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Physical Education MCQs Part- 1

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Physical Education MCQs Part- 1

1-Which of the following glands secrete tears?

- A. Lachrymal
- B. Pituitary
- C. Thyroid
- D. Pancreas

2- Which is the largest gland in the human body?

- A. Thyroid
- B. Liver
- C. Pancreas
- D. None of these

3-Which is the largest organ in the human body?

- A. Liver
- B. Heart
- C. Skin
- D. Kidney

4- A person of which of the following blood groups is called a universal donor?

- A. O
- B. AB

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C. A

D. B

5-How many bones are there in a newly born infant?

A. 206

B. 230

C. 280

D. 300

6- Olympic torch first time used in _____

a) 1890

b) 1910

c) 1928

d) 1932

7- How many Olympic Gold medals won by Pakistan Hockey team

a) 2

b) 3

c) 4

d) 5

8-In which city 1896 Olympic games are held _____

a) Athens

b) Olympia

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c) Beijing

d) Rome

9- How many Silver medals in Olympic won by Pakistan Hockey team _____

a) 2

b) 3

c) 4

d) 5

10- 2008 Olympic games held in which country _____

a) Pakistan

b) England

c) Italy

d) China

11- IOC stand for _____

a) International Olympic Committee

b) International Olympic Countries

c) Indian Olympic Committee

12- When first Common wealth Games held _____

a) 1920

b) 1926

c) 1930

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d) 1934

13- Where first Common Wealth Games held _____

a) Canada

b) China

c) France

d) Italy

14-When Women first time participate in Common Wealth Games

a) 1920

b) 1923

c) 1928

d) 1930

15-Asian Games are also known as _____

a) Asiana

b) Asiad

c) Assiad

d) Asaid

16-OCA stands for _____

a) Olympic Council of Asia

b) Olympic Committee of America

c) Olympic Charter of America

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d) Olympic Council of America

17-First Asian Games held in _____

- a) 1948
- b) 1949
- c) 1950
- d) 1951

18-In which country first Asian Games held _____

- a) America
- b) England
- c) Pakistan
- d) India

19- Asian Games took place after every _____

- a) 2 years
- b) 3 years
- c) 4 years
- d) 5 years

20-Who won first ancient Olympic 200 yard race _____

- a) Corobus
- b) William John
- c) Jack Michal
- d) Watson

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21-9th Asian Games held in which Country _____

- a) India
- b) America
- c) Pakistan
- d) Sri Lanka

22-when 9th Asian Games are held _____

- a) 2000
- b) 2002
- c) 2004
- d) 2008

23-4th Asian Games held in which Country _____

- a) Pakistan
- b) India
- c) Australia
- d) England

24- Athletics are also called the base of _____

- a) Asian Games
- b) Olympic Games
- c) Common wealth Games
- d) All of these

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25-When Pakistan first time participate in Olympic Games _____

- a) 1946
- b) 1947
- c) 1948
- d) 1950

26-How many Pakistani athletes participate in 1948 Olympic games _____

- a) 2
- b) 3
- c) 5
- d) 11

27- 2004 Olympic games held in _____

- a) Greek
- b) England
- c) Italy
- d) Russia

28- 2nd name of athletics is _____

- a) Races
- b) Track exercises
- c) Track and Field Exercises

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d) Gymnastics

29- In which Olympic 10 km walk is the part of Olympic games

a) 1990

b) 1991

c) 1992

d) 1996

30- Which is the shortest race in Olympic Games _____

a) 110 meter

b) 100 meter

c) 200 meter

d) Relay races

31- Which is the biggest race in Olympic games _____

a) 5000 m

b) 10000 m

c) 30000 m

d) Marathon Race

32- Which Pakistani make new record in 400 meter race in SAF Games _____

a) Muhammad Fiaz

b) Muhammad Ramzan

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- c) Abdul Rauf
- d) Muhammad Saleem

33- Pakistani Athlete Muhammad Rasheed make record in 1987 SAF Games in which event

-
- a) Disk through
 - b) Hammer through
 - c) Javelin Through
 - d) Short put

34- When first world athletic championship held _____

- a) 1980
- b) 1981
- c) 1982
- d) 1983

35- International athletic federation established in _____

- a) 1878
- b) 1879
- c) 1880
- d) 1881

36- First World Athletic championship held in which country

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- a) Funland
- b) Ireland
- c) England
- d) Scotland

37- In sprint Races position of start is known as _____

- a) Standing start
- b) Elongated start
- c) Crouch start
- d) None of these

38- In 110 meter men hurdle race the height of hurdles

- a) 1.67 m
- b) 0.91 m
- c) 0.84 m
- d) 1.067 m

39- In 100 meter women hurdle race the height of the hurdles

- a) 0.80 m
- b) 0.91 m
- c) 0.76 m
- d) 0.84 m

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40- Total weight of hurdles _____

- a) 3 to 4 kg
- b) 8 to 9 kg
- c) Not less than 10 kg
- d) None of these

41- Total distance of Marathon race _____

- a) 26 km
- b) 42 km
- c) 42.195 km
- d) 42.765 km

42- Which test for Doping _____

- a) Sugar test
- b) Urine test
- c) Stool test
- d) Blood test

43- Which device used to measure the wind velocity _____

- a) The wind gauge
- b) Official Implements
- c) Video camera
- d) None of these

44- The size of Mats in High jump _____

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- a) 5/5 meter
- b) 5/4 meter
- c) 7/6/8 meter
- d) None of these

45- Discus / Hammer / Short put through sector _____

- a) 45
- b) 40
- c) 90
- d) 34.92

46- Weight of Javelin for women _____

- a) 800 g
- b) 600 g
- c) 825 g
- d) All of these

47- Total Length of Javelin for men _____

- a) 2.60 to 2.70 m
- b) 2.20 to 2.30 m
- c) 2.65 to 2.75 m
- d) None of these

48- In high jump every player have _____ chances.

- a) 3

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- b) 4
- c) 5
- d) 2

49- In 100 m women hurdles competition distance between hurdles _____

- a) 10 m
- b) 20 m
- c) 11 m
- d) 8.5 m

50- Distance of Marathon for women _____

- a) 40 km
- b) 36.195 km
- c) 42.195 ml
- d) 42.195 km

Answers

- 1 0
- 2 0
- 3 0
- 4 0
- 5 0

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6 0

7 B

8 A

9 B

10 D

11 A

12 C

13 A

14 D

15 B

16 A

17 D

18 D

19 C

20 A

21 C

22 C

23 A

24 B

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25 C

26 C

27 A

28 C

29 C

30 B

31 D

32 A

33 C

34 D

35 C

36 A

37 C

38 D

39 D

40 C

41 C

42 B

43 A

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44 C

45 D

46 B

47 A

48 A

49 D

50 D

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