**Physical Education Solved MCQ’s**

1. Dyer test is related to which game  
   a)Badminton  
   b)Athletic  
   **c)Tennis**  
   d)Football
2. Bending of vertebrae column on a side is called  
   a)Uneven shoulder  
   **b)Kyphosis**  
   c)Lordosis  
   d)Scoliosis
3. The purpose of coopers 12 mint test is  
   a)Muscular strength  
   b)Balance  
   c)Agility  
   **d)Cardiac endurance**
4. Badminton include in Olympics  
   **a)1992 Barcelona**  
   b)1962 Spain  
   c)1988 Beijing  
   d)1992 Germany
5. How many practice trial will be given each athlete before competition  
   a) 1  
   **b) 2**  
   c) 3
6. 4
7. What should be maximum intensity with maximum load  
   a)30-50%  
   b)50-70%  
   **c)70-80%**
8. None of these
9. When a Muscle contracts without changing its length it is considered to be \_\_\_\_\_\_\_ contraction.

**a)Isometric**  
b)Isotonic  
c)Eccentric  
d)None

1. During an .........contraction muscles lengthens  
   a)isotonic  
   **b)Eccentric**c)Concentric  
   d)isometric
2. Rotatory effect of a force about an axis of rotation is called  
   a)Impulse  
   b)pact  
   c)Momentum  
   **d)Torque**
3. Imaginary line perpendicular to plane of rotation and passing through the centre of rotation is called  
   **a) Axis of rotation**  
   b)angular  
   c)both  
   d)none
4. How many laps around a 400 m is a 3000 m race?  
   A)eight  
   **B)seven and half**  
   C)six and half  
   D)four
5. A principal constituent of connective tissue is?  
   A)creation  
   B)vernal  
   C)trional  
   **D)collagen**
6. One molecule of glucose produces energy equal is?  
   A)8 ATP  
   B)18 ATP   
   C)28 ATP  
   **D)48 ATP**
7. How much amount of oxygen does 1 mole of haemoglobin carries?  
   a) 16 ml

**b) 18/mol**

C) 20ml

d) 36 ml

1. Which of these is not proper pass in netball?  
   A)chest pass  
   B)bounce pass  
   C)shoulder pass  
   **D)head pass**
2. All of the following are enteric infection EXCEPT:  
   A)Cholera  
   B)amebic dysentery  
   C)hepatitis  
   **D)tetanus**
3. Informal education belongs to?   
   A home   
   B family  
   **C society**   
   D institute
4. Skills are performed without appreciable movement from place to place like bending  
   a)Locomotors  
   **b)Non locomotors**c)Manipulative  
   d)All
5. All workers should b cohesive they should cooperate with each other for the achievement of goals then organization can achieve its a)goals  
   a)Initiative  
   **b)Cohesiveness**  
   c)Equity  
   d)Order
6. Is an internal state or condition that activates behavior and gives it direction is called  
   a)Emotion  
   **b)Motivation**  
   c)Both  
   d)Feeling
7. The strongest muscle in human body is found in  
   a)Hands  
   b)Buttocks  
   c)Neck  
   **d)Legs**
8. The Longest training Cycle is called
9. Meso Cycle
10. **Macro Cycle**
11. Micro Cycle

D) None of these.

1. The mind interprets events and create reality truth and values are absolute and universally shared  
   a)idealism  
   b)Pragmatism  
   c)Naturalism  
   **d)Realism**
2. Hemoglobin found in which muscle fiber  
   **a)Fast twitch**  
   b)White  
   c)Slow twitch   
   d)None
3. In motion a body equlibriam is called  
   a)Balance  
   b)Static balance  
   **c)Dynamic balance**  
   d)None
4. A statistical measure of central tendency that is average score of the group  
   a)Test  
   b)Median  
   c)Mode  
   **d)Mean**
5. Colour of adrenal medulla glands is  
   a)White  
   b)Blue  
   c)Gray  
   **d)Brown**
6. The method of measuring cardio vascular fitness is called  
   **a)Vo2 max**  
   b)Body weight  
   c)Pulse rate  
   d)Strengthning
7. Islamic leadership or administration possesses values  
   **a)Democratic**  
   b)Autocratic  
   c)Laisseze fair  
   d) All above
8. Typhoid spread due to  
   a)Pera masko  
   b)Rubeola  
   **c)Salmonella typhoid**  
   d) None
9. if a person run 1500 m east, displacement would be   
   a) 3000m  
   **b)1500m**  
   c) zero  
   d) none of these
10. Which of the following has most biological ingredients  
    **a) Egg**   
    b) cheese   
    c) jelly   
    d) risins
11. The Cool Down after Exercises is Important because it.

a)Help your heart rate to come normal  
b)Avoid injuries  
c)Prepare muscles for next activity  
**d)All**

1. Among the following food items which one has highest amount of a)carbohydrate  
   **a)Banana**  
   b)Peaches  
   c)Cabbage  
   d)Potato
2. The Most Critical Are of an Article to Study   
   a) Introduction  
   **b) Abstract**  
   c) Results  
   d) Limitation
3. Discriminate evidence of construct validity is otherwise known as ?  
   **a) Convergent Validity**b) Content Validity  
   c) Discrimnate Validity  
   d) None of these
4. Baton weight should not be less than   
   a) 40 gm  
   b) 45 gm  
   **c) 50 gm**  
   d) 60 gm
5. Distance between Hockey Goal Posts is   
   a) 4 Meter  
   **b) 3.66 meter**  
   c) 4.04 Meter  
   d) 7.32 meter
6. How Many Types of bachelors degree courses in pakistan ?  
   a) 2  
   b) 5  
   c) 7  
   **d) many**
7. Libero is a player of which game  
   **a) Volley ball**   
   b) Badminton  
   c) football
8. Curriculum equals "Minhaj " originats from  
   a) Urdu  
   **b) Arabic**  
   c) Latin

d) English

1. A runner who ran a mile in less than 4 minutes  
   a.rogger fedrrer  
   **b.Roger Bannister**
2. Body Protein has a source of energy
3. 9 Kcal/g
4. 6 Kcal/g
5. 3 Kcal/g
6. **4Kcal/g**
7. What is the Netball court Divided into ?
8. Fifths
9. Halves
10. **Third**
11. Quarters
12. Cue is associated with the game of
13. Bridge
14. Hockey
15. **Billiards**
16. Golf
17. Neck Joint is example of
18. **Pivot Joint**
19. Hinge Joint
20. Saddle Joint
21. Condyloid Joint
22. Skeletal Muscles is described by all of the following Except
23. Striated
24. Voluntary
25. Multinucleate
26. **Autorhytmic**
27. When was the world’s first official football body. The Football Association (F.A) established.
28. 1853
29. **1863**
30. 1873
31. 1883
32. How many differnet standard stroke are there in swimming
33. **4**
34. 1
35. 2
36. 3
37. In intermural sports competition, where time and facilities permit, the most effective tournament is the
38. **Round robin**
39. Point system
40. Elimination
41. Ladder
42. Which of the following is the formula used to calculate your MHR
43. 200-10= MHR
44. 212-12= MHR
45. **220-your age= MHR**
46. 220-your age-your Gender = MHR
47. Shortest bone in human body
48. **Phalanges**
49. Meta tarsal
50. In nominate bone
51. Tarsal
52. when a disease spreads throughout the world, it is said to be
53. **pandemic**
54. Endemic
55. Epidemic
56. Unclassified

1. What is the term used to describe a runner whose feet do not make much of rolling in motion when landing?
2. **Underpronator**
3. Normal pronator
4. Over pronator
5. Heavy foot strike
6. When someone is shooting, how far away must he marker stand?
7. **At least 3 feet**
8. Any distance
9. At least 1 feet
10. At least 2 feet
11. Dirction of Horizantol plane is
12. Frontal Axes
13. **Transverse Axes**
14. Vertical Axes
15. Sagitial Axes
16. The Most Important Joint in Human Body
17. **Synovial Joint**
18. planned activities (curricular co curricular) in a period of time by institution with guidance is called
19. syllabus
20. **course**
21. Curriculum
22. None of these
23. A child learns through\_\_\_\_\_ abilities in insight learning theory  
    a) cognitive   
    b) behavior  
    **c) observation**

1. In Pakistan educational conference 1972-78, from which year age education is free  
   a) 09  
   b) 05  
   c) 07

**d) 10**

1. What is Meant-Analysis
2. Group Discussion
3. .
4. .
5. .
6. Who is the First Muslim Philosopher of Educational Philosophy?
7. Al Kandi
8. Al Farabi
9. .
10. At concrete operational stage a child thinks \_\_\_\_\_ but can not abstract  
    a) theoretically  
    b) logically.
11. A research in which the researcher control or manipulates one object is  
    a) Applied   
    b) Experimental

c) Randomize

1. Finalizing of results or performance evaluation is kind of
2. **Summative evaluation**
3. .
4. .
5. .
6. Who chooses the important an best channels  
   a) Planner
7. Organizing
8. Leading
9. Controlling
10. Centripetal Force ??