

Physical Education Mcqs Practice Test

Posted by [Muneer Hayat](#) on 19 April 2014, 11:00 am

Physical Education Mcqs Practice Test

Physical Education Mcqs Practice Test

1. The National Game of Pakistanis?

- (A) Cricket
- (B) Football
- (C) Hockey
- (D) Badminton

2. The amount of Blood comes out from ventricle, per minute is called?

- (A) Cardiac cycle
- (B) Cardiac output
- (C) Cardiac volume
- (D) Ventricle volume

3. A long distance runner must consume more quantity of?

- (A) Fat
- (B) Protein
- (C) Carbohydrate
- (D) Minerals

4. Ranga Swami Cup is awarded in?

- (A) Hockey
- (B) Football
- (C) Cricket
- (D) Volleyball

5. How we get injured in games?

- (A) Precaution habits
- (B) Long term training without rest
- (C) When rules of games are not followed
- (D) Over confidence

6. The weight of a Basket Ball is—

- (A) 400-500 ounce
- (B) 500-600 gm
- (C) 567-650 ounce
- (D) 567-650 gm

7. Which of the following food stuff contains almost all ingredients of a balanced diet?

- (A) Meat
- (B) Milk
- (C) Chicken
- (D) Fish

8. Against which country 'Maradona' scored the goal of the century?
(A) Brazil
(B) Germany
(C) Italy
(D) England
9. The length and width of a volley ball court is?
(A) 17x9metre
(B) 18x9metre
(C) 19x10metre
(D) 20 x 10 metre
10. Which of the following concepts of health is the earliest concept?
(A) The Bio-medical concept
(B) The Psycho-social concept
(C) The Religious concept
(D) The Ecological concept
11. The height of human being is measured by?
(A) Vernier scale
(B) Weighing scale
(C) Stadio meter
(D) Dynamometer
12. Name the first Indian woman Who won the Gold Medal in asian games—
(A) P. T. Usha
(B) Sunita Rani
(C) Shayni Abraham
(D) Kamajit Sandhu
13. Which of the following game's playground has 'bonus line'?
(A) Basketball
(B) Hockey
(C) Kabaddi
(D) Volleyball
14. In older, age, the common problem in eyes is
(A) Cataract
(B) Black water
(C) Squint eyes
(D) Farsightedness
15. Apparatus to measure fat percentage in body is?
(A) Anthropometer
(B) Tensiometer
(C) Skinfold Meter/Caliper
(D) Flesometer

16. One of the method of Teaching is?

- (A) Writing story
- (B) Writing
- (C) Demonstration
- (D) Search

17. The cause of postural defects/deformities is?

- (A) Balanced diet
- (B) Malnutrition
- (C) Extra diet
- (D) Sickness

18. Jogging at one spot?

- (A) Tightens muscles
- (B) Strengthens few muscles
- (C) Strengthens all the muscles except the hamstring
- (D) Weakens muscle

19. Long bones' work in human body is?

- (A) To give strength
- (B) To give shelter
- (C) To work as lever
- (D) To provide base for muscular joint

20. During muscular contraction, if there is no change in the size of muscle, this contraction is said—

- (A) Isometric
- (B) Isotonic
- (C) Isokinetic
- (D) Kinetic

21. The number of Muscle pairs,found in human body is?

- (A)200
- (B) 250
- (C)300
- (D) 350

22.The position of India in 1st Asian games was?

- (A)I
- (B)II
- (C)V
- (D)IX

23. In one millilitre of blood, the number of platelets is stated to be about?

- (A) 1,00,000
- (B) 2,00,000
- (C) 3,00,000
- (D) 4,00,000

24. Davis Cup is associated with?

- (A) Hockey
- (B) Volleyball

- (C) Baseball
- (D) Lawn Tennis

25. The amount of calories required by an adult of average body weight per day is?

- (A) 1500 calorie
- (B) 2000 calorie
- (C) 2500 calorie
- (D) 3000 calorie

26. For the good health which type of exercises are necessary?

- (A) Light
- (B) Hard (tough)
- (C) Medium type
- (D) Regular

27. In human body 'Fartlek' develops

- (A) Speed
- (B) Endurance
- (C) Strength
- (D) Agility

28. The technique to swim. Fastest is?

- (A) Breast stroke
- (B) Butterfly
- (C) Free style
- (D) Back stroke

29. In test cricket, how many bouncers can be bowled in one over?

- (A) 1
- (B) 2
- (C) 3
- (D) 4

30. After emulsion, the digestion of fat is done by an enzyme called?

- (A) Renin
- (B) Amylase
- (C) Trypsin
- (D) Lipase

31. A perfect food, known as nutritious is one that?

- (A) Satisfies our hunger
- (B) Contains all nutritious elements of food
- (C) Has been cooked very well
- (D) Is easy to digest

32. The maximum quantity in the diet of small children should be of (A) Protein

- (B) Carbohydrate

- (C) Minerals
- (D) Vitamins

33. Olympia city is situated in which country of the world?

- (A) Greece
- (B) Germany
- (C) Italy
- (D) China

34. For remaining fit and healthy, what is most important?

- (A) Aptitudes
- (B) Attitudes
- (C) Routines
- (D) Life style

35.. Set Shot' is related to?

- (A) Snooker
- (B) Squash
- (C) Basketball
- (D) Golf

36. The weight of Javelin for women is?

- (A) 600 gm
- (B) 800 gm
- (C) 825 gm
- (D) 700gm

37. Strategy 'Fast break' is related with the game?

- (A) Athletics
- (B) Basketball
- (C) Swimming
- (D) Boxing

38. Health is primarily a responsibility of the?

- (A) Community
- (B) Individual
- (C) State
- (D) Parents

39. Appendix is helpful in Digestive system of human being for?

- (A) Helpful in digestion of food
- (B) Maintain the temperature during digestion process
- (C) Helpful in secreting the digestive juice
- (D) Not helpful in digestive process

40. The quality of Physical Education teacher is?

- (A) Civilized
- (B) Good performance

- (C) Young
- (D) Smart

41. Why good nutrition is necessary for good health?

- (A) Postural deformities
- (B) Development
- (C) Instant replies
- (D) Good habits

42. Aerobic power can be enhanced by?

- (A) Swimming
- (B) Circuit training
- (C) Short sprints
- (D) Long distance running

43. Blood gets de-oxygenated in?

- (A) Muscle
- (B) Nerves
- (C) Lungs
- (D) Heart

44. Goniometer measures

- (A) Agility
- (B) Strength
- (C) Speed
- (D) Flexibility

45. The Basal Metabolic Rate may vary from person to person but it is closely related to a person's amount of?

- (A) Weight of the body
- (B) Physical activity
- (C) Muscular energy
- (D) Lean issue

46. The first National Marathon Race was organized at?

- (A) Allahabad
- (B) Pune
- (C) Kolkata
- (D) New Delhi

47. Physical exercise done in presence of oxygen, is called?

- (A) Aerobic exercise
- (B) Anaerobic exercise
- (C) Isometric exercise
- (D) Isokinetic exercise

48. Rovers Cup is associated with the game

- (A) Basket Ball
- (B) Chess

- (C) Boxing
- (D) Football

49. What is manufactured from the iron that we obtain from our diet?

- (A) Blood cells
- (B) Haemoglobin
- (C) Bone Marrow
- (D) Protoplasm

50. The highest sports award of India is

- (A) Arjun Award
- (B) Dronacharya Award
- (C) Rajeev Gandhi Khel Ratan
- (D) Padam Vibhushan

Answers:

1	C
2	B
3	C
4	A
5	C
6	D
7	B
8	D
9	B
10	C
11	V
12	D
13	C
14	A
15	C
16	C
17	B
18	A
19	C

20	A
21	B
22	B
23	B
24	D
25	C
26	D
27	D
28	C
29	B
30	D
31	B
32	A
33	A
34	C
35	C
36	A
37	B
38	B
39	D
40	B
41	B
42	B
43	D
44	D
45	B
46	C
47	A
48	D
49	B

Lecturer Physical Education Practice Test Mcqs / Multiple choice Objective Questions

Posted by Muneer Hayat on 19 April 2014, 10:58 am

Lecturer Physical Education Practice Test Mcqs / Multiple Choice Objective Questions

Lecturer Physical Education Practice Test Mcqs / Multiple choice Objective Questions

1. Ultra Microscopic viruses are the main cause of—
(A) Malaria (B) Measles
(C) Mumps (D) Cholera

Answer.C

2. Sigmund Freud is known to be the Father of the—
(A) Theory of Motivation
(B) Theory of Psychoanalysis
(C) Theory of connectionism
(D) Theory of parallelism

Answer.B

3. The most suitable class formation for teaching shot-put is a—
(A) Circle (B) Triangle
(C) Semicircle (D) Square

Answer.C

4. Posture is an index of—
(A) Personality
(B) Health
(C) Character
(D) Fitness

Answer.A

5. From the viewpoint of Psychology, 'Sympathy' is—
- (A) An instinct
 - (B) An emotion
 - (C) A general innate tendency
 - (D) A reflex action

Answer.A

6. Which of the following factors is considered to be most important in the construction of an indoor gymnasium ?
- (A) Direction
 - (B) Light
 - (C) Ventilation <
 - (D) Floor

Answer.C

7. One of the following is an excellent example of Condyloid joint—
- (A) Shoulder joint
 - (B) Hip joint
 - (C) Wrist Joint
 - (D) Neck Joint

Answer.C

8. The name of valve between left atrium and left ventricle is-
- (A) Tricuspid valve
 - (B) Aortic valve
 - (C) Pulmonary valve
 - (D) Mitral valve

Answer.D

9. All reflex activities are controlled by-
- (A) Pons
 - (B) Spinal cord
 - (C) Cerebellum
 - (D) Cerebrum

Answer.B

10. The National Malaria Eradicating Programme was launched in India in the year—
(A) 1973 (B) 1963
(C) 1953 (D) 1951

Answer.C

11. Muscle training is not effective on—
(A) Change in muscle structure
(B) Increase in muscle fibers
(C) Increase in muscle strength
(D) Increase in muscle endurance

Answer.D

12. Which of the following game was developed from 'The English Rounders' by Abner Doubleday in New York in 1839 ?
(A) Basketball (B) Volleyball
(C) Netball (D) Baseball

Answer.D

13. The total number of officials required for a kho-kho match is—
(A) 4 (B) 5
(C) 6 (D) 7

Answer.C

14. The duration of Russel Launge

Volleyball test is—
(A) 15 sec (B) 30 sec
(C) 45 sec (D) 60 sec

Answer.C

15. Adrenalin, which is an excitatory hormone is secreted by»
(A) Pancreas
(B) Gonads
(C) Thyroid
(D) Suprarenal glands

Answer.A

16. Of the given, which protein filament is 50 to 55% in the muscle ?

- (A) Actin
- (B) Myosin
- (C) Tropomyosin
- (D) Actomyosin

Answer.B

17. The most important consideration in selecting the Sports equipments—

- (A) Price (B) Source
- (C) Utility (D) Quality

Answer.D

18. In comparison to the Greeks, the Romans were more-

- (A) Authoritarian
- (B) Utilitarian
- (C) Democratic
- (D) Aristocratic

Answer.B

19. In the technical terms, muscle pull is known as—

- (A) Sprain (B) Strain
- (C) Abrasion (D) Contusion

Answer.B

20. Supination and Pronation are the movements of—

- (A) Tibia — Fibula Joint
- (B) Carpal ~ Metacarpal Joints
- (C) Radio – Ulnar Joint
- (D) Tarsal — Metatarsal Joint

Answer.B

21. Trypsin helps in the digestion of-

- (A) Vitamins
- (B) Fats
- (C) Protein
- (D) Carbohydrates

Answer.C

22. A test is considered to be reliable if it has-

- (A) Comparability
- (B) Continuity
- (C) Commonality
- (D) Consistency

Answer.D

23. Which of the following conditions is not a cause for the occurrence of plateau in learning ?

- (A) Fatigue
- (B) Monotony
- (C) Distraction
- (D) Physiological limit

Answer.D

24. How many major Salivary glands are there in the human body ?

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

Answer.C

25. Physical activity is basically a-

- (A) Social attribute
- (B) Psychological tendency
- (C) Biological necessity ~
- (D) Philosophical concept

Answer.C

26. Which of the following terms denotes the "Toughening of body" as its major objectives ?

- (A) Physical culture
- (B) Play
- (C) Drill
- (D) Physical training

Answer.D

27. Which one of the following is not connected with the concept of motivation
(A) Drive (B) Sympathy
(C) Need (D) Motive

Answer.A

28. Which deficiency in the blood causes inflammation in body parts ?
(A) White Blood Cells
(B) Red Blood Cells
(C) Platelets
(D) Antibodies

Answer.B

29. The functional efficiency of a muscle depends upon its-
(A) Nerve stimulation
(B) Girth
(C) Fibre quality
(D) Tonus

Answer.C

30. Which of the following are considered as the Social Inheritance of Man
(A) Traditions
(B) Habits
(C) Conditional reflexes
(D) Religious practices

Answer.C

31. The literal meaning of the word Philosophy is—
(A) Love of criticism
(B) Love of wisdom
(C) Love of knowledge
(D) Love of God

Answer.B

32. Who is said to be the Father of Philosophy of Idealism ?

- (A) Plato (B) Socrates
- (C) Aristotle (D) Galan

Answer.B

33. Which one of the following is not considered as an organisation ?
- (A) Clubs (B) Schools
 - (C) Associations (D) Society

Answer.A

34. Organisation means 'Planning the work' and administration means—
- (A) Controlling
 - (B) Processing information
 - (C) Decision making
 - (D) Working the plan

Answer.A

35. In the school setting the major channel of publicity for the physical education programmes
- 15*
- (A) Teachers
 - (B) Students
 - (C) Advertisement
 - (D) Intramurals

Answer.D

36. Who amongst the following are found to be most agile ?
- (A) High jumper Athlete
 - (B) Gymnasts
 - (C) Swimmers
 - (D) Divers

Answer.B

37. Which of the following activities measures dynamic strength ?
- (A) Vertical jump
 - (B) Short distance run
 - (C) Forward Roll
 - (D) Rope climbing

Answer.D

38. The most important factor in the organisation of recreations-
(A) Materials (B) Leadership
(C) Facilities (D) Planning

Answer.C

39. White muscle fibers are better adapted to perform-
(A) Slow contraction
(B) Fast contraction
(C) Medium contraction
(D) No contraction

Answer.A

40. 'Bhartiyam' was conducted to promote-
(A) Indigenous games
(B) Dands and Baithaks
(C) Free hand exercises
(D) Mass rhythmic activities

Answer.D

41. Pre-school children learn things by-
(A) Imitation
(B) Practice
(C) Watching T.V,
(D) Repetition

Answer.A

42. Increase in muscle mass due to heavy weight training is called-
(A) Muscular Hypotrophy
(B) Muscular Hypertrophy
(C) Muscular Atrophy
(D) Haematoma

Answer.B

43. The back thigh muscles are also known as-
(A) Hamstring

- (B) Gluteal
- (C) Gastrocnemius
- (D) Quadriceps

Answer.A

44. The longest muscle in the body is-

- (A) Deltoid
- (B) Iliopsoas
- (C) Pectoralis Major
- (D) Sartorius

Answer.D

45. Up to the age of Puberty the sex hormones are secreted by-

- (A) Pituitary gland
- (B) Adrenal gland
- (C) Testes
- (D) Ovaries

Answer.A

46. In which Olympic did women participate for the first time ?

- (A) 1896 Athens
- (B) 1900 Paris
- (C) 1920 Antwerp
- (D) 1928 Amsterdam

Answer.B

47. Ball and Socket types of joint is-

- (A) Fixed joint
- (B) Uniaxial joint
- (C) Bi-axial joint
- (D) Tri-axial joint

Answer.D

48. Which of the following is a two joint muscle ?

- (A) Biceps brachii
- (B) Deltoid
- (C) Iliopsoas
- (D) Sartorius

Answer.D

49. In the Childhood, individuals behaviour is mostly influenced by-

- (A) Community
- (B) School
- (C) Peer Group
- (D) Family

Answer.D

50. Which is not a Primary Motive ?

- (A) Affection (B) Hunger
- (C) Sex (D) Love

Answer.C

Physical Education Mcqs Practice Test

Posted by [Muneer Hayat](#) on 7 December 2014, 12:59 pm

Physical Education Mcqs Practice Test

The National Game of Pakistanis?

- (A)Cricket
- (B) Football
- (C)Hockey
- (D) Badminton

2. The amount of Blood comes out from ventricle, per minute is called?

- (A) Cardiac cycle
- (B) Cardiac output
- (C) Cardiac volume
- (D) Ventricle volume

3. A long distance runner must consume more quantity of?

- (A) Fat
- (B) Protein
- (C) Carbohydrate
- (D) Minerals

4. Ranga Swami Cup is awarded in?

- (A)Hockey
- (B) Football
- (C)Cricket
- (D) Volleyball

5. How we get injured in games?

- (A) Precaution habits
- (B) Long term training without rest
- (C) When rules of games are not followed
- (D) Over confidence

6. The weight.of a Basket Ball is—

- (A) 400-500 ounce

- (B) 500-600 gm
 - (C) 567-650 ounce
 - (D) 567-650 gm
7. Which of the following food stuff contains almost all ingredients of a balanced diet?
- (A) Meat
 - (B) Milk
 - (C) Chicken
 - (D) Fish
8. Against which country 'Maradona' scored the goal of the century?
- (A) Brazil
 - (B) Germany
 - (C) Italy
 - (D) England
9. The length and width of a volley ball court is?
- (A) 17x9metre
 - (B) 18x9metre
 - (C) 19x10metre
 - (D) 20 x 10 metre
10. Which of the following concepts of health is the earliest concept?
- (A) The Bio-medical concept
 - (B) The Psycho-social concept
 - (C) The Religious concept
 - (D) The Ecological concept
11. The height of human being is measured by?
- (A) Vernier scale
 - (B) Weighing scale
 - (C) Stadio meter
 - (D) Dynamometer
12. Name the first Indian woman Who won the Gold Medal in asian games—
- (A) P. T. Usha
 - (B) Sunita Rani
 - (C) Shayni Abraham
 - (D) Kamajit Sandhu
13. Which of the following game's playground has 'bonus line'?
- (A) Basketball
 - (B) Hockey
 - (C) Kabaddi
 - (D) Volleyball
14. In older, age, the common problem in eyes is
- (A) Cataract
 - (B) Black water
 - (C) Squint eyes
 - (D) Farsightedness
15. Apparatus to measure fat percentage in body is?
- (A) Anthropometer
 - (B) Tensiometer
 - (C) Skinfold Meter/Caliper
 - (D) Flesometer
16. One of the method of Teaching is?
- (A) Writing story
 - (B) Writing
 - (C) Demonstration
 - (D) Search

17. The cause of postural defects/deformities is?
 (A) Balanced diet
 (B) Malnutrition
 (C) Extra diet
 (D) Sickness
18. Jogging at one spot?
 (A) Tightens muscles
 (B) Strengthens few muscles
 (C) Strengthens all the muscles except the hamstring
 (D) Weakens muscle
19. Long bones' work in human body is?
 (A) To give strength
 (B) To give shelter
 (C) To work as lever
 (D) To provide base for muscular joint
20. During muscular contraction, if there is no change in the size of muscle, this contraction is said—
 (A) Isometric
 (B) Isotonic
 (C) Isokinetic
 (D) Kinetic

Lecturer Physical Education Important Multiple choice Objective Questions

Posted by [Muneer Hayat](#) on 19 April 2014, 11:12 am

Lecturer Physical Education Important Multiple Choice Objective Questions

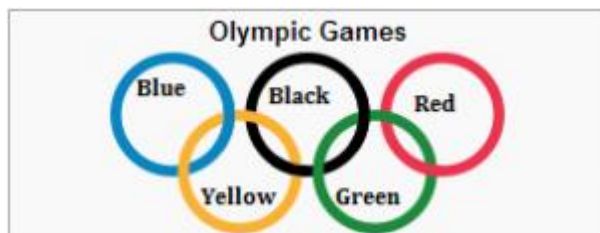
Lecturer Physical Education Important Multiple choice Objective Questions

Number of Player's in All Games

Sports	Number of Players
Baseball	9
Rugby football	15
Polo	4
Water Polo	7
Kho Kho	9
Kabaddi	7

Hockey	11
Football (Soccer)	11
Cricket	11
Netball	7
Volleyball	6
Badminton	1 or 2 (Singles & Doubles respectively)
Tennis	1 or 2 (Singles & Doubles respectively)
Table Tennis	1 or 2 (Singles & Doubles respectively)
Basketball	5
Gymnastic	Several individuals compete simultaneously
Billiards/Snooker	1
Boxing	1
Chess	1
Bridge	2
Croquet	13 or 15
Golf	Several individuals compete simultaneously
Lacrosse	12

Olympic Games



Olympic Flag consist on how many circles ?
 Ans. 5 circles . Blue, Yellow, Black, Green and red.
 First Olympic games held in ?
 Ans. 1896 Athens, Greece.
 2020 Olympic games held in ?
 Ans. Tokyo, Japan.
 2016 Olympic games held in ?
 Ans. Rio de Janeiro Brazil.

2016 Olympic games held in ?

Ans. London England

1. The landing arena of High Jump will be

- (A) 5x4mts
- (B) 5x5mts
- (C) 5 x 3 mts
- (D) 5 x 6 mts

2. Blood is purified in the human body by?

- (A) Carbon dioxide
- (B) Nitrogen
- (C) Oxygen
- (D) Hydrogen

3. Name the vitamin which is water soluble

- (A) Vitamin A
- (B) Vitamin B
- (C) Vitamin E
- (D) Vitamin K

4. Salivary gland produces

- (A) Ptyalin
- (B) Adrenal
- (C) Pepsin
- (D) Renin

5. Who is responsible for sanitation /cleanliness in schools?

- (A) Principal
- (B) Cleaning worker
- (C) Teacher and students
- (D) All of the above

6. Name the disease which is categorized as psychosomatic disease

- (A) Diabetes
- (B) Asthma
- (C) Tuberculosis
- (D) Small pox

7. According to rules, the colour of football goal post is?

- (A) Light yellow
- (B) Green
- (C) Light blue
- (D) White

8. How much protein a working woman must intake every day?

- (A) 27gm
- (B) 46gm
- (C) 30gm
- (D) 37gm

9. Which of the following line is related to volleyball?

- (A) Bonus line
- (B) Balk line
- (C) Attack line
- (D) Service line

10. The tread mills training is prescribed for the injured athlete for the purpose of improving his/her

- (A) Muscle strength
- (B) Stability of the body
- (C) Range of motion
- (D) Muscle endurance

11. To which of the following chambers of the heart, is the aorta connected?
(A) Left ventricle
(B) Right ventricle
(C) Right auricle
(D) Left auricle
12. What will you do, if you burn by fire?
(A) Lying down on floor
(B) To cover with quilt
(C) Will use maximum water
(D) Remove all clothes
13. What is flexibility?
(A) Isotonic movements
(B) Health
(C) Concentration
(D) Long life
14. In which place World Class Hockey Academy is proposed to be established by International Hockey Federation?
(A) Berlin
(B) Sydney
(C) Madrid
(D) Dubai
15. The longest muscle in human body is?
(A) Sartorius
(B) Biceps
(C) Deltoid
(D) Lattismus Dorsi
16. The cardio respiratory capacity is related to
(A) Strength
(B) Flexibility
(C) Normal physical endurance
(D) Agility
17. Shuttle run 'Test' measures
(A) Explosive strength
(B) Speed endurance
(C) Agility
(D) Speed
18. Which of the following game's team consists of both men and women players?
(A) Corfball
(B) Netball
(C) Softball
(D) Handball
19. 'Stimulus Response Theory' was given by?
(A) Frobel
(B) E. L. Thorndike
(C) Dr. Radhakrishnan
(D) John Dewey
20. How many types of joints there in human body?
(A) 2
(B) 3
(C) 6
(D) 9
21. Which of the famous Hockey player has written the book 'Golden Hattrick'?
(A) Ajit Pal Singh

- (B) Dhyan Chand
- (C) Balbir Singh
- (D) Surjit Singh

22. The types of swimming in competitions are?

- (A) 10
- (B) 6
- (C) 4
- (D) 2

23. Which of the following vitamin we get from Sun rays?

- (A) Vitamin A
- (B) Vitamin B
- (C) Vitamin C
- (D) Vitamin D

24. How many entries are allowed per event in Athletics in Olympics?

- (A) 2
- (B) 3
- (C) 4
- (D) 5

25. When did Cricket World Cup start?

- (A) 1970
- (B) 1975
- (C) 1979
- (D) 1973

26. Reason of constipation is due to

- (A) Less functioning of large intestine
- (B) Extra eating
- (C) Less make of water
- (D) More intake of water

27. What was the Mascot of first Asian games held at New Dethi?

- (A) Jantar Mantar
- (B) Kutub Minar
- (C) Lotus flower
- (D) Appu

28. The weight of a hockey ball approximately is

- (A) 5.5 ounce to 5.75 ounce
- (B) 5 ounce to 5.5 ounce
- (C) 6 ounce to 6.5 ounce
- (D) 5.75 ounce to 6 ounce

129. How many events are there in Heptathlan?

- (A) 5
- (B) 6
- (C) 7
- (D) 9

30. In which country Indian women cricket team won the test series first time ?

- (A) New Zealand
- (B) South Africa
- (C) Australia
- (D) England

31. 'Pele' is related to which game?

- (A) Cricket
- (B) Horse Riding

- (C) Swimming
 - (D) Football
32. The normal temperature of a healthy human being is?
- (A) 98.4° F
 - (B) 95.5° F
 - (C) 96.6° F
 - (D) 97.4° F
33. The life span of Red Blood corpuscles is not more than
- (A) 120 days
 - (B) 130 days
 - (C) 140 days
 - (D) 150 days
34. What is the resting stroke volume per beat of heart?
- (A) 20-40 ml
 - (B) 40-60 ml
 - (C) 60-80 ml
 - (D) 80-100 ml
35. The length of trachea (wind pipe) in an adult person is about?
- (A) 20 cm
 - (B) 15 cm
 - (C) 10 cm
 - (D) 05 cm
36. By which hormone High Blood Sugar level can be controlled in stomach?
- (A) Glucose
 - (B) Insulin
 - (C) Thyroxin
 - (D) Non-Adrenaline
37. Are heavy exercises good for sound sleep?
- (A) Yes
 - (B) No
 - (C) Sometimes
 - (D) Never
38. Balanced diet contains
- (A) Protein
 - (B) Vitamin
 - (C) Carbohydrates
 - (D) All of the above
39. The longest bone in human body is?
- (A) Ulna
 - (B) Tibia
 - (C) Femur
 - (D) Humerus
40. The main source of vitamin 'A' is?
- (A) Egg
 - (B) Banana
 - (C) Carrot
 - (D) Potato
41. Fatigue comes during training due to?
- (A) Lactic acid
 - (B) Adrenal
 - (C) Carbon Di Oxide
 - (D) pH-Factors

42. What energy do minerals supply to the body?
 (A) Chemical
 (B) Electrical
 (C) Thermal
 (D) No energy
43. The Olympic games in 2016 will be held at?
 (A) London
 (B) America
 (C) Holland
 (D) Brazil
44. The measuring instrument of Blood pressure is?
 (A) Steadiometer
 (B) Menometer
 (C) Sphygmomanometer
 (D) Dynamometer
45. The minimum number of players required in a team to start a Basketball match is?—
 (A) 4
 (B) 5
 (C) 3
 (D) 12
46. What is Blood?
 (A) Tissue
 (B) Liquid Tissue
 (C) Blood Platelets
 (D) Special Tissue
47. Water percentage in plasma is?
 (A) 60%
 (B) 70%
 (C) 80%
 (D) 90%
48. Who declares the 'Olympic games close'?
 (A) Chairman JOC
 (B) President IOC
 (C) Secretary IOC
 (D) Prime Minister of the country
49. The width of a lane in an athletic track is?
 (A) 1.20 mt
 (B) 1.21 mt
 (C) 1.19 mt
 (D) 1.22 mt
50. During a hockey match, if the ball is stuck in the Goalkeeper's pads then game is restarted
 (A) By Bully
 (B) By centre back pass
 (C) By hit from outside 'D'
 (D) By toss

Answers:

	1	C
	2	C
	3	B

4	A
5	D
6	A
7	D
8	D
9	D
10	D
11	A
12	D
13	A
14	D
15	A
16	C
17	C
18	C
19	B
20	B
21	C
22	C
23	D
24	B
25	B
26	A
27	A
28	A
29	C
30	D
31	D
32	A
33	A
34	C

35	C
36	B
37	B
38	D
39	C
40	C
41	A
42	D
43	D
44	C
45	B
46	B
47	D
48	A
49	D
50	A

Physical Education Mcqs Practice Test

Posted by [Muneer Hayat](#) on 19 April 2014, 11:00 am

Physical Education Mcqs Practice Test

Physical Education Mcqs Practice Test

1. The National Game of Pakistanis?

- (A) Cricket
- (B) Football
- (C) Hockey
- (D) Badminton

2. The amount of Blood comes out from ventricle, per minute is called?

- (A) Cardiac cycle
- (B) Cardiac output
- (C) Cardiac volume
- (D) Ventricle volume

3. A long distance runner must consume more quantity of?

- (A) Fat
- (B) Protein

- (C) Carbohydrate
- (D) Minerals

4. Ranga Swami Cup is awarded in?

- (A) Hockey
- (B) Football
- (C) Cricket
- (D) Volleyball

5. How we get injured in games?

- (A) Precaution habits
- (B) Long term training without rest
- (C) When rules of games are not followed
- (D) Over confidence

6. The weight of a Basket Ball is—

- (A) 400-500 ounce
- (B) 500-600 gm
- (C) 567-650 ounce
- (D) 567-650 gm

7. Which of the following food stuff contains almost all ingredients of a balanced diet?

- (A) Meat
- (B) Milk
- (C) Chicken
- (D) Fish

8. Against which country 'Maradona' scored the goal of the century?

- (A) Brazil
- (B) Germany
- (C) Italy
- (D) England

9. The length and width of a volley ball court is?

- (A) 17x9metre
- (B) 18x9metre
- (C) 19x10metre
- (D) 20 x 10 metre

10. Which of the following concepts of health is the earliest concept?

- (A) The Bio-medical concept
- (B) The Psycho-social concept
- (C) The Religious concept
- (D) The Ecological concept

11. The height of human being is measured by?

- (A) Vernier scale
- (B) Weighing scale

- (C) Stadio meter
- (D) Dynamometer

12. Name the first Indian woman Who won the Gold Medal in asian games—

- (A) P. T. Usha
- (B) Sunita Rani
- (C) Shayni Abraham
- (D) Kamajit Sandhu

13. Which of the following game's playground has 'bonus line'?

- (A) Basketball
- (B) Hockey
- (C) Kabaddi
- (D) Volleyball

14. In older, age, the common problem in eyes is

- (A) Cataract
- (B) Black water
- (C) Squint eyes
- (D) Farsightedness

15. Apparatus to measure fat percentage in body is?

- (A) Anthropometer
- (B) Tensiometer
- (C) Skinfold Meter/Caliper
- (D) Flesometer

16. One of the method of Teaching is?

- (A) Writing story
- (B) Writing
- (C) Demonstration
- (D) Search

17. The cause of postural defects/deformities is?

- (A) Balanced diet
- (B) Malnutrition
- (C) Extra diet
- (D) Sickness

18. Jogging at one spot?

- (A) Tightens muscles
- (B) Strengthens few muscles
- (C) Strengthens all the muscles except the hamstring
- (D) Weakens muscle

19. Long bones' work in human body is?

- (A) To give strength
- (B) To give shelter

- (C) To work as lever
- (D) To provide base for muscular joint

20. During muscular contraction, if there is no change in the size of muscle, this contraction is said—

- (A) Isometric
- (B) Isotonic
- (C) Isokinetic
- (D) Kinetic

21. The number of Muscle pairs,found in human body is?

- (A)200
- (B) 250
- (C)300
- (D) 350

22.The position of India in 1st Asian games was?

- (A)I
- (B)II
- (C)V
- (D)IX

23. In one millilitre of blood, the number of platelets is stated to be about?

- (A) 1,00,000
- (B) 2,00,000
- (C) 3,00,000
- (D) 4,00,000

24. Davis Cup is associated with?

- (A) Hockey
- (B) Volleyball
- (C) Baseball
- (D) Lawn Tennis

25. The amount of calories required by an adult of average body weight per day is?

- (A) 1500 calorie
- (B) 2000 calorie
- (C) 2500 calorie
- (D) 3000 calorie

26. For the good health which type of exercises are necessary?

- (A) Light
- (B) Hard (tough)
- (C) Medium type
- (D) Regular

27. In human body 'Fartlek' develops

- (A)Speed
- (B) Endurance
- (C)Strength
- (D) Agility

28 The technique to swim. Fastest is?

- (A) Breast stroke
- (B) Butterfly
- (C) Free style
- (D) Back stroke

29. In test cricket, how many bouncers can be bowled in one over?

- (A)1
- (B)2
- (C)3
- (D) 4

30. After emulsion, the digestion of fat is done by an enzyme called?

- (A)Renin
- (B) Amylase
- (C)Trypsin
- (D) Lipase

31. A perfect food, known as nutritious is one that?

- (A) Satisfies our hunger
- (B) Contains all nutritious elements of food
- (C) Has been cooked very well
- (D) Is easy to digest

32..The maximum quantity in the diet of small children should be of (A) Protein

- (B) Carbohydrate
- (C) Minerals
- (D) Vitamins

33. Olympia city is situated in which country of the world?

- (A)Greece
- (B) Germany
- (C)Italy
- (D) China

34. For remaining fit and healthy, what is most important?

- (A) Aptitudes
- (B) Attitudes
- (C) Routines
- (D) Life style

35.. Set Shot' is related to?

- (A) Snooker
- (B) Squash
- (C) Basketball
- (D) Golf

36. The weight of Javelin for women is?

- (A) 600 gm
- (B) 800 gm
- (C) 825 gm
- (D) 700 gm

37. Strategy 'Fast break' is related with the game?

- (A) Athletics
- (B) Basketball
- (C) Swimming
- (D) Boxing

38. Health is primarily a responsibility of the?

- (A) Community
- (B) Individual
- (C) State
- (D) Parents

39. Appendix is helpful in Digestive system of human being for?

- (A) Helpful in digestion of food
- (B) Maintain the temperature during digestion process
- (C) Helpful in secreting the digestive juice
- (D) Not helpful in digestive process

40. The quality of Physical Education teacher is?

- (A) Civilized
- (B) Good performance
- (C) Young
- (D) Smart

41. Why good nutrition is necessary for good health?

- (A) Postural deformities
- (B) Development
- (C) Instant replies
- (D) Good habits

42. Aerobic power can be enhanced by?

- (A) Swimming
- (B) Circuit training
- (C) Short sprints
- (D) Long distance running

43. Blood gets de-oxygenated in?

- (A) Muscle
- (B) Nerves
- (C) Lungs
- (D) Heart

44. Goniometer measures

- (A) Agility
- (B) Strength
- (C) Speed
- (D) Flexibility

45. The Basal Metabolic Rate may vary from person to person but it is closely related to a person's amount of?

- (A) Weight of the body
- (B) Physical activity
- (C) Muscular energy
- (D) Lean issue

46. The first National Marathon Race was organized at?

- (A) Allahabad
- (B) Pune
- (C) Kolkata
- (D) New Delhi

47. Physical exercise done in presence of oxygen, is called?

- (A) Aerobic exercise
- (B) Anaerobic exercise
- (C) Isometric exercise
- (D) Isokinetic exercise

48. Rovers Cup is associated with the game

- (A) Basket Ball
- (B) Chess
- (C) Boxing
- (D) Football

49. What is manufactured from the iron that we obtain from our diet?

- (A) Blood cells
- (B) Haemoglobin
- (C) Bone Marrow
- (D) Protoplasm

50. The highest sports award of India is

- (A) Arjun Award
- (B) Dronacharya Award
- (C) Rajeev Gandhi Khel Ratan
- (D) Padam Vibhushan

Answers:

1	C
2	B
3	C

4	A
5	C
6	D
7	B
8	D
9	B
10	C
11	V
12	D
13	C
14	A
15	C
16	C
17	B
18	A
19	C
20	A
21	B
22	B
23	B
24	D
25	C
26	D
27	D
28	C
29	B
30	D
31	B
32	A
33	A

34	C
35	C
36	A
37	B
38	B
39	D
40	B
41	B
42	B
43	D
44	D
45	B
46	C
47	A
48	D
49	B
50	C

Regard,

Eng. Muneer Hayat

0300-5580646

muneerhayat@gmail.com

F.B

<https://www.facebook.com/muneer.h.awan>