need

83. Which of the following is from the liver and gets converted into a blood sugar, and then delivered through the blood stream?

- (A) Protein
- (B) Glycogen
- (C) Fat
- (D) Glucose

84. What is the appropriate name for the point at which your body can not handle the amount of lactic acid in your muscles?

- (A) Muscle exhaust level
- (B) Maximum aerobic level
- (C) Anaerobic threshold level
- (D) Fatigue level

85. Which of the following men is an American track and field athlete that held the world record long jump from 1968-1991?

- (A) Roger Bannister
- (D) Arel Phelps

86. Athletes may

However, this is the object handed off from runner to runner

- A. provide glycogen
- B. build muscles

- (A) Truncheon
- (B) Cudgel
- (C) Baton
- (D) Cosh

87. Which one of the following athletes was the first to run a mile in under four minutes?

- (A) Roger Federer
- (B) Roger Bannister
- (C) Roger Daltrey

88. What type of shoes are worn for running track or cross-country?

- (A) Racers-flats
- (B) Sandals
- (C) Sneakers
- (D) High Heels

89. How many laps around a 400m track is a 3000m race?

- (A) eight
- (B) seven and a half
- (C) six and a half
- (D) four

90. Jamaica is well known for producing some of the best male sprinters to grace the world of athletics; and in the 200 metres at the London 2012 Olympics they had a clean sweep of the medals. Which of these athletes was NOT one of the three medallists?

- (A) Usain Bolt
- (B) Asafa Powell
- (C) Yohan Blake
- (D) Warren Weir

91. In 1995 Jonathan Edwards set a world record in the Triple Jump of 18.29 metres in Gothenburg, Sweden. What nationality is he?

- (A) British
- (B) Canadian
- (C) American

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- (D) Australian
92. Which of these was NOT one of the four athletes that made up the Jamaican team that won the gold medal in the 4x100 metres relay at the London 2012 Olympics?
- (A) Nesta Carter
(B) Yohan Blake
(C) Michael Frater
(D) Kemar Bailey-Cole
93. What is the netball court divided into?
- (A) Fifths
(B) Halves
(C) Thirds
(D) Quarters
94. Which stroke would one be performing when they put two arms over their head at once?
- (A) Backstroke
(B) Butterfly
(C) front crawl
(D) Breaststroke
95. When performing the breaststroke in competition, how many hands needs to touch the wall when performing a turn or finishing a length?
- (A) The number of hands don't matter
(B) 1
(C) 2
(D) Hands must not touch the wall
96. In an individual Swimming medley, what is the order that the strokes are performed?
- (A) Butterfly, backstroke, breaststroke, front crawl
(B) Breaststroke, front crawl, butterfly, backstroke
(C) Front crawl, butterfly, backstroke, breaststroke
(D) Backstroke, butterfly, front crawl, breaststroke

دو ہاتھوں کو یک جا رکھ کر تیرنا
پہلے دو ہاتھ اٹھائیں پھر دونوں
پھر برون کمان سے دو تیرنا اور
آخری میں ایک ہاتھ اٹھائیں

Medley 2
پہلے دو ہاتھ اٹھائیں پھر دونوں
پھر برون کمان سے دو تیرنا اور
آخری میں ایک ہاتھ اٹھائیں

97. You can perform a tumble turn when swimming in breaststroke
- (A) it depends on the race
(B) Yes
(C) No
(D) You can't do a tumble turn in any stroke
98. What choice is given the winner of the toss Badminton?
- (A) sides of the court
(B) serving, receiving, or sides of the court
(C) the number of games to be played in each set
(D) serving or receiving
99. The server serves before the receiver is ready, and the receiver does not attempt to return the serve. What is the decision?
- (A) A point is awarded to the receiver
(B) A fault is called
(C) A point is awarded to the server.
(D) A let is called
100. What is the decision when the server tosses the ball up and catches it instead of striking at it?
- (A) A let shall be called
(B) The server may try again without penalty
(C) A fault shall be called
(D) The server may try again, but if the same action is repeated, a fault occurs

اگر تیرنا شروع کرنے سے پہلے توڑ دے تو پوائنٹ نہیں ملتا
تیرنا شروع کرنے سے پہلے توڑ دے تو پوائنٹ نہیں ملتا
تیرنا شروع کرنے سے پہلے توڑ دے تو پوائنٹ نہیں ملتا

ANSWER SHEET SAMPLE 01

1	B	26	B	51	D	76	A
2	D	27	C	52	D	77	C
3	D	28	B	53	C	78	C
4	D	29	D	54	C	79	A
5	A	30	C	55	A	80	A
6	D	31	D	56	D	81	B
7	A	32	C	57	A	82	C
8	D	33	D	58	C	83	B
9	A	34	D	59	A	84	C
10	A	35	B	60	D	85	D
11	A	36	C	61	A	86	C
12	D	37	D	62	A	87	B
13	B	38	C	63	B	88	A
14	A	39	D	64	C	89	B
15	A	40	C	65	A	90	B
16	B	41	C	66	D	91	A
17	C	42	B	67	C	92	D
18	B	43	C	68	A	93	C
19	A	44	A	69	B	94	B
20	D	45	A	70	C	95	C
21	C	46	A	71	D	96	A
22	A	47	D	72	C	97	C
23	D	48	D	73	B	98	B
24	D	49	B	74	D	99	D
25	A	50	B	75	C	100	B

ADVANCED TEST SAMPLE ON SPORTS SCIENCES & PHYSICAL EDUCATION

(Sample 02 carry 100 questions)

Marks: 200

Times Allowed: 100 Minutes

- The primary responsibility of the net player is to
 - distract the other players
 - encourage your partner
 - prevent balls being hit into the alley
 - check the net height
- Why is hitting crosscourt advised in singles?
 - It is a trick shot
 - The ball won't bounce as high
 - The court is shorter
 - The net is lower
- Why should you stay out of mid-court?
 - It is against the rules
 - Your partner should be there
 - You can't get to the net
 - The balls hit by your opponent will land at your feet
- A beginner should hit a deep ball because
 - the ball takes longer to get to you
 - the hitting angle is reduced
 - it keeps your opponent away from the net
 - All of these
- Which of the following is a foot fault in Badminton?
 - The server steps over the baseline just before the served ball crosses the net
 - None of these.
 - The server's feet are both off the ground when the ball is struck

- (D) The server steps over the baseline before the racket strikes the ball
6. Where should the service be made when the score is 40-love in Tennis?
- (A) from the left side of the court
 (B) from either side, depending upon the side from which the last service was made
 (C) from the right side of the court
 (D) from either side, depending upon the side from which the game was started
7. In a relay race, the area in which you pass the baton to your teammate is called the _____.
- (A) Baton Zone
 (B) Running Zone
 (C) Stick Zone
 (D) Passing Zone
8. Why is flexibility a major objective in conditioning?
- (A) It aids in increasing endurance
 (B) It aids in preventing muscle injury
 (C) It improves muscle explosiveness
 (D) It contributes to strength development
9. Which of the following are the 3 commands you hear for the start of a race?
- (A) On your mark, get set, go
 (B) On your mark, get set, run
 (C) Ready, set, go
 (D) Ready, set, gun shot
10. The cool down after exercise is important because it:
- (A) Improves oxygen uptake
 (B) Regulates breathing
 (C) Speeds the removal of lactic acid
 (D) Decreases adrenaline
11. Which one of the following is a key process in physical education/sports

- (A) Effort
 (B) Competence
 (C) Developing skills and techniques
 (D) Performance
12. The "Libro's" primary role in volleyball is to:
- (A) Attack
 (B) Play Defence
 (C) Set
 (D) Organize Substitutions
13. What is the maximum number of contacts a team may have on a side during their play at the ball before it crosses the net?
- (A) One
 (B) Two
 (C) Three
 (D) None of the above
14. Swelling that occurs in connection with sprains is due to
- (A) bone damage that usually occurs with sprains
 (B) The presence of shock which inhibits the loss of water normally excreted by the body
 (C) The accumulation of more liquid in intercellular spaces that can be drained off readily by the lymphatic
 (D) A temporary interference in chemical reactions between the fluid and other substances
15. All of the following are used in team games except a
- (A) mallet
 (B) cross
 (C) bat
 (D) hockey stick
16. Which one of the following is a good example of the aesthetic characteristic of skilful movement?

- (A) The rugby player fouls an opponent who tries to run past with the ball
- (B) The movement of the gymnast looks good and is fluent in the floor exercise
- (C) The movement of the volleyball player is fast across the court to get to the ball
- (D) The footballer shouts for the ball because there is no space to shoot

17. 'Cue' is associated with the game of

- (A) Bridge
- (B) hockey
- (C) Billiards
- (D) golf

18. In the teaching of low hurdling, the athlete should be directed to do all of the following except to

- (A) practice approach and hurdling
- (B) use a running form as similar to sprinting as possible
- (C) flatten the training knee and foot slightly, when clearing the hurdle
- (D) concentrate mainly on hurdling form with little attention paid to the number of strides taken between hurdles

19. First law of motion is also called

- (A) Law of action and reaction
- (B) Law of conservation of energy
- (C) Law of inertia
- (D) Law of transference of momentum

20. Where were the National games held in 2010?

- (A) Lahore
- (B) Islamabad
- (C) Karachi
- (D) Quetta

21. All of the following are desirable monitorial duties to be assigned to student aids except for

- (A) assigning them to conduct skill tests at the culmination of a sport unit
- (B) ticket-taking at various athletic events
- (C) the distribution of equipment such as balls, bats and gloves
- (D) the demonstration of skills for a class

22. Of the following methods of summarizing a physical activities lesson, the most desirable is to have

- (A) a few pupils demonstrate the important elements taught with class evaluation of each performance
- (B) several volunteers in the class state the basic elements taught in the lesson
- (C) the teacher give a blackboard summary
- (D) all members of the class perform the skills as the teacher presents various general corrections

23. All of the following concerning rules for doubles in badminton are correct except:

- (A) Only the player diagonally opposite the server is permitted to receive the service
- (B) In the first half-inning, one out only is allowed to the side beginning the game
- (C) One trial is allowed only on the service unless the bird is missed entirely
- (D) The first serve of each inning is made by either the player in the right-hand or the left-hand court, depending upon the score

24. In the performance of a jump in place, with the feet in first position, it is important to do all of the following except to

- (A) keep the head erect
- (B) keep the back straight

- (C) have the heels together when landing
 (D) keep the feet parallel when in the air
25. In a jump ball in basketball it is incorrect to state that the player's
 (A) hand should contact the ball at its height
 (B) knees should be flexed as he starts the jump
 (C) weight should be forward on the toes during the starting position
 (D) palm should be locked as it strikes the ball
26. The concept of "spin" refers to which physical principle of Biomechanics?
 (A) motion
 (B) force
 (C) aerodynamics
 (D) work and energy
27. The ability of the body to perform smoothly and successfully more than one motor task at the same time is:
 (A) Agility
 (B) Power
 (C) Speed
 (D) Coordination
28. One molecule of Glucose produces energy equal to:
 (A) 8 ATP
 (B) 18 ATP
 (C) 28 ATP
 (D) 48 ATP
29. 'Neck joint' is an example of
 (A) Pivot joint
 (B) Hinge joint
 (C) Saddle joint
 (D) Condyloid joint.
30. Largest bone in the human body is

- (A) Femur
 (B) hummers
 (C) Tibia
 (D) fibula.
31. Density of bones is greater in
 (A) Men
 (B) Women
 (C) Both (a) and (b)
 (D) None of the above.
32. If, on a field goal attempt, the basketball becomes lodged in the supports of the basket the correct referee's decision is to direct
 (A) a free throw to the opponents
 (B) resumption of play by means of a jump ball
 (C) that possession of the ball be given to the shooting team
 (D) the forward to attempt an unguarded field goal

33. Which of the following Pakistani Wrestler secured fourth position in the Olympic Games final?
 (A) Basher Pehlwan
 (B) BalaNhala
 (C) Rustum Hund
 (D) Aslam Dar

34. In badminton, most beginners swing too fast in an attempt to contact the shuttle because the
 (A) forefinger is up the shaft and triggers the stroke
 (B) shuttle normally drops slightly slower than other objects with which they have dealt
 (C) racket is very light thereby making a speedier arc during the swing than one expects

(D) thumb is up the shaft of the racket causing a faster-than-normal wrist movement

35. To rescue a struggling victim in the water, the safest carry to use in life saving is the _____ carry

- (A) hair
- (B) head
- (C) chin
- (D) cross-chest

36. If a student in your gymnasium class appears to have fractured his leg, the best procedure to follow is to

- (A) notify the local Board of Health
- (B) carry him to the emergency room
- (C) keep him warm and quiet until medical assistance arrives
- (D) ascertain the nature of the break by feeling the injured area

37. In testing, that point on a scale so located that 50 percent of the measures fall above it and 50 percent fall below it, is known as the

- (A) coefficient
- (B) correlation
- (C) mode
- (D) median

38. In regard to statistics, the incorrect association is:

- (A) validity---measures what it purports to measure
- (B) arithmetic mean---measure of central tendency
- (C) range ---expression of variability
- (D) correlation coefficient---expression of relationship between effect and cause

39. Of the following, the disorder which tends to occur more frequently in males than in females is

- (A) arthritis

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(B) color blindness

(C) leukemia

(D) hemiplegia

40. In tennis, if the game score is advantage receiver, the number of points the server will have to win in succession to be accredited the game is

- (A) one
- (B) two
- (C) three
- (D) four

41. A substance given to counteract the effects of a chemical poison is known as a (an)

- (A) anecdote
- (B) cathartic
- (C) antitoxin
- (D) antidote

42. The founder of the American Association for Health, Physical Education and Recreation is

- (A) C. H. McCloy
- (B) Jay B. Nash
- (C) William G. Anderson
- (D) Dr. Maroney

43. Which occurrence is a foul in all throwing events?

- (A) Leaving the circle from the back half after the throw has been marked
- (B) Binging the foot in the air over the outside of the circle
- (C) Touching any area or surface outside the circle or on the scratch line before the throw is marked
- (D) passing up one of the final throws

44. All of the following statements are correct except:

- (A) Obesity is sometimes related to gland malfunction
- (B) Obese persons suffer more often from a number of illnesses than do persons of normal weight

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- (C) The greater the adiposity, the poorer the chances of success after surgery
(D) Obesity relieves emotional stress in the adolescent more than in the adult
45. In general, when a student's knee cracks in the performance of deep-knee bending, this indicates
(A) there is a lack of synovial fluid
(B) the presence of chronic bursitis
(C) no special significance
(D) the presence of loose bodies of cartilage in the area
46. The metatarsal arch exists
(A) only in non-weight-bearing positions
(B) for function of shock absorption
(C) primarily as a means of body support
(D) for the purpose of wearing shoes
47. Of the following, the best exercise to correct the condition of kyphosis is
(A) performing the jumping jack exercise
(B) flinging the arms vigorously sideward
(C) clasping the hands behind the body and stretching them downward past the hip
(D) sitting with the spine pressed against the wall
48. I.A.A.F. stands for
(A) International Association of Athletics Federation
(B) Indian Amateur Athletics Federation
(C) Indian Association of Athletics and Field events
(D) None of the above.
49. Alcohol
(A) speeds up reaction time
(B) inhibits gastric secretion
(C) contributes to withdrawal symptoms
(D) delays the condition of diplopia

50. When a muscle contracts without changing its length it is considered to be ---contraction
(A) isometric
(B) isotonic
(C) tonic
(D) eccentric
51. In assuming the crouch start in athletics, the sprinter brings all of the following muscle groups into action except the
(A) flexor muscles of the shoulder joint
(B) extensor muscles of the spine
(C) flexor muscles of the knee
(D) extensor muscles of the hip
52. Of the following exercises, the one best for strengthening and increasing the tone of the abdominal muscles is
(A) trunk twisting from a standing position
(B) sit-ups from a lying position
(C) push-ups from a hand support position
(D) the jumping jack
53. All of the following concerning muscular contraction is correct except:
(A) Uncoordinated muscular contractions involving an inconstant number of muscle groups are associated with convulsions
(B) A sudden contraction of a muscle resulting from a single stimulus may be a simple muscular twitch
(C) Tetanus is a sustained muscular contraction resulting from rapidly repeated stimuli
(D) Muscle spasticity is incomplete muscular relaxation after repeated stimulation
54. All of the following concerning lead-up games are correct except that they
(A) provide opportunities for maximum participation

- (B) are played until the student's performance of the skill is perfected
- (C) generally provide opportunities for learning a major sport
- (D) provide various situations in which a student can practice a skill

55. All of the following cues are helpful for both the forehand and the backhand drives in tennis except:

- (A) Start with your weight on your rear foot
- (B) As you begin the stroke, have your body in a side-to-the-net position
- (C) In the follow-through, have the racket head pointed in the direction of the intended flight of the ball
- (D) Meet the ball directly in front of the body

56. Of the following associations of muscle and movement, the incorrect one is:

- (A) biceps—flexor of the arm
- (B) deltoid—abductor of the humerus
- (C) teres major—adductor of the humerus
- (D) latissimus—outward rotator of the humerus

57. In comparing tennis and badminton, it is correct to state that there is no difference

- (A) in the degree to which the wrist is used in the production of force at the time of contact with the ball or birdie
- (B) between the flights of the shuttle and the ball after they are hit with equal force
- (C) in the body position of readiness as the participant plays these games
- (D) in the use of the drop shot offensively

58. After how many years Thomas Cup and beer cup tournaments in Badminton held?

- (A) Biannually
- (B) Triannually
- (C) Annually
- (D) Quarterly

59. The main organs of the body for heat and energy production are the

- (A) viscera
- (B) abdominal
- (C) lungs
- (D) muscles

60. All of the following are enteric infections except:

- (A) cholera
- (B) amebic dysentery
- (C) hepatitis
- (D) tetanus

61. It is generally recommended that a beginner's lesson in swimming be held

- (A) for a ten-minute period
- (B) for a one-hour period
- (C) until chill threatens to set in
- (D) for a thirty-minute period

62. Of the following aids which help develop an effective spike in volleyball, the most important is

- (A) a good jump to get the player well off the floor
- (B) extra firm and well extended forearm
- (C) full extension of the body as it faces the net prior to the contact with the ball
- (D) a good forward jump

63. The first modern nation to make the school authorities responsible for the health supervision of school children was

- (A) France
- (B) United State

- (C) England
- (D) Sweden

64. Of the following associations of cardiovascular tests and author (s), the incorrect one is
- (A) Blood—Ptosis Test—Crampton
 - (B) Test of Organic Efficiency—McCloy and Larson
 - (C) Pulse—Ratio Test—Tuttle
 - (D) Energy Index—Barach
65. In order to provide for a safe environment in the sports gymnasium, the teacher should do all of the following except to
- (A) inspect equipment and facilities for safety
 - (B) select those activities suggested in the approved courses of study
 - (C) eliminate all activities containing an element of danger
 - (D) maintain good discipline
66. What is the recommended exchange for relays in which each leg is 200 meters or more?
- (A) Non-visual
 - (B) Basket pass
 - (C) Visual
 - (D) Two looks
67. A smash in tennis is best described as a
- (A) stroke used to strike the ball at its highest point in flight
 - (B) stroke made by hitting the ball before it has touched the ground
 - (C) fast over-head stroke intended to kill the ball before it has touched the ground
 - (D) ball that is hit high into the air
68. Where should you enter and leave the shot put circle?
- (A) Rear
 - (B) Left
 - (C) Front
 - (D) Right side

69. The winner of a 30m race is determined when the first runner touches the finish tape with
- (A) any part of his torso
 - (B) his foot
 - (C) his arm
 - (D) his chest
70. For 60 years, the men's field hockey tournament was totally dominated by India and Pakistan. Which country broke this monopoly?
- (A) Great Britain
 - (B) West Germany
 - (C) Australia
 - (D) Holland
71. In the first Los Angeles games in 1932, the steeplechase was won in exceptional circumstances. What did the winner do?
- (A) Broke his arm in a fall
 - (B) Ran an extra lap
 - (C) Arrived late for the start
 - (D) Stopped to sign autographs
72. The 1972 Munich Olympics will sadly be remembered for one event, the kidnapping and killing of a number of Israeli athletes. How many Israeli athletes lost their lives?
- (A) 5
 - (B) 13
 - (C) 11
 - (D) 8
73. A state of decrease in performance capacity is due to.
- (A) Overload
 - (B) Under load
 - (C) Both
 - (D) None of these.
74. The longest training cycle is called.
- (A) Meso cycle

- (B) Macro cycle
(C) Micro cycle
(D) None of these
75. The ability to overcome or to act against maximal resistance is called.
(A) Explosive strength
(B) Maximum strength
(C) Strength Endurance
(D) None of these
76. Slow continuous, fast continuous, varied pace and Fartlek Method are the variations of.
(A) Interval method
(B) Repetition method
(C) Continuous method
(D) None of these
77. The circuit training was first started, explained and studied by.
(A) Morgan and Adamson
(B) H. Clarke and D. Clarke
(C) Scholich
(D) None of these
78. Double periodisation has.
(A) One Transitional period
(B) Two transitional period
(C) Three transitional period
(D) None of these
79. For the speed work the intensity of load is measured in terms of.
(A) m/sec. or km.
(B) m.km.
(C) Both
(D) None of these
80. Less than _____ percent of kcal should be from saturated fat
(A) 20
(B) 35
(C) 10

- (D) 25
81. Recommended intake of fiber should be
(A) 15 - 25 g/day
(B) 25 - 35 g/day
(C) 35 - 45 g/day
(D) 20 - 35 g/day
82. Which of the following disability categories has the highest prevalence rate?
(A) emotional disturbance
(B) learning disabilities
(C) speech/language impairments
(D) mental retardation
83. Anabolic steroids have all these effects EXCEPT:
(A) Muscle protein synthesis
(B) increased muscular strength
(C) increased number of muscles in the body
(D) Possible liver cancer
(E) Possible testicular atrophy
84. Muscular dystrophy is a congenital disorder characterized by:
(A) Skeletal muscle degeneration
(B) Excessive convulsions
(C) Compulsive muscle spasms
(D) Smooth muscle hypertrophy
85. Which of the following actions is caused by skeletal muscle:
(A) constriction of blood vessels
(B) heartbeat
(C) dilation of pupil
(D) eye movements
86. Skeletal muscle is described by all of the following EXCEPT:
(A) striated
(B) voluntary
(C) multinucleate
(D) autorhythmic

87. Approximately, what percentage of heat is generated by muscle tissue?

- (A) 15%
- (B) 35%
- (C) 65%
- (D) 85%

88. How many total players are there on the court in net ball?

- (A) 5
- (B) 14
- (C) 9
- (D) 20

89. When was the world's first official football body, the Football Association (FA), established?

- (A) 1853
- (B) 1863
- (C) 1873
- (D) 1883

90. When was mixed doubles in Badminton introduced as a medal sport at the Olympics?

- (A) 1992 Barcelona Olympics
- (B) 1996 Atlanta Olympics
- (C) 2000 Sydney Olympics
- (D) 2012 London Olympics

91. Badminton World rankings are calculated and released by BWF at what frequency?

- (A) Once in every year
- (B) Once in every month
- (C) Once in every week
- (D) Once in 6 Months

92. Which one of the following is the best approach to take when deciding upon a running schedule?

- (A) Pick a consistent time to run each week and stick to it.

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(B) Do not decide upon a specific time, or place to run, just run when you feel like it.

(C) Run at different times throughout the week.

(D) Force yourself to run at a time when you usually feel tired.

93. What should everybody's running program start with?

- (A) 45 minutes of brisk walking
- (B) 5 minutes of full out running
- (C) 15 minutes of slow jogging
- (D) Alternating 5 minutes of jogging and 5 minutes of walking

94. The origins of the field event are a matter of historical debate.

Which one of these countries is often put forward as the origin of shot put?

- (A) Australia
- (B) China
- (C) Scotland
- (D) Peru

95. British track and field athlete Harold Abrahams won the Olympic gold medal in the 100m sprint. Which of the following 1981 movies was about this moment in track and field history?

- (A) Cool Runnings
- (B) Training Rules
- (C) Field of Dreams
- (D) Chariots of Fire

96. What does it mean in running if you got 'spiked'?

- (A) Another runner takes his hand and jabs it into your side
- (B) Another runner jabs you with sticks
- (C) You fell over into mud
- (D) Another person cut you with his spikes

97. What are the 5 S's (the fives esses) of running?

- (A) Speed, Strength, Special, Spontaine, Skill
- (B) Skill, Sprinting, Strength, Spontaine, Stamina
- (C) Spirit, Skillfulness, Specialness, Surges, Speed
- (D) Stamina, Speed, Strength, Skill, Spirit

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98. In 1985, who became the first pole vaulter to clear six metres?

- (A) Sergey Bubka
- (B) Okkeri Brits
- (C) Rodion Gataulin
- (D) Igor Trandenkov

99. Which of these combinations gives the correct split between individual track and field disciplines that make up the seven events in the Heptathlon?

- (A) 4 x Track, 3 x Field
- (B) 3 x Track, 4 x Field
- (C) 2 x Track, 5 x Field
- (D) 5 x Track, 2 x Field

100. Which Kenyan athlete set a new world record of 1 minute 40.91 seconds for the 800m at the 2012 Olympics?

- (A) David Rudisha
- (B) Mohammed Aman
- (C) Nijel Amos
- (D) Timothy Kitum

ANSWER SHEET SAMPLE 02

1	C	26	C	51	A	76	C
2	D	27	D	52	B	77	A
3	D	28	D	53	D	78	B
4	D	29	A	54	B	79	A
5	D	30	A	55	D	80	C
6	A	31	A	56	D	81	B
7	D	32	B	57	C	82	B
8	B	33	A	58	B	83	C
9	A	34	B	59	D	84	A
10	C	35	D	60	D	85	D
11	C	36	C	61	D	86	D
12	B	37	D	62	A	87	D
13	C	38	D	63	D	88	B
14	C	39	B	64	D	89	B
15	A	40	C	65	C	90	B
16	B	41	D	66	C	91	C
17	C	42	C	67	A	92	A
18	D	43	C	68	A	93	A
19	C	44	D	69	A	94	C
20	A	45	C	70	B	95	D
21	A	46	A	71	B	96	D
22	A	47	B	72	C	97	D
23	D	48	A	73	C	98	A
24	D	49	B	74	B	99	B
25	D	50	A	75	B	100	A

ADVANCED TEST SAMPLE ON SPORTS SCIENCES &
PHYSICAL EDUCATION

(Sample 03 carry 100 questions)

Marks: 200

Times Allowed: 100 Minutes

1. Which of the following is an appropriate skill for Developmental Level II Volley Ball?
(A) Overhand serve
(B) Setting
(C) Underhand serve
(D) Blocking
2. Which of the following is NOT an appropriate activity for Developmental Level III?
(A) Beach Ball Volleyball
(B) Mini-Volleyball
(C) Pass and Dig
(D) Regulation Volleyball
3. How many different standard strokes are there in Swimming?
(A) 4
(B) 1
(C) 2
(D) 3
4. Which skill is likely to be the most difficult for young children to master in Volley Ball?
(A) Passing
(B) The overhand serve
(C) The block
(D) The spike
5. The set is used to pass the V. ball in preparation for what?
(A) An attack
(B) A serve
(C) A block

- (D) A pass
- of It is incorrect to state that an attack of rheumatic fever
(A) is usually preceded by a staphylococcus infection
(B) is often preceded by a respiratory infection
(C) usually occurs first between the ages of five and fifteen
(D) makes a person immune from a future attack
7. In the pyramid-type tournament for individual intramural competition
(A) no single individual is left in the lowest position
(B) fewer individuals are provided participation than in the ladder-type tournament
(C) byes are involved in each round
(D) byes come only in the first round
8. Which of these disciplines is NOT one of the track events that is featured in the Men's Decathlon?
(A) 100m
(B) 800m
(C) 110m Hurdles
(D) 400m
9. In intramural sport competition, where time and facilities permit, the most effective tournament is the -----
(A) Round-robin
(B) Point system
(C) Elimination
(D) Ladder
10. In singles, what strategy should you use if you are serving?
(A) always let your opponent serve
(B) hit cannonball serves
(C) move around
(D) Serve from just behind the baseline near the center
11. All of the following are applicable to the teaching of strategy for doubles in tennis except:

کتاب ملازمی سب قریب شروع ہو رہے ہیں

- (A) "play through your strength and your opponent's weaknesses"
- (B) "change the pace"
- (C) "keep the ball in your opponent's force court"
- (D) "keep your opponent moving"
12. The terms endomorph, mesomorph, and ectomorph relate to
- (A) extreme varieties of human physique
- (B) digestive organs
- (C) muscular system
- (D) subcutaneous tissue
13. What are the platforms called from which swimmers dive in competitive swimming: starting _____?
- (A) stools
- (B) blocks
- (C) steps
- (D) tables
14. Of the following, the one which is designed to reveal whether a child's growth is progressing properly in terms of his own body build is the
- (A) Crampton Blood Ptosis Test Tables
- (B) Wetzel's Grid
- (C) Quinby Weight Analysis Test
- (D) Rogers Strength Index of Physical Fitness Index
15. Of the following opportunities for the teaching of game rules, the most desirable is to
- (A) avoid the teaching of rules because it interferes with play
- (B) stop the playing of the game when a rule is violated in order to teach the rule
- (C) plan to devote one lesson early in the unit to the teaching of the game rules
- (D) teach the rule as it applies to the skill being taught

16. The good volleyball player will do all of the following except:
- (A) serve so as to make the receivers move to play the ball
- (B) stay within an arm's length of the net when he is a net player ✓
- (C) play the ball so that the best spiker makes the final play
- (D) contact the ball with his whole hand
17. Which of the four strokes is considered the universal stroke, and is also the fastest?
- (A) Butterfly
- (B) Breaststroke
- (C) Backstroke
- (D) Freestyle
18. The molecules known as the energy currency of the cell are
- (A) NAD
- (B) NADP
- (C) ATP
- (D) ADP
19. In teaching the volleyball serve, all of the following hints will help improve pupil performance except:
- (A) Serve quickly when picking up points
- (B) Serve to a spot between two players
- (C) Serve to the back line players
- (D) Serve to the number one spiker at the net ✓
20. Which stroke/s requires swimmers to swim on their back?
- (A) Backstroke & butterfly
- (B) Breaststroke
- (C) Front crawl
- (D) Backstroke

7. The surplus-energy theory which holds that the health body stores up sedentary pursuits that seek release in play activities is attributed to

- (A) G. Stanley Hall
- (B) Schiller and Spencer
- (C) Jay B. Nash
- (D) Fredrick W. Maroney

22. The longest track running event is _____

- (A) 3000m
- (B) 5000m
- (C) 10000m
- (D) 15000m

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23. Which of the following Track & Field Events would be considered Anaerobic?

- (A) Shot Put
- (B) Marathon
- (C) 3,000 Meter run
- (D) 10,000 Meter run
- (E) None of the above

24. Which of the following is the formula used to calculate your MHR?

- (A) $200 - 10 = \text{MHR}$
- (B) $212 - 12 = \text{MHR}$
- (C) $220 - \text{your age} = \text{MHR}$
- (D) $220 - \text{your age} - \text{your gender} = \text{MHR}$

25. Which of the following Track and Field events would be a good example of an Aerobic exercise?

- (A) Pole Vault
- (B) Discus
- (C) Hammer Throw
- (D) Marathon

26. The largest gland of the body is _____

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- (A) parotid gland
- (B) liver
- (C) pancreas
- (D) submandibular gland

27. In the normal individual of average height, standing erect with the arms hanging at the sides, the center of gravity is usually

- (A) located in the sagittal plane
- (B) lower in men than in women
- (C) higher in men than in women
- (D) located in the exact center of the men's and the

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women's bodies
28. A grid on which are plotted the weight, height and age of a person to evaluate his physical fitness was invented by

- (A) Norman Wetzel
- (B) John Sheldon
- (C) Thomas Cureton
- (D) Joseph Albano

29. A muscle contracts isometrically when

- (A) it shortens during extension
- (B) its tension is decreased
- (C) it shortens during contraction
- (D) its length does not change

30. Static and moving body postures are best judged on the basis of

- (A) body carriage
- (B) how well they meet the demands made upon them
- (C) body flexibility
- (D) muscular strength

31. One method of ascertaining the muscle tone of a specific muscle is by _____

- (A) measuring its thickness
- (B) examining the muscle's response to a single stimulus by a single contraction

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- (C) recording the difference in pulse rate between a period of rest and a period of exertion
- (D) its origin and insertion

32. What is the correct temperature that frozen food should be kept

- (A) 0 degrees
- (B) 15 degrees or lower
- (C) -18 degrees or lower
- (D) 20 degrees or lower

33. All of the following associations of author's ad books are correct except

- (A) Kraus-Weber—School Health Programs
- (B) Williams and Brownell—The Administration of Health Education and Physical Education
- (C) Kozman and Cassidy—Methods in Physical Education
- (D) Bovard and Cozens—Tests and Measurements in Physical Education

34. Which one of the following is a social reason that might affect participation in physical activities?

- (A) Family
- (B) Equipment
- (C) Weather
- (D) Facilities

35. If a return goes short, the backcourt player

- (A) runs behind the baseline
- (B) stays in midcourt
- (C) moves to hit the ball, then joins his partner at the net
- (D) runs to the alley, then in closer to the ball

36. The instrument used to determine the strength of the muscular system as a whole is

- (A) spirometer
- (B) manometer
- (C) dynamometer

(D) polygraphometer

37. In volleyball, when a served ball hits the net and lands in the opponent's court it is a

- (A) let
- (B) no-serve
- (C) net ball
- (D) side out

38. Good sources of carbohydrate are:

- (A) fats, oils, butter, and margarine.
- (B) fish, eggs, beef, pork, and poultry.
- (C) cereals, fruits, vegetables, and milk.
- (D) green leafy vegetables, seafood, and water.

39. If your daily intake of a vitamin does not meet the RDA:

- (A) you necessarily have a poor diet.
- (B) you may not be meeting your needs.
- (C) this is of no consequence because the RDAs are designed for groups.
- (D) you are safe if you meet at least half the RDA.

40. In an official volleyball game, a player is permitted to

- (A) hit the ball with his forearms
- (B) step over the center line under the net
- (C) reach over the net in order to pay the ball
- (D) play the ball if it touches a boundary line

41. What is positional play (دھرت پوزیشنل پلے) in volleyball?

- (A) when a point is won by skillful playing rather than by a player's mistake
- (B) when both doubles partners move to the net
- (C) when a net player moves over to his partner's side of the court for a ball that can be intercepted and cut off
- (D) when a defensive mistake is made that allows the opponents to score

42. A diuretic is a substance which

- (A) speeds up the process of carbohydrate metabolism

- (B) influences the body's absorption of mineral salts
- (C) exerts a stimulating effect on the kidneys by increasing the secretion of urine
- (D) dilutes cholesterol in the blood

43. Good strategy for distance running includes all of the following except

- (A) passing an opponent when the opportunity arises
- (B) following the pace set by an experienced runner
- (C) limiting the passing of an opponent to the curved section of the track
- (D) keeping close to a leading opponent

44. Before introducing the cartwheel, the student should be able to

- (A) back handspring
- (B) execute a combined forward and backward roll
- (C) hold his own weight in a handstand position
- (D) straddle dismount from the side horse

45. In the forehand drive in tennis, attaining maximum velocity of the racket is aided by all of the following except by

- (A) following through in the direction intended flight
- (B) shifting the body weight
- (C) keeping weight on heels
- (D) keeping the racket at approximately arm's length from the body

46. Which one of the following is a component of fitness?

- (A) Cardiovascular endurance
- (B) A cool down
- (C) A fundamental motor skill
- (D) Health screening

47. A universal blood donor is of type

- A. A
- B. B
- C. AB
- D. O

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48. A function of protein is to:

- (A) provide essential fatty acids.
- (B) promote growth and repair of the body
- (C) participate in nervous system functioning.
- (D) medium for temperature regulation.

49. The fact that present-day children are taller and heavier than those of a generation ago is most likely due to the fact that

- (A) changes in gene structure affect the growth pattern
- (B) the children today remain under parental surveillance longer than those of the past generation
- (C) they mature earlier than those of previous generations
- (D) the nutritional care of today's children is superior to that of the past generation

50. The largest part of the human brain is the

- (A) Arachnoid
- (B) Pons-varolii
- (C) Cerebellum
- (D) Cerebrum

51. Main bones in forearm are

- (A) humerus-femur
- (B) radius-ulna
- (C) ulna-phalanges
- (D) Wrist bones-phalanges.

52. Sideways bending of trunk is an example of movement in

- (A) Frontal plane and sagittal axis
- (B) Sagittal plane and sagittal axis
- (C) Frontal plane and transverse axis.
- (D) Sagittal plane and lateral axis.

53. All of the following are parts of the autonomic nervous system except the

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- (A) cardiac plexus
- (B) ganglia
- (C) sympathetic nerves meniscus
- (D) solar plexus

54. The term "applied research" usually refers to
- (A) describing the responses of persons to exercise,
 - (B) describing the responses of persons to environmental factors,
 - (C) describing the responses of persons to nutritional factors,
 - (D) all of the above.
55. Systematic change in the mental processes that underlie all learning and performance is referred to as:
- (A) moral maturation,
 - (B) cognitive development,
 - (C) social-emotional development,
 - (D) intellectual development.
56. A slice of bread with 1 gram of fat, 10 grams of carbohydrate, and 2 grams of protein contains:
- (A) 42 kcal.
 - (B) 57 kcal.
 - (C) 82 kcal.
 - (D) 102 kcal.
57. What is the breathing rate in human beings?
- (A) 5-6 times/min
 - (B) 15-18 times/min
 - (C) 40-45 times/min
 - (D) 60-70 times/min
 - (E) 20-30 times/min
58. Strongest ligament of the hip joint is
- (A) pub femoral
 - (B) iliofemoral

- (C) Ischiofemoral
- (D) None of the above.

59. A membranous sheet serving as a means of attachment for flat muscles at their origin or insertion is a (an)
- (A) cementum
 - (B) ligature
 - (C) omentum
 - (D) aponeurosis
60. A program of muscle training will effect all of the following except an increase in
- (A) muscle tone
 - (B) muscle size
 - (C) the number of muscle fibers
 - (D) the phosphocreatine content in the muscles
61. When there is a change in muscle length but no change in muscle tension, a muscle is said to be in
- (A) isotonic contraction
 - (B) a spastic state
 - (C) a rigid state
 - (D) None of the above
62. Shortest bone in the human
- (A) phalange
 - (B) metatarsal
 - (C) in nominate bone
 - (D) tarsal
63. All of the following cues will help the volleyball spiker except:
- (A) Keep directly under the ball
 - (B) Raise the spiking arm back of the head and the shoulders before contacting the ball
 - (C) Spike with the open hand
 - (D) Use a wrist snap
64. Adequate, regular physical activity

- (A) prevents some adult bone loss.
- (B) can actually replace the need for a healthy diet
- (C) requires that adults must take supplements since they cannot get all the nutrients they need from food when they are exercising regularly
- (D) must be done for at least two hours seven days a week

65. Which of these positions doesn't exist in the game of netball?

- (A) WA
- (B) C
- (C) GD
- (D) WS

66. In statistical methods, to obtain the range of a series of scores it is necessary to

- (A) divide the number of classes by the highest score
- (B) group all the scores according to specific intervals
- (C) subtract the poorest score from the best score
- (D) divide the total number of scores by the number of desired classifications

67. During vigorous exercise, mouth breathing tends to replace nasal breathing because

- (A) more moisture is needed by the lungs
- (B) the muscular reaction of the diaphragm becomes weaker in nasal breathing as exercise is intensified
- (C) there is less resistance to the entry and exit of air in mouth breathing
- (D) mouth breathing creates a smoother intercostals muscular

68. All of the following physical conditions are exhibited in a trained athlete except

- A. a larger supply of white blood corpuscles

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- B. larger, stronger muscles with an ability to work over longer periods of time
- C. finer coordination with fewer unnecessary movements
- D. a larger, stronger heart with a faster rate of beat

69. A court with dimensions of 44 feet by 20 feet is required for an official game of

- (A) deck tennis singles
- (B) lawn tennis single
- (C) paddle tennis singles
- (D) badminton singles

70. Osgood Schlatter's disease is best described as

- (A) an abnormal condition of the knee joint
- (B) bone tuberculosis
- (C) a chronic ankle sprain
- (D) an arthritic hip joint

71. When a disease spreads throughout the world, it is said to be

- (A) pandemic
- (B) endemic
- (C) epidemic
- (D) unclassified

72. The left ventricle of the heart

- (A) is the first ventricle to receive blood
- (B) is smaller in size than the left atria
- (C) has thicker walls than the right ventricle
- (D) is provided with fewer valves than any of the other three cavities of the heart

73. Isometric contraction of a muscle is best described as

- (A) muscle lengthening of the extremities
- (B) an unrestricted shortening of the muscle
- (C) contracting of the muscle with tension equal to that of its antagonistic muscles

- (D) resisting by the muscle without movement of its joint (s)
74. In levers of the human body, force is sacrificed for speed and distance of movement in levers of
- (A) the first class
 - (B) the second class
 - (C) the combination of first and third class
 - (D) none of the above
75. The heptathlon is consisted of how many track and field events?
- (A) 4
 - (B) 5
 - (C) 7
 - (D) 8
76. Domestic violence consists of which of the following?
- (A) child abuse
 - (B) suicide
 - (C) car jacking
 - (D) b and c
77. Sports performance is the bi-product of
- (A) Skill
 - (B) conditional ability
 - (C) Total personality
 - (D) Tactical ability.
78. In the childhood, individual's behavior is most influenced by
- (A) Community
 - (B) School
 - (C) Peer group
 - (D) Family.
79. 'Exercise for the body and music for the soul, in which country the common adage was used?
- (A) Italy
 - (B) France
 - (C) Greece

- (D) Germany.
80. There is a fiction series (8 books) based on netball. What is the series called?
- (A) Rockets
 - (B) Team Stars
 - (C) All Stars
 - (D) Netball Fanatics
81. Where is the Center allowed to go?
- (A) Everywhere on court
 - (B) Everywhere including the sidelines
 - (C) The center third
 - (D) Everywhere except the goal circles
82. In the game of netball, how long are you allowed to hold a netball for?
- (A) 1 seconds
 - (B) 4 seconds
 - (C) 2 seconds
 - (D) 3 seconds
83. How many feathers are there in a standard feathered badminton shuttlecock?
- (A) 12 feathers
 - (B) 16 feathers
 - (C) 20 feathers
 - (D) 18 feathers
84. What is the width of a badminton court for Singles play?
- (A) 17 feet
 - (B) 18 feet 6 inches
 - (C) 20 feet
 - (D) 18 feet
85. What is the best way for a beginner to find the right pace at which they should be running?
- (A) Aerobic test
 - (B) Yards per minute test
 - (C) Jump test
 - (D) Talk test

86. Which of these disciplines is NOT one of the track events that is featured in the Men's Decathlon?

- (A) 800m
- (B) 110m Hurdles
- (C) 100m
- (D) 400m

87. Winning a gold medal in the 1968 Summer Olympics, American athlete Dick Fosbury was one of the most famous competitors in which event?

- (A) 110 hurdles
- (B) 4x100m relay
- (C) High jump
- (D) Hammer throw

88. What do most coaches suggest you should eat in the morning before a race?

- (A) Eggs, Bacon, Juice
- (B) Nothing
- (C) French Toast, Milk
- (D) Bagels, Toast, and Juice

89. What does RICE mean as in running terms (it's for injuries)?

- (A) Rest, Ice, Compression, Elevation
- (B) Run, Improve, Consideration, Easy
- (C) Recover, Ice, Continue, Eat
- (D) Recover, Ice, Rotation, Elevation

90. What is the term used to describe a runner whose feet do not make much of a rolling in motion when landing?

- (A) Underpronator
- (B) Normal Pronator
- (C) Overpronator
- (D) Heavy foot striker

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Tommy
91. Which of the following is the body's primary source of energy during running or any sort of exercise for that matter?

- (A) Simple carbohydrates
- (B) Complex carbohydrates
- (C) Fats
- (D) Proteins

92. In which discipline did Javier Sotomayor (Cuba) compete?

- (A) Long Jump
- (B) Javelin Throw
- (C) High Jump
- (D) Hammer Throw

93. For which country did Ben Johnson run?

- (A) USA
- (B) Canada
- (C) Great Britain
- (D) Burkina Faso

94. The 2000 Sydney Olympic Games gold medallist in the 200m sprint (men) represents which country?

- (A) USA
- (B) Greece
- (C) Great Britain
- (D) Nigeria

95. When someone is shooting, how far away must the marker stand?

- a. At least 3 feet
- b. Any distance
- c. At least 1 foot
- d. At least 2 feet

96. Who was Michael Phelps often compared to?

- (A) Aaron Piersol
- (B) Mark Spitz
- (C) Brendan Hanson
- (D) Tom Wilkins

97. What is the maximum time a player can hold the ball for?

- (A) 5 seconds
- (B) 3 seconds

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(C) 1 second

(D) No limit

98. The length of swimming pools is measured in two increments. What are the increments?

(A) meters and feet

(B) feet and hands

(C) feet and yards

(D) meters and yards

99. How many lanes are used in a full heat of swimming in a regulation Olympic-sized pool?

(A) 8

(B) 7

(C) 6

(D) 5

100. The flip turn is only used in two of the four strokes in swimming. Which ones are they?

(A) butterfly and backstroke

(B) butterfly and freestyle

(C) freestyle and backstroke

(D) freestyle and breaststroke

ANSWER SHEET SAMPLE 03

1	C	26	B	51	B	76	A
2	A	27	C	52	A	77	C
3	A	28	A	53	D	78	D
4	B	29	D	54	D	79	C
5	A	30	B	55	B	80	C
6	D	31	D	56	B	81	D
7	A	32	C	57	B	82	D
8	B	33	A	58	B	83	B
9	A	34	A	59	D	84	A
10	D	35	C	60	C	85	D
11	C	36	D	61	D	86	A
12	A	37	D	62	D	87	C
13	B	38	C	63	A	88	D
14	B	39	B	64	A	89	A
15	D	40	A	65	D	90	A
16	D	41	C	66	C	91	B
17	D	42	C	67	C	92	C
18	C	43	C	68	D	93	B
19	D	44	C	69	D	94	B
20	D	45	C	70	B	95	A
21	B	46	A	71	A	96	B
22	C	47	D	72	C	97	B
23	A	48	B	73	C	98	C
24	C	49	D	74	D	99	A
25	D	50	D	75	C	100	C

ADVANCED TEST SAMPLE ON SPORTS SCIENCES &
PHYSICAL EDUCATION

(Sample 04 carry 100 questions)

Marks: 200

Times Allowed: 100 Minutes

1. Who currently holds the world record in the men's 100m and 200m sprints?

- (A) Michael Johnson
- (B) Carl Lewis
- (C) Ben Johnson
- (D) Usain Bolt

2. What country has historically dominated the sprinting events of track and field?

- (A) Jamaica
- (B) Canada
- (C) United States
- (D) France

3. Which of these combined events is NOT part of track and field?

- (A) Triathlon
- (B) Pentathlon
- (C) Decathlon
- (D) Heptathlon

4. Of the following statements concerning muscular activity, the incorrect one is:

- (A) The heart muscle of an athlete is generally larger than one of a non-athlete
- (B) The heart is an involuntary muscle working automatically without rest
- (C) Muscle fibers contract on the "all or none" principle

(D) When a muscle goes into a state of continued contraction, it is said to be tetanized

5. All of the following enable an individual to keep the center of gravity over his base of support, except the action in which he

- (A) stands in a stride position
- (B) has his arms extended sideward as he walks on a balance beam
- (C) places his feet in a forward-backward stance when catching a swift ball
- (D) leans his body into the wind as he walks

6. Which one of the following is an example of a performance enhancing drug?

- (A) Steroid
- (B) Alcohol
- (C) Carbohydrate
- (D) Paracetamol

7. In tennis, a stroke that employs technique similar to that of the serve is

- (A) lob
- (B) volley
- (C) drop shot
- (D) smash

8. The final summary of an activity class is best done by

- (A) the teacher
- (B) selected pupils
- (C) a leader
- (D) a blackboard diagram

9. In cases of lordosis, there is a marked tendency to assume a position of round shoulders because in such cases

- (A) the sternum protrudes
- (B) too much weight is thrown on the forward edges of the lumbar vertebrae
- (C) the pelvis tilts backward

(D) the erector spinal muscles in the thoracic region are shortened

10. The recommended amount of exercise for a healthy young person (15-18 yrs old) is approximately

- (A) One hour per week
- (B) 30 minutes, 5 to 7 days a week
- (C) One hour, 5 to 7 days a week
- (D) 30 minutes, 1 day a week

11. Which one of the following best explains the key concept of creativity in Physical Education?

- (A) Trying to win in football
- (B) Reaching the best fitness level in hockey
- (C) Encouraging a friend to join you in an exercise class
- (D) Exploring the use of different tactics in tennis

12. The path of blood in the heart chambers is

- (A) right auricle, left ventricle, left auricle, right ventricle
- (B) right auricle, left auricle, right ventricle, left ventricle
- (C) left auricle, right auricle, left ventricle, right ventricle
- (D) right auricle, right ventricle, left auricle, left ventricle

13. For wall rebounding, children should stand ___ feet away from the wall.

- (A) 2
- (B) 3
- (C) 4
- (D) 6

14. Newton's second law of motion is also called

- (A) Law of action and reaction
- (B) Law of inertia
- (C) Law of gravity
- (D) Law of acceleration.

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15. Exercise used to improve cardiovascular health?

- (A) flexibility
- (B) aerobics
- (C) strength
- (D) sport

16. Oxidation of food molecules occurs in :

- (A) Nucleus
- (B) Golgi Body
- (C) Endoplasmic reticulum
- (D) Mitochondria

17. How many players (per team) are on a volleyball court at one time?

- (A) Eight
- (B) Four
- (C) Six
- (D) Seven

18. When is a goal not counted towards the score?

- (A) When a player other than the GS or GA throws the ball through the goal ring
- (B) When the umpire calls time before the ball has completely passed through the goal ring
- (C) When the ball is thrown from outside the goal circle
- (D) All these

19. Official rules allow:

- (A) Two chances to serve
- (B) Three chances to serve, if the first two chances have hit the net and stayed in bounds
- (C) A second chance to serve, if on the first serve the ball touches the net and goes in bounds
- (D) Only one chance to serve

20. The ball must be returned over the net after the _____ volley.

- (A) Fourth
- (B) Fifth

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- (C) Third
- (D) Second

21. When is the only time a defending player may defend (the player with the ball) from less than 3 feet away?
- (A) When the defending player is defending from behind the player with the ball
 - (B) At a centre pass
 - (C) At a throw in
 - (D) When the player with the ball has stepped away from the position of their original grounded foot
22. Which of the following is an example of bi-axial joint?
- (A) Hinge
 - (B) Pivot
 - (C) Both (a) and (b)
 - (D) None of the above.
23. An athlete covering 100 m distance in 10 seconds, ran at a speed of
- (A) 10 m/s
 - (B) 100 m/s
 - (C) 20 m/s
 - (D) 1000 m/s.
24. All of the following associations of sports and country of origin are correct except:
- (A) tennis---England
 - (B) golf---Scotland
 - (C) ice---hockey---Canada
 - (D) badminton---India
 - (E) basketball---United States
25. What type of muscles is capable of resisting fatigue in a long duration activity?
- (A) Deltoid
 - (B) Fast twitch
 - (C) Slow twitch

- (D) both (a) and (b).

26. Which of these may a player do in the course of a game?
- (A) Hit the ball with a closed fist
 - (B) Hit the ball with an open hand
 - (C) Kick the ball
 - (D) Deliberately throw the ball at an umpire
27. With regard to volleyball, it is incorrect to state that
- (A) if a team is reduced to fewer than six players, the game is defaulted
 - (B) the server is the player in the right back position
 - (C) a team is limited to hitting the ball three times before it is returned over the net
 - (D) a second trial of service is allowed on a let serve
28. In tennis, a half-volley refers to a stroke in which the ball is hit
- (A) with the same technique as for the serve
 - (B) so that it comes down sharply into the opponent's court
 - (C) immediately after it bounces
 - (D) with the same technique as the forehand drive
29. When a penalty is awarded, it shall be taken where the infringement occurred except when?
- (A) In the goal circle
 - (B) When it places the non-offending team at a disadvantage
 - (C) At a centre pass
 - (D) When all players for a team are NOT on court
30. In the performance of a forward roll, the hands should touch the mat
- (A) one time
 - (B) two times
 - (C) four times
 - (D) three times

30. In a round robin tournament consisting of nine teams, the number of games to be played is

- (A) 8
- (B) 28
- (C) 36
- (D) 40

31. In order to set up the ball for a spiker in volleyball, the player should avoid

- (A) hitting the ball to the top of the net
- (B) standing close to the net
- (C) flexing the wrists
- (D) using fingertip control

32. In dribbling in soccer ball, the player should not

- (A) use his instep
- (B) touch the ball with every two or three steps he takes
- (C) use same foot in propelling the ball along the field
- (D) look at the ball as he moves forward

33. If, in a doubles badminton game, man B begins the game with a serve that hits the net and falls in front of the opponents' short service line, the referee's decision is

- (A) out—partner serves
- (B) point—score 0-1
- (C) fault—second serve
- (D) fault—hand—out

34. How is a penalty pass different from a free pass?

- (A) A free pass is for an infringement involving more than 1 player whereas a penalty pass involves only 1 player
- (B) A penalty pass is for an infringement involving more than 1 player whereas a free pass involves only 1 player
- (C) A penalty pass can only be awarded to the goal circle
- (D) There is no difference

35. What does a player "not" have to do when taking a throw-in?

- (A) Wait for all players to be on court

(B) Wait for the umpire to call "play"

(C) Put their feet up to the side/base line

37. In passing the ball in a tournament during a game, the basketball player should not

- (A) keep the pass at approximately chest height
- (B) apply spin to the ball
- (C) move in the same direction as the ball
- (D) vary the type of pass

38. In badminton, play ends during or after the service in all of the following plays except the one in which the

- (A) server has one foot off the court on the serve
- (B) server's foot is in contact with the line bounding his service court
- (C) partner of the intended receiver returns the shuttle inadvertently
- (D) server completely misses the shuttle

39. The winning score for a tennis game is

- (A) 5-10-15-game
- (B) 10-20-30-game
- (C) love-30-40-game
- (D) 15-30-40-game

40. Totaling the scores made in a physical fitness test and dividing that sum by the number of individuals will give the _____ for the group

- (A) mode
- (B) median
- (C) mean
- (D) standard deviation

41. If, during a rally in tennis, the ball hits the top of the net but lands in the proper court

- (A) the ball continues in play
- (B) a fault is called
- (C) it is a re-serve
- (D) the point is re-played

42. In Foot Ball, the umpire's decision for a foul made by a defensive fullback inside the penalty area is a

- (A) defensive kick
- (B) free kick
- (C) corner kick
- (D) penalty kick

43. Of the following, during a serve in a doubles tennis game, the server's partner should avoid

- (A) anticipating receiver's strategy
- (B) looking back at her partner as he executes the serve
- (C) facing the net in readiness to volley
- (D) moving toward the center of the court to handle volleys

44. In a tennis serve, if a server unintentionally tosses two balls instead of one, a ——— is called

- (A) let
- (B) fault
- (C) ace
- (D) point

45. In field hockey, as a player starts a roll-in, she drops her stick and the ball is fielded by an opponent. The referee should

- (A) call the foul
- (B) allow play to continue
- (C) award a free hit to the opposing team
- (D) award a penalty corner to the opponent

46. If 2 players go 'offside' at the same time and neither one is in contact with the ball or interferes with play, what is the umpire's ruling?

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- (A) A free pass will be given to the team whose defending third the offence happened in
- (B) The umpire will acknowledge the offside but do nothing
- (C) A free pass will be given to the team whose attacking third the offence happened in
- (D) The umpire will toss the ball between both players

47. In badminton, all of the following are faults except the one in which the player

- (A) touches the net with body or racket
- (B) while serving is standing outside the service court
- (C) plays a bird which would have gone out of-bounds
- (D) touches the net when the shuttle is in play

48. In running for speed it is incorrect to

- (A) point the toes in the direction of the run
- (B) tilt the trunk forward
- (C) employ a vigorous swing of the arms
- (D) throw the head backward

49. Of the following, iron is most important for

- (A) building of muscles
- (B) stimulating the metabolism rate in the body tissues
- (C) carrying oxygen to the various parts of the body
- (D) bringing waste materials to the liver

50. All of the following start game except a

- (A) roll-in—field hockey
- (B) draw—lacrosse
- (C) toss-up—basketball
- (D) service—volleyball pitch—softball

51. All of the following concerning the dribbling of a football are correct except the one in which the dribbler is told to

- (A) push the ball with his foot rather than kick the ball
- (B) attempt to keep the ball under control rather than aim for speed

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(C) look at the field of play by occasionally glancing up rather than raise his head upward
(D) keep his knees slightly flexed

52. What is the score when the receiver wins the next point after deuce?

(A) 30-40

(B) advantage out

(C) advantage in

(D) 40-30

53. All of the following skeletal changes take place from infancy to adulthood except the

(A) Closing of major epiphysis

(B) Reduction in the number of facial sinuses

(C) Development of two concave curves in the vertebral column

(D) Change in the shape of the thorax from round to elliptical

54. During the "get set" position in a sprint start, the

(A) hand should be on the waist

(B) hips should be lower than the shoulders

(C) head should be raised with eyes focused down the track

(D) hands should be placed as far apart as possible

55. In multiple periodisation the number of transitional period should

A. One

B. Two

C. Three

D. None of these

56. In single periodisation the number of preparatory period should be.

A. One

B. Two

C. Three

D. None of these

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57. Performance deteriorating factors such as insufficient sleep, irregular daily routine, insufficient leisure time, use of alcohol and nicotine are the causes of.

A. Under load

B. Over load

C. Both

D. None of these

58. Factors affecting the pace of recovery are.

A. Nature of the load

B. Health and physical

C. Sleep

D. None of these

59. When the muscles are stretched first and then made to contract are called.

A. Eccentric - Concentric contraction

B. Concentric - Eccentric contraction

C. Both

D. None of these.

60. What should the receiver do if he or she is unable to determine whether a ball is good or just outside?

(A) call the ball good

(B) ask the server to replay the point

(C) ask the server to make a decision

(D) call a fault

61. For the development of strength endurance the intensity of work load should be.

A. 80-100%

B. 75-80%

C. 60-70%

D. 40-60%

62. The ability to execute motor actions under given conditions, in minimum possible time is called.

(A) Flexibility

(B) Agility

(C) Endurance

(D) Speed

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63. Reaction ability and acceleration ability are the forms of.
 (A) Flexibility
 (B) Agility
 (C) Endurance
 (D) Speed
64. The factors determining the various speed performances are.
 (A) Explosive strength
 (B) Mobility of nervous system
 (C) Muscle composition
 (D) All of these.
65. What term refers to a point that must be replayed?
 (A) fault
 (B) deuce
 (C) let
 (D) net ball
66. The resistance ability against fatigue is called.
 (A) Strength
 (B) Endurance
 (C) Speed
 (D) Flexibility
67. At the closing ceremony of the 1984 Olympics in Los Angeles, a British athlete wore a vest with the words, 'Thank You America for a Wonderful Games'. Who was that person?
 (A) Tessa Sanderson
 (B) Seb Coe
 (C) Steve Cram
 (D) Zola Budd
68. Basketball has been a regular Olympic sport since 1936. From then, until the year 2000, only three teams have won Gold. The USA and Russia (or earlier the USSR) are two of them. Which is the only other Country to take the gold medal?
 (A) China
 (B) Italy
 (C) Canada

- (D) Yugoslavia
69. What is the meaning of the term "ace" ?
 (A) The receiver was unable to return a good service
 (B) The receiver was unable to contact a good service
 (C) The first serve was a good service
 (D) The server won the point
70. When is a ball considered out in Tennis?
 (A) when it hits any part of the line
 (B) when it hits completely outside the line
 (C) when it hits just the back edge of the line
 (D) when it hits more off than on the line
71. For endurance work the intensity of load is measured in terms of.
 (A) m/sec. or km.
 (B) m.km.
 (C) Both
 (D) None of these
72. In low resistance work load the percentage of the maximum
 (A) 70-80
 (B) 30-50
 (C) 80-90
 (D) None of these
73. Which one of the following is not an Australian netball sponsor?
 (A) Avon
 (B) Umbro
 (C) Asics
 (D) Firestone
74. Overweight and obesity are major risk factors for diseases such as
 (A) Colon Cancer
 (B) Diabetes
 (C) Lung disease
 (D) Thyroid Cancer
75. Our Australian netball team played for gold at the 2002 Commonwealth Games which were held where?

- (A) Manchester, England
 (B) Edinburgh, Scotland
 (C) Victoria, Australia
 (D) Auckland, New Zealand
76. What kind of study is perhaps the most frequently used in the field of educational psychology?
 (A) The correlational study
 (B) The case study
 (C) The laboratory study
 (D) The randomized field experiment
77. What is an example of descriptive research?
 (A) A laboratory study.
 (B) A correlational study
 (C) A random field experiment.
 (D) A survey
78. Which of the following strokes is not used in Badminton?
 (A) the putt
 (B) the smash
 (C) the clear
 (D) the drop
79. What is the standard height of badminton net at the center of the court?
 (A) 4 feet 6 inches
 (B) 5 feet
 (C) 5 feet 6 inches
 (D) 5 feet 2 inches
80. Which of the following statements is not true regarding muscles?
 (A) Protein will build a repair muscle tissue with amino acids.
 (B) A trained muscle can store more energy than an untrained muscle.
 (C) The heart is not considered to be a muscle.
 (D) Lactic acid build up causes our muscles to become fatigued sooner.

81. Which of the following minerals is the top defender for our immune system?
 (A) Phosphorus
 (B) Iron
 (C) Zinc
 (D) Calcium
82. Which of the following is not a characteristic of good running form?
 (A) Slight lean forward
 (B) Arms at waist level
 (C) Cupped hands
 (D) 90 degree elbow angle
83. Which one of these is a field event that involves running a short distance?
 (A) Discus
 (B) Javelin throw
 (C) Shot put
 (D) Fencing
84. Which of the following options is a modern day Olympic field event that involves hurling a steel ball attached to a wire?
 (A) Ratchet hurl
 (B) Chainsaw heave
 (C) Hammer throw
 (D) Wrench toss
85. Which of these sports is almost like running?
 (A) Football
 (B) Baseball
 (C) Soccer
 (D) Swimming
86. What are the two main categories in athletics?
 (A) Races and Others
 (B) Track and Jumps
 (C) Track And Field
 (D) Running and Throwing
87. Who was the men's world record holder in the 200m as well as 400m, before and after the 2000 Olympics in Sydney?

- (A) Ato Boldon
(B) Edwin Moses
(C) Michael Johnson
(D) Thomas Schoenlebe
88. Who in 1988 became the first woman to run the 100 metres in under 10.5 seconds?
(A) Heike Drechsler
(B) Evelyn Ashford
(C) Florence Griffith Joyner
(D) Gwen Torrence
89. In breaststroke, what is the movement of the arms and the legs compared to?
(A) A bat
(B) A cat
(C) A frog
(D) A dog
90. What are the order of the strokes in individual medley (all levels)?
(A) Freestyle, Backstroke, Breaststroke, Butterfly
(B) Butterfly, Backstroke, Breaststroke, Freestyle
(C) Backstroke, Breaststroke, Butterfly, Freestyle
(D) Breaststroke, Butterfly, Freestyle, Backstroke
91. How many swimmers take part in a standard relay?
(A) 2
(B) 4
(C) 6
(D) 5
92. What does the IM stand for in swimming?
(A) Insufficient Momentum
(B) Individual Medley
(C) Intentional Misconduct
(D) Inspirational Moment
93. How many points are required to win a game of squash?
(A) 9 - or by two points if tied at 8
(B) 7 - or by two points if tied at 6
(C) 9 - or by one point if tied at 8

- (D) 11 - or by two points if tied at 10
94. How do we decided who serves first at the start of a match?
(A) Rally
(B) Flip a coin
(C) Spin the racket
(D) Rock scissor paper
95. In doubles, where should partners stand when receiving a serve for beginner players?
(A) both up
(B) receiver near baseline, partner on the middle of the service line on her side of the court
(C) both back
(D) one in the right backcourt, and one in the left service court, near the net
96. Which of the following is a good example of when to rush the net in singles?
(A) All of these.
(B) when the opponent's shot lands on your baseline
(C) when your opponent hits a short shot
(D) when a shot lands just over the net in your opponent's court
97. In singles, it is good strategy to *(net ball)*
(A) run your opponent
(B) All of these
(C) return balls close to the baseline
(D) return balls to your opponent's weakness
98. How many players are on-side at any time from the one team? *(net ball)*
(A) 8
(B) 5
(C) 7
(D) 12
99. What position am I playing if I am standing in a full circle, and the umpire just blew a whistle?
(A) Centre

- (B) Wing defence
- (C) Wing attack
- (D) Front defender

How many points is a goal worth?

- (A) 2, but 3 if the goal is shot outside the circle
- (B) 1 point
- (C) 3 points
- (D) 1 point, but 5 if the goal is shot outside the circle

5	D	30	A	55	B	80	C
6	A	31	C	56	A	81	C
7	D	32	A	57	B	82	A
8	B	33	C	58	B	83	B
9	D	34	D	59	A	84	C
10	B	35	B	60	A	85	D
11	D	36	B	61	D	86	C
12	D	37	B	62	D	87	C
13	D	38	D	63	D	88	C
14	D	39	D	64	D	89	C
15	B	40	C	65	C	90	B
16	D	41	A	66	B	91	B
17	C	42	C	67	D	92	B
18	D	43	D	68	D	93	D
19	D	44	A	69	B	94	C
20	C	45	B	70	B	95	C
21	D	46	B	71	A	96	C
22	C	47	C	72	B	97	B
23	A	48	D	73	B	98	C
24	A	49	C	74	B	99	A
25	C	50	A	75	A	100	B

ANSWER SHEET SAMPLE 04

1	D	26	B	51	C	76	A
2	C	27	D	52	B	77	D
3	A	28	C	53	B	78	A
4	D	29	B	54	C	79	B

ADVANCED TEST SAMPLE ON SPORTS SCIENCES &
PHYSICAL EDUCATION

(Sample 05 carry 100 questions)

Marks: 200

Times Allowed: 100 Minutes

1. Of the following, the least advisable technique used for the rewarding of an exceptionally good student in physical activities is to
- (A) Announce, before the entire class, the good work mark given to him for his class work
 - (B) promote him to a leader's position in the class for that period
 - (C) post on the class bulletin board the good work mark
 - (D) excuse the student from the physical activity he least prefers
2. in tennis,
- (A) faulty footwork can ruin a perfect swing
 - (B) a service should always be an ace
 - (C) a let ball is the same as a net ball
 - (D) a ground stroke is a volley
3. How many boys may play at Under 12 level?
- (A) 4 per team
 - (B) No boys can play
 - (C) 2 per team
 - (D) The whole team can be boys
4. In track, if the time watches used for testing first place in a race disagree, the time officially counted is the
- (A) Middle
 - (B) Slowest
 - (C) Fastest
 - (D) Average of the three
5. In swimming, the best way to progress through a large breaker near the shore is to
- (A) back into it
 - (B) double up the body into a ball
 - (C) dive into it with the body straight

- (D) jump over it
6. All of the following associations are correct except
- (A) saddle joint---knee
 - (B) pivot joint---joint between the radius and the ulna
 - (C) gliding joint---ankle bones
 - (D) hinge joint---elbow
7. All of the following associations of situation and method of putting a ball in play in girl's field hockey are correct except after a
- (A) foul committed by a member of the defending team in the striking circle -----penalty corner
 - (B) ball goes out-of-bounds over the end line---roll-in
 - (C) foul committed by a member of the attacking team during a penalty bully--25-yard line bully
 - (D) foul committed unintentionally by the defense---long corner
8. In Volley Ball appropriate activities for developmental level II include:
- (A) Shower service ball
 - (B) Mini-volleyball
 - (C) Wall volleying
 - (D) Pass and dig
9. In Volley Ball experiences at developmental level II should be based on:
- (A) Competitive game play
 - (B) Understanding rotations used in 6-person volleyball
 - (C) Modified volleyball (4 person teams)
 - (D) The use of a beach ball
10. In Volley Ball which of the following skills can young children probably master?
- (A) The spike
 - (B) The underhand pass
 - (C) The block
 - (D) The set up
11. In Volley Ball the objective of the set up pass is to raise the ball to a position:

- (A) Just below the height of the net
- (B) 1 or 2 feet above the net
- (C) 3 or 4 feet above the net
- (D) 2-3 feet away from the net

2. How many defensive players are allowed to block at the net?

- (A) A minimum of two
- (B) No players are allowed to block in elementary volleyball
- (C) One or more players may block
- (D) One only

Which committee is responsible for a fair decision in Athletics?

- (A) Doping Committee
- (B) Technical committee
- (C) Jury of Appeal
- (D) None of these

Of the following organs, the one that has both voluntary and involuntary muscles is the

- (A) heart
- (B) larynx
- (C) stomach
- (D) eye

The term which refers to the relative rate of speed of a movement is

- (A) accent
- (B) rhythm
- (C) tempo
- (D) phrase

In tennis, if a service is delivered before the receiver is ready, a (an) _____ is called

- (A) let
- (B) fault
- (C) ace
- (D) pass

17. All of the following concerning the smash in tennis are correct except that it is a stroke

- (A) which is directed downward
- (B) useful to employ against a lob
- (C) executed with the same techniques as a serve
- (D) which directs the ball high into the air

18. When the volleyball official raises his arm vertically overhead with two fingers extended, he is signaling that

- (A) a double foul was committed
- (B) the ball was struck more than once in succession
- (C) two players tapped the ball simultaneously
- (D) a player contacted the net

19. For good control of the volleyball, it should be

- contacted with the
- (A) fists
- (B) heel of the hand
- (C) fleshy part of the finger tips
- (D) open palm

20. All of the following concerning badminton are correct except

- (A) When the bird is at net level, the "smash" stroke should be employed
- (B) A "clear" is employed to find an opponent's weakness
- (C) In general, shots near the net require wrist action with little body action
- (D) A drop shot is an offensive stroke

21. The relay race is the team event in track and field. What is the object being relayed by the team sprinters?

- (A) A torch
- (B) A flag
- (C) A stick
- (D) A baton

22. A track and field sprinter can unofficially earn the title "the world's fastest man or woman" by winning what sprint distance?

- (A) 50m
- (B) 100m
- (C) 200m
- (D) None of these

23. The most important track and field competition is

- (A) The World Championships
- (B) The Diamond League
- (C) The Olympics

24. Which of the following is the organization that governs competitive track and field?

- (A) IAAF
- (B) ITF
- (C) FINA

25. In a volleyball game, the most effective tactic the defensive team can employ against a spike is to

- (A) block the ball
- (B) use an underhand recovery pass
- (C) bring the best blocker up to the net
- (D) set the ball up to a teammate

26. All of the following are helpful cues for the execution of the backhand drive in tennis except

- (A) Watch the ball throughout the stroke
- (B) During the stroke, transfer the weight from the rear to the forward foot
- (C) Meet the ball with the body facing the net
- (D) Be sure to complete the entire follow through after hitting the ball

27. A football team consists of one goal keep five forwards, three halfbacks and two

- (A) quarterbacks
- (B) ends
- (C) guards
- (D) fullbacks

28. Which one of the following might be included in a good exercise programme to significantly improve flexibility?

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- (A) Plyometrics
- (B) Interval training
- (C) Body pump
- (D) Yoga

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29. The field of dentistry concerned with the making of dentures is

- (A) Endodontia
- (B) Pedodontia
- (C) Periodontia
- (D) Orthodontia

30. All of the following statements are correct except

- (A) Blood plasma gives the blood sufficient volume to maintain blood pressure
- (B) Red blood cells are made in the bone marrow and, when worn out, their iron content is reclaimed by the bone marrow
- (C) Blood platelets are the antibodies associated with gamma globulin
- (D) White blood cells invade disease bacteria and poison them with chemicals

31. Which one of the following shows a lack of confidence in participating in physical activities

- (A) No local facilities
- (B) Lack of spare time
- (C) Feeling of not being good enough
- (D) Limited funding

32. In volleyball, if a player on the serving team steps off the court and catches a ball that has been returned before it bounces, the decision is

- (A) side out
- (B) let ball
- (C) re-serve
- (D) point

33. In tennis, the server can win the game by taking the next two consecutive points when the score is

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(A) advantage-out

(B) 15-30

(C) advantage-in

(D) deuce - 40

34. All of the following will affect the relation of the line of gravity to an individual's base of support except carrying a

(A) Heavy suitcase in the right hand

(B) Tary in both hands in front of the chest

(C) Basket ball in a dribble position

(D) Moderate heavy basket on the head

35. When there are four victims of an accident, the one who should be attended to first is the one who

(A) is in greatest pain

(B) is bleeding profusely

(C) is in shock

(D) is not breathing

36. Which one of the following is an example of a health and safety consideration when setting up a fitness test?

(A) The same person records the time taken to complete the test by all the athletes

(B) The weight training equipment is checked before being used

(C) Each person performing the test is encouraged in exactly the same way

(D) All those performing the test should try to be the best

37. All of the following cues for teaching the spike in volleyball are correct except

(A) Your jump should be straight up and down

(B) Precede your jump with a crouch to gain height

(C) Your approach to the net should be in a line parallel with it

(D) Time your movement so that you hit the ball at its highest point in the air

38. Mechanics is the branch of physics that deals with bodies

(A) At rest

(B) In motion

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(C) Both (a) and (b)

(D) None of the above.

39. Which one is the simplest form of cognition?

(A) Conception

(B) Perception

(C) Sensation

(D) Affection.

40. Which of the following is an intrinsic motivator?

(A) Pay

(B) Promotion

(C) Feedback

(D) Interest of play.

41. What does BMI measure?

(A) flexibility

(B) muscle weight

(C) body fat

(D) strength

42. What is the percentage of CO₂ in the air we breathe out?

(A) 0.03%

(B) 4%

(C) 6%

(D) 2%

(E) 1%

43. Number of bones in the axial skeleton is

(A) 60

(B) 80

(C) 40

(D) 20

44. The forces acting on a runner near the end of a race are

(A) Weight

(B) friction

(C) Air resistance

(D) all the above.

45. The two factor theory of motivation is given by

(A) Maslow

(B) Jung

(C) Alderfer

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46. The specific function of tarsal bone is
 (D) Harzberg.
 (A) Protection
 (B) Gives strength
 (C) Act as lever
 (D) None of the above.
47. In regard to the skin, the outer layer is known as the
 (A) corium
 (B) epidermis
 (C) keratin
 (D) papilla *الزوائد الجلدية*
48. A student's medical record with the notation "lateral curvature of the spine" indicates that the child has a condition called
 (A) scoliosis
 (B) lordosis
 (C) kyphosis
 (D) kypholordosis
49. The ability to invert an image so that we see it right-side up lies in the
 (A) brain
 (B) lens
 (C) iris
 (D) retina
50. Reinforcement theory of motivation is given by
 (A) Jung
 (B) Herzberg
 (C) Skinner
 (D) Maslow.
51. All of the following are games of American origin except
 (A) baseball
 (B) speedball
 (C) bowling
 (D) field ball
52. The type of competition in which a player must compete against every other participant is the ----- tournament
 (A) pyramid

- (B) ladder
 (C) round robin
 (D) consolation
53. In planning competition in sports for a physical education class, the teacher should avoid using the elimination *System* tournament because
 (A) it becomes too complicated when used with an uneven number of teams
 (B) the best teams have to play every other team
 (C) it is too time-consuming
 (D) it provides fewer opportunities for the teams to play
54. To modify a volleyball game for young, inexperienced players it is least advisable to
 (A) increase the number of players on each team
 (B) use a larger, light-weight rubber ball
 (C) lower the height of the net
 (D) encourage hitting the ball with one hand
55. When teaching a backward roll, of the following, the least effective cue is
 (A) Keep your head tucked and your back rounded as you roll
 (B) Sit close to the heels when starting to roll
 (C) Contact the mat knees first as you complete the roll
 (D) Push backward with the hands as the back of the head contacts the mat
56. All of the following cues should be stressed when teaching the dribble in basketball except
 (A) Keep your knees slightly flexed
 (B) Keep the body low
 (C) Keep your hands relaxed
 (D) Keep your eyes on the ball as you progress
57. All of the following statements are correct except
 (A) Nerves reach into the interior of bones through the Haversian canals
 (B) The periosteum covers the surface of nearly all parts of the bone

- (C) Bone marrow consists mainly of minerals and proteins
- (D) The ends of long bones contain red marrow
58. A series of processes aimed at assisting the employees make informed career decisions is known as
- (A) career guidance
- (B) career anchoring *کامیاب بنیاد*
- (C) mentoring
- (D) career goals
59. Which is the most effective method for encouraging self learning?
- (A) Demonstration method
- (B) Lecture method
- (C) Observation method
- (D) Task method.
60. in cricket an over include
- (A) 5 balls
- (B) 6 balls
- (C) 7 balls
- (D) 8 balls
61. Of the following, the most powerful of all bodily defenses against infection is
- (A) cytolysis
- (B) phagocytosis *فجیوسیتوز*
- (C) cholesterol
- (D) thrombosis
- In a demonstration during a health class, the teacher breathes into a glass of limewater which becomes milky. This is an indicator that
- (A) carbon content is reduced
- (B) carbon dioxide is exhaled
- (C) oxygen is inhaled
- (D) nitrogen is reduced
63. In a skills test of wall volleying, how many seconds is stipulated to complete one test?

- (A) 30 seconds
- (B) 20 seconds
- (C) 10 seconds
- (D) 120 seconds
- (E) 60 seconds
64. In Volley Ball which of the following is NOT advisable when serving?
- (A) Transfer the weight to the forward foot.
- (B) Decide where to place the ball prior to the serve.
- (C) Don't punch the ball.
- (D) Place the right foot forward if serving with the right hand.
65. Only a minimal amount of time should be devoted to which of the following volleyball skills:
- (A) Spiking
- (B) Blocking
- (C) Serving
- (D) Passing
66. The _____ is an example of a skill that is introduced when a competitive situation exists.
- (A) Forearm pass
- (B) Underhand serve
- (C) Overhand serve
- (D) Simple return
67. In Volley Ball appropriate activities for developmental level III include:
- (A) Underhand serve
- (B) Simple rules
- (C) Beach ball volleyball
- (D) Game strategy
68. A banked shot in basketball always
- (A) requires a preliminary jump from the floor
- (B) needs ample space between player and goal
- (C) provides for scoring while under the basket
- (D) involves the use of the backboard

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69. In basketball, if a free throw is taken and the ball touches the rim but misses the goal, the
- (A) forward is charged with a violation
 - (B) forward puts the ball in play at the side line
 - (C) ball is awarded to one of the guards
 - (D) ball continues in play
70. If, during a rally, the badminton player is off balance, of the following the best stroke for him to employ is a
- (A) Lob
 - (B) Drive
 - (C) Smash
 - (D) Clear
71. A person may go into traumatic shock as a result of all the following except
- (A) a second-degree burn
 - (B) a deep punctured wound
 - (C) the sight of blood
 - (D) multiple
72. In all of the following sports it is necessary to win by two points except
- (A) shuffleboard
 - (B) table tennis
 - (C) volleyball
 - (D) tennis
73. The procedure of doping test is including the collection of
- (A) Sugar sample
 - (B) Urine sample
 - (C) stool Sample
 - (D) Blood Sample
74. How many athletes may be used as substitutes in Relays race event
- (A) One athlete
 - (B) Two athlete
 - (C) Three athlete
 - (D) none of these.
75. The sport of track and field has roots in _____
- (A) Ancient China

- (B) Ancient Egypt
 - (C) Ancient Greece
 - (D) Ancient Rome
76. Which of the following is NOT a track and field event?
- (A) Discus throw
 - (B) Hammer throw
 - (C) Javelin
 - (D) Archery
77. Of the following, the sport in which the awkward boy can best attain a better opportunity for achievement is
- (A) handball
 - (B) touch football
 - (C) badminton
 - (D) swimming
78. With serious third-degree burns,
- (A) the injured area is given for first-aid treatment as that given for first-degree burns except over a larger body surface
 - (B) most deaths occurring within the first few days are caused by shock
 - (C) the large blisters should be ruptured so that the accumulated fluid can be eliminated
 - (D) mineral oil applied sparingly will give comfort
79. Of the following wounds, the most likely to become infected is the
- (A) laceration
 - (B) abrasion
 - (C) scratch
 - (D) puncture
80. Of the following, the one least necessary for a lasting relief for weak feet is
- (A) a properly fitted arch support
 - (B) exercise
 - (C) proper shoes
 - (D) none of these
81. All of the following are associated with the ear except
- (A) tympanic membrane

- (B) otitis media
(C) otosclerosis
(D) nephritis
- ✚ Which of these famous personalities play badminton?
(A) Diego Maradona
(B) Nick Faldo
(C) Paul Newman
(D) All of them
83. What are the best shuttles made of?
(A) the right wing of a turkey
(B) the back of a swan
(C) the breast of a robin
(D) the left wing of a goose
84. What are the service lines in a singles court?
(A) Short and narrow
(B) Short and wide
(C) Long and wide
(D) Long and narrow
85. How long should you hold a static stretch?
(A) At least 120 seconds
(B) About 60 seconds
(C) 15 to 30 seconds
(D) 90 to 120 seconds
86. When running in the winter, where will most of your body heat escape from?
(A) Chest
(B) Hands
(C) Head
(D) Feet
87. Which of the following is not true regarding summer running?
✚ (A) Do not wear a headband as it may cause you to sweat excessively leading to dehydration.
(B) Dawn is usually the coolest time of the day to run.
(C) Clothes that are light colored will reflect the sun rays.

- (D) Choose a course with plenty of shade and water along the way.
88. Dimensions of Badminton double court are
(A) 10.75m x 6.10m
(B) 13.40 x 9m
(C) 13.40m x 6.10m
(D) 13.00m x 6.10m
- ✚ 89. In 1985, who became the first pole vaulter to clear six metres?
(A) Sergey Bubka
(B) Okkert Brits
(C) Rodion Gataullin
(D) Igor Trandenkov
90. How many jumping events are there?
(A) 3 *Triple*
(B) 1 *Vertical*
(C) 4 *High*
(D) 2 *Long Jump*
91. What best describes the actions taken in triple jump?
(A) skip, hop, jump
(B) hop, skip, jump
(C) hop, step, jump
(D) jump, skip, land
92. How many hurdles races are there?
(A) 3
(B) 4 *2 x 400, 700 x 150, 800 x 4*
(C) 2 *100 x 400*
(D) 1
93. ✚ Why was the javelin redesigned in 1984?
(A) The crowds wanted to see bigger and better throws
(B) The javelin throwers led a campaign because the javelin was too heavy
(C) The original design was too easy to tamper with
(D) The throws were getting too big
94. How many gold medals did Carl Lewis win in the 1984 Olympic Games?

- (A) 5
- (B) 0
- (C) 4
- (D) 3

95. The common brand of swimsuit for swimmers is what?

- (A) brody
- (B) billibong
- (C) quicksilver
- (D) speedo

96. An important ingredient in a swimmers diet when they are at competitions is what?

- (A) calcium
- (B) milk
- (C) potassium
- (D) sugar

97. If another player is interfering with your shot what is the correct phrase to yell?

- (A) Fore!
- (B) Bird!
- (C) Let!
- (D) Stop!

98. Using the traditional scoring system, when is a game completed?

- (A) when a total of 4 points has been played
- (B) when both sides win 5 points
- (C) when one player has won 4 points and the other opponent has not more than 2 points
- (D) when one player has won 4 points and the other opponent has won 3 points

99. If, in the first game, the server has 3 points and the receiver has 2 points, what should the score be?

- (A) 40-30
- (B) 15-40
- (C) 30-40
- (D) 30-15

100. Which of the following scores would indicate that you are serving into the left service court?

- (A) 30-15
- (B) All of these
- (C) 40-love
- (D) 40-30

ANSWER SHEET SAMPLE 05

1	D	26	C	51	C	76	D
2	A	27	D	52	D	77	D
3	C	28	D	53	D	78	B
4	A	29	D	54	D	79	D
5	C	30	C	55	C	80	A
6	A	31	C	56	D	81	D
7	B	32	A	57	C	82	D
8	A	33	D	58	A	83	D
9	D	34	D	59	C	84	D
10	B	35	B	60	B	85	C
11	B	36	B	61	B	86	C
12	C	37	D	62	B	87	A
13	C	38	B	63	A	88	C
14	D	39	C	64	D	89	A
15	C	40	D	65	A	90	C
16	A	41	C	66	C	91	C
17	D	42	C	67	D	92	B
18	B	43	B	68	D	93	D
19	C	44	D	69	D	94	C
20	A	45	D	70	A	95	D
21	D	46	B	71	C	96	C
22	B	47	B	72	A	97	C
23	C	48	A	73	B	98	C
24	A	49	A	74	A	99	A
25	A	50	C	75	C	100	B

ADVANCED TEST SAMPLE ON SPORTS SCIENCES & PHYSICAL EDUCATION

(Sample 06 carry 100 questions)

Marks: 200

Times Allowed: 100 Minutes

1. Why is warming up before exercise important?
 - (A) It improves flexibility
 - (B) It improves heart rate
 - (C) It decreases the removal of lactic acid
 - (D) It slows adrenaline release
2. The part of the digestive tract in which the greatest amount of food absorption takes place is the
 - (A) colon
 - (B) larger intestine
 - (C) small intestine
 - (D) duodenum
3. Of the following tennis strokes, the one to present first to a beginning group is the
 - (A) forehand
 - (B) serve
 - (C) backhand
 - (D) lob
4. Two minerals present in combined form in the bones and the teeth are
 - (A) iron and chlorine
 - (B) calcium and phosphorus
 - (C) sodium and magnesium
 - (D) calcium and iron
5. Muscular endurance is one component of fitness. Which one of the following best describes muscular endurance
 - (A) to be able to carry out repetitive tasks without tiring
 - (B) to be able to lift a heavy weight
 - (C) to be able to run fast over a short distance

- 536034
- (67) A pronated foot can best be identified by the
- (A) resulting increased height of the instep
 - (B) Calluses which develop at pressure points on the foot
 - (C) Rolling in of the ankles toward the inner border of the foot
 - (D) Low arch found in the forward part of the foot
7. The disease characterized by defective ossification of the bones and the development various bone deformities is
- (A) Arthrities
 - (B) Rickets
 - (C) Appoplexy
 - (D) Clubfoot
- (8) Of the following cues for the improvement of posture the least advisable is to
- (A) Keep chest high
 - (B) Sit tall
 - (C) Press head against the ceiling
 - (D) Flatten the abdomen
9. Diameter of Hammer Throw Circle should be
- (A) 2.50m
 - (B) 2.40m
 - (C) 2.135m
 - (D) None of the above
10. The branch of mechanics that describes the cause of force is
- (A) Kinetics
 - (B) Kinematics
 - (C) Biomechanics
 - (D) Fluid mechanics.
- (11) In making posture observations, the physical education teacher should
- (A) Diagnose and refer for corrective measures

- (B) Recognize defects and recommend corrective exercises
 - (C) Diagnose type of defect and suggest means of correction
 - (D) Recognize defects and refer for further testing diagnose and treat deformities
12. To make certain that water is safe to drink when on a camping trip, one should
- (A) Use only drifting water use only water
 - (B) Use only water which comes from spring
 - (C) Add bicarbonate to the water
 - (D) Boil the water
13. Use of physical activity to improve appearance
- (A) flex training
 - (B) body mass training
 - (C) strenght training
 - (D) cosmetic fitness
- (14) Which of the following signs would not be associated with a spinal cord injury?
- (A) priapism
 - (B) positive Babinski response
 - (C) right-sided facial paralysis
 - (D) hands up positioning
- (15) In stopping to pick up an object from the floor, the individual should not
- (A) Bend at the knees
 - (B) Keep both feet together
 - (C) Keep the spine in its normal position
 - (D) Incline the trunk slightly forward
- (16) Of the following principles associated with posture exercise, the correct one is
- (A) The higher the center of gravity, the easier to maintain the balance
 - (B) The most sequential the movement, the more force to obtainable.
 - (C) The border the base of support, the easier the exercise is to perform

Cushion

- (D) The lower the center of gravity the easier it is to maintain the balance
17. The unit of arrangement of bone cells is a
 (A) Fibrilla
 (B) Patella
 (C) Corium
 (D) Lamella
18. All of the following association of anatomical term and location in the human body are correct except:
 (A) Proximal - nearest to the median line of the body
 (B) Caudal - at the head-end of the body
 (C) Parietal - on the wall of cavity
 (D) Ventral - on the belly-side
19. All of the following concerning joints are correct except.
 (A) The synovial fluid lubricates the joint.
 (B) The capsule determines the degree of the movement in the joint.
 (C) The cartilage decreases friction between the two bones.
 (D) The bursa cushions the bones.
20. A first-class lever is seen in action when the
 (A) Triceps extends the elbow
 (B) Branches flex the elbow
 (C) Biceps flex the elbow
 (D) Deltoid abducts the arm
21. All of the following association of types of joints are correct except:
 (A) Ball and socket-hip
 (B) Gliding - toes
 (C) Pivot - head and neck
 (D) Hinge - elbow
22. The eight small bones that form the wrist are called the
 (A) Metacarpals
 (B) Metatarsals
 (C) Tarsals
 (D) Carpals

Large intervertebral

23. A diminished supply of oxygen to the body tissues is classified as
 (A) Apnea
 (B) Atresia
 (C) Anoxia
 (D) Ascitea
24. All of the following association are correct except:
 (A) Bursa - cushion between the bones
 (B) Cramp - an involuntary contraction of a muscle
 (C) Strain - result of overuse of a muscle or group of muscles
 (D) Tendon - stretchable tissue connecting bone to bone
25. The accumulation of oxygen debt by a normally healthy individual engaged in sport activity is related most directly to
 (A) Lack of endurance
 (B) Limited residual air
 (C) Strenuous exercise
 (D) Supplemental air
26. Function of long bones in the body is to
 (A) Give strength
 (B) Give protection
 (C) Act as lever
 (D) Provide surface area for muscle attachment.
27. According to the American Red Cross, all of the following are suggestions for caring a nose bleed except to
 (A) Sit the person down with the head thrown back
 (B) Pack the bleeding nostril before pinching the nostrils together
 (C) Apply cold wet towels to the back of the neck.
 (D) Reassure the person
28. In determining good standing posture, of the following parts of the body that should be situated one above the other when viewed from the sides are.

- (A) Ear lobe, point of shoulder, hip joint, rear of patella
 (B) Posterior end of jaw bone, crest of hip, back of knee
 (C) Highest point of the ear, outer end of the clavicle, crest of hip bone
 (D) Ear lobe, shoulder joint, waist, Achilles tendon
29. The movements around ball and socket joints are
 (A) Flexion and extension
 (B) Rotation and circumduction
 (C) Hyper extension
 (D) All the above.
30. Of the following, the one not associated with posture testing is
 (A) Jessie Bancroft
 (B) Sidney Fox
 (C) Josephine Rathbone
 (D) Cliffert Brownell
31. Total number of bones in the human skull is
 (A) 20
 (B) 21
 (C) 22
 (D) 23
32. When a body tissue is described as squamous, it is
 (A) Scaly
 (B) Desiccated
 (C) Hairy
 (D) Smooth
 (E) Pimply
33. In statistics the mode is the
 (A) Point in Distribution above which and below which is % of the scores.
 (B) Score that appears most frequently in a distribution
 (C) Sum of the scores divided by their number
 (D) Correlation Coefficient

34. All of the following associations are correct except:
 (A) Sliding caliper - used for the measurement of the circumference of the chest
 (B) Dynamometer - may be used in the measurement of arm and shoulder girdle strength
 (C) Stadiometer - used for measuring a person's height in either the sitting or standing position.
 (D) Manometer - measures the strength of hand grip
35. The period between the time germs and the body multiply sufficiently cause the appearance of the first symptoms of a disease is the period of
 (A) Acute illness
 (B) Incubation
 (C) Susceptibility
 (D) Convalescence
36. The relationship between the two consecutive administrations of a test expressed in term of the
 (A) Degree of objectivity
 (B) Validity of coefficient
 (C) Reliability of coefficient
 (D) Objectivity of coefficient
37. All of the following association of the digestive organ and mechanical process are correct except.
 (A) Stomach - antiperistaltic waves
 (B) Small intestine - churning
 (C) Esophagus - deglutition
 (D) Mouth - mastication
38. In screening for participation in physical education activities, the examination which should proceed all others is the
 (A) Posture and orthopedic examination
 (B) Height-weight-age co-efficient
 (C) Leg and foot test
 (D) Medical examination
39. Pathogenic bacteria are most closely associated with
 (A) Virus

- (B) Molds
(C) Fungi
(D) Toxins

40. In tennis, all of the following statements are correct except:
(A) If, after the receiver tells the server he is not ready, he attempts to return the service and fails, the point is replayed.

(B) A server may toss the ball and catch it without swinging at it, without penalty.

(C) A let service is not a fault and does not count as one of the two service tries.

(D) If a partner serves out of turn, the partner who ought to have served must serve as soon as the error is discovered.

41. Children's bones do not break as easily as those of older persons because their bones.

(A) Are less flexible

(B) Do not carry as heavy weight

(C) Contain more cartilage

(D) Receive better nutritional foods

42. The incorrect statement is:

(A) The mode is a measure of central tendency.

(B) The range is used as a rough measure of variability when knowledge of the entire spread of the scores is desired.

(C) The quartile deviation is used when the concentration of scores is around the median.

(D) The standard deviation is used as a measure of central tendency.

43. Change in chemical composition which foods undergo in their journey through the alimentary canal result from certain process depend upon the presence of

(A) Cholesterol esters

(B) Inorganic esters

(C) Organic salt

(D) Mechanical energy

44. All of the association type of joint and part of body are correct except:

(A) Arthodial - sacroliac

(B) Condloid - wrist joint

(C) Spheriodal - hip

(D) Ball and Socket - shoulder

45. All of the following association of planes of the body are correct except:

(A) Frontal - lateral plane

(B) Sagittal - anteroposterior plane

(C) Horizontal - coronal plane

(D) Cardinal - plane passing through the center of gravity.

46. Of the following glands, the on which controls the rate at the which food is burned in the body is the

(A) Pituitary

(B) Suprarenal

(C) Thyroid

(D) Adrenal

(E) Parathyroid

47. In general, it is correct to state that in normal respiration in

(A) Men, the muscles of the thorax are used more than the diaphragm

(B) Children, respiration is usually abdominal type

(C) All individuals, the muscles of the thorax and diaphragm are used with force

(D) Children and adults, they breath exactly the same

48. Of the following, the part of the brain that controls balance and coordinated movement is the

(A) Cerebrum

(B) Cerebellum

(C) Medulla

(D) Thalmus

49. Usually the first symptoms of rickets noted by a parent in a one-year-old child is

- (A) A flat chest
(B) Delayed dentition
(C) Bow legs
(D) Spinal curvature
50. Who won the Olympic Gold Medal for hockey in 1980 Moscow Olympics?
(A) India
(B) UK
(C) USA
(D) USSR
51. How many metres is one mile?
(A) 1000*
(B) 100
(C) 1609.344
(D) 1705.212
52. What are vertebrates that live both under water and on land called?
(A) Amphibians
(B) Cats
(C) Grasshoppers
(D) Frogs
53. What is the number of squares on a chess board?
(A) 72
(B) 64
(C) 32
(D) 48
54. The factors that influence the selection of individuals' career choices are usually referred to as
(A) career anchoring
(B) career path
(C) career goals
(D) mentoring
55. Which of the following is used as a self-assessment technique by the employees?
(A) The strength and weakness balance sheet
(B) The likes and dislikes survey
(C) The type focus assessment

- (D) All of the above
56. The career development programme which enables the employees to gain multi-skills and diverse experience before being considered for any promotion in the future is called
(A) Dual-skills path
(B) conventional career path
(C) lateral career path
(D) network career path
57. A process in which the manager, supervisors or an external expert acts as the advisor, philosopher and guide is called
(A) career anchoring
(B) career development
(C) mentoring
(D) none of the above
58. The ability to resist fatigue caused by activities done at slow to moderate pace is called.
(A) Basic endurance
(B) General endurance
(C) Specific endurance
(D) None of these
59. The ability to resist fatigue caused by any particular sports activity is called.
(A) Basic endurance
(B) General endurance
(C) Specific endurance
(D) None of these
60. Intensity can be measured in terms of.
(A) Speed
(B) Distance /height
(C) Speed (tempo)
(D) All of these
61. Volume can be measured in terms of.
(A) Duration
(B) Distance
(C) Frequency
(D) All of these

62. A state of decrease in performance capacity can be.
- Due to overload
 - Due to under load
 - Both
 - None of these
63. Cinematography and measuring devices are.
- Bio-mechanical means of training
 - Psychological means of training
 - Both
 - None of these
64. Who was the winner of 1st world squash championship held in 1976.
- Jan Sher Khan
 - Jef Hunt
 - Qamar Zaman
 - Jahangir Khan
65. During conditioning in continuous method.
- Intensity is kept high
 - Volume is kept high
 - Both
 - None of these.
66. Interval training includes.
- Medium to high intensity
 - Low to medium Volume
 - Both
 - None of these
67. In repetition method.
- Medium to high intensity
 - Low to medium Volume
 - Both
 - None of these
68. Extensive interval training improves.
- Basic endurance
 - General endurance
 - Strength endurance
 - All of these

69. Intensive interval training improves.
- Speed endurance
 - Explosive endurance
 - Maximum strength
 - All of these
70. Repetition method helps to improve.
- Speed ability
 - Maximum Strength
 - Explosive strength
 - All of Above
71. In which sport did Andre Agassi's father, Mike, compete in two competitions?
- Boxing
 - 1500 meters
 - Fencing
 - High jump
72. The Melbourne Olympics of 1956 had a few unique features. Which of these was *not* a unique-first feature of these games.
- First Olympic Games held in the Southern Hemisphere.
 - The first Olympic Games to introduce Olympic mascots.
 - The equestrian events did not take place in the host country.
 - The first Olympic Games where the athletes mingled together during the closing ceremony.
73. The shortest training cycle is called.
- Meso cycle
 - Macro cycle
 - Micro cycle
 - None of these
74. The combination of strength and speed ability is called.
- Explosive strength
 - Maximum strength
 - Strength Endurance
 - None of these

75. In medium resistance work load the percentage of the maximum possible intensity should be.
- 70-80
 - 30-50
 - 80-90
 - None of these
76. Bile juice is secreted by _____
- liver
 - pancreas
 - salivary gland
 - intestine
77. The optimum level of carbon dioxide in the atmosphere is _____
- 0.3%
 - 0.04%
 - 0.1%
 - 0.03%
78. Absorption is maximum in the small intestine because of _____
- the presence of villi
 - its length
 - its thin walls
 - all the above
79. Nutrition includes the study of _____
- the organism's food
 - process of digestion
 - the way an organism obtains food
 - all of the above
80. In which year was Hockey introduced in the Olympics?
1908. London
 1920. Antwerp
 1936. Berlin
 1956. Melbourne.
81. Against what country England played history's first international football fixture?
- Scotland

- France
 - Belgium
 - Italy
82. What is the oldest football club in history according to FIFA?
- The Football Club of Edinburgh (Scotland)
 - TSV 1860 München (Germany)
 - Sheffield F.C. (England)
 - Melbourne Football Club (Australia)
83. Which of these famous personalities play badminton?
- Diego Maradona
 - Nick Faldo
 - Paul Newman
 - All of them
84. What are the best shuttles made of?
- the right wing of a turkey
 - the back of a swan
 - the breast of a robin
 - the left wing of a goose
85. What is the legal height you are allowed to serve from?
- Anywhere below your waist
 - Anywhere from your shoulders down
 - Between your waist and shoulders
 - You can serve from any area you choose
86. Which of the following is not a good rule for runners to practice?
- Run in a unpopulated area.
 - Always run against the traffic.
 - Do not wear a head set.
 - Make yourself visible when running at night.
87. Which of the following terms is used to describe a workout where the runner occasionally changes speeds during a distance run?
- Fartlek

- (B) Repeats
- (C) Tempo run
- (D) Hills

88. Which of these combinations gives the correct split between individual track and field disciplines that make up the seven events in the Heptathlon?

- (A) 4 x Track, 3 x Field
- (B) 3 x Track, 4 x Field
- (C) 2 x Track, 5 x Field
- (D) 5 x Track, 2 x Field

89. Which Kenyan athlete set a new world record of 1 minute 40.91 seconds for the 800m at the 2012 Olympics?

- (A) Timothy Kitum
- (B) Nijel Amos
- (C) David Rudisha
- (D) Mohammed Aman

90. Which of these distances are not run in modern competitions?

- (A) 60m
- (B) 10,000m
- (C) 200m
- (D) 7500m

91. Which of these isn't a field event?

- (A) Hammer Throw
- (B) High Jump
- (C) Steeplechase
- (D) Pole Vault

92. How long did Bob Beamon's world record in long jump last?

- (A) 21 years
- (B) 24 years
- (C) 23 Years
- (D) 19 years

93. Who broke Bob Beamon's world record in the long jump?

- (A) Carl Lewis
- (B) Mike Powell
- (C) Ivan Pedroso

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94. Who was the first athlete to collect more than 9000 points in the decathlon?

- (A) Dan O'Brian
- (B) Tomas Dvorak
- (C) Roman Sebrle
- (D) JuergenHingsen

95. In the Olympic Games, what happens if a swimmer false starts by jumping the gun, which means diving in before the gun sounds?

- (A) the race is rerun
- (B) the swimmer adds 5 seconds to their time
- (C) the race is rerun with all of the other swimmers having a head start
- (D) the swimmer is disqualified

96. Which of these countries won at least one medal in swimming at the Sydney 2000 Olympics?

- (A) South Africa, Costa Rica, and Ukraine
- (B) New Zealand, Italy, and Canada
- (C) South Africa, China, and Ukraine
- (D) Russia, Costa Rica, and South Korea

97. When pushing off the wall doing breaststroke, swimmers must do a/an _____ pull?

- (A) swish
- (B) frog
- (C) lightbulb
- (D) underwater

98. In Volley Ball how long does each player have to warm up the ball and themselves before a match (on the match court)?

- (A) 1 minute
- (B) 3 minutes
- (C) 5 minutes

119

99. How long is the interval between games?
- (A) 90 Seconds
 - (B) 2 minutes
 - (C) 5 minutes
 - (D) 10 minutes
100. Which of the following is the most important factor in doubles strategy?
- (A) good smashing ability by both partners
 - (B) good speed by at least one partner
 - (C) the ability to get in the correct position
 - (D) skill in serving

ANSWER SHEET SAMPLE 06

1	A	26	B	51	C	76	A
2	C	27	B	52	A	77	D
3	A	28	A	53	B	78	D
4	B	29	D	54	A	79	D
5	A	30	D	55	D	80	A
6	A	31	C	56	D	81	A
7	B	32	A	57	C	82	C
8	C	33	B	58	B	83	D
9	C	34	A	59	C	84	D
10	B	35	B	60	D	85	A
11	D	36	C	61	D	86	A
12	D	37	A	62	C	87	A
13	D	38	D	63	A	88	B
14	C	39	B	64	A	89	C
15	B	40	A	65	B	90	D
16	D	41	C	66	A	91	C
17	D	42	D	67	A	92	C
18	B	43	D	68	C	93	B
19	B	44	B	69	C	94	C
20	A	45	D	70	A	95	D
21	B	46	C	71	A	96	A
22	D	47	B	72	B	97	D
23	C	48	B	73	C	98	C
24	D	49	C	74	A	99	A
25	C	50	A	75	A	100	C

9 B 16
13
16
17

12 $\frac{n(n-1)}{2}$
30
30

13 $\frac{13(11)}{2}$
71.5
143
154
165
176
187
198
209

ADVANCED TEST SAMPLE ON SPORTS SCIENCES &
PHYSICAL EDUCATION

(Sample 07 carry 100 questions)

Marks: 200

Times Allowed: 100 Minutes

- All of the following associations are correct except.
(A) Lameli - spongy bone
(B) Endosteum - lining membranes of hollow bones
(C) Periosteum - membrane covering the bone
(D) Matrix - the living part of the fingernail
- Of the following, the least important function of the abdominal muscles is to
(A) Flatten the abdominal wall
(B) act as antagonists to the diaphragm
(C) Support the pelvic organs
(D) improve posture
- Of the following, the barbell exercise most suitable for strengthening the muscles of the lower back is the
(A) curls
(B) dead lift
(C) standing press
(D) supine or bench press
- A court is to tennis as a strip is to fencing
(A) strip is to fencing
(B) field is to target archery
(C) range is to bowling
(D) court is to lacrosse
- All of the following associations of body joint and use are correct except:
(A) ball and socket - freedom of motion
(B) Immoveable - Protection
(C) hinge - Power
(D) All are correct
- The automatic adduction of the forefoot of the normal foot in walking is caused by the
(A) Eversion of the lower leg

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- (B) obliquity of the bearing surface of the metatarsus
(C) flexion of the ankle
(D) flexion of the knee
- Practice sessions can be categorized as all of the following EXCEPT which one?
(A) Partner work
(B) Team strategy
(C) Individual play
(D) Group work
- Which of the following does NOT cause loss of serve volley ball?
(A) Hitting the ball while being out of bounds
(B) Reaching over the net during play
(C) Carrying the ball
(D) Touching the net during play
- The first team to reach a score of ___ points wins that particular volley ball game.
(A) 21
(B) 9
(C) 25
(D) 13
- Which of the following skills should be tested in volleyball?
(A) Blocking
(B) Setting
(C) Digging
(D) Volleying
- How should the skill of serving be tested in volleyball?
(A) Serving for accuracy
(B) Serving for height
(C) Serving for distance
(D) Serving for speed
- The following are the standard distance of hurdler Race for men.
(A) 100 & 400 mts.
(B) 110 & 400 mts.
(C) 80 & 200 mts.

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- (D) All of these.
13. Direction of running shall be.
 (A) Right hand side
 (B) Left hand side
 (C) curve- running
 (D) None of these.
14. Standard width of the lane shall be.
 (A) 1.20 mts
 (B) 1.22 mts
 (C) 1.22 to 1.25 mts.
 (D) 110 mts.
15. Who said, "Sound mind in a sound body"?
 (A) Discartes
 (B) Rousseau
 (C) Aristotle
 (D) Plato.
16. The Standard distance of Marathon Race.
 (A) 26 kms.
 (B) 42 kms.
 (C) 42.195 kms
 (D) 42.123 kms .
17. All of the following associations of sports and terms are correct except:
 (A) heading—speedball and soccer
 (B) let—deck tennis and table tennis
 (C) set-up—badminton and volleyball
 (D) wedge—handball and bowling
18. In performing the lifesaving swimmer's carries, the most commonly used leg action is the _____ kick.
 (A) dog
 (B) frog
 (C) flutter
 (D) scissors
19. All of the following are helpful cues in teaching the hook pass in basketball except:
 (A) Take a forward step and half-turn of the body in the direction of the pass.

- (B) Release the ball in front of the head.
 (C) Carry the arm up fully extended to a high point before releasing the ball.
 (D) Point the shoulder opposite the shooting hand toward the basket.
20. Normal Pulse rate of a Human being in a minute should be.
 (A) 72 times
 (B) 82 times
 (C) 92 times
 (D) 102 times
21. In football, the team that wins the pre-game toss has the option of
 (A) kick-off or choice of goals
 (B) kick-off and choice of goals
 (C) Receiving kick-off first or last quarter
 (D) receiving or kicking-off at certain quarters
22. Physical education in America was influenced least by the
 (A) English
 (B) Germans
 (C) Danes
 (D) Italians
23. Which one of the following is an example of an important role of an official in physical activities?
 (A) To help performers' fitness levels
 (B) To ensure that rules are followed correctly
 (C) To make money
 (D) To ensure that the right tactics are used
24. Which one of the following would you not take into account when assessing someone for readiness to exercise
 (A) Family history of illness
 (B) Age of participant
 (C) History of sports success
 (D) Fitness level of participant
25. In the childhood, individual's behaviour is most influenced by
 (A) Community
 (B) School

- (C) Peer group
(D) family.

26. The test for excess chlorine in swimming pool water is the _____ test.
(A) Acidity
(B) chloride
(C) P.H.
(D) orthotolodine
27. The test for buoyancy in swimming is the _____ float.
(A) horizontal
(B) Prone
(C) back
(D) Tuck
28. At the time of release of discus
(A) Centripetal force is more than centrifugal force
(B) Centrifugal force is more than centripetal force
(C) Centripetal and centrifugal forces become zero
(D) None of the above.
29. The schedules for interval training are prepared
(A) Annually
(B) weekly
(C) Monthly
(D) quarterly.
30. The art and science of teaching
(A) mentor
(B) pedagogy
(C) tutoring
(D) none of the above
31. The cervical spine accounts for:
(A) less than 10 percent of all spinal injuries.
(B) less than 50 percent of all spinal injuries.
(C) more than 25 percent of all spinal injuries.
(D) more than 50 percent of all spinal injuries
32. Synchronized swimming refers to a
(A) Well-coordinated stroke
(B) form of competitive swimming
(C) competitive event limited to women

- (D) form of breast stroke recently adopted by the A.A.U.

33. Bacteria multiply most rapidly in places that the
(A) warm, moist and dark
(B) hot and dry
(C) exposed to sunlight
(D) cold and damp
34. The cause of frustration among sports person is
(A) Result of own performance
(B) Normally due to mismatched level of aspiration and ability
(C) Result of good performance
(D) Natural outcome of competitive sports.
35. In general, the blood pressure considered normal for young male adults is
(A) 80 systolic over 120 diastolic
(B) 100 systolic over 90 diastolic
(C) 140 diastolic over 70 systolic
(D) 120 systolic over 80 diastolic
36. All of the following associations of vitamins are correct except:
(A) vitamin H₂—riboflavin
(B) vitamin A—carotene
(C) vitamin D—calciferol
(D) vitamin C—folic acid
37. In girls' field hockey, the chief duty of the forward line players is to
(A) Direct the hail to the wing players
(B) keep control of the ball
(C) make the goals
(D) use staircase dodges
38. In a football game, the member of the team who is permitted to drop kick is the
(A) Goalkeeper
(B) player nearest the ball
(C) left or right fullback

- (D) the wing
39. Law of effect in learning was started by
 (A) Pavlov
 (B) Thomdike
 (C) Skinner
 (D) Gestalt.
40. A warm-up exercise precedes strenuous physical activity in order to
 (A) Prepare the individual psychologically for strenuous exercise
 (B) gradually increase lung capacity
 (C) induce second wind
 (D) prevent strains by engaging muscles to be used
41. The width of the lines of a Badminton court should be:
 (A) 8 cm
 (B) 5 cm
 (C) 3 cm
 (D) 2 cm
42. The Dimensions of Net Ball (Mens) court shall be:
 (A) 27.5m x 15.25m
 (B) 30.5m x 15.25m
 (C) 30m x 15m
 (D) 25m x 15m
43. The science dealing with inherited variations among living things is known as
 (A) genetics
 (B) eugenics
 (C) ketogenics
 (D) pediatrics
44. A state of unconsciousness indicates involvement of the
 (A) Medulla
 (B) Spinal
 (C) Cerebrum
 (D) ménages
45. Of the following, the endocrine system produces
 (A) enzymes
 (B) vitamin

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- (C) hormones
 (D) proteins
46. Who is regarded as the 'father' of psychology?
 (A) Sigmund Freud
 (B) Ivan Pavlov
 (C) John B. Watson
 (D) Wundt.
47. The blood pressure test seeks to determine the
 (A) Somatotype of a person
 (B) presence of a heart murmur
 (C) increased viscosity of the blood
 (D) degree of stress acting on the circulatory system in times of repose
48. If a foreign object is merely on the surface of the eyeball, it is unwise for the first aider to attempt to
 (A) pull the upper lid forward and down over the lower eyelid
 (B) dislodge it with dry cotton wrapped around a clean toothpick
 (C) flush the eye with a solution of boric acid in boiled water
 (D) have a doctor remove it
49. Of the following, the most recently develop shot in the game of basketball is the — shot
 (A) one-hand set
 (B) one-hand jump
 (C) one-hand hook
 (D) two-hand underhand free throw
50. In regard to badminton, the incorrect association is:
 (A) balk — disconcerting an opponent during the serve
 (B) volley — hitting the shuttle back and forth over the net
 (C) kill—sending the bird high to the back of the opponent's court
 (D) clear—sending the bird high and back of the opponent's court

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57. The game of tennis doubles stresses all of the following except
- (A) net-rushing tactics
 - (B) placement of the ball
 - (C) one player playing all the net shots while the other plays those in the backcourt
 - (D) play to the weakness of the opponent
52. The brain and the spinal cord are part of the — system
- (A) Sympathetic
 - (B) autonomic nervous
 - (C) central nervous
 - (D) peripheral nervous
53. The modern era of medicine began with the
- (A) Use of x-ray
 - (B) Introduction of vitamins
 - (C) invention of the stethoscope
 - (D) discovery of bacteria
54. Explosive power is measured through.
- (A) Shuttle Run
 - (B) Situp
 - (C) Vertical Jump
 - (D) Arm Swimming
55. if an athlete wishes to run faster, he should
- (A) Move his arms faster
 - (B) Keep his head bent forward
 - (C) Raise the knee higher
 - (D) Run on toes
56. In the three Olympics held during the 1920s, one man seemed to stand out from the rest. He ran both middle and long distance. In 1920, he won three gold medals. In 1924, he won five. In 1928, he won only one. He also had three silver medals. Known in his time as 'The Flying Finn', who are we thinking of?
- (A) Paavo Nurmi
 - (B) Ville Ritola
 - (C) Hannes Kolehmainen
 - (D) Lasse Virén

57. *تعمیرت و تکرار*
Training methods
Wint sprints, acceleration runs are the variations of.
- (A) Interval method
 - (B) Repetition method
 - (C) Continuous method
 - (D) None of these
58. In sub-maximum resistance work load the percentage of the maximum possible intensity should be.
- A. 90-100
 - B. 75-85
 - C. 30-50
 - D. None of these
59. Major errors in training process such as rapid increase in load without stabilising the adaptation and rapid increase of load after training breaks are the causes of.
- A. Overload
 - B. Under load
 - C. Both
 - D. None of these
60. The allowable time out for injury in girls' basketball is
- (A) 1 minute
 - (B) 5 minutes
 - (C) 30 seconds
 - (D) 45 seconds
61. In general, the teacher's verbal explanation should
- (A) Include the use of adolescent slang, in order to be understood
 - (B) be more lengthy for the beginner than for the advanced participant
 - (C) tell "how" the activity is to be done, rather than "why"
 - (D) begin with something the students already know
62. In order to have a spiker who is in the left- forward position spike the volleyball, it should be passed by the first player to receive it to the
- (A) Center forward
 - (B) Left Forward
 - (C) Right Forward

- (D) Left Back
63. One of the most important functions of bile in the body is to
- (A) Stimulate blood acidity
 - (B) regulate carbohydrate absorption in the intestines
 - (C) inhibit the action of the enzymes
 - (D) assist in the digestion of fats
64. All of the following associations of basketball officials' signal and infraction of game rule are correct except:
- (A) illegal dribble — rotation of fists one over the other
 - (B) charging — arms extended in front of body
 - (C) holding — grasp of wrist with opposite hand
 - (D) stop clock for foul—arm outstretched overhead with fist clenched
65. All of the following are diet deficiency diseases except
- (A) Scurvy
 - (B) Diabetes
 - (C) rickets
 - (D) pellegra
66. What is the another name of ATHLETICS.
- (A) Sports
 - (B) Track &Field
 - (C) Gymnastics
 - (D) Decathlon
67. Time shall be taken from the.
- (A) Sound of Gun
 - (B) Flash smoke
 - (C) Whistle
 - (D) None of these.
68. How many types of tracks are there?
- (A) Two type
 - (B) Three type
 - (C) Four type
 - (D) Five type
- indoor*
outdoor
69. How many lanes are there in a standard track?
- (A) 6 to 9
 - (B) 8 to 9

- (C) 10 to 12
(D) 11 to 13
70. Of the following, the one basic to tumbling is the
- (A) head balance
 - (B) forward roll
 - (C) tip up
 - (D) hand stand
71. Which one of the following is a health screening test?
- (A) Sit and reach test
 - (B) 30m sprint test
 - (C) Blood pressure test
 - (D) Cooper's 12 minute run test
72. How many defensive players are allowed to block at the net in V Ball?
- (A) One only
 - (B) One or more players may block
 - (C) A minimum of two
 - (D) No players are allowed to block in elementary volleyball
73. A standard practicing running track should have maximum width of each lane up to
- (A) 1.22
 - (B) 1.20
 - (C) 1.25
 - (D) None of these
74. How many players (per team) are on a mini-volleyball court at one time?
- (A) Four
 - (B) Two
 - (C) Seven
 - (D) Three
75. Person responsible for ensuring Athletic Track runways, circle, landing area & all equipment are in accordance with rules.
- (A) The manager of the meet
 - (B) Secretary
 - (C) The Technical Manager
 - (D) Referee
76. What is a set sometimes called?

- (A) Pass
(B) Serve
(C) Spike
(D) Overhand pass
77. Physical fitness is the ability to
(A) Carry out daily task
(B) Measure fundamental skills
(C) Classify the groups
(D) None of the above
78. You are playing another game of singles. Your opponent recovers a smash by popping it up high in the air, but close to the net. As you go to smash it down his throat, your racket accidentally hits the net. What play is called?
(A) Your opponent gains two points
(B) The play continues as if nothing happened
(C) The play is stopped
(D) The violator loses a point
79. Movement towards the midline is known as:
(A) abduction
(B) adduction
(C) flexion
(D) extension
80. Of the following volleyball skills, the least difficult is
(A) Serving the ball with spins or curves
(B) retrieving the ball from the net at waist height or height of the head
(C) passing the ball underhand or with onehand
(D) blocking the ball
81. All of the following associations are correct except:
(A) Anacusia - unconsciousness
(B) analgesia - insensibility to pain
(C) Anesthesia—loss of sensation
(D) Anaphylaxis - sensitiveness to a protein
82. What was the original name of Badminton?
(A) All of these
(B) Poona
(C) Shuttlecock
(D) Battledore

83. In sprint race, if the flash is not visible, time shall be taken from the
(A) Sound of Gun
(B) Smoke
(C) Whistle
(D) None of these
84. According to Arthur Lydiard which of the following should be the last part of your training program?
(A) Base mileage
(B) Easy runs
(C) Hills
(D) Speedwork
85. When talking about peaking, which of the following statements is not true?
(A) World class athletes can generally hold their peak for months before leveling off.
(B) Most athletes can only peak 1 to 3 times per year.
(C) When an athlete begins to level off it is referred to as a plateau.
(D) On race day you want to be on your plateau.
86. When training for a marathon, when should the longest run of your training program be completed?
(A) About 5 weeks before the race.
(B) About 3 weeks before the race.
(C) About 2 days before the race.
(D) About 1 week before the race.
87. Who in 1988 became the first woman to run the 100 metres in under 10.5 seconds?
(A) Evelyn Ashford
(B) Florence Griffith Joyner
(C) Gwen Torrence
(D) Heike Drechsler
88. Jamaica is well known for producing some of the best male sprinters to grace the world of athletics; and in the 200 metres at the London 2012 Olympics they had a clean sweep of the medals. Which of these athletes was NOT one of the three medallists?
(A) Warren Weir
(B) Usain Bolt
(C) Asafa Powell

- (D) Yohan Blake ✓
89. Which of these is not a foul in the high jump?
(A) Running up to the bar and not attempting to jump
(B) Placing any part of the body under the bar without jumping
(C) The bar falling over as a result of the jumpers movement
(D) Jumping off two legs
90. For how many events has Michael Johnson set the world record (must be recognized by the IAAF and he doesn't need to hold them today)?
(A) 3
(B) 2
(C) 1
(D) 4
91. What is the name of the event in which you swing a ball on a chain around and then hurl it out into the field?
(A) Ball and Chain
(B) Chaicus
(C) Chain Hurl
(D) Hammer Throw
92. In the outdoor women's heptathlon, which of the following events is not contested?
(A) Javelin
(B) 800m
(C) Discus
(D) 100m hurdles
93. What does the second letter in the acronym "IAAF" stand for.
(A) Asian
(B) Athletics
(C) Associations
(D) Amateur
94. If you should step on the line just after you hit the ball on the second serve, what should the result be?
(A) You should lose the point
(B) Re-serve
(C) Your opponent should lose the point
(D) Play continues
95. In Long Jump event, if the tie remains it shall be resolved by
(A) Lowest performance
(B) Second best performance and so on

- (C) Best of his all attempt
(D) None of these
96. With the games at 5-3, in your opponent's favor, how many more games must you win in order to win the set?
(A) 5
(B) 4
(C) 3
(D) 6
97. Weight of Javelin (Mens) should be
(A) 800 g
(B) b.600 g
(C) c.650 g
(D) d. 750 g
98. Which of the following is considered good tennis etiquette?
(A) for the server to call the score before serving
(B) All of these
(C) to return balls belonging to another court
(D) before you play, greet your opponent
99. Minimum weight of shot for acceptance of a record (for men)
(A) 7.26 kg
(B) 7 kg
(C) 7.25 kg
(D) None of these
100. The following are the standard distance of Hurdle Races for men
(A) 100m and 400 mts
(B) 110m and 400 mts
(C) 80m and 200 mts
(D) None of the above

ANSWER SHEET SAMPE 07

1	A	26	D	51	C	76	D
2	D	27	D	52	C	77	A
3	B	28	B	53	C	78	C
4	A	29	B	54	C	79	B
5	D	30	B	55	C	80	B
6	A	31	D	56	A	81	A
7	B	32	A	57	B	82	A
8	A	33	A	58	B	83	B
9	C	34	B	59	A	84	D
10	D	35	D	60	B	85	A
11	A	36	D	61	D	86	B
12	B	37	C	62	C	87	B
13	B	38	A	63	D	88	C
14	C	39	B	64	A	89	A
15	D	40	D	65	B	90	A
16	C	41	B	66	B	91	D
17	D	42	B	67	B	92	C
18	D	43	A	68	A	93	C
19	B	44	C	69	A	94	D
20	A	45	C	70	C	95	B
21	A	46	D	71	C	96	B
22	D	47	D	72	B	97	A
23	B	48	B	73	A	98	B
24	C	49	B	74	D	99	A
25	D	50	C	75	C	100	B

ADVANCED TEST SAMPLE ON SPORTS SCIENCES & PHYSICAL EDUCATION

(Sample 08 carry 100 questions)

Marks: 200

Times Allowed: 100 Minutes

- An offensive play that is commonly used in basketball for a set shot is the
 - Pivot
 - hook
 - feint
 - screen
- Of the following types of cerebral palsy, most cases fall into which group?
 - Ataxic
 - rigidity *Ataxic*
 - spastic *Ataxic*
 - tremor
- In massage, all of the following associations are correct except:
 - Effleurage gentle, stroking movements
 - Vibration — trembling, pressing movements
 - petrissage kneading movements
 - rotation penetration circular movement
- In spinal meningitis, the
 - nerves that carry messages to the spinal cord are injured
 - nerves that carry messages to the muscles are damaged
 - spinal cord is destroyed
 - membrane around the brain is inflamed
- Height of Hurdle for women in 100m race.
 - 0.80m
 - 0.91m
 - 0.76m
 - 0.84m

6. If the server strikes at and misses the ball, the loses the point.
(A) The official game score is 11 points, with the winner being two points ahead at the completion of the game.

(B) After every five points, the service alternates between the opposing players.

(C) A service that hits the net and bounces in the opponent's half of the table is played over.

7. An important function of the gluteus maxim muscle is to
(A) Balance the weight in walking
(B) coordinate with the gluteus medius and minimus
(C) control the flexion at the knee
(D) help one rise from a sitting position

8. Of the following muscles, the one involved in striking the punching

- (A) biceps brachii
- (B) triceps brachii
- (C) trapezius
- (D) latissimus dorsi

9. four-tailed bandage is particularly useful for the

- (A) Elbow and knee
- (B) Hips and ribs
- (C) Ankle and wrist
- (D) nose and chin

10. All of the following are involved in a sensation except

- (A) area of interpretation
- (B) afferent pathway
- (C) efferent pathway
- (D) receptor

11. Which is a form of exercise

- (A) walking
- (B) swimming
- (C) Cycling
- (D) all the above

12. A compound fracture is one in which there is a

- (A) number of broken bones

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- (B) bone split in two or more places
- (C) dislocation in addition to a fracture
- (D) wound in addition to a fracture

13. 'Hunch back' is also known as

- (A) Back pain
- (B) scoliosis
- (C) lordosis
- (D) kyphosis.

14. Side ward curvature of the spine is called

- A. knock knee
- B. kyphosis
- C. Scoliosis
- D. lordosis

15. Of the following, the group representing the most advanced basketball skills is the

- (A) Lay-up shot and the bounce pass
- (B) dribble and shoulder pass
- (C) two-hand set shot and the two-hand chest pass
- (D) pivot shot and the hook pass

16. Ossification of the long bones in the body is the process of

- (A) Reducing the quantity of bone marrow
- (B) reducing articulation between bones
- (C) changing cartilage to bone
- (D) replacing calcium tissue

17. All of the following are commonly used to denote the anatomical age of a child except the

- (A) Body weight
- (B) ossification of the wrist bones
- (C) Eruption of the teeth
- (D) onset of puberty

18. All of the following associations are correct except

- (A) somatotype - classification of body type
- (B) ectomorph—long, thin trunk
- (C) endomorph—round body with a tendency to lay on fat
- (D) restomorph — short, thick chest with small internal organs

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19. A forward upward movement of the foot at the ankle joint is
- (A) Plantar flexion
 - (B) dorsi flexion
 - (C) inversion
 - (D) eversion
20. In track, if the three watches used for testing first place in a race disagree, the time officially counted is the
- (A) Middle
 - (B) Slowest
 - (C) Fastest
 - (D) Average of the three
21. All of the flowing statements concerning posture are correct except that
- (A) in cases of lordosis, the muscles of the lower back are shortened and the abdominal muscles are elongated
 - (B) in cases of kyphosis, the normal convexity of the thoracic curve is increased and the scapulae are abducted
 - (C) in flat back conditions, the lumbar curve is accentuated and the flexors of the hip are elongated
 - (D) in scoliosis, when the top of the sacrum is not level, the spine deviates toward the lower side of the pelvis and toward the opposite side in its upper portion
22. During abduction the arm moves
- (A) Towards the body
 - (B) Away from the body
 - (C) In front of the chest
 - (D) None of the above.
23. Lactic acid
- (A) is produced as a result of aerobic metabolism of glucose.
 - (B) is one of the normal end products of glycolysis.
 - (C) is a common end product of red blood cells.
 - (D) none of the above.

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24. All of the following associations are correct except.
- (A) Paraplegia—paralysis of the upper limbs
 - (B) atonia - abnormally low degree of tonus
 - (C) hemiplegia—Paralysis of one side of the body
 - (D) ataxia - in coordination of muscular action
25. Bone cells are also called
- (A) Osteoblasts
 - (B) osteocytes
 - (C) osteoclasts
 - (D) osteoporosis.
26. With a person of average build, standing erect with the arms hanging at the sides, the center of gravity is located in the
- (A) Center of the head
 - (B) Midline of the trunk at the diaphragm
 - (C) Center of the abdominal cavity
 - (D) Pelvis in front of the upper part of the sacrum
27. Of the following, the most valid reason for teaching the maintenance of good dental health is that
- (A) the teeth have a decided effect on one's appearance
 - (B) a toothache is painful as well as interfering with work
 - (C) teeth are necessary for chewing foods effectively as an aid to digestion
 - (D) hundreds of adults needlessly wear false teeth because of neglect of teeth in their youth
28. All of the following concerning movement in the spinal column is correct except that
- (A) lateral flexion is freest in the cervical region
 - (B) hyperextension occurs most freely in the thoracic region
 - (C) flexion occurs most freely in the cervical, upper thoracic and lumbar regions
 - (D) rotation is freest in the cervical region
29. The left ventricle of the heart
- (A) is the first ventricle to receive blood

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- (B) is smaller in size than the left atria
- (C) has thicker walls than the right ventricle
- (D) is provided with fewer valves than any of the other three cavities of the heart

30. The teres major is the most direct antagonist of the

- (A) Deltoid
- (B) biceps
- (C) teres minor
- (D) latissimus

31. Aponeuroses are most similar to

- (A) tendons
- (B) nerves
- (C) functional mental disorders
- (D) ligaments

32. For women in 400m hurdles race the distance between hurdles

- (A) 34m
- (B) 33m
- (C) 35m
- (D) None of these

33. All of the following associations are correct except

- (A) buccal cavity—mouth
- (B) glenoid cavity—arm socket
- (C) ventral cavity—intercostal spaces
- (D) medullary cavity - running the length of the shaft of a bone

34. It is incorrect to state that cigarette smoking

- (A) causes a paralysis of the cilia of the respiratory tract
- (B) increases the pulse rate for a degree of time even after cessation of smoking
- (C) reduces the blood flow in the blood vessels
- (D) Increases the blood flow through the coronary arteries

35. A physician's report indicates that a pupil has injured the acromion. This injury is in the area of the

- (A) ankle
- (B) knee
- (C) elbow

(D) shoulder blade

36. Of the following, the exercise best suited to the development of the latissimus dorsi muscles is

- (A) leg raising from the standing position
- (B) chin up on the horizontal bar
- (C) performing push-ups from the floor
- (D) standing barbell presses

37. The three muscles that form the hamstring muscles are the

- (A) gluteus maximus, pectineus and tensor
- (B) sartorius, rectus femoris and iliacus
- (C) psoas, iliacus and biceps femoris
- (D) biceps femoris, semitendinosus and semimembranosus

38. In the athletics, the process of warming up does all of the following except to

- (A) prepare his neuromuscular coordinating system for the impending task
- (B) heighten his kinesthetic senses
- (C) facilitate the biochemical reactions supplying energy for muscular contraction
- (D) decrease tissue elasticity so that liability to injury is lessened

39. All of the following are characteristics of skillful performance in sports as a result of practice except

- (A) Economy of energy
- (B) improvement in the quality of performance
- (C) increase in work output
- (D) utilization of more muscles to execute the desired skill

40. Of the following, the most valid reason for the teaching of low organization games in the physical activities program is that they

- (A) Present few hazards
- (B) require little or no equipment
- (C) combine elements which emphasize the need for alertness in many game skills
- (D) are easily supervised for large group participation

41. The secret of effortless swimming lies in the _____ of muscles.

- (A) Tension
- (B) relaxation
- (C) rhythm
- (D) power

42. Of the following, the best use of a bamboo pole is (A) in the recovery of an unconscious person → *پولہ والٹ*

- (B) in a short extension rescue
- (C) as a free floating support
- (D) to indicate to pupils on the deck the mistakes made by a person in the pool

43. With regard to the amount of energy expended, the most efficient of the following swimming strokes is the

- (A) Side Stroke
- Free style* (B) Crawl → *تیر*
- (C) Brest Stroke
- (D) Butterfly Stork

44. For the elimination of the growth of algae in swimming pools, an effective agent is

- (A) Ozone
- (B) chloride
- (C) bromthymol blue
- (D) copper sulphate

45. The first antibiotic substance discovered was

- (A) penicillin
- (B) streptomycin
- (C) bacitracin
- (D) tetramycin

46. The comparative study of the physical fitness status of American and European youth was based on the results of the

- (A) Kraus-Weber Test
- (B) Sheldon's Somatotype Classification survey
- (C) Cureton-Karpovich Test
- (D) Wetzel Grid survey

47. In regard to muscles, isometric exercises (A) Increase endurance

(B) will only build strength
(C) should be done by pre-scholars
(D) provide for better coordination

48. Of the following reasons as to why there is a need for supervision in the teaching of physical education at the secondary school level, the least valid is the one which claims that

- (A) many new teachers minored in physical education when they attended college
- (B) physical education for the most part is taught by special teachers
- (C) it helps the newly appointed teacher who seeks help in class management
- (D) there are teachers employed who are athletes with little preparation for teaching

49. Of the following, the test which does not test cardiovascular efficiency is the

- (A) Barringer Test
- (B) Crampton Test
- (C) Sargent Test
- (D) Schneider Test

50. In general, the side stroke in swimming is the

- (A) most natural stroke for beginners to learn
- (B) least powerful of swimming strokes
- (C) most efficient stroke for lifesaving techniques
- (D) least relaxing stroke in swimming

51. Voluntary muscles tonus is primarily

- (A) Estogenic
- (B) Cytogenic
- (C) Enterogenic
- (D) neurogenic → *Somatic N S (voluntary)*

52. A child who has fainted should be

- (A) Propped up on a pillow or head rest
- (B) given a warm drink
- (C) aroused as soon as possible → *پہلو*
- (D) laid flat and kept quiet

- 6.123
53. In the care of a sprained ankle, an incorrect procedure in first aid would be to
- (A) elevate the sprained part
 - (B) apply cold application
 - (C) massage the part to restore circulation
 - (D) apply a temporary support
54. Good question technique involves all of the following objectives except the one in which question
- (A) are multiple in type in order to satisfy the varying abilities of the pupils in the class
 - (B) are limited to one or two points in the chain of reasoning
 - (C) follow a predetermined order which develops the train of thought in logical sequence
 - (D) place the burden of thinking upon the student
55. The Youth Fitness Test battery authorized by the American Association for Health, Physical Educations and Recreation includes all of the following items except
- (A) The softball throw and the 600-yard run- walk
 - (B) the standing broad jump and the 50- yard dash
 - (C) the shuttle run and sit-ups — *agility*
 - (D) push-ups and squat - thrusts
56. According to the American Red Cross, first aid procedure for a person with a broken neck is to keep him
- (A) Sitting in a comfortable position
 - (B) lying face down
 - (C) lying face up
 - (D) lying on his side
57. In cases of frostbite, the application of hot water to the affected area causes
- (A) the area to become gangrenous
 - (B) a sudden dilation of the blood vessels
 - (C) muscle spasms in the affected area
 - (D) a loss of sensation in the area
58. All of the following are symptoms of traumatic shock except
- (A) a rapid pulse rate

- (B) red skin — *Energy*
- (C) clammy hands
- (D) shallow breathing
59. Of the following stunts, the most advanced is
- (A) handstand into a forward roll
 - (B) backward roll with a snap down
 - (C) handstand into a round off
 - (D) kip up into a forward roll — *جس میں زیادہ طاقت ہے*
60. In general, when dismounting from a swing on a horizontal bar, it should be done at the
- (A) End of the forward swing
 - (B) middle of the forward swing
 - (C) end of the backward swing
 - (D) beginning of the backward swing
61. How many attempts a high jumper gets at each height
- (A) 3
 - (B) 4
 - (C) 2
 - (D) 5
62. If a pupil is experiencing trouble in performing the forward roll, the teacher should tell him to do all of the following except to
- (A) grasp the ankle in order to stay in - tuck position
 - (B) have the forehead make the initial contact with the mat — *سر کی تیز رفتار سے*
 - (C) keep the weight on the hands
 - (D) place the hands on the mat so that the knees are between the arms during the squat start
63. Of the following statements concerning types of diets which doctors prescribe for various maladies, the incorrect one is: — *Scripted Problem*
- (A) A light diet is one that is modified to provide for loss of weight.
 - (B) A soft diet is one that leaves little reason in the digestive tract.
 - (C) A liquid diet permits the use of any foods that will liquefy at body temperature.

- (D) A bland diet is a regular diet that has been modified to eliminate irritation to the digestive tract.
64. In the teaching of the backward roll, the least effective cue is to
- (A) Sit close to the heels
 - (B) keep your head forward and your back rounded
 - (C) allow your knees to stay close to the chest throughout
 - (D) contact the mat with your knees
65. All of the following concerning swimming is correct except:
- (A) The resting back stroke is a good lead-up stroke to the breast stroke.
 - (B) The front crawl stroke is a good lead-up stroke to the back crawl.
 - (C) The side stroke is a good lead-up stroke to the butterfly stroke.
 - (D) The breast stroke is a good lead-up stroke to the tired swimmer's carry.
66. Jury of appeal committee shall consist
- (A) 3 or 5 persons
 - (B) 3 or 5 or 7 person
 - (C) 7 or 9 persons
 - (D) None of these
67. All international competitions shall be held under the rules of the
- (A) IAF
 - (B) IOA
 - (C) AAFI
 - (D) None of these
68. Explosive strength, technique co-ordination, metabolic power, flexibility is the factors determining.
- (A) Reaction ability
 - (B) Movement speed
 - (C) Speed endurance
 - (D) None of these.
69. Explosive strength, technique co-ordination, mobility of C.N.S., flexibility are the factors determining.
- (A) Acceleration ability

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- (B) Reaction ability
- (C) Locomotors ability
- (D) None of these.
70. Functional capacity of sense organs is the factors determining.
- (A) Reaction ability
 - (B) Movement speed
 - (C) Speed endurance
 - (D) None of these
71. During competition period intensity is kept.
- (A) High
 - (B) Low
 - (C) Both
 - (D) None of these
72. During transitional period the intensity and volume is kept.
- (A) High
 - (B) Low
 - (C) Both
 - (D) None of these
73. Ability to react quickly and effectively to a signal is called.
- (A) Coupling ability
 - (B) Reaction ability
 - (C) Orientation ability
 - (D) None of these
74. The ability to co-ordinate body part movement with one another in relation to definite goal oriented whole body movement is called.
- (A) Reaction ability
 - (B) Orientation ability
 - (C) Coupling ability
 - (D) None of these
75. The ability to determine the change of position and movements of the body in time and space in relation to a definite field of action is called.
- (A) Orientation ability
 - (B) Balance ability
 - (C) Rhythm ability

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- (D) None of these
76. The ability to perceive the externally given rhythm and to reproduce it in motor action is called.
 (A) Balance ability
 (B) Rhythm Ability + AYHABIC ✓
 (C) Adaptation ability
 (D) None of these
77. Ballistic method is one of the method of improving.
 (A) Strength
 (B) Endurance
 (C) Flexibility
 (D) None of these
78. Anaerobic capacity explosive strength, are the factors determining.
 (A) Movement speed — No ayah
 (B) Speed Endurance → 3T
 (C) Locomotor ability
 (D) None of these
79. Fartlek training method improves
 (A) Endurance
 (B) Speed
 (C) Strength
 (D) Flexibility
80. If a player on the court trips and falls down, what play is called?
 (A) The play continues as it normally would
 (B) The play is stopped and a time out is allowed
 (C) The play is stopped
 (D) A re-serve is allowed
81. In which year did Badminton become an Olympic sport?
 (A) 1976
 (B) 1948
 (C) 1992 Bicycle
 (D) 1968
82. You are playing a game of doubles with another team. You started off the game serving. Let's say that the score is at 8-5, in favor of you. From your field of vision, where on the court will you serve from and to?
 (A) Serve from your left court straight across to the left

- (B) Serve from your left court across to the right
 (C) Serve from your right court across to the left
 (D) Serve from your right court straight across to the right
83. Which of the following is the most common running injury?
 (A) Shin splints
 (B) Achilles tendinitis
 (C) Chondromalacia
 (D) Plantar fasciitis
84. Which of the following doctors is trained in the foot department?
 (A) Physical therapists
 (B) Orthopedists
 (C) Podiatrists ✓
 (D) Chiropractors
85. Which of the following is the best way to complement your running program?
 (A) Weight train
 (B) Bicycle
 (C) Eat little to no fat
 (D) Swim
86. In 1995 Jonathan Edwards set a world record in the Triple Jump of 18.29 metres in Gothenburg, Sweden. What nationality is he?
 (A) American
 (B) British
 (C) Canadian
 (D) Australian
87. Which of these was NOT one of the four athletes that made up the Jamaican team that won the gold medal in the 4x100 metres relay at the London 2012 Olympics?
 (A) Kemar Bailey-Cole
 (B) Michael Frater
 (C) Nesta Carter
 (D) Yohan Blake
88. Which of these does not have to be a condition in which world record is set?
 (A) Relay teams must have all the same nationality racers
 (B) Event must be ran with only one sex/gender competing
 (C) Altitude of world record must not be over 2000m due to lack of air resistance
 (D) Wind assistance must not be over 2.0m/s in any one event

89. How many standing jump events have ever been included in the Olympics during the 20th century?
 (A) 1
 (B) 4
 (C) 2
 (D) 3
90. What is the name of the event in which you swing a ball on a chain around and then hurl it out into the field?
 (A) Ball and Chain
 (B) Chaicus
 (C) Chain Hurl
 (D) Hammer Throw
91. In the outdoor women's heptathlon, which of the following events is not contested?
 (A) Javelin
 (B) 800m
 (C) Discus
 (D) 100m hurdles
92. What does the second letter in the acronym "IAAF" stand for.
 (A) Asian
 (B) Athletics
 (C) Associations
 (D) Amateur
93. Which kick is used when doing butterfly?
 (A) whale kick
 (B) shark kick
 (C) whip kick
 (D) dolphin kick
94. In freestyle the common number of strokes before a breath is ____?
 (A) 5
 (B) 3
 (C) 6
 (D) 1
95. The kick used when swimming backstroke is ____?
 (A) flutter kick
 (B) dolphin kick
 (C) whip kick
 (D) fin kick

96. Which of the following shots is good for returning serves in doubles?
 (A) a crosscourt shot at the server's feet
 (B) a shot at the net player
 (C) a short lob
 (D) a dropshot
97. When rushing the net, which of the following is most important in making the first volley?
 (A) run forward, stop and get set, volley, then back up to the service line
 (B) hit it on the run, then back up and stop
 (C) run forward, stop and get set, volley, then move forward
 (D) hit it on the run in order to get into good net position as quickly as possible
98. What is the usual position of a good player waiting to receive service in Badminton?
 (A) outside the alley, a step or two nearer to the net than the baseline
 (B) near the baseline, outside the singles sideline
 (C) on the service line
 (D) slightly behind the baseline, with the outside foot on the inside alley T
99. In singles, after each stroke made from the baseline, how should the player position himself?
 (A) between the service line and the baseline
 (B) near the service line
 (C) directly behind the left side of the court
 (D) on a line that bisects the angle of the opponent's possible return, one foot behind the baseline
100. In doubles competition, when one partner is serving, what is the correct net position for the other partner?
 (A) one foot from the net
 (B) 5-8 feet from the net and in the alley
 (C) 10 feet from the net and 2 feet from the alley
 (D) 18 feet from the net

ANSWER SHEET SAMPLE 08

1	D	26	D	51	D	76	B
2	C	27	C	52	D	77	C
3	D	28	B	53	C	78	A
4	D	29	C	54	A	79	A
5	D	30	A	55	D	80	A
6	A	31	A	56	C	81	C
7	D	32	C	57	B	82	C
8	B	33	C	58	B	83	A
9	D	34	D	59	D	84	C
10	C	35	D	60	C	85	A
11	D	36	B	61	A	86	B
12	D	37	D	62	B	87	A
13	D	38	D	63	A	88	C
14	C	39	D	64	D	89	D
15	C	40	C	65	C	90	D
16	C	41	B	66	B	91	C
17	B	42	B	67	D	92	C
18	D	43	B	68	A	93	D
19	B	44	B	69	C	94	B
20	A	45	A	70	A	95	A
21	C	46	A	71	B	96	A
22	D	47	B	72	B	97	C
23	C	48	D	73	B	98	D
24	A	49	C	74	C	99	D
25	B	50	A	75	A	100	C

n(2011)
10(2011)
18(11)

MSC (HPE) & JDPE/SPORTS SCIENCE BOOKS OF Dr. A. Waheed Mughal (PRINCE LIST/BILL)

PUBLISHED BOOKS	
1.	Science of Sports Training Edition (2011) A text book for M.A/M.Sc. Physical Education (Karachi-Sarhad University)
2.	Run Jump Throw (Urdu Translation)(2011) A Coaching Book for Graduate students of Sports Sciences, Sarhad/AIO University
3.	Introduction to Coaching Theory (Urdu Translation) (2011) Specialized Book for Coaches & Sports Teachers, Punjab/AIO University.
4.	Sports Bio-Mechanics (Graduates students Book all University)(2011)
5.	Athletics Officiating. A Practical Guide (English) Edition (2011) A Text Book for M.S/M.Sc. Physical Education Part-I (Gomal-Sarha University)
6.	Table Tennis Guide Edition (2011) A Text Book for M.A/MSc. Physical Education
7.	Exercise Program for Back Bone (2011) Book on Postural Defects and remedial exercises (general exercises)
8.	Sports Psychology (Urdu) (2011) A Text Book for M.A/M.Sc. Physical Education students
9.	Sports Nutrition (Urdu)(2011) A text book for Graduate students
10.	Sports Injuries (Urdu) A Text book for Graduate students
11.	Research Method in Physical Education (Urdu)(2011) A Text book for Master level
12.	Test & Measurement in Physical Education (Urdu) (2011) A Textbook for Graduate students
13.	Administration & Management in Physical Education (Urdu)(2011) A Textbook for Graduate students
14.	Theory/Science of Sports Training (Urdu)

باب سوئم

سپورٹس سائنسز کے مضامین

سوالات اور جوابات کے آئینے میں

- ۱- سپورٹس میڈیسن اور
ایکس سائنز فزیالوجی
- ۲- سپورٹس ٹریننگ اور بائیو مکینکس
- ۳- فلاسفی اور سائیکالوجی
- ۴- خوراک اور غذا
- ۵- ٹیسٹ، میورمنٹ اور ریسرچ
- ۶- کھیلوں کی اصطلاحات، ترجمے اور وضاحت کیساتھ

پیغامات



سپورٹس میڈیسن اور ایکسرسائز فزیاالوجی

(Sports Medicine & Exercise Physiology)

Chronic Injuries

1- دائمی چوڑوں کا علاج کن طریقوں سے کیا جاتا ہے:

*infrared
ultra therapy
ultrasonic
ultraviolet*

- (i) Infrared
- (ii) Ultra Therapy
- (iii) Ultrasonic
- (iv) Ultraviolet

2- Water Therapy کا درست نام کیا ہے:

- (i) Electrotherapy
- (ii) Waxtherapy
- (iii) Hydrotherapy
- (iv) Ictherapy

3- چوڑوں میں صحت کو کس طریقہ سے کم کیا جاتا ہے:

*Sauna bath
Whirlpool bath
contrast bath
all*

- (i) Sauna bath
- (ii) Whirlpool bath
- (iii) Contrast bath
- (iv) All the above

4- سوسٹن کرنے پر جب کوئی حرکت دتوں پڑے تو اس عمل کو کیا کہتے ہیں:

*isometric
isotonic
isokinetic
none*

- (i) Isometric
- (ii) Isotonic
- (iii) Isokinetic
- (iv) None of the above

5- سپورٹس انجریز میں بحالی کے عمل میں مندرجہ ذیل میں سے کون سا طریقہ اختیار کیا جاتا ہے:

- (i) Corrective Exercise

ultraviolet
infrared rays
نورال پالی

Chronic Injuries

Diathermy + ultraviolet

Acute injury

sports chronic injuries
infrared

WHO world health organization
Shabana Parshah (SPS)

ice therapy
Hydrotherapy
electrotherapy
None

Cryotherapy کا دوسرا نام کیا ہے: -11

Ice therapy (i)
Hydrotherapy (ii)
Electrotherapy (iii)
None of the above (iv)

Pain in the head
Pain in the abdomen
Pain in the low back
All

Lumbargo سے کیا مراد ہے: -12

Pain in the Head (i)
Pain in the abdomen (ii)
Pain in the low-back (iii)
All of the above (iv)

Contrast Bath کس مقصد کے لیے استعمال ہوتا ہے: -13

Reducing a dislocated joint (i)
Reducing swelling (ii)
Treatment of wound (iii)
None of the above (iv)

ہاسٹ بال کے کھیل میں عمومی چوٹ کونسی ہوتی ہے: -14

Medial maniscus damage (i)
Damage medial ligament of the ankle (ii)
Damage lateral ligament of the ankle (iii)
All of the above (iv)

سپورٹس انجریز کے فوری علاج کے لیے کون سے مشینی ذرائع استعمال ہوتے ہیں: -15

Ultra-Violet rays (i)
Ultra sound (ii)
Shortwavediathermy (iii)
Infra-red rays (iv)

فزیکل ٹریننگ کے دوران تھ یا تھکی محسوس ہونے کی وجہ کیا ہے: -16

Accumulation of lactic acid (i)
Adrenaline (ii)
Carbon dioxide (iii)

Adrenaline
Accumulate of lactic acid
Carbon dioxide
All

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corrective exercise
Hydrotherapy
Cryotherapy
None

Hydrotherapy (ii)
Cryotherapy (iii)
None of the above (iv)

Shortwaves Diathermy کس علاج میں استعمال ہوتی ہے: -6

Treatment of immediate injuries (i)
Treatment of chronic injuries (ii)
Treatment of psychological problems (iii)
All the above (iv)

Hydrotherapy سے کیا مراد ہے: -7

Therapy with water
with Vaseline
with wax
with oil

Therapy with vaseline (i)
Therapy with wax (ii)
Therapy with water (iii)
Therapy with oil (iv)

سو جن کم کرنے کے لیے کون سا طریقہ علاج استعمال ہوتا ہے: -8

contrast bath
ultra sound
ultra therapy
ultra violet

Contrast Bath (i)
Ultrasound (ii)
Ultra-therapy (iii)
Ultraviolet (iv)

موج کس وجہ سے ہوتی ہے: -9

Broken bone
Bone ends out of place
Stretched or torn joint
legament
None

Broken Bone (i)
Bone ends out of place (ii)
Stretched or torn joint ligaments (iii)
None of the above (iv)

فریکچر سے کیا مراد ہے: -10

Broken bone
Bone ends out of place
Stretching of tendon
None

Broken Bone (i)
Bone ends out of the place (ii)
Stretching of tendons (iii)
None of the above (iv)

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None of the above (iv)

کسی فرد کی Cardio Vascular Fitness کی اہلیت کو ماپنے کا طریقہ کیا ہے۔ -22

- Body Weight (i)
- Pulse rate (ii)
- Vo2 max (iii)
- None (iv)

Body Weight
Pulse rate
Vo2 Max
None

جسم میں آکسیجن کی زیادہ سے زیادہ Consumption کیسے ممکن ہو سکتی ہے۔ (23)

- An increase in the amount of hemoglobin in the blood (i)
- An increase in the maximal cardiac output (ii)
- An increase in amount and/or size of capillaries (iii)
- All of the above (iv)

Increase the amount of Hemoglobin in blood
An increase in the maximal cardiac output
An increase in amount and/or size of capillaries
all above

کسی فرد کا Critical Heart Rate معلوم کرنے کا فارمولا کیا ہے۔ (24)

- $\text{Resting heart rate} + 0.60 (\text{Maximal heart rate} - \text{Resting heart rate})$ (i)
- $\text{Resting heart rate} - 0.80 (\text{Maximal Heart rate} - \text{Resting heart rate})$ (ii)
- $\text{Resting heart rate} - 0.60 (\text{Maximal Heart rate} - \text{Resting heart rate})$ (iii)
- None of the above (iv)

Mineral deficiency
muscle imbalance
warmup before game

سٹرا Pull ہونے کی وجہ کیا ہو سکتی ہے۔ -25

- Insufficient warm up before game (i)
- Mineral deficiency (ii)
- Muscle imbalance (iii)
- None (iv)

All of the above (iv)

لبا قاصد دوڑنے والے کھلاڑی اگر سانس بحال نہ رکھ سکیں تو بطور علاج اسے کیا ابتدائی طبی امداد دینی چاہیے: -17

- Artificial respiration (i)
- Massage (ii)
- Cryotherapy (iii)
- All of the above (iv)

Massage
Artificial
cryotherapy
All

سپورٹس انجریز کی وجوہات کیا ہو سکتی ہیں: -18

- Lack of knowledge (i)
- Inadequate training, technique and equipment (ii)
- Carelessness (iii)
- All the above (iv)

ایسی Activity جس کے دوران جسم کو ضرورت کے مطابق آکسیجن مہیا ہو -19

- Aerobic Work (i)
- Anaerobic Work (ii)
- Full Work (iii)
- None of the above (iv)

ایسی Activity جس کے دوران جسم کو آکسیجن کی مطلوبہ مقدار نہ مل سکے اس سسٹم کا کیا نام ہے۔ -20

- Anaerobic Work (i)
- Aerobic Work (ii)
- Half Work (iii)
- None (iv)

جسم کی آکسیجن بطور انرجی استعمال کرنے کی صلاحیت کو کیا کہتے ہیں: -21

- Oxygen Consumption (i)
- Tidal Volume (ii)
- Both (iii)

Oxygen consumption
Tidal Volume
Both
all

Resistance
Assistance
Passive
None

- Assistive manipulation (ii)
Passive manipulation (iii)
None of these (iv)

Ethyl Chloride کا استعمال کس قسم کے علاج کے لیے متعلق کیا جاتا ہے -32

- Cryo-therapy (i)
Thermo-therapy (ii)
Electro-therapy (iii)
None of these (iv)

Electric therapy
Thermal therapy
Cryo-therapy
None

انسانی جسم میں گردوں کی تعداد کتنی ہوتی ہے: -33

- One Kidney (i)
Two Kidneys (ii)
Three Kidney (iii)
None of these (iv)

انسانی گردے کس مقام پر ہوتے ہیں: -34

- 12th thoracic to 3rd Lumber segment (i)
8th thoracic to 2nd lumbar segment (ii)
10th thoracic to 3rd lumbar segment (iii)
None of these (iv)

اخراج فضلہ کے بنیادی اعضاء کون سے ہیں: -35

- Lungs (i)
Skin (ii)
Two Kidneys (iii)
None of these (iv)

Lungs
Skin
Kidneys
None

خون کی حرکت کب تیز ہوتی ہے: -36

- Decreases during exercise (i)
Increases during exercise (ii)
Partially effected (iii)
None of these (iv)

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Tennis Elbow کی چوٹ کس کھیل میں ہوتی ہے: -26

- Only Tennis players (i)
Only Badminton players (ii)
Both (iii)
None (iv)

only Badminton
Tennis
Both
None

Tennis Elbow کی چوٹ کے بعد کیا عمل تجویز کرتے ہیں: -27

- Stop playing game (i)
Use crepe bandage (ii)
Use of Wrist band (iii)
None (iv)

Stop playing game
use crepe bandage
use of wrist band
None

سٹروک Cramps کس وجہ سے ہوتا ہے: -28

- Salt deficiency (i)
Any injury to muscle (ii)
Hyper ventilation (iii)
All of the above (iv)

گچھاؤں سے متعلق آئیہ جھڑوں میں درد کے لیے فوری علاج کیا ہونا چاہیے: -29

- Using Ice packs (i)
Use of hot water (ii)
Infrared Lamp (iii)
None of these (iv)

Infrared Lamp
using ice packs
use of hot water
None

Cryo-therapy سے کیا مراد ہے: -30

- Cold-therapy (i)
Heat application (ii)
Infrared (iii)
None (iv)

Head application
Cold therapy
Infrared
None

کسی شخص کا ایسا عمل جس میں وزن کے مخالف حرکت کی جائے اس عمل کو کیا نام دیا جاتا ہے: -31

- Resistive manipulation (i)

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Humerus bone جسم کے کس حصے میں ہوتی ہے: -43

- Upper Limb (i)
- Lower Limb (ii)
- Back (iii)
- All of these (iv)

Ulna اور Radial ہڈیاں جسم میں کہاں ہوتی ہیں: -44

- Upper Limb (i)
- Lower Limb (ii)
- Back (iii)
- All of these (iv)

پرائمری کلاس کے بچوں کو کونسی ایکسرسائز دینی چاہیے: -45

- Natural Exercises (i)
- Naturalised Exercises (ii)
- Finer Muscle Exercises (iii)
- Big Muscle Exercises (iv)

Thorax کن اجزاء پر مشتمل ہوتا ہے: -46

- 14 pair of ribs (i)
- 12 pair of ribs (ii)
- 10 pair of ribs (iii)
- None of these (iv)

Lumber ریجن کن مہروں پر مشتمل ہوتا ہے: -47

- 6 Vertebrae (i)
- 5 Vertebrae (ii)
- 7 Vertebrae (iii)
- None of these (iv)

Cervicle ریجن کن مہروں پر مشتمل ہوتا ہے: -48

- 6 Vertebrae (i)
- 10 Vertebrae (ii)
- 7 Vertebrae (iii)
- None of these (iv)

B.F.R. Glomerular Filtration Rate: کس قدر خارج ہوتا ہے: 24 Litres of 1 kidney

170 L
190 L
260 L
None of these

- 170 Litres (i)
- 190 Litres (ii)
- 260 Litres (iii)
- None of these (iv)

Pituitary Glands کارنگ کونسا ہوتا ہے: -38

- Reeddish grey (i)
- White grey (ii)
- Blue (iii)
- None of these (iv)

Pituitary glands کہاں ہوتے ہیں: -39

- Base of the brain (i)
- Neck (ii)
- Heart (iii)
- None of the these (iv)

Thyroid Gland انسانی جسم میں کہاں ہوتے ہیں: -40

Lactic acid is an organic compound
Formula: CH_3CHCO_2H

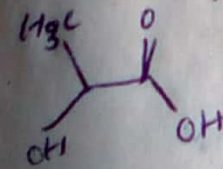
- Roof of the throat (i)
- Heart (ii)
- Base of brain (iii)
- None of these (iv)

Thyroid gland میں خون کس مقدار میں بہتا ہے اور اس کا فارمولا: -41

Organic - 3.5-6 ml/gm
Inorganic - 4.5-7 ml/gm

- 3.5-6 ml/gm (i)
- 4.5-7 ml/gm (ii)
- 2.5-4.5 ml/gm (iii)
- None of these (iv)

Fatigue (تھکاوٹ) کس وجہ سے پیدا ہوتی ہے: -42



- Carbonic acid (i)
- Sulphuric acid (ii)
- Lactic acid (iii)
- All of these (iv)

- Lower Limb (iii)
- None of these (iv)
- مسئلہ کہاں ہوتے ہیں: Deltoid -55

- Shoulder (i)
- Elbow (ii)
- Knee (iii)
- None of these (iv)

تھروڈ کے لیے کون سے مسلز استعمال ہوتے ہیں: -56

- Deltoid (i)
- Pectoralis major (ii)
- Biceps (iii)
- None of these (iv)

Rowing کے لیے کون سے مسلز استعمال ہوتے ہیں: -57

- Deltoid (i)
- Pectoralis major (ii)
- Latissimus dorsi (iii)
- None of these (iv)

Deltoid
Pectoralis major
Latissimus dorsi
None

انسانی جسم کا سب سے مضبوط پٹھا کون سا ہے: -58

- Rectus femoris (i)
- Soleus (ii)
- Sternomastoid (iii)
- Biceps (iv)

Soleus
Pectus femoris
Sternomastoid
Biceps

مسئلہ کہاں ہوتے ہیں: Pectoralis major -59

- Chest (i)
- Elbow (ii)
- Knee (iii)
- None of these (iv)

Knee
Elbow
Chest
None

Hip کو Bend کرتے وقت استعمال ہونے والے مسلز کا نام کیا ہے: -60

- Quadriceps (i)
- Triceps (ii)

Triceps
Calf biceps
Biceps
None

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Sternum
Scapula
Ribs
None

Shoulder کا دوسرا نام کیا ہے: -49

- Sternum (i)
- Scapula (ii)
- Ribs (iii)
- None of these (iv)

Ribs
Clavicle
Sternum
None

Collar کی ہڈی کو کیا نام دیتے ہیں: -50

- Ribs (i)
- Clavicle (ii)
- Sternum (iii)
- None of these (iv)

ہال اور ساکٹ جوڑ کونسا ہوتا ہے: -51

- Shoulder joint (i)
- Hip joint (ii)
- Both of these (iii)
- None of these (iv)

Ball & Socket کھوپڑی کی ہڈیاں کس سے جڑی ہوتی ہیں: -52

- Ball & socket joint (i)
- Hinge joint (ii)
- Pivot joint (iii)
- None of these (iv)

Hinge joints
Pivot joints
None

گھٹنے کا جوڑ کیا ہوتا ہے: -53

- Ball & socket joint (i)
- Hinge joint (ii)
- Pivot joint (iii)
- None of these (iv)

Hinge

Biceps مسلز کہاں ہوتے ہیں: -54

- Upper Limb (i)
- Back (ii)

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انسانی جسم کا درجہ حرارت کہاں سے کہاں تک درست ہوتا ہے: -66

92-91
96-95
82-88
72-74

- 82-88.2 F (i)
- 96-99 F (ii)
- 70-72 F (iii)
- None of these (iv)

انسانی جسم کے درجہ حرارت ہونے کی کیا وجہ ہے: -67

- High external Temperature (i)
- Physical Activity (ii)
- Inadequate sweating (iii)
- Combination of all the above (iv)

وہ ہارمونز جو جسم کو بڑھنے میں کنٹرول کرتے ہیں وہ کیا کہلاتے ہیں: -68

Thyroid hormone
Somatotrophic
Gonadotrophic

- Thyrotropic hormone (i)
- Somatotropic hormone (ii)
- Gonadotrophic hormone (iii)
- None of these (iv)

وہ کونسا نظام ہے جس میں خوراک جسم میں جا کر توانائی کا ذریعہ بنتی ہے: -69

Digestive
Nervous system
muscular system
Elementary system

- Nervous System (i)
- Muscular System (ii)
- Elementary System (iii)
- None of these (iv)

جسم کا کونسا ^{لغوا} Bile پیدا کرتا ہے: -70

Heart
Lung
Liver
Non

- Heart (i)
- Lung (ii)
- Liver (iii)
- None of these (iv)

دل میں کتنے پمپ ہوتے ہیں: -71

- 1 Pump (i)
- 2 Pumps (ii)
- 3 Pumps (iii)
- None of these (iv)

- Biceps (iii)
- None of these (iv)

ریڑھ کی ہڈی کے کل کتنے مہرے ہوتے ہیں: -61

- 25 (i)
- 31 (ii)
- 28 (iii)
- 33 (iv)

Humorous کے پچھلے حصے کا مسلز کون سا ہے: -62

- Biceps (i)
- Triceps (ii)
- Quadriceps (iii)
- None of these (iv)

آکسیجن کا انسانی جسم میں داخل ہونا اور کاربن ڈائی آکسائیڈ کا خارج ہونا کیا کہلاتا ہے: -63

Absorption
Digestion
Respiration

- Digestion (i)
- Respiration (ii)
- Absorption (iii)
- None of these (iv)

پھیپھڑے کس جسمانی نظام کا حصہ ہیں: -64

- Nervous System (i)
- Digestive System (ii)
- Respiratory System (iii)
- None of these (iv)

انسانی جسم کا نارمل درجہ حرارت کیا ہے: -65

- 98.4 F (i)
- 88 F (ii)
- 72 F (iii)
- None of these (iv)

98.4
96.4
97.4
Non

انسولین کہاں بنتی ہے: -78

- Sex gland (i)
- Pancrease (ii)
- Thyroid gland (iii)
- None of these (iv)

پروٹین کیا بنتی ہے

- Nerve Tissue (i)
- Bone Tissue (ii)
- Muscle Tissue (iii)
- None of these (iv)

وٹامن ڈی کس میں زیادہ ہوتی ہے: -80

- Milk (i)
- Butter (ii)
- Egg Yolk (iii)
- None of these (iv)

سورج کی روشنی سے کونسا وٹامن پیدا ہوتا ہے: -81

- Vitamin B (i)
- Vitamin C (ii)
- Vitamin D (iii)
- None of these (iv)

وٹامن B-6 کس خوراک میں موجود ہوتا ہے: -82

- Liver (i)
- Milk (ii)
- Egg (iii)
- None of these (iv)

کس وٹامن کی کمی کی وجہ سے آتے ہیں: -83

- Vitamin A (i)
- Vitamin B (ii)
- Vitamin D (iii)
- None of these (iv)

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خون کی وہ نالیاں جو دل میں داخل ہوتی ہیں ان کو کیا کہتے ہیں: -72

- Veins (i)
- Arteries (ii)
- Canal (iii)
- None of these (iv)

خون کی نالیاں جو دل سے نکلتی ہیں کس نام سے پکارتے ہیں: -73

- Veins (i)
- Arteries (ii)
- Canal (iii)
- None of these (iv)

خون کی وہ مقدار جو ہر منٹ میں گردش کرتی ہے۔ کیا کہلاتی ہے: -74

- Aerobic Work (i)
- Cardiac out put (ii)
- Lung Volume (iii)
- None of these (iv)

Sex Steroids کن اجزاء پر مشتمل ہوتے ہیں: -75

10 carbon
17 carbon
21 carbon
non

- 17 Carbon atoms (i)
- 10 Carbon atoms (ii)
- 21 Carbon atoms (iii)
- None of these (iv)

Ventricle کا تعلق جسم کے کس عضو سے ہے: -76

- Brain (i)
- Lung (ii)
- Heart (iii)
- None of these (iv)

Thyroxine جسم کے کس غدود میں بنتی ہے: -77

- Pancrease (i)
- Sex gland (ii)
- Thyroid gland (iii)
- None of these (iv)

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milk
egg
Liver

Measles کی بیماری کس چیز سے پھیلتی ہے: -90

- Virus (i)
- Parasites (ii)
- Bacteria (iii)
- None of these (iv)

چھوٹی چچک (Small Pox) کس چیز سے پھیلتی ہے: -91

- Virus (i)
- Parasites (ii)
- Bacteria (iii)
- None of these (iv)

ٹی بی کس طرح پھیلتی ہے: -92

- Virus (i)
- Parasites (ii)
- Bacteria (iii)
- None of these (iv)

Biceps مسلز کی کوئی قسم ہے: -93

- Involuntary Muscle (i)
- Voluntary Muscle (ii)
- Cardiac Muscle (iii)
- None of these (iv)

دور سے کسی شے کو واضح طور پر نہ دیکھ سکے کی حالت کو کیا کہتے ہیں: -94

- Myopia (i)
- Hypermetropia (ii)
- Aneamia (iii)
- None of these (iv)

نزدیک سے کسی شے کو واضح طور پر نہ دیکھ سکے کی حالت کو کیا کہتے ہیں: -95

- Myopia (i)
- Hypermetropia (ii)
- Aneamia (iii)
- None of these (iv)

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-84 کاربوہائیڈریٹس کس عمل میں معاون ہوتے ہیں:

- Body building (i)
- Energy Giving (ii)
- Protective (iii)
- None of these (iv)
- None

-85 وٹامنز اور نمکیات کے افعال کیا ہیں:

- Body building (i)
- Protective and regulating (ii)
- Energy giving (iii)
- None of these (iv)

-86 طبریا بیماری کس سے پھیلتی ہے؟

- Parasites (i)
- Bacteria (ii)
- Virus (iii)
- All of these (iv)

-87 ٹائیفائیڈ کس چیز سے پھیلتا ہے:

- Parasites (i)
- Bacteria (ii)
- Virus (iii)
- None of these (iv)

-88 شوگر کی بیماری کس عضو کی خرابی سے پیدا ہوتی ہے:

- Lung (i)
- Heart (ii)
- Pancrease (iii)
- None of these (iv)

-89 انسانی جسم میں ہڈیوں کی تعداد کتنی ہے:

- 200 (i)
- 214 (ii)
- 206 (iii)
- 207 (iv)

518

Heat (iv)

جسم کے کس سے پانی ہوتا ہے
Mucus Membrane -102

Alimentary track
Respiratory
Both
None

- (i) Alimentary Track
- (ii) Respiratory
- (iii) Both of these
- (iv) None of these

جسم کے کس سے پانی ہوتا ہے
Synovial Membrane -103

Cavity of Joints
Synovial membrane
Genito urinary track

- (i) Cavity of joint
- (ii) Alimentary track
- (iii) Genito urinary track
- (iv) None of these

سرسے کس سے ہوتا ہے
Serous Membrane -104

Abdomen
Chest
Both
None

- (i) Chest
- (ii) Abdomen
- (iii) Both of these
- (iv) None of these

کس کی شکل کی ان تمام میں ہوتا ہے
Cardiac Muscles -105

Unstriated
Striated muscle
Both
None

- (i) Unstriated Muscles
- (ii) Striated Muscles
- (iii) Both
- (iv) None of these

کس شکل کا ہوتا ہے
Deltoid Muscle -106

Spindle Shape
Bipennate form
Triangular
Rhomboid

- (i) Spindle Shaped
- (ii) Bipennate form
- (iii) Triangular
- (iv) Rhomboid

انسانی جسم میں کہاں ہوتا ہے
Sternomastoid Muscle -107

Leg
Abdomen
Neck

- (i) Leg
- (ii) Abdomen
- (iii) Neck

کیا طبی بڑھوتری سے مراد وزن، قد اور سائز کا بڑھنا ہے: -96

- (i) Right
- (ii) Wrong
- (iii) Partial wrong
- (iv) None of these

انسانی جسم میں مائع (پانی) کی مقدار کتنی ہوتی ہے: -97

- (i) 40%
- (ii) 60%
- (iii) 50%
- (iv) 70%

Dehydration کی کیا وجہ ہوتی ہے: -98

Loss of blood
Loss of appetite
Loss of salt & water
None

- (i) Loss of blood
- (ii) Loss of appetite
- (iii) Loss of salt & water
- (iv) None of these

انسانی جسم میں چھوٹے سے چھوٹا جڑ کیا ہوتا ہے: -99

Tissue
organ
cell
Non

- (i) Tissue
- (ii) Organ
- (iii) Cell
- (iv) None of these

Actin اور Myosin کس سے جڑے ہوئے ہیں: -100

Bones
muscles
of Both
Non

- (i) Bones
- (ii) Muscles
- (iii) Both of these
- (iv) None of these

انسانی جسم میں پانی کا توازن کون برقرار رکھتا ہے: -101

liver
kidney
Gall bladder

- (i) Gall bladder
- (ii) Kidney
- (iii) Liver

- Neurology (iv)
- مسئلے کے علم کو کیا کہتے ہیں: -114
- Osteology (i)
- Arthrology (ii)
- Myology (iii)
- Neurology (iv)

Organs of Viscera کی تعلیم کیا کہلاتی ہے: -115

- Myology (i)
- Neurology (ii)
- Splanchnology (iii)
- None of these (iv)

اعصابی ساخت کی تعلیم کے کہتے ہیں: -116

- Myology (i)
- Neurology (ii)
- Anthrology (iii)
- None of these (iv)

ریڑھ کی ہڈی جسم کے کس نظام کے تحت کام کرتی ہے: -117

- Digestive System (i)
- Respiratory System (ii)
- Urogenital System (iii)
- Nervous System (iv)

مسئلے کے کس سے میں ہوتے ہیں: -118 Pectus Femoris + Vastus Medialis

- Thigh (i)
- Calf (ii)
- Lower back (iii)
- Upper back (iv)

انسانی جسم میں Skeletal Muscles کی مقدار کتنی ہوتی ہے: -119

- 10% (i)
- 20% (ii)
- 30% (iii)

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Chest (iv)

Vastus Medialis جسم کے کس سے میں ہوتا ہے: -108

Upper limb
Thigh
Abdomen
None

- Thigh (i)
- Upper Limb (ii)
- Abdomen (iii)
- None (iv)

انسانی جسم کی ساخت کے علم کو کیا کہتے ہیں: -109

- Physiology (i)
- Anatomy (ii)
- Biology (iii)
- None of these (iv)

عام انسانی جسم کے افعال سے متعلق علم کو کیا کہتے ہیں: -110

- Physiology (i)
- Botany (ii)
- Anatomy (iii)
- None of these (iv)

انسانی جسم میں سیل (Cell) کے بارے میں علم کو کیا کہتے ہیں: -111

Cytology
Biology
Histology

- Cytology (i)
- Biology (ii)
- Histology (iii)
- None of these (iv)

ہڈیوں کے علم کو کیا کہتے ہیں: -112

- Osteology (i)
- Arthrology (ii)
- Myology (iii)
- None of these (iv)

جوڑوں کے علم کو کیا کہتے ہیں: -113

- X Osteology (i)
- Arthrology (ii)
- Myology (iii)

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126 - کاربوہائیڈریٹس سے زیادہ کس غذا میں ہوتے ہیں:

- (iv) None of these
- (i) Cereals
- (ii) Pulse
- (iii) Wheat
- (iv) None of these

Cereals
Pulse
Wheat
None

127 - Fat سے زیادہ کس غذا میں ہوتی ہے:

- (i) Butter
- (ii) Potatoes
- (iii) Fish
- (iv) None of these

Potatoes
Butter
Fish
None

128 - پروٹین سے زیادہ کس غذا میں ہوتی ہے:

- (i) Barley
- (ii) Milk
- (iii) Meat
- (iv) None of these

Barley
Milk
Meat
None

129 - Starch سے زیادہ کس غذا میں ہوتی ہے:

- (i) Wheat (flour)
- (ii) Milk
- (iii) Barley
- (iv) All of the above

Wheat
Milk
Barley
None

130 - انسان ہر روز اوسط کتنا پانی جسم سے پیشاب کی صورت میں خارج کرتا ہے:

- (i) 1,200 ml
- (ii) 5,000 ml
- (iii) 1,500 ml
- (iv) 2,000 ml

5000
1200
2000
1500

131 - انسانی جلد سے ہر روز کتنا پانی پسینے کی صورت میں نکلتا ہے:

- (i) 800 ml
- (ii) 900 ml
- (iii) 200 ml

120 - High Altitude پر ایک کھلاڑی کو کس مسئلہ کا سامنا کرنا پڑتا ہے:

- (iv) 40%
- (i) L.A.P.E.
- (ii) H.A.P.E.
- (iii) Both
- (iv) None of these

Low altitude Parachute
High

121 - Partial تالی والی ہڈی کہاں ہوتی ہے:

- (i) Chest
- (ii) Spinal Cord
- (iii) Lower Leg
- (iv) Skull

Chest
Spinal cord
Lower leg

122 - Fast Twitch فائبر کون سے ہوتے ہیں:

- (i) White Muscle Fiber
- (ii) Red Muscle Fiber
- (iii) Both
- (iv) None of these

123 - Slow Twitch فائبر کس طرح کے ہوتے ہیں:

- (i) White Muscle Fiber
- (ii) Red Muscle Fiber
- (iii) Both
- (iv) None of these

124 - کس خوراک میں صرف ٹائٹروجن موجود ہوتی ہے:

- (i) Fat
- (ii) Carbohydrate
- (iii) Protein
- (iv) None of these

Fat
Carbohydrate
Protein
None

125 - انسانی جسم میں توانائی دینے والی غذا کونسی ہے:

- (i) Fat and protein
- (ii) Protein and Carbohydrate
- (iii) Fat and Carbohydrate

Fat & Protein
Protein & Carby
Fat & Carbohy
None

- Aneamia (ii)
Prolonged Blood Clotting (iii)
 None of these (iv)
- 138 شریانوں میں خون کہاں سے بہتا ہے:
 To the Heart (i)
From the Heart (ii)
 Both (iii)
 None of these (iv)
- 139 دل کس شکل کا ہوتا ہے:
 Round (i)
 Cone (ii)
Triangular (iii)
 Shapeless (iv)
- 140 جوان شخص کے دل کا وزن کتنا ہوتا ہے:
 260-300 gms (i)
 320-400 gms (ii)
 150-200 gms (iii)
 None of the above (iv)
- 141 Aorta خون کو کس حصے سے باہر نکالتی ہے:
 Right ventricular (i)
Left ventricular (ii)
 Right Atrium (iii)
 Left Atrium (iv)
- عام آدمی کی نبض کی رفتار فی منٹ کیا ہوتی ہے:
 96-100 (i)
70-80 (ii)
 60-80 (iii)
 None of these (iv)

96-100
 70-80
 60-80
 Non

527

- None of these (iv)
- 132 انسانی جسم سے کتنا پانی ہر روز Expired air میں تحلیل ہوتا ہے:
 300 ml
 600 ml
 400 ml
 200 ml
 200 ml (i)
 600 ml (ii)
 400 ml (iii)
 300 ml (iv)
- 133 مچھلی، بلی، چیل، دودھ اور ڈیری کی مصنوعات میں کون سا وٹامن سب سے زیادہ ہوتا ہے:
 Vit D (i)
 Vit A (ii)
 Vit B (iii)
 Vit E (iv)
- 134 Parathyroid کا اوسط وزن کتنا ہوتا ہے:
 140 mg (i)
 160 mg (ii)
 180 mg (iii)
 200 mg (iv)
- 135 ایک جوان آدمی میں کیشیم کی مقدار کتنی ہوتی ہے:
 20-25g. per kg of fat free body Tissue (i)
 10-15g. per kg of fat free body Tissue (ii)
 40-50g. per kg of fat free body Tissue (iii)
70-90g. per kg of fat free body Tissue (iv)
- 136 گندم چل نانچہ کی زردی اور دودھ میں سب سے زیادہ کون سا وٹامن ہوتا ہے:
 Vit D (i)
 Vit E (ii)
 Vit K (iii)
 None of these (iv)
- 137 Vit K کی کمی کی وجہ سے کون سی بیماری پیدا ہوتی ہے:
 Rickets (i)

526

Cell اور پلازما کے درمیان خون کی اوسط کیا ہے:

45:55
55:45
60:40

- 45:55 (i)
- 55:45 (ii)
- 60:40 (iii)
- None of these (iv)

-150 خون کے رنگ سرخ ہونے کی وجہ سے کس عنصر کی موجودگی ہے:

Haemoglobine
myoglobene
myocin

- Myoglobin (i)
- Actin (ii)
- Myocin (iii)
- Haemoglobin (iv)

فٹنٹن بھونڈوں سے نشوونما کو اکھین ہوتا ہے۔

20 days

- RBC -151 کس ذریعہ سے بنتے ہیں:
- Bone marrow (i)
 - Heart (ii)
 - Lungs (iii)
 - None of these (iv)

-152 RBC کی عموماً زندگی کتنی ہوتی ہے اور WBC

- 100 days (i)
- 200 days (ii)
- 120 days (iii)
- None of these (iv)

-153 Blood کا انسانی جسم میں کیا کام ہے:

- Supply of Oxygen (i)
- Carry of Nutrients (ii)
- Both (iii)
- None of these (iv)

-154 AB گروپ کے خون والا اپنا خون کس گروپ کو دے سکتا ہے:

- A Group (i)
- B Group (ii)
- AB Group (iii)
- None of these (iv)

-143 ایک جوان شخص کے دل سے ایک منٹ میں کس قدر خون نکلتا ہے:

- 4 Liters (i)
- 5 Liters (ii)
- 6 Liters (iii)
- None of these (iv)

-144 ایک نوجوان کے دل کی Stroke Volume کتنی ہوتی ہے:

- 70 ml (i)
- 80 ml (ii)
- 90 ml (iii)
- None of these (iv)

-145 دل کے رکنے کی کیا وجہ ہوتی ہے:

- Excess of cardiac output (i)
- Lack of cardiac output (ii)
- Both (iii)
- None of these (iv)

-146 غیر شفاف خون دل میں کس راستے سے داخل ہوتا ہے:

- Inferior Vena Cava (i)
- Superior Vena Cave (ii)
- Both (iii)
- None of these (iv)

-147 انسانی ذہن میں تین سے چار منٹ تک خون کی گردش رکنے کے عمل کو کیا کہتے ہیں:

- Cardiac arrest (i)
- Syncope (ii)
- Cogestive heart failure (iii)
- None of these (iv)

-148 سینے کی ہڈی سے کتنی پسلیاں بلا واسطہ طور پر جڑی ہوتی ہیں:

- Five (i)
- Two (ii)
- Three (iii)
- None of these (iv)

161 - بلڈ پریش کو برقرار رکھنے کے لیے اہم جزو کون سا ہے:
 The viscosity of blood (i)
 The Pumping force of heart (ii)
 Both (iii)
 None of these (iv)

162 - Anemia کس کی کمی کی وجہ سے پیدا ہوتا ہے:
 Excess of Hb in blood (i)
 Lack of Hb in blood (ii)
 Lack of protein (iii)
 None of these (iv)

163 - شریانی خون میں کیا شامل ہوتا ہے:
 Unoxygenated Blood (i)
 Oxygenated Blood (ii)
 Both (iii)
 None of these (iv)

164 - Pulmonary شریان کیا کام کرتی ہے:
 To carry unoxygenated blood into the heart (i)
 To carry Oxygenated Blood into the Heart (ii)
 To carry Oxygenated Blood from the Heart (iii)
 None of these (iv)

165 - Salivary غدود کون سے ہوتے ہیں:
 Parotid (i)
 Submandibular (ii)
 Sublingual (iii)
 All the above (iv)

166 - Saliva کہاں سے رستا ہے:
 Submandibular Glands (i)
 Parotid Glands (ii)

155 - O گروپ کے خون والے کو کیا کہتے ہیں:
 Universal donor (i)
 Universal recipient (ii)
 Both (iii)
 None of these (iv)

156 - AB گروپ کے خون والے کو کس نام سے پکارتے ہیں:
 Universal recipient (i)
 Universal Donor (ii)
 Both (iii)
 None of these (iv)

157 - A گروپ کے خون والا اپنا خون کس کو دے سکتا ہے:
 A Group (i)
 AB Group (ii)
 Both Group (iii)
 None of these (iv)

158 - O گروپ کے خون والا کس گروپ کا خون لگوا سکتا ہے:
 A Group (i)
 AB Group (ii)
 O Group (iii)
 B Group (iv)

159 - WBC کا جسم میں کیا کام ہے:
 To Carry Oxygen (i)
 Protects the body from Micoorganism (ii)
 Supply energy to body (iii)
 None of these (iv)

160 - Blood Plasma کا رنگ کیسا ہوتا ہے:
 Red (i)
 Pink (ii)
 Straw (iii)
 None of these (iv)

Duodenum (iii)
Small Intestine (iv)

Peptic ulcer کس مقام پر ہوتا ہے:
Stomach (i)
Duodenum (ii)
Both (iii)
None of these (iv)

کیا لیمبر (Liver) جسم کا سب سے بڑا غدود ہے:
True (i)
False (ii)
Partially true (iii)
Partially false (iv)

لیمبر کے کیا افعال ہیں: -175

The Secretion of bile (i)
Formation of urea (ii)
Maintenance of body temperature (iii)
All of the above (iv)

Pancreas کے کیا افعال ہیں: -176
Endocrine (i)
Exocrine (ii)
Both (iii)
None of these (iv)

پھیپھڑوں میں ہوا کس قدر رہ سکتی ہے:
2-3 litres (i)
6-8 litres (ii)
4.5-5 litres (iii)
None of these (iv)

ایک اوسط مرد کی Vital capacity کتنی ہوتی ہے:
3-4 litres (i)
3-6 litres (ii)

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Sublingual Glands (iii)
All the above (iv)

پروٹین معدہ میں Peptons میں تبدیل ہوتی ہے:
True (i)
False (ii)
Partially true (iii)
Partially false (iv)

کیا Fat معدہ میں ہضم ہوتی ہے:
True (i)
False (ii)
Partially true (iii)
Partially false (iv)

کیا خوراک مختصر وقت کے لیے معدہ میں رہتی ہے:
True (i)
False (ii)
Partially true (iii)
Partially false (iv)

کیا چھوٹی آنت کی لمبائی 2.4 میٹر ہوتی ہے:
True (i)
False (ii)
Partially true (iii)
Partially false (iv)

چھوٹی آنت کے پہلے 25 سنتی میٹر والے حصے کا نام کیا ہے:
Perinium (i)
Endonium (ii)
Duodenum (iii)
Jejunum (iv)

Saliva کس حصے سے نکلتی ہے:
Stomach (i)
Mouth (ii)

532

- 185 - کیا ماں کی طرف سے X اور باپ کی طرف سے X ملنے سے لڑکی پیدا ہوتی ہے:
- 23 pairs (iii)
46 pairs (iv)
- False (i)
True (ii)
Partially true (iii)
Partially false (iv)

- 186 - کیا باپ سے Y اور ماں سے X حاصل کرنے پر لڑکا پیدا ہوتا ہے:
- False (i)
True (ii)
Partially true (iii)
Partially false (iv)

- 187 - دل کس حصے میں لپٹا ہوتا ہے:
- Myocardium (i)
Pericardium (ii)
Endocardium (iii)
None of these (iv)

- 188 - تیز دوڑ جس میں رفتار رفتہ رفتہ بڑھ کر تیز تر ہو جاتی ہے یہ عمل کیا کہلاتا ہے:
- Deceleration Sprint (i)
Acceleration Sprint (ii)
Sprinting Spint (iii)
None of these (iv)

- 189 - وہ عمل جس میں Protein مسطر Contraction کا باعث بنتی ہے کیا کہلاتی ہے:

- Actin (i)
Myosin (ii)
Both (iii)
None of these (iv)
- myosin
actin
both
non

535

- 179 - ایک اوسط خاتون کی Vital Capacity کتنی ہوتی ہے:
- 4-5 litres (i)
3-4 litres (ii)
4-6 litres (iii)
None of these (iv)

4-5 L
3-4 L
4-6 L
20-40
20-30
10-20
None

- 180 - ایک نوجوان ایک منٹ میں کتنی بار سانس لیتا ہے:
- 20-40 (i)
20-30 (ii)
10-20 (iii)
None of these (iv)

- 181 - جلد کے افعال کیا ہیں:
- Heat regulating organ (i)
Organ of special sense (ii)
Protective function (iii)
All of these (iv)

- 182 - Menopause ایک خاتون میں عمر کے کس حصے میں آتا ہے:
- 20 to 25 years (i)
30 to 35 years (ii)
45 to 50 years (iii)
None of these (iv)

- 183 - Puberty عموماً عمر کے کس حصے میں شروع ہوتی ہے:
- 16-18 years (i)
10-14 years (ii)
20-25 years (iii)
None of these (iv)

- 184 - ایک بچہ کتنی مقدار میں Chromosomes اپنے والدین سے حاصل کرتا ہے:
- 44 pairs (i)
22 pairs (ii)

534

195 - انہی کا سب سے تیز ذریعہ کون سا ہے:

Carbohydrate	ATP	(i)
ATP	Carbohydrate	(ii)
fat	Fat	(iii)
None	None of these	(iv)

196 - جسم کے کسی حصے سے سوز تجزیہ کے لیے نکالنا کیا کہلاتا ہے:

M.R.I	M.R.I	(i)
Biopsy	Biopsy	(ii)
X-ray	X-ray	(iii)
None	None of these	(iv)

197 - کسی سوز قافیہ کا چھوٹے سے چھوٹا یونٹ کیا کہلاتا ہے:

Sarcomere	Sarcomere	(i)
Sarcolemma	Sarcolemma	(ii)
Sarcoplasm	Sarcoplasm	(iii)
None	None of these	(iv)

198 - Aerobic Capacity کیا پر مانی ہے:

Strength	Endurance development	(i)
Endurance	Strength development	(ii)
Agility	Agility development	(iii)
Power	Power development	(iv)

199 - Anaerobic Capacity کیا پیدا کرتی ہے:

Endurance	Endurance development	(i)
Anaerobic Glycolysis	Anaerobic Glycolysis	(ii)
	Both	(iii)
	None of these	(iv)

200 - Lactic acid کس کے جملے سے پیدا ہوتا ہے:

Aerobic Glycolysis	Aerobic Glycolysis	(i)
Anaerobic Glycolysis	Anaerobic Glycolysis	(ii)
Both	Both	(iii)

190 - ایسی مشق جسے آکسیجن ضرورت کے مطابق مل رہی ہو کیا کہلاتی ہے:

Anaerobic	(i)
Aerobic	(ii)
Aerobic Anaerobic	(iii)
None of these	(iv)

191 - Anaerobic ایکسرسائز کیسی ہوتی ہے:

Which are performed in the presence of Oxygen	(i)
Which are performed in the absence of Oxygen	(ii)
Which are performed in the high Altitude with the help of Oxygen	(iii)
None of these	(iv)

192 - ایسی ورزش جس میں سوز اصلی حالت سے چھوٹی حالت میں آجائیں کیا کہلاتی ہے:

Eccentric contraction	(i)
Concentric contraction	(ii)
Isometric contraction	(iii)
None of these	(iv)

*Eccentric
Concentric
Isometric*

193 - ایسی ورزش جس میں سوز اصلی حالت سے لے ہو جائیں کیا کہلاتی ہے:

Eccentric contraction	(i)
Concentric contraction	(ii)
Isometric contraction	(iii)
None of these	(iv)

*Eccentric
Concentric
Isometric*

194 - ATP جسم میں کہاں store ہوتی ہے:

Liver	(i)
Muscle	(ii)
Nerve cell	(iii)
None of these	(iv)

*Liver
muscle
Nerve cell
None*

- 7 (ii)
8 (iii)
9 (iv)
- 208 ایک صحت مند شخص ایک منٹ میں کتنی مرتبہ سانس لیتا ہے۔
- 14:12 (i)
20:16 (ii)
30:25 (iii)
30:28 (iv)

209 خلیہ کس نے دریافت کیا:

- (i) پاور
(ii) برکے

210 ایک نئی جیسے سیلیوں کے گروہ کو کیا کہتے ہیں:

- (i) نظام (System)
(ii) نظام اجزاء
(iii) عضو (Organ)
(iv) بافت (Tissue)

211 ہمارے جسم میں ہڈیوں کی کل تعداد کتنی ہوتی ہے؟

- (i) 100
(ii) 201
(iii) 206
(iv) 250

212 انسانی جسم میں کل کتنے نظام کام کرتے ہیں:

- (i) چھ نظام
(ii) نو نظام
(iii) دس نظام
(iv) گیارہ نظام

213 دل کس مصلیٰ میں لپٹا ہوتا ہے:

- (i) سرائیکل
(ii) دائرہ
(iii) کارڈیکل
(iv) پیری کارڈیم

organ
Tissue
System
Skeleton

None of these (iv)
دارم اپ کا مقصد کیا ہے: 201

- (i) Decrease in heart rate
(ii) Increase in body and muscle temperature
(iii) Increase in lungs volume
(iv) None of these

202 Aerobic Exercise کس Duration کی ہوتی ہے:

- (i) Short duration
(ii) Long duration
(iii) Both
(iv) None of these

203 Anaerobic Exercise کس Duration کی ہوتی ہے:

- (i) Short duration
(ii) Long duration
(iii) Both
(iv) None of these

204 سانپ کے پاس زہر کا ذخیرہ کہاں ہوتا ہے:

- (i) منہ میں
(ii) دانت میں
(iii) زبان میں
(iv) آخری دانتوں میں

205 مصنوعی تھلس کے کتنے طریقے ہیں:

- (i) تین
(ii) پانچ
(iii) سات
(iv) دس

206 ٹیکوٹین کس ذریعے سے حاصل ہوتی ہے:

- (i) روخت سے
(ii) تھاک سے
(iii) چھل سے
(iv) پائے کی ہڈی سے

207 نظام تھلس میں کتنے اعضاء کام کرتے ہیں:

- (i) 6

MS @ پروٹکٹریڈ سائنس کالج
سٹیوڈنٹس کا مریض

6 (iii)
5 (iv)
لبہ کس شکل کا نمودار ہے: -221

- (i) ہاشمی
(ii) چنے
(iii) سیب
(iv) کیلا

جگر کا وزن کتنا ہوتا ہے: -222

- (i) 1 کلو
(ii) 2 کلو
(iii) 3 کلو
(iv) 4 کلو

223
چرخے کو ساختیہ کہتے ہیں جو چرخائی کو ہضم کرتا ہے:

- (i) ہر
(ii) مٹھا (Bile)
(iii) کیوں
(iv) نطفہ

بڑی آنت کے آخری حصے کو جہاں نطفہ جمع ہوتا ہے کیا کہتے ہیں: -224

- (i) کالی آنت
(ii) سوجی آنت Rectum
(iii) چھوٹی آنت
(iv) سفید آنت

225
دل میں کل کتنے خانے ہوتے ہیں: -225

- (i) 3
(ii) 4
(iii) 5
(iv) 6

228
دائیں اذن اور دائیں طعن کے درمیان والو کا نام کیا ہے

- (i) ایک دروازے والا والو
(ii) دو دروازوں والا والو
(iii) تین دروازوں والا والو
(iv) چار دروازوں والا والو

214
مردوں کے جسم کا کتنے فیصد حصہ نظام عضلات پر مشتمل ہے:

- (i) 40
(ii) 50
(iii) 44
(iv) 42

215
عورتوں کے جسم کا کتنے فیصد حصہ نظام عضلات پر مشتمل ہے:

- (i) 24
(ii) 26
(iii) 28
(iv) 30

216
انسانی جسم میں پٹوں کی تعداد کتنی ہوتی ہے:

- (i) 556
(ii) 656
(iii) 565
(iv) 585

217
معدے میں موجود لعاب دمن کی دن بھر میں کتنی مقدار ہوتی ہے:

- (i) 1 کلو
(ii) 2 کلو
(iii) 3 کلو
(iv) 4 کلو

218
معدے میں ایک وقت میں تقریباً کتنی خوراک ہا سکتی ہے:

- (i) 1.5 کلو
(ii) 2.5 کلو
(iii) 3.5 کلو
(iv) 4.5 کلو

219
نظام انہضام کتنے میٹر لمبی ٹیوب اور اس سے وابستہ اعضاء پر مشتمل ہے:

- (i) 7 میٹر
(ii) 8 میٹر
(iii) 9 میٹر
(iv) 10 میٹر

220
طلق قیہ نما ہوتا ہے اس میں کتنے سوراخ ہیں:

- (i) 8
(ii) 7

60
65
42
64
24
25
26
28

2
3
6
1

233- جوڑوں کے اچانک مڑ جانے کے عمل کو کیا کہتے ہیں:

- (i) Muscle Soreness
- (ii) Muscle cramps
- (iii) Sprain
- (iv) Fracture

234- پٹھوں کے اچانک کھج جانے کے عمل کو کیا کہتے ہیں:

- (i) Muscle Soreness
- (ii) Muscle Pull
- (iii) Cramps
- (iv) Fracture

235- "وہمد" رہنمائی یا علاج جوڑا لڑکی آمد سے قبل ریشی کو مہیا کیا جائے کیا کہلاتا ہے:

- (i) ہاش
- (ii) ابتدا ٹھنسی اعداد
- (iii) قرانی
- (iv) آپریشن

236- تقریباً کتنے فیصد کمرتی ضربیں عضلات اور ہاتھوں کے ڈھکی ہونے سے پیدا ہوتی ہیں

- (i) 10 فیصد
- (ii) 30 فیصد
- (iii) 80 فیصد
- (iv) 50 فیصد

237- ایک صحت مند شخص ایک منٹ میں کتنی مرتبہ سانس لیتا ہے:

- (i) 15:12
- (ii) 20:16
- (iii) 30:25
- (iv) 35:30

238- انسانی حلق میں کتنے سوراخ ہوتے ہیں:

- (i) 5
- (ii) 6
- (iii) 7
- (iv) 8

227- عام انسان کا دل ایک منٹ میں کتنے لیٹر خون صاف کرتا ہے:

- (i) 5 سے 8 لیٹر
- (ii) 15 لیٹر
- (iii) 20 لیٹر
- (iv) 21 لیٹر

228- ایک اچھے کھلاڑی کا دل ایک منٹ میں کتنے لیٹر خون صاف کرتا ہے:

- (i) 10 لیٹر
- (ii) 15 لیٹر
- (iii) 25 لیٹر
- (iv) 30 لیٹر

229- ایک عام انسان کا دل ایک منٹ میں کتنی دفعہ دھرتا ہے:

- (i) 72 مرتبہ
- (ii) 82 مرتبہ
- (iii) 92 مرتبہ
- (iv) 102 مرتبہ

230- ایک اچھے کھلاڑی کا دل ایک منٹ میں کتنی مرتبہ دھرتا ہے:

- (i) 60 مرتبہ سے کم
- (ii) 72 مرتبہ
- (iii) 82 مرتبہ
- (iv) 92 مرتبہ

231- ابتدائی طبی امداد کی صورت میں مریض کی کوئی بحالی ضروری ہے:

- (i) وجہ جراثیم کی بحالی
- (ii) سانس کی بحالی
- (iii) کپڑوں کی تبدیلی
- (iv) جوتوں کی تبدیلی

232- اگر بڑی اندر سے ٹوٹ جائے اور متاثرہ حصے کے اوپر گوشت پر کوئی نشان نہ ہو تو

ایسی فٹنگی کو کیا کہتے ہیں:

- (i) خم دار فٹنگ
- (ii) مرکب فٹنگ
- (iii) چھید فٹنگ
- (iv) سادہ فٹنگ

جوابات (سپورٹس میڈیسن اور ایکسرسائز فزیالوجی)

(iii)	-3	(iii)	-2	(iv)	-1
(ii)	-6	(i)	-5	(ii)	-4
(iii)	-9	(i)	-8	(iii)	-7
(iii)	-12	(i)	-11	(i)	-10
(iv)	-15	(iv)	-14	(ii)	-13
(iv)	-18	(i)	-17	(i)	-16
(i)	-21	(i)	-20	(i)	-19
(i)	-24	(i)	-23	(iii)	-22
(i)	-27	(iii)	-26	(ii)	-25
(i)	-30	(i)	-29	(iv)	-28
(ii)	-33	(i)	-32	(i)	-31
(ii)	-36	(iii)	-35	(i)	-34
(i)	-39	(i)	-38	(i)	-37
(iii)	-42	(i)	-41	(i)	-40
(i)	-45	(ii)	-44	(i)	-43
(iii)	-48	(ii)	-47	(ii)	-46
(i)	-51	(ii)	-50	(ii)	-49
(i)	-54	(ii)	-53	(iv)	-52
(iii)	-57	(ii)	-56	(i)	-55
(i)	-60	(i)	-59	(i)	-58
(ii)	-63	(ii)	-62	(iv)	-61
(ii)	-65	(i)	-65	(iii)	-64
(ii)	-68	(iv)	-67	(ii)	-66

239- درآمدِ محض میں آکسیجن کی مقدار کتنے فیصد ہوتی ہے:

۲۹٪
۲۸٪
۲۵٪
۲۱٪

- (i) 19 فیصد
- (ii) 21 فیصد
- (iii) 23 فیصد
- (iv) 25 فیصد

240- درآمدِ محض میں آکسیجن کی مقدار کتنے فیصد ہوتی ہے:

۱۳
۱۶
۱۹
۲۱

- (i) 13
- (ii) 16
- (iii) 19
- (iv) 21

241- آگ لگے مریض کو کون سی طبی امداد دینی چاہیے:

- (i) پانی پھینکنا چاہیے
- (ii) گیل اوڑھنا چاہیے
- (iii) مریض کو تکی دینی چاہیے
- (iv) علاج کرنا چاہیے

242- بجلی کا جھٹکا لگنے کی صورت میں سب سے پہلے کونسا عمل کرنا چاہیے:

- (i) خشک لکڑی سے مریض کو ہٹایا جائے
- (ii) بجلی کی سپلائی بجھنے سے بند کر دینی چاہیے
- (iii) مدد کے وقت آپ کے ہاتھ دھلے ہونے چاہیں
- (iv) مریض کو مصنوعی سانس دیا جائے

243- کس مریض کو سب سے پہلے فرسٹ ایڈ یا ابتدائی طبی امداد مہیا کرنی چاہیے:

- (i) کم چھت والے مریض کو
- (ii) خون بہتے مریض کو
- (iii) بڑی عمر کے مریض کو
- (iv) خواتین کو

(iii)	-146	(iii)	-146	(iii)	-144
(iii)	-149	(i)	-148	(iii)	-147
(iii)	-152	(i)	-151	(iv)	-150
(iii)	-155	(iii)	-154	(i)	-153
(iv)	-158	(i)	-157	(i)	-156
(iii)	-161	(iii)	-160	(iii)	-159
(iii)	-164	(iii)	-163	(iii)	-162
(iii)	-167	(iv)	-166	(iv)	-165
(iii)	-170	(i)	-169	(iii)	-168
(i)	-173	(iii)	-172	(iii)	-171
(iii)	-176	(i)	-175	(iii)	-174
(iii)	-179	(iii)	-178	(iii)	-177
(iii)	-182	(iv)	-181	(iii)	-180
(iii)	-185	(iii)	-184	(iii)	-183
(iii)	-188	(iii)	-187	(iii)	-186
(iii)	-191	(iii)	-190	(i)	-189
(iii)	-194	(i)	-193	(iii)	-192
(iii)	-197	(iii)	-196	(i)	-195
(iii)	-200	(iv)	-199	(i)	-198
(i)	-203	(iii)	-202	(iii)	-201
(iii)	-206	(i)	-205	(iii)	-204
(iii)	-209	(iii)	-208	(iii)	-207
(iv)	-212	(iii)	-211	(i)	-210
(iii)	-215	(iv)	-214	(iv)	-213
(iii)	-218	(i)	-217	(iii)	-216

(i)	-71	(iii)	-70	(iii)	-69
(iii)	-74	(iii)	-73	(i)	-72
(iii)	-77	(iii)	-76	(i)	-75
(iii)	-80	(iii)	-79	(iii)	-78
(iii)	-83	(i)	-82	(iii)	-81
(i)	-86	(iii)	-85	(iii)	-84
(iii)	-89	(iii)	-88	(iii)	-87
(iii)	-92	(iii)	-91	(i)	-90
(iii)	-95	(i)	-94	(iii)	-93
(iii)	-98	(iv)	-97	(i)	-96
(iii)	-101	(iii)	-100	(iii)	-99
(i)	-104	(i)	-103	(iii)	-102
(iii)	-107	(iii)	-106	(iii)	-105
(i)	-110	(iii)	-109	(i)	-108
(i)	-113	(i)	-112	(iii)	-111
(iii)	-116	(iii)	-115	(iii)	-114
(i)	-119	(i)	-118	(iv)	-117
(i)	-122	(iii)	-121	(iii)	-120
(iii)	-125	(iii)	-124	(iii)	-123
(iii)	-128	(i)	-127	(i)	-126
(iv)	-131	(iii)	-130	(i)	-129
(iv)	-134	(i)	-133	(i)	-132
(iii)	-137	(i)	-136	(iv)	-135
(i)	-140	(iii)	-139	(iii)	-138
(iii)	-143	(iii)	-142	(iii)	-141

i) **Symptoms:**

Aching or sharp pain around the joint.

ii) **Treatment:**

Rest and icing, take anti-inflammatory pill. Physiotherapy

c. **Plantar Fascitis:**

Occurs when the plantar fascia (on the bottom of foot attached to heel bone) is pulled away from the heel.

i) **Symptoms:**

Pain on the heel in the morning, progressively increased, persistently pain and inflammation.

ii) **Treatment:**

Rest for a week but swim and train with weights to keep yourself in shape. Icing, put heel cups or padding in your shoes and stretch with a elastic exercise band by pulling your toes toward you.

d. **Runners knee, or patello-femoral:**

Runners knee, or patello-femoral syndrome is caused by the irritation of the undersurface of the knee cap (patella) while rubbing against the femur.

i) **Symptoms:**

Irritation, pain, stiffness and swelling.

ii) **Treatment:**

Take several days off exercise, and increase training slowly. Icing and strengthen quadriceps with exercises.

e. **Stress Fractures:**

Stress fractures are alike shinsplints but more

(ii) -221	(ii) -220	(iii) -219
(ii) -224	(ii) -223	(ii) -222
(i) -227	(i) -226	(ii) -225
(i) -230	(i) -229	(iii) -228
(iii) -233	(iv) -232	(ii) -231
(iii) -236	(ii) -235	(ii) -234
(ii) -239	(iii) -238	(ii) -237
(ii) -242	(ii) -241	(ii) -240
		(ii) -243

244- **COMMON INJURIES AND DIAGNOSIS**

a. **Shinsplints:**

Shinsplints is an inflammation of the shinbone. It could be a large inflammation or a small one.

i) **Symptoms:**

Dull ache on the side or front of your shin often when running.

ii) **Treatment:**

Alternate, ice and heat to be applied before you go to bed. Run on soft surfaces and take extra care until it heals.

b. **Tendonitis:**

Tendonitis is one of the most common injuries. It occurs around the joints, such as ankles and knee. It is an inflammation of a tendon.

ران کاش (Sartrius)	-6	Hyperthrophy	-5
15%	-8	Achill Tenden	-7
کندھے کا جوڑ (Shoulder)	-10	صحیح	-9
		صحیح	-11

ورزش کے خون اور دل کے نظام پر کیا اثرات ہوتے ہیں: -246

- Change in Heart size -
- Decreased heart rate -
- Increased stroke volume -
- Changes in blood volume and Haemoglobin content -
- Changes in capillary density and hypertrophy of skeletal muscles -

ورزش کے نظام تنفس پر کیا اثرات ہوتے ہیں: -247

- Maximum ventilation increases -
- Increase in ventilatory efficiency -
- Lung volume is more in trained Athlete than untrained one -
- trained athlete have longer diffusion capacity at rest and during exercise -

کیلوری سے کیا مراد ہے: -248

A Unit of work or energy equal to the amount of heat required to raise the temperature of one gram of water to one degree centigrade.

serious. It is a fine fracture in your bone while you exert quite a bit of pressure on it. A doctor should be seen.

i) Symptoms:

Much like shinsplints but sharper and not always just on your shins.

ii) Treatment:

Take rest for a week or two.

سوالات جوابات / غلط یا صحیح (True or False) -245

- (i) ایک اوسط درجے کا فرسٹال میں ہزاروں میل پیدل چلنا ہے
- (ii) بیسانی مسلز کو اگر استعمال نہ کیا جائے تو وہ اپنی افادیت کم کر دیتے ہیں
- (iii) انسانی جسم میں 600 سے زائد مسلز ہوتے ہیں
- (iv) دو ہڈیوں کے جسم میں اکٹھا ہونے کے مقام کو کیا کہتے ہیں
- (v) انسانی عضلات کے بڑھنے کے لیے کوئی سائنسی اصطلاح استعمال ہوتی ہے
- (vi) انسانی جسم میں سب سے زیادہ لمبا Muscle کون سا ہے
- (vii) انسانی جسم میں سب سے زیادہ لمبے Tendon کا کیا نام ہے
- (viii) انسانی ڈھانچے کتنے فیصد Body Weight پر مشتمل ہوتا ہے
- (ix) دو تہائی عضلاتی جوئین مسلز کے Overuse کی وجہ سے ہوتی ہیں
- (x) جسم کے اس جوڑ کا نام ہٹا میں جو 360 ڈگری پر گھومنے کی صلاحیت رکھتا ہے
- (xi) پینڈ انسانی جسم میں ڈھٹک پیدا کرنے کا ذریعہ ہے

جوابات

سوالات جوابات / غلط یا صحیح (True or False) -245

- صحیح -1
- صحیح -2
- صحیح -3
- صحیح (Joint) -4
- 550

	Macro Cycle	(iii)	
	None of these	(iv)	
Explosive Strength	Explosive Strength	(i)	-6
Maximum Strength	Maximum Strength	(ii)	
Strength	Strength	(iii)	
None	None of these	(iv)	
Explosive Strength	Explosive Strength	(i)	-7
Maximum Strength	Maximum Strength	(ii)	
Strength	Strength	(iii)	
None	None of these	(iv)	
Interval m	Interval method	(i)	-8
Repetition m	Repetition method	(ii)	
continuous m	Continuous method	(iii)	
None	None of these	(iv)	
H. Clarke	Morgan and Adamson	(i)	-9
Scholich	H. Clarke and D. Clarke	(ii)	
Morgan & Adamson	Scholich	(iii)	
None	None of these	(iv)	
Single Periodisation	Single Periodisation	(i)	-10
One Transitional period	One Transitional period	(i)	
Two transitional period	Two transitional period	(ii)	
Three transitional period	Three transitional period	(iii)	
None of these	None of these	(iv)	
Double periodisation	Double periodisation	(i)	-11
One Transitional period	One Transitional period	(i)	

سپورٹس ٹریننگ اور بائیو میکانکس

(Sports Training & Biomechanics)

Over load	Overload	(i)	-1
Under load	Under Load	(ii)	
Both	Both	(iii)	
None	None of these	(iv)	
Micro cycle	Micro Cycle	(i)	-2
macro cycle	Macro Cycle	(ii)	
meso cycle	Meso Cycle	(iii)	
	None of these	(iv)	
Meso Cycle	Meso Cycle	(i)	-3
Macro Cycle	Macro Cycle	(ii)	
Micro Cycle	Micro Cycle	(iii)	
None of these	None of these	(iv)	
3-6 Training Cycle	3-6 Training Cycle	(i)	-4
one year	Macro Cycle	(i)	
	Micro Cycle	(ii)	
	Meso Cycle	(iii)	
	None of these	(iv)	
3-10 دن	Micro Cycle	(i)	-5
	Meso Cycle	(ii)	

- 75-80% (ii)
- 60-70% (iii)
- 40-60% (iv)

-18 Intensity کے لیے Max Strength کتنی ہونی چاہیے جبکہ ساتھ

Explosive طاقت کی تربیت بھی شامل ہو:

- 60-70% (i)
- 25-40% (ii)
- 30-50% (iii)
- None of these (iv)

-19 کسی حرکت کو کم سے کم وقت میں کرنے کی صلاحیت کو کیا کہتے ہیں:

- Flexibility (i)
- Agility (ii)
- Endurance (iii)
- Speed (iv)

-20 Fatigue کے دوران برداشت کرنے کی صلاحیت کو کیا کہتے ہیں:

- Strength (i)
- Endurance (ii)
- Speed (iii)
- Flexibility (iv)

-21 کسی مخصوص کھیل کے دوران پیدا شدہ Fatigue کو برداشت کرنے کی

صلاحیت کا کیا نام ہے:

- Basic endurance (i)
- General Endurance (ii)
- Specific endurance (iii)
- None of these (iv)

-22 Endurance کو مستحکم کرنے کی صلاحیت کا کیا نام ہے:

- Aerobic capacity (i)
- Anaerobic capacity (ii)

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- Two transitional period (ii)
- Three transitional period (iii)
- None of these (iv)

-12 Medium Load کے ساتھ زیادہ سے زیادہ کتنی Intensity ہونی چاہیے:

- 70-80% (i)
- 30-50% (ii)
- 80-90% (iii)
- None of these (iv)

-13 Sub-maximum لوڈ کے ساتھ کتنی Intensity ہونی ہے:

- 90-100 (i)
- 75-85 (ii)
- 30-50 (iii)
- None of these (iv)

-14 Multiple پریڈازیشن میں آرام کے وقفے کتنے ہوتے ہیں:

- One (i)
- Two (ii)
- Three (iii)
- None of these (iv)

-15 Single Periodisation میں آرام کے کتنے وقفے ہوتے ہیں:

- One (i)
- Two (ii)
- Three (iii)
- None of these (iv)

-16 Recovery کی رفتار کو کون سے اجزاء متاثر کرتے ہیں:

- Nature of the load (i)
- Health and physical Fitness (ii)
- Sleep (iii)
- None of these (iv)

-17 سرٹیکل اور پورس کی تربیت کے لیے Intensity کتنی ہونی چاہیے:

- 80-100% (i)
- 90-60% (ii)
- 75-80% (iii)
- 60-70% (iv)

554

- Low to medium volume (ii)
- Both (iii)
- None of these (iv)

Repetition method میں کیا اصول رکھا جاتا ہے: -29

- Intensity is kept very high (i)
- Volume is kept low (ii)
- Both (iii)
- None of these (iv)

Extensive Interval Method میں کن خصوصیات کی تربیت ہوتی ہے: -30

- Basic endurance (i)
- General endurance (ii)
- Strength endurance (iii)
- All of these (iv)

Intensive Interval کی تربیت سے کیا حاصل ہوتا ہے: -31

- Speed Endurance (i)
- Explosive Strength (ii)
- Maximum Strength (iii)
- All of these (iv)

Repetition Method سے کیا بہتری آتی ہے: -32

- Speed ability (i)
- Maximum strength (ii)
- Explosive strength (iii)
- All of these (iv)

Competition Period کے دوران شدت کتنی رکھی جاتی ہے: -33

- High (i)
- Low (ii)
- Both (iii)
- None of these (iv)

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- Various psychological factor (iii)
- All the above (iv)

Intensity کو کیسے پایا جاسکتا ہے: -23

- Speed (i)
- Distance/height (ii)
- Speed (tempo) (iii)
- All of these (iv)

Volume کو کیسے پایا جاسکتا ہے: -24

- Duration (i)
- Distance (ii)
- Frequency (iii)
- All of these (iv)

Overload کے کیا نتائج ہو سکتے ہیں: -25

- Loss of sleep (i)
- Loss of appetite (ii)
- Loss of weight (iii)
- All of these (iv)

موٹی حالات اور Altitude میں کس طرح کی تربیت ہوتی ہے: -26

- Medical means of training (i)
- Natural means of training (ii)
- Psychological means of training (iii)
- None of these (iv)

لگاتار طریقہ (Continues Method) تربیت میں کیا خیال رکھا جاتا ہے: -27

- Intensity is kept high (i)
- Volume is kept high (ii)
- Both (iii)
- None of these (iv)

Interval Training میں کیا شامل ہے: -28

- Medium to high intensity (i)

556

- Law of gravity (iv)
- Horizontal plane کس رخ جاتا ہے: -40
- Frontal axes (i)
- transverse axes (ii)
- Vertical axes (iii)
- Sagittal axes (iv)
- نیٹون کا پہلا قانون حرکت کیا ہے: -41
- Law of Inertia (i)
- Law of acceleration (ii)
- Law of reaction (iii)
- Law of action (iv)
- Parabola کیا ہوتا ہے: -42
- The path of an object projected in to free air (i)
- Path of the object formed with air resistance (ii)
- Path of object falling vertically down (iii)
- None of the above (iv)
- سکول جانے کی عمر سے پہلے کی بچوں کو کس خوراک کی زیادہ ضرورت ہوتی ہے: -43
- Proteins (i)
- Carbohydrates (ii)
- Fat (iii)
- Vitamins (iv)

- unellen pace of race*
- Fartlek تربیت کا کیا ماحصل ہے: -34
- aerobic*
- Endurance (i)
- Speed (ii)
- Strength (iii)
- Flexibility (iv)
- Circuit Training سے کیا بہتر ہوتا ہے: -35
- General physical and motor fitness (i)
- Speed (ii)
- Endurance (iii)
- Strength (iv)
- دیوار کو مخالف سمت میں دھکیلتا کون سی ورزش ہے: -36
- Dynamometer*
- Isometric (i) *static*
- Isotonic (ii)
- Isokinetic (iii)
- Polymetric (iv)
- اثر پورسکی تربیت کے دوران خوراک میں کون سا جز زیادہ ہونا چاہیے: -37
- Protein (i)
- Fat (ii)
- Minerals (iii)
- Carbohydrates (iv)
- منہج ذیل میں کون سی کیمیکری Doping کے زمرے میں نہیں آتی: -38
- Ergogenic aids (i)
- Caffeine (ii)
- Nicotine (iii)
- All the above (iv)
- نیٹون کا دوسرا قانون حرکت کیا کہلاتا ہے: -39
- Law of interaction (i)
- Law of inertia (ii)
- Law of acceleration (iii)

جوابات (سپورٹس ٹریننگ اور بائیو میکانکس)

- | | | | |
|-------|-----|-------|-----|
| (ii) | -2 | (iii) | -1 |
| (iii) | -4 | (iii) | -3 |
| (ii) | -6 | (i) | -5 |
| (ii) | -8 | (i) | -7 |
| (i) | -10 | (i) | -9 |
| (i) | -12 | (ii) | -11 |
| (iii) | -14 | (ii) | -13 |
| (ii) | -16 | (i) | -15 |
| (iv) | -18 | (iv) | -17 |
| (ii) | -20 | (iv) | -19 |
| (i) | -22 | (iii) | -21 |
| (iv) | -24 | (iv) | -23 |
| (ii) | -26 | (iv) | -25 |
| (i) | -28 | (ii) | -27 |
| (iii) | -30 | (i) | -29 |
| (i) | -32 | (i) | -31 |
| (i) | -34 | (i) | -33 |
| (i) | -36 | (iv) | -35 |
| (iii) | -38 | (iv) | -37 |
| (ii) | -40 | (iii) | -39 |
| (ii) | -42 | (i) | -41 |
| | | (ii) | -43 |

-34

-35

-36

-37

-38

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اصول ٹیکس سے متعلق اہم سوالات

- 1- اصول ٹیکس کا دوسرا نام کیا ہے؟
- 2- اصول ٹیکس کی پہلی ورلڈ چیمپین شپ کب منعقد ہوئی
- 3- دنیا کے کس ملک میں پہلی بار قومی اصول ٹیکس چیمپین شپ کب اور کہاں منعقد ہوئی
- 4- بین الاقوامی اصول ٹیکس فیڈریشن کا قیام کب عمل میں آیا؟
- 5- برطانیہ کی اصول ٹیکس فیڈریشن کا قیام کب عمل میں آیا؟
- 6- خواتین کے اصول ٹیکس مقابلے کس اوپنک گیمز میں شامل کیے گئے
- 7- کس اوپنک گیمز میں پہلی مرتبہ آٹو ٹیک گمز یوں کا استعمال ہوا
- 8- اولمپک گیمز میں 100 میٹر کی دوڑ میں پہلے غیر امریکی فاتح کا نام کیا ہے
- 9- 1984ء اور 1988ء اولمپک کھیلوں میں 100 میٹر دوڑ کا فاتح کون تھا۔
- 10- پہلی ورلڈ اصول ٹیکس چیمپین شپ کس ملک میں منعقد ہوئی
- 11- پہلی ورلڈ اصول ٹیکس چیمپین شپ کے تیز ترین کھلاڑی کا کیا نام ہے
- 12- 1988ء میں کس کھلاڑی سے 100 میٹر کی دوڑ جیتنے کے باوجود اس سے تمغہ واپس لے لیا گیا کیوں کہ اس نے ممنوعہ ادویات لینے کا اقرار کر لیا تھا۔
- 13- پہلی ورلڈ چیمپین شپ میں کس کھلاڑی نے میرا تھان کا مقابلہ جیتا
- 14- پہلی انڈور ورلڈ چیمپین شپ کب اور کہاں منعقد ہوئی۔
- 15- بین الاقوامی اصول ٹیکس فیڈریشن کے زیر اہتمام پہلے ورلڈ کپ مقابلے کب ہوئے
- 16- سب سے زیادہ مرتبہ ورلڈ کپ اصول ٹیکس مقابلے جیتنے والے ملک کا نام کیا ہے۔
- 17- پہلے ورلڈ کپ میں 100 میٹر دوڑ کے فاتح کا نام لکھیں۔
- 18- 10 کلومیٹر واک کا مقابلہ کس اولمپک میں شامل کیا گیا۔
- 19- لندن میرا تھان مقابلے کب شروع ہوئے۔
- 20- نیویارک میرا تھان کب شروع ہوئی۔

- 21 1958ء ماسٹین گیمز میں 110 میٹر کی رکاوٹی دوڑ میں پاکستانی نے پہلی
- 22 1962ء کے ماسٹین گیمز میں کس پاکستانی اٹھلیٹ نے 2 ملائی تھو حاصل کیے۔
- 23 مسلسل دو اولمپک گیمز میں 110 میٹر میں بھی فائنل ریسٹ تک پہنچنے والے پاکستانی کا نام کیا ہے۔
- 24 1955ء میں بین الاقوامی فٹری گیمز میں بحرہ قمرہ کے مقابلے میں کس پاکستانی اٹھلیٹ نے ریکارڈ قائم کیا۔
- 25 1954ء کے ماسٹین گیمز کے تیز ترین کھلاڑی کا نام کیا ہے
- 26 کس پاکستانی قانون اٹھلیٹ نے 1973ء کے RDC مقابلوں میں گولڈ میڈل حاصل کیا۔
- 27 پہلی ایشین جونیئر اٹھلیٹس چیمپین شپ کب اور کہاں منعقد ہوئی۔
- 28 پہلی قومی کھیلوں میں مردوں کے 100 میٹر مقابلوں میں ملائی تھو حاصل کرنے والے اٹھلیٹ کا نام کیا ہے۔
- 29 پہلی قومی کھیلوں میں کس نم نے زیادہ ہاپ اسٹس حاصل کیے۔
- 30 اولمپک مقابلوں میں سب سے چھوٹی دوڑ کون سی ہوتی ہے۔
- 31 اولمپک مقابلوں میں سب سے لمبی دوڑ کون سی ہوتی ہے۔
- 32 کس پاکستانی کھلاڑی نے تیسری SAF گیمز میں 400 میٹر دوڑ میں تیار کیا رکھنا
- 33 پاکستانی اٹھلیٹ محمد شہد نے تیسری سیف گیمز (1987) میں کس ایونٹ میں ریکارڈ کیا
- 34 وہ کون سا کھلاڑی ہے جو 1950-1986ء تک جیون قمرہ میں پاکستان کے پھیل چیمپین رہے
- 35 4th سیف گیمز میں پاکستان کی کن فرامین کھلاڑیوں نے 4x100 میٹر ریلے میں میں تھو حاصل کیا
- 36 19ویں سیف گیمز 2004ء میں پاکستانی اٹھلیٹ اللہ وت نے کس ایونٹ میں گولڈ میڈل حاصل کیا

- 37 حیدر علی شہد نے تیسری سیف گیمز میں کس ایونٹ میں ریکارڈ کیا
- 38 پاکستان کے پہلے دو ملٹلے ٹران 100% میں کب اور کہا گیا ہے
- 39 بحرہ قمرہ سے پہلے کون سا پاکستانی اٹھلیٹ ہے
- 40 3000 میٹر چھیلے جی کی دوڑ میں کھلاڑیوں کی تعداد کتنی ہوتی ہے
- 41 تینے رکاوٹیوں میں کھیلنے کا آغاز کتنی مرتبہ کرنا چاہیے
- 42 پاکستان میں اٹھلیٹس کے پینتالیس مقابلے کب اور کہاں منعقد ہوئے
- 43 پاکستان میں 100 میٹر دوڑ میں پہلا کس قانون کھلاڑی نے کیا
- 44 اٹھلیٹس کی ابتدا کب اور کس ملک سے ہوئی
- 45 پاکستان میں اٹھلیٹس کی قومی چیمپین شپ کب سے ہوئی
- 46 سرافقان دوڑ میں کب اور کہاں منعقد ہوئے
- 47 جیو ریسٹس کی پہلی سرافقان ریس ایونٹ کے کس کھلاڑی نے جیت لی
- 48 400 میٹر دوڑ میں ایک کھلاڑی کو کتنے رول ٹرن کرنا ہوتے ہیں
- 49 ٹرلے تپ کی ابتدا کب اور کس ملک سے ہوئی
- 49 ہل تپ لگانے کے تین ضیائی ٹائل کون سے ہیں
- 50 جیو ریسٹس میں تیز چھلانگ کے مقابلے کب مثال کیے گئے
- 51 شیان اختر نے کون سے سیف گیمز میں Long Jump میں ریکارڈ کیا
- 52 اٹھلیٹس کون کون سے مقابلوں کا مجموعہ ہے
- 53 1948ء اولمپک گیمز میں پاکستانی اٹھلیٹس محمد علی قیامت کس کھلاڑی نے کیا

جوابات (تھلیٹکس)

1- ٹریک اینڈ فیلڈ	-2	1983ء
3- 1866 لندن	-4	1912ء
5- 1880	-6	1928ء
7- 1932	-8	رکی ٹالڈ، سادھہ افریقہ
9- Carl Lewis (کارل لیوس)	-10	ہلسکی ٹرن لینڈ
11- Carl Lewis, USA	-12	Ben Johnson, Canada
13- Robde Castella	-14	ہیرس فرانس 1985ء
15- 1977ء	-16	امریکہ
17- Steve Williams, امریکہ	-18	1992ء ہارسلو، (ہیمن)
19- 1981ء	-21	غلام رازق، پاکستان
20- 1970ء	-23	غلام رازق
22- مہارک شاہ، پاکستان	-25	عبدالخالق، پاکستان
24- محمد اقبال	-27	1986ء چکارہ
26- طلعت سلطانہ	-29	پنجاب
28- محمد شریف بٹ	-31	42.195 کلومیٹر (میرا حمان)
30- 100 میٹر دوڑ	-33	جیون قزو، 71.92 میٹر
32- محمد فیاض، 47.24 سینڈ 1987ء	-35	شبانہ اختر، ٹویہ ہالائی،
34- محمود نواز	-37	فرزالتاہید، نوشاہہ خان
36- 200 میٹر		ٹریٹن ہب، 15.62 میٹر

38- 10.4 سینڈ	-39	2.135 میٹر
40- 7 بار	-41	کراچی 1948ء
42- شبانہ اختر	-43	1300 ق م، یونان
44- اٹھلیٹکس فیڈریشن آف پاکستان	-45	42 کلومیٹر 195 میٹر
46- جان لوئیس	-47	10
48- آئر لینڈ	-49	ایسٹرن کٹ ہٹرنیل، فلاپ
50- 1908ء	-51	7 ویں سیف گیمز مدراس
52- دوڑنا، چھلانگنا اور چھینکنا	-53	1995ء، 6.31m
		تلہور احمد خان

☆ حصہ دوم: درست جواب تلاش کریں:

1- اٹھلیٹکس مقابلوں کے لیے جیوری آف آف اٹھلیٹکس کتنے ممبران پر مشتمل ہوتی ہے:

- (i) 3 or 6 person
- (ii) 3 or 5 or 7 person
- (iii) 7 or 9 person
- (iv) None of these

2- وہ کونسا آفیشل ہوتا ہے جو اٹھلیٹکس مقابلوں سے پہلے ٹریک کی گلیاں اور سرکل

چیک کرتا ہے:

- (i) The manager of the meet
- (ii) Secretary
- (iii) The Technical Manager
- (iv) Referee

3- کسی بھی ٹریک ایونٹ کے اختتام پر رزلٹ کارڈ مکمل کرنے کے بعد کون سا

آفیشل دستخط کرے گا:

- (i) Technical Manager
- (ii) Referee

9- دوڑوں کے مقابلوں میں دوڑنے کا رخ کس جانب ہوتا ہے:

- (i) Right hand side
- (ii) Left hand side
- (iii) Curve-running
- (iv) None of these

10- تیز دوڑوں میں شارٹ کس پوزیشن میں لیا جاتا ہے:

- (i) Standing start
- (ii) Elogonted start
- (iii) Crouch start
- (iv) None of these

11- غلط شارٹ لینے پر کب کھلاڑی مقابلے سے خارج تصور ہوتا ہے:

- (i) One false start
- (ii) Two false starts by anyone among the team
- (iii) Three false starts
- (iv) None of these

12- دوڑوں کے مقابلوں کے لیے Finish Post کی اونچائی کتنی ہوتی ہے:

- (i) 1.40 mts
- (ii) 1.22 mts
- (iii) 1.30 mts
- (iv) None of these

13- مردوں کے لیے رکاوٹی دوڑوں کے مقابلے کون سے ہوتے ہیں:

- (i) 100 and 400 mts.
- (ii) 110 and 400 mts.
- (iii) 80 and 200 mts.
- (iv) 800 and 1.500 mts.

14- 110 میٹر مردوں کی دوڑ میں ہر ڈگری کی اونچائی کتنی ہوتی ہے:

- (i) 1.67 mts.
- (ii) 0.91 mts.

- (iii) Umpires
- (iv) Judges

4- دوڑوں کے مقابلوں میں لیا گیا کون سا وقت سرکاری تصور کیا جاتا ہے:

- (i) By Hand Electrical Gadget
- (ii) By Photofinish Technique
- (iii) By Manually operated Watch
- (iv) None of these

5- ٹائمنگ کے ساز و سامان کا ذمہ دار کون ہوتا ہے:

- (i) Chief time keeper
- (ii) Chief photofinish Judge
- (iii) Chief Referee
- (iv) None of these

6- ہائی جمپ میں کراس بار کی زیادہ سے زیادہ موٹائی کتنی ہوتی ہے:

- (i) 19 mm
- (ii) 29 to 31 mm
- (iii) 12 mm
- (iv) None of these

7- دوڑوں کے مقابلوں میں شارٹنگ گن چلنے پر ٹائم کیپر گھڑی کس وقت چلاتے ہیں

- (i) Sound of Gun
- (ii) Flash/smoke
- (iii) Whistle
- (iv) None of these

8- دونوں گھڑیوں پر لئے گئے وقت میں Timing مختلف ہو تو چیف ٹائم کیپر کس

وقت کے حق میں فیصلہ دے گا۔

- (i) Both shall be official timing
- (ii) Longer time
- (iii) Shorter time
- (iv) None of these

- 42 kms. (ii)
42.195 kms. (iii)
 None of these (iv)
- 21 فیڈ ایونٹ میں برابری کی صورت میں Tie کیسے حل کریں گے:
 Lowest performance (i)
Second best performance and so on (ii)
 Best of his all attempt (iii)
 None of these (iv)
- 22 کھلاڑی فیصلے کے خلاف Protest کتنے وقت میں داخل کر سکتا ہے:
 60 Minutes (i)
Within 30 Minutes after the (ii)
announcement of the official result
 45 Minutes (iii)
 None of these (iv)
- 23 کھلاڑی کے احتجاج پر فیصلہ کرنے والی کمیٹی کا کیا نام ہے:
 Doping Committee (i)
 Technical Committee (ii)
Jury of appeal (iii)
 None of these (iv)
- 24 Wind Velocity کس آلے سے تاپی جاتی ہے:
The wind gauge (i)
 Official implements (ii)
 Video camera (iii)
 None of these (iv)
- 25 Doping کے لیے کھلاڑیوں کا کیا Test لیا جاتا ہے:
 Sugar Sample (i)
Urine Sample (ii)
 Stool sample (iii)
 Blood sample (iv)

- 0.84 mts. (iii)
1.067 mts. (iv)
- 15 100 میٹر خواتین کے مقابلوں میں ہرڈلز کی اونچائی کتنی ہوتی ہے:
 0.80 mts. (i)
 0.91 mts. (ii)
 0.76 mts. (iii)
0.84 mts. (iv)
- 16 ایک ہرڈل کا وزن کتنا ہوتا ہے:
Not less than 10 kg (i)
 3 to 3.50 kg (ii)
 8 to 9 kg. (iii)
 None of these (iv)
- 17 3000 میٹر سٹیبل چیز دوڑ کا فاصلہ کتنا ہوتا ہے:
 300 mts. (i)
 2000 mts. (ii)
3000 mts. (iii)
 1000 mts. (iv)
- 18 3000 میٹر سٹیبل چیز دوڑ میں کتنی رکاوٹیں شامل ہوتی ہیں:
 4 Water Jumps-24 Hurdles Jumps (i)
7 Water Jumps-28 Hurdles Jumps (ii)
 5 water Jumps-35 Hurdles Jumps (iii)
 None of these (iv)
- 19 سٹیبل چیز دوڑ میں Water Jump کس نمبر پر آتا ہے:
 2nd Jump (i)
 7th Jump (ii)
4th Jump (iii)
 None of these (iv)
- 20 میراتھان دوڑ کا کل فاصلہ کتنا ہوتا ہے:
 26 kms. (i)

- 32- بین الاقوامی مقابلے کے لیے گولے کا وزن کتنا ہوتا ہے:
- (i) 7.26 kg.
- (ii) 8 kg.
- (iii) 7.25 kg.
- (iv) None of these
- 33- تھالی پھینکنے والے دائرے کا قطر کتنا ہوتا ہے:
- (i) 2.135 mts.
- (ii) 2.50 mts.
- (iii) 1.25 mts.
- (iv) None of these
- 34- ڈسکس کے رم کی موٹائی کتنی ہوتی ہے:
- (i) 5 mm.
- (ii) 6 mm.
- (iii) 7 mm.
- (iv) 75 mm.
- 35- بین الاقوامی مقابلوں کے لیے مردوں کے لیے تھالی کا وزن کتنا ہوتا ہے:
- (i) 1 kg.
- (ii) 2 kg.
- (iii) 800 gms.
- (iv) None of these
- 36- خواتین کے لیے نیزے کا وزن کتنا ہوتا ہے:
- (i) 800 gms.
- (ii) 600 gms.
- (iii) 825 gms.
- (iv) None of these
- 37- مردوں کے نیزے کی ٹوٹل لمبائی کتنی ہوتی ہے:
- (i) 2.60 to 2.70 mts.
- (ii) 2.20 to 2.30 mts.

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26- ڈاک دوڑوں کے مقابلوں میں کتنے اضافی کھلاڑی رکھے جاتے ہیں:

- (i) One athlete
- (ii) Two athletes
- (iii) Three athletes
- (iv) None of these
- 27- اونچی چھلانگ کے لیے Mats کا سائز کیا ہونا چاہیے:

- (i) Not less than 5 x 4 mts.
- (ii) Not more than 5 x 5 mts.
- (iii) 6 x 4 x 7 mts.
- (iv) None of these

28- پول والٹ کے لیے لینڈنگ ایریا کتنا ہونا چاہیے:

- (i) Not less than 5 x 3 mts.
- (ii) Not more than 6 x 4 mts.
- (iii) 7 x 6 x 8 mts.
- (iv) None of these

29- لمبی چھلانگ کے لیے اکھاڑے کا سائز کیا ہوتا ہے:

- (i) 10 x 2.75 mts.
- (ii) 7-9 mts x 2.75 - 3 mts.
- (iii) 9 x 2.75 mts.
- (iv) None of these

30- لمبی چھلانگ کے لیے Plasticine پلیٹ کی لمبائی چوڑائی کتنی ہوگی

- (i) 0.98 x 1.21 mts.
- (ii) 9.8 to 10.2 cm x 1.21 to 1.22 mts
- (iii) 1.22 mts to 1.25 mts.
- (iv) None of these

31- تھالی ایتھر یا گول پھینکنے کا سائز کتنا ہوتا ہے:

- (i) 45 ڈگری
- (ii) 40 ڈگری
- (iii) 90 ڈگری

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- Supervise office (ii)
 Conduct march past (iii)
 Drive away unwanted people out of areas (iv)
- 43- اٹھلیٹکس مقابلوں کے دوران ایمپائرز کس آفسیشنل کا اسٹنٹ ہوتا ہے:
 Chief judge (i)
 Referee (ii)
 Technical manager (iii)
 Secretary (iv)
- 44- Decathlon کے ایونٹ کتنے دنوں کے مقابلوں پر مشتمل ہوتی ہیں:
 1 day (i)
 3 days (ii)
 2 days (iii)
 None of these (iv)
- 45- دوڑوں کے مقابلے میں برابری کی صورت میں کیا فیصلہ ہوتا ہے:
 The race is re-run (i)
 The tying athletes are eliminated (ii)
 The tie is not solved (iii)
 None of above (iv)
- 46- خواتین کے لیے میراٹھان دوڑ کا فاصلہ کتنا ہوتا ہے:
 50 km (i)
 50 km 200 m (ii)
 42 km 195 m (iii)
 48 km (iv)
- 47- خواتین ڈسکس تھرو کے لیے پھینکنے کا زاویہ کتنا ہوتا ہے:
 45 ڈگری (i)
 34.92 ڈگری (ii)
 30 ڈگری (iii)
 40 ڈگری (iv)

- 2.65 to 2.75 mts. (iii)
 None of these (iv)
- 38- دو دنوں کے دوران 10 ایونٹس پر مشتمل اٹھلیٹکس مقابلوں کا کیا نام ہے:
 Pantaloan (i)
 Decathlon (ii)
 Heptathlon (iii)
 None of these (iv)
- 39- 1992ء اولمپکس گیمز میں مردوں کی 100 میٹر دوڑ کا فاتح کون تھا:
 Carl Lewis (i)
 Ben Johnson (ii)
 Talt Mansur (iii)
 Linford Christie (iv)
- 40- لمبی چھلانگ میں برابری کی صورت میں پوزیشن کا فیصلہ کیسے کیا جائے گا:
 One additional trail is given (i)
 Average is taken (ii)
 Next best performance is taken and so on (iii)
 Last attempt is considered (iv)
- 41- خواتین کے 100 میٹر ہرڈلز مقابلوں میں ہر ڈلر کا درمیانی فاصلہ کتنا ہوتا ہے:
 10m (i)
 11m (ii)
 8.5m (iii)
 None of these (iv)
- 42- ہائی جپ کی ہر بلندی پر ایک کھلاڑی کتنی کوششیں لیتا ہے:
 3 (i)
 4 (ii)
 2 (iii)
 5 (iv)
- 42- اٹھلیٹکس کے مقابلوں میں مارشل کی کیا ذمہ داریاں ہوتی ہیں:
 Discipline athletes (i)

48 - 400 میٹر دوڑ کا آغاز کس شارٹ سے ہوگا:

- (i) کراچی شارٹ
- (ii) فلائنگ شارٹ
- (iii) سینڈنگ شارٹ
- (iv) جمپنگ شارٹ

49 - 400 میٹر دوڑ میں پہلے زینے کا فاصلہ کتنا ہوتا ہے:

- (i) 7 میٹر
- (ii) 7.04 میٹر
- (iii) 7.67 میٹر
- (iv) 8 میٹر

50 - 400 میٹر دوڑ میں آخری زینے کا فاصلہ کتنا ہوتا ہے:

- (i) 7.01 میٹر
- (ii) 7.42 میٹر
- (iii) 7.67 میٹر
- (iv) 7.80 میٹر

51 - 400 میٹر کا سینڈنگ ٹریک کتنی لمبائی پر مشتمل ہوتا ہے:

- (i) 6 گھٹیاں
- (ii) 7 گھٹیاں
- (iii) 8 گھٹیاں
- (iv) 9 گھٹیاں

52 - 400 میٹر دوڑ میں شارٹ کے وقت کھلاڑی کا کون سا حصہ زمین کے ساتھ

رہے گا:

- (i) ایک پاؤں اور ایک گھٹنا
- (ii) دونوں پاؤں اور ایک گھٹنا
- (iii) دونوں پاؤں اور دونوں گھٹنے

53 - اونچی چھلانگ کے مقابلے میں ہار کی ابتدائی بلندی کا اعلان کون کرتا ہے:

- (i) ریفری
- (ii) ایہار

(iii) چیف جج

(iv) چیف ایہار

54 - ہائی جمپ کے لیے رن وے کتنے میٹر لمبا ہوتا ہے:

- (i) 12 میٹر
- (ii) 15 میٹر
- (iii) 16 میٹر
- (iv) 14 میٹر

55 - ہر جمپ کے لیے کھلاڑی کو کتنا وقت دیا جائے گا:

- (i) 20 سیکنڈ
- (ii) 45 سیکنڈ
- (iii) 60 سیکنڈ
- (iv) 90 سیکنڈ

56 - اونچی چھلانگ میں کوشش کی کامیابی یا ناکامی کا فیصلہ کون کرتا ہے:

- (i) ریفری
- (ii) چیف جج
- (iii) ایہار
- (iv) کپتان

57 - جدید ہائی جمپ شاگل کون سا ہے:

- (i) فلاپ
- (ii) سیزرکٹ
- (iii) سٹریٹل
- (iv) لائٹ جمپ

58 - جدید اولمپک مقابلوں میں نیزہ پھینکنے کے مقابلے کب شامل کئے گئے:

- (i) 1900
- (ii) 1904
- (iii) 1912
- (iv) 1908

65- اٹھلیٹکس کے بین الاقوامی مقابلے کس قانون کے تابع ہوتے ہیں:

- (i) IAAF
- (ii) IOC
- (iii) AAFI
- (iv) None of these

66- IAAF کے واحد لیول۔ اپا کستانی لیگچرار کا نام کیا ہے

- (i) کرنل مجاہد
- (ii) محمد یوسف
- (iii) سید حبیب شاہ
- (iv) نصر اللہ رانا

67- IAAF کے واحد لیول۔ III لیگچرار کا نام کیا ہے

- (i) محمد صدیق
- (ii) عمران خان
- (iii) ڈاکٹر عبدالوسید منٹو
- (iv) ڈاکٹر اصغر جاوید

جوابات اٹھلیٹکس (حصہ دوم)

- | | |
|-----------|-----------|
| (iii) -2 | (ii) -1 |
| (ii) -4 | (ii) -3 |
| (ii) -6 | (ii) -5 |
| (ii) -8 | (ii) -7 |
| (iii) -10 | (ii) -9 |
| (i) -12 | (ii) -11 |
| (iv) -14 | (ii) -13 |
| (i) -16 | (iv) -15 |
| (ii) -17 | (iii) -17 |
| (iii) -19 | (iii) -18 |

59- مردوں کے لیے نیزہ کا وزن کتنا ہوتا ہے:

- (i) 600 گرام
- (ii) 800 گرام
- (iii) 400 گرام
- (iv) 900 گرام

60- عورتوں کے لیے نیزہ کا وزن کتنا ہوتا ہے:

- (i) 600 گرام
- (ii) 700 گرام
- (iii) 500 گرام
- (iv) 400 گرام

61- عورتوں کے لیے نیزہ کی لمبائی کتنی ہوتی ہے:

- (i) 2.10 میٹر
- (ii) 2.20 میٹر
- (iii) 2.30 میٹر
- (iv) 2.40 میٹر

62- مردوں کے لیے نیزہ کی لمبائی کتنی ہوتی ہے:

- (i) 2.50 میٹر
- (ii) 2.60 میٹر
- (iii) 2.70 میٹر
- (iv) 2.80 میٹر

63- نیزہ پھینکنے کا زاویہ تقریباً کتنا ہوتا ہے:

- (i) 30 ڈگری
- (ii) 29 ڈگری
- (iii) 35 ڈگری
- (iv) 32 ڈگری

64- نیزہ پھینکنے کے راستے کی لمبائی کم از کم کتنی ہوتی ہے:

- (i) 20 میٹر
- (ii) 30 میٹر
- (iii) 35 میٹر
- (iv) 20 میٹر

NATIONAL ATHLETICS RECORDS
(MEN/WOMEN) AS ON 15-03-2009

EVENT	RECORD	NAME	PLACE	YEAR
100m	19.42	Ahsan Baig	Makkah	2005
200m	20.8	Maqsood Ahmad	Lahore	2001
400m	46.75	Rana Saahir	Islamabad	2004
800m	1:48.10	M Siddiq	Hanover	1974
1500m	3:41.4	M Younas	Coln	1970
5000m	14:08.4	M Younas	Torisdrol	1977
10000m	30:27.2	Mazhar Hussain	Torisdrol	1977
Marathon	2:14.11	Nascer Ahmed	Rawapindi	2003
110m (H)	13.8	Abdul Razzaq	Islamabad	1991
400m (H)	49.90	Muhammad Amin	Hiroshima	1994
3000m SC	8:42.43	M Razzaq	Islamabad	1989
High Jump	2.06	Ahmed Bilal	Islamabad	2001
Pole Vault	4.90	Muhammad Ayub	Islamabad	2005
Long Jump	7.79	Muhammad Urfaq	Islamabad	1989
Triple Jump	16.45	Zafer Iqbal	Karachi	2007
Shot Put	18.25	Ghufran Hussain	Karachi	2000
Discus	55.10	Basharat Ali	Colombo	2006
Hammer	68.20	Aqarab Abbas	Islamabad	1995
Javelin	78.25	Zahid Hussain	Lahore	2001
Decathlon	6747	Ghulam Abbas	Lahore	2001
4x100m	40.36	National Team	Islamabad	2004
4x400m	3:07.03	National Team	Islamabad	2004

[WOMEN]

EVENT	RECORD	NAME	PLACE	YEAR
100m	11.5*	Shabana Akhtar	Islamabad	1996
200m	23.6*	Sadat Saddiqui	Colombo	1991
400m	55.02	Erum Khanum	Madras	1995
800m	2:08.04	Bushra Parveen	Colombo	2006
1500m	4:31.41	Sumaira Zahoor	Islamabad	2004
5000m	19:07.61	Sajida Ramzan	Islamabad	2006
10000m	43:24.6*	Shazia Hadayat	Lahore	2001
Marathon	4:12:36	Sadia Parveen	Hong Kong	2002
100m (H)	14.88	Noshce Parveen	Lahore	2008
400m (H)	1:01.50	Nadia Nazee	Lahore	2008
High Jump	1.69	Rehana Kousar	Rathmandu	1999
Pole Vault	2.80	Humaira Akmal	Lahore	2008
Long Jump	6.31	Shabana Akhtar	Madras	1995
Triple Jump	11.39	Noshce Parveen	Quetta	2004
Shot Put	14.57	Zeenat Parveen	Islamabad	2005
Discus	38.17	Kalsoom	Islamabad	2000
Hammer	45.03	Razia Sultana	Islamabad	2005
Javelin	44.40	Parveen Akhtar	Islamabad	2005
Heptathlon	3720	Bazgha	Lahore	2001
4x100m	47.28	National Team	Colombo	2006
4x400m	3:44.81	National Team	Islamabad	2004

* denotes hand timing

(ii)	-21	(ii)	-20
(i)	-23	(iii)	-22
(ii)	-25	(ii)	-24
(iii)	-27	(iii)	-26
(ii)	-29	(ii)	-28
(i)	-31	(iv)	-30
(ii)	-33	(ii)	-32
(ii)	-35	(ii)	-34
(ii)	-37	(i)	-36
(iii)	-39	(iv)	-38
(i)	-41	(iii)	-40
(ii)	-43	(iv)	-42
(i)	-45	(iii)	-44
(ii)	-47	(iii)	-46
(ii)	-49	(i)	-48
(iii)	-51	(iii)	-50
(iii)	-53	(ii)	-52
(iii)	-55	(ii)	-54
(i)	-57	(ii)	-56
(ii)	-59	(i)	-58
(ii)	-61	(i)	-60
(ii)	-63	(iii)	-62
(i)	-65	(ii)	-64
(iii)	-67	(iv)	-66

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