

Omnibus blood group is: → AB

☞. RH factor is related to: → blood

☞. Explorers of RH Factor: → Land Steiner and Winner

☞. Purifies blood: → kidney

☞. The weight of the vocabulary is: → 150 grams

☞. Blood is a solution: → alkaline

☞. The pH value of blood is: → 7.4

☞. The beating of the heart is the controller: → Pacemaker

☞. Blood carrying blood from the body to the heart

The blood vessel is called: vein

☞. Blood transfusion from the heart to the body

Blood vessel is called: → Artery

☞. Jaravik-7 is: → Artificial Heart

☞. Transport of oxygen in the body: → blood
by

☞. The smallest bone: → steppe (in the middle ear)

☞. Largest bone: → Fimar (in the litter)

☞. Longest muscle: → Sertoria

☞. The largest gland: → liver

☞. Most repetition capacities: → in liver

☞. Capable of the lowest repetition: → in the brain

☞. The most difficult part of body: → tooth enamel

☞. The largest salivary gland: → parotid gland

☞. Smallest WBC: → Lymphocyte

☞. Largest WBC: → Monocyte

☞. Largest vein: → Enfirer

☞. Life time of RBCs: → 120 days

☞. Hematology clotting time: → 2-5 days

G.K. Related to the Human Body

☞. Gregorian father Gregor John Mendel

Is called.

☞. Hargobind Khurana to win Nobel Prize
Found for a search related to DNA.

☞. Protein of Ribosome
Called factory.

☞. Number of chromosomes in the human body 46 (23
Added).

☞. The search for smallpox vaccine was discovered by Edward Janeer
was.

☞. P. H. Mann's blood of healthy human body
It is 7.4.

☞. Formation of RBCs of RBCs
Is in the bone marrow.

☞. English scientist Robert discovered
Hook did.

☞. Newborn children had 300 bones
is.

☞. The longest bone in the human body is called 'femur'
It is called (thigh bone).

☞. The smallest bone of human body is 'steps'
Which is in the ear.

☞. Man's chest 12-12 on either side
There are ribs.

☞. RBC red blood cell membrane and liver
The spleen is called.

☞. Vitamins in making blood clot
Is helpful.

☞. Blood Group and RH Elements
(RH Factor) discovered by Carl Landsteiner
was.

☞. AB blood group does not contain antibodies
Is, therefore it is called satyagrahaa

- ☞. O blood group does not contain antigen
Called the Servant.
- ☞. Man's heart weight would be around 300 grams
is.
- ☞. Healthy man's heart 72 times in a minute
Beats
- ☞. Healthy human blood pressure 120/80 mmhg
(Systolic / diastolic).
- ☞. Urine color due to presence of urochrome
It is light yellow.
- ☞. AIDS from ELISA System
HIV virus of the disease is detected
is.
- ☞. The nervous system flows through tetanus
it happens.
- ☞. A healthy average body blood 5 - 6
Liters.
- ☞. Human blood is purified in the kidneys
is.
- ☞. The smallest gland pituitary in the human body
Is in the brain
- ☞. The largest gland of the human body was liver
is.
- ☞. Insulin was discovered by Batting and West.
- ☞. The image's image is formed in the retina of the eyes

1. The useful method of teaching for games
and sports is
 - (A) Pictures
 - (B) Poster
 - (C) Drawing
 - (D) Audio visual aids
2. The term 'Double Fault' is related with

(A) Bridge

(B) Golf

(C) Cricket

(D) Lawn Tennis

3. Direct communicable disease is?

(A) AIDS

(B) Diphtheria

(C) T.B.

(D) Hookworm

4. In normal air, the percentage of oxygen is?

(A) 20%

(B) 21%

(C) 22%

(D) 25%

5. 1 gm of carbohydrates (glucose) in the body yields?

(A) 10.4 kilo calorie of energy

(B) 6.8 kilo calorie of energy

(C) 4.2 kilo calorie of energy

(D) 2.6 kilo calorie of energy

6. Which country won Football World Cup, the maximum times?

(A) Argentina

(B) Italy

(C) Brazil

(D) Germany

7. The first Dronacharya Award in wrestling was given to?

(A) Bal Bhagwat

(B) Udai Chand

(C) K. N. Singh

(D) Satpal

8. In health education, the basic principle is to start from?

- (A) Ancient to modern
- (B) Earlier to the recent
- (C) Voluntary to involuntary
- (D) Known to unknown**

9. What is one objective of situps?

- (A) To develop strength in abdominal muscles
- (B) To give proper shape at abdominal area**
- (C) To reduce fat**
- (D) To reduce weight

10. In ancient time, which games were organized in front of Lord Apollo?

- (A) Namin games
- (B) Isthimian games**
- (C) Pythain games
- (D) Modern Olympic games

11. Strategy 'Double Nelson' is related to the game?

- (A) Hockey
- (B) Athletics
- (C) Wrestling**
- (D) Kho kho

12. Which of the following aspects of health primarily determines whether or not a person is healthy?

- (A) Genetic
- (B) Biological**
- (C) Cultural
- (D) Social

13. The centre controlling point of cell is?

- (A) Mitochondria
- (B) Nucleus**
- (C) Golgi apparatus/body
- (D) Cytoplasm

14. Which type of bandage is used on finger injury?

- (A) Roller Bandage
- (B) Triangular Bandage
- (C) Two-Niket Bandage
- (D) Crap Bandage

15. What is 'fitness'?

- (A) Capacity of inner power
- (B) To be rich
- (C) Stay healthy
- (D) Slim body

16. Maulana Azad Trophy is awarded for overall games championship at?

- (A) State level
- (B) Inter-university level
- (C) National games level
- (D) International level

17. School health records to be used?

- (A) By Medical officer
- (B) Only nurses
- (C) To understand student more only for teacher's help
- (D) To cure diseases, by compounders

18. Insulin is produced in?

- (A) Sex glands
- (B) Pancreas
- (C) Thyroid
- (D) Spleen

19. The part of the respiratory system responsible for speech is?

- (A) Trachea
- (B) Nasal cavity
- (C) Pharynx
- (D) Larynx

20. Which cricketer is known as 'palm tree

hitter'?

- (A) Kapil Dev
- (B) Hanumant Singh
- (C) Virendra Sehwag
- (D) Polly Umrigar

21. The number of bones in vertebral column is?

- (A) 22
- (B) 33
- (C) 23
- (D) 36

22. Guru Hanuman received Drona charya award for the game?

- (A) Boxing
- (B) Judo
- (C) Wrestling.
- (D) Taikando

23. Out of the following name, the disease that is not categorized as a communicable disease is?

- (A) Diabetes
- (B) Leprosy
- (C) Tuberculosis
- (D) Whooping-cough

24. What is Physical Education?

- (A) All round development of human being
- (B) Physical Training
- (C) Physical Execution
- (D) Physical Fitness

25. Which of the following is called 'Master gland' in human body?

- (A) Thyroid
- (B) Parathyroid
- (C) Pituitary
- (D) Thalamus

26. The number of Hurdles in 110 m Hurdle race are?

(A) Eight

(B) Nine

(C) Ten

(D) Twelve

27. Command method is used

(A) During track and field events

(B) Hockey

(C) Swimming

(D) March past

28. For which disease, the flies are not the carrier?

(A) Typhoid

(B) Yellow fever

(C) Cholera

(D) Dysentery

29. Which of the following are chemically known as lipids?

(A) Fats

(B) Sugars

(C) Candies

(D) Amino Acids

30. The deficiency of which vitamin causes night blindness?

(A) Vitamin A

(B) Vitamin B

(C) Vitamin C

(D) Vitamin D

31. First National Institute of Physical Education is situated at?

(A) Patiala

(B) Chandigarh

(C) Delhi

(D) Gwalior

32. Out of the following name the factor which is considered key to good health?
- (A) Pollution free environment
 - (B) Nutritious diet**
 - (C) Good life routine
 - (D) Stress free life
33. The length of cricket bat is?
- (A) 38 inch**
 - (B) 39 inch
 - (C) 37 inch
 - (D) 40 inch
34. Skinfold Caliper measures
- (A) Height of a body
 - (B) Body fat**
 - (C) Respiration level of body
 - (D) Weight of a body
35. An umpire in 'Hockey' shows green card. He is indicating for?
- (A) Warning**
 - (B) Temporary suspension
 - (C) To start the game
 - (D) For medical attention
36. The number of alveoli (air sacs) in our two lungs is approximately?
- (A) 700 million**
 - (B) 800 million
 - (C) 900 million
 - (D) 1000 million
37. Radio-ulna bones is situated in the human body at?
- (A) Fore arm**
 - (B) Lower leg :
 - (C) Foot
 - (D) Upper arm
38. What will be done after snake bite?

- (A) Sucking
 - (B) Use of crepe bandage**
 - (C) Use of antiseptic
 - (D) Use of two-niket bandage
39. Normal Heart Rate of stroke volume is?
- (A) 5.04 litre/minute
 - (B) 5.5 litre/minute
 - (C) 6.00 litre/minute**
 - (D) 4.50 litre/minute
40. In which country World Cup Hockey Championship for men was organized in the year 2010?
- (A) Holland
 - (B) Australia
 - (C) India**
 - (D) Spain
41. 'Scapula' bone is situated in?
- (A) Legs
 - (B) Hips
 - (C) Upper backs**
 - (D) Hand
42. Hinge Joint is said to be
- (A) Movable joint**
 - (B) Immovable joint
 - (C) Semi movable joint
 - (D) Static joint
43. Learning is based on
- (A) Maturity
 - (B) Age**
 - (C) Heredity
 - (D) Body (types) development
44. Who was the first Indian to win an award in Wimbledon?
- (A) Ramnathan Krishnan**
 - (B) Ramesh Krishnan

- (C) Vijay Amritraj
(D) Jaideep Mukherjee
45. Percentage of water in the human body is?
(A) 60 percent
(B) 65 percent
(C) 70 percent
(D) 75 percent
46. Khajan Singh is associated with?
(A) Volleyball
(B) Weight lifting
(C) Swimming
(D) Athletics
47. The length and width of Badminton court is?
(A) 40x25feet
(B) 44x20feet
(C) 35x15feet
(D) 44x22feet
48. Strength is measured by
(A) Manometer
(B) Goniometer
(C) Dynamometer
(D) Weight training
49. 'Degree of difficulty' is related with?
(A) Archery
(B) Diving
(C) Swimming
(D) Fencing
50. In which game you can see Antenna?
(A) Basketball
(B) Football
(C) Volleyball
(D) Tennis

ANSWERS:

1 D 2 D 3 D 4 B 5 C 6 C 7 A 8 D 9 C 10 B 11 C 12 B 13 B 14 A
15 A 16 B 17 C 18 B 19 D 20 D 21 B 22 C 23 A 24 A 25 C 26 C
27 C 28 B 29 A 30 A 31 D 32 B 33 A 34 B 35 A 36 A 37 A 38 B
39 C 40 C 41 C 42 A 43 B 44 A 45 C 46 C 47 B 48 C 49 B 50 C

51. The ability to effectively integrate the moments of the body parts is

- (a) Agility (b) balance
(c) Co-ordination (d) speed.

52. Which of the following tests cannot measure coordination?

- (a) Ball catches (b) Jump rope
(c) Vertical jump (d) Jumping jack.

53. Which of the following is not measured using film analysis and EMG analysis?

- (a) Agility (b) Balance
(c) Coordination (d) Speed.

54. The ability to make successive movements in different directions efficiently and rapidly refers to

- (a) Agility (b) balance
(c) Co-ordination (d) power.

55. Which of the following tests is not a p of J. Johnson motor educability test?

- (a) Back roll (b) Front roll (c) Vertical jump (d) Stagger jump,

56. Knox test is skill test for

(a) Hockey (b) basketball

(c) Volleyball (d) tennis.

57. The assignment of a number to express in quantitative terms the degree to which a pupil possesses a given characteristic is called

(a) Test (b) measurement

(c) Evaluation (d) none.

58. Chapman Ball Control test is used to test skills in

(a) hockey

(b) Basketball

(c) Hewitttest

(d) French short serve test.

59. The father of anthropometry is

(a) Boron Quetelet (b) Martens (c) Spielberger (d) Carron.

60. Optimal Arousal Theory of Anxiety was postulated by

(a) Clark Hull (b) Carron (c) Martens (d) Yuri Hania.

61. Which theory of anxiety suggests that stress and anxiety will influence performance and that each athlete will respond in a unique way to competitive anxiety?

(a) Drive theory

(b) Inverted U-hypothesis

(c) Catastrophe theory

(d) Optimal arousal theory.

62. Which of the following tests is not a test for measuring anxiety?

(a) STAI (b) SCAT

(c) BIDR (d) CSAI.

63. Which of the following tests is used to measure aggression?

(a) SCAT

(b) BIDR

(c) GEQ questionnaire

(d) AMI.

64. Who is the President of I.A.A.F.?

(a) Primo Nebiolo

(b) U. Thant

(c) I. S. Bindra

(d) Juan Antonio Samaranch.

65. To which country does Primo Nebiolo, the I.A.A.F. president belong?

(a) United States (b) Italy (c) France (d) Greece.

66. To which country does the current 110 m (H) world record holder, Colin Jackson belong?

(a) Britain (b) Ukraine

(c) Australia (d) USA.

67. Which of the following cups/trophies is not related to football?

(a) Subroto Cup (b) **World Cup** (c) Durand Cup (d) Wills Cup.

68. India was the winner of Olympic Gold Medal in Hockey from

(a) 1920-1948 (b) **1928-1956** (c) 1896-1928 (d) 1956-1964.

69. India regained top position in hockey in which Olympics?

(a) 1996 (b) 1958

(c) **1964** (d) 1928.

70. What was 'Dhyanchand's' rank in the army?

(a) Major General (b) Lieutenant (c) **Captain** (d) Lance Naik.

71. At what position 'Dhyanchand' used to play?

(a) Centre half (b) **Centre forward** (c) Full back (d) Goal keeper.

72. After how many years did India win the gold medal in Asian Games held at Bangkok?

(a) **After 32 years** (b) After 30 years (c) After 28 years (d) After 26 years.

73. Who was the first male sprinter to win US championship in 200 m and 400 m races at the same time, in 20th century?

(a) **Michael Johnson**

(b) ' Carl Lewis

(c) Calin Jackson

(d) Jesse Owens.

74. What was the nickname of Indian legend hockey player 'Dhyanchand'?

(a) 'Hockey Wizard'

(b) 'Hockey Man'

(c) 'Little Master'

(d) 'Hockey Jockey'.

75. In which year was the first World Cup Hockey tournament held?

(a) 1970 (b) 1971

(c) 1972 (d) 1973.

76. At the time of inception, the World Cup Hockey tournament used to take place

(a) Once in three years

(b) Once in two years

(c) Twice a year

(d) Once in four years.

77. Which of the following countries has won the World Cup Hockey tournament for the maximum number of times?

(a) Holland (b) India

(c) Pakistan (d) England.

78. Which country is the birth place of Modern Hockey?

(a) India (b) China

(c) USA (d) England.

79. Which is the name of trophy awarded to the winners of National Men's Championship in Basketball?

(a) B. L. Gupta trophy

(b) Sullivan Cup

(c) Todd memorial Trophy

(d) None of the above.

80. Which trophy is awarded to Women's National Basketball Champion?

(a) Uber Cup

(b) Thomas Cup

(c) Sullivan Cup

(d) Basalat Jab Trophy.

81. 1998 Asian Games were held in

(a) New Delhi (b) Bangkok

(c) Lahore (d) Beijing.

82. What was the old name of Commonwealth Games?

(a) The Empire games

(b) The British Empire games

(c) The British games

(d) None of the above.

83. In which of the following events in first Commonwealth Games, were women allowed to participate?

(a) Gymnastics (b) Bowling (c) Swimming (d) Table Tennis.

84. Who inaugurated the First Asian Games?

(a) Dr. Rajendra Prasad

(b) Maharaja Patiala

(c) G. D. Sondhi

(d) Pt. Jawaharlal Nehru.

85. Which country is coined as the cradle of chess?

(a) Japan (b) Malaysia

(c) China (d) India.

86. Who amongst the following has won the maximum national level titles?

(a) Nisha Millet

(b) Bhuvaneshwari Kumari

(c) Sebastian Xevier

(d) Aparna Popat.

87. In which country did the game of basketball originate?

(a) Russia (b) Japan

(c) USA (d) Canada.

88. In which year did the game of the basketball originate?

(a) 1896 (b) 1928

(c) 1892 (d) 1891.

89. Who invented the game of basketball?

(a) James Nai Smith

(b) W. A. Morgan

(c) C. A. Bucher

(d) Orbetueffer.

90. In which year was the 'Rajiv Gandhi Khel Ratna' award instituted?

(a) 1990-91 (b) 1991-92

(c) 1992-93 (d) 1993-94.

91. Dronacharya Awards was constituted in the year

(a) 1983 (b) 1984

(c) 1985 (d) 1986.

92. The final recommendation for Arjuna Awards is given by

(a) Ministry of H. R. D.

(b) The Prime Minister of India

(c) State Government

(d) The President of India.

93. How many countries participated in the first Asian Games held in Delhi?

(a) 10 (b) 11

(c) 12. (d) 13.

94. Who was the first Asian to become member of I.O.C.?

(a) Pt. Jawahar Lai Nehru

(b) Dr. Rajendra Prasad

(c) Jigaro Kano

(d) Smt. Benajir Bhutto.

95. Handball academy is being established by S.A.I.L. at

(a) Bangalore (b) Manipur (c) Rourkela (d) Bhilai.

96. 'Dead Ball' is associated with

(a) Football (b) handball

(c) Hockey (d) cricket.

97. Which of the following is the oldest sport in India?

(a) Wrestling (b) Judo

(c) Boxing (d) Atya Patya.

98. Which present day international sport originated in Kerala?

(a) Jud'o

(b) Karate

(c) Boxing

(d) Tae-kwando.

99. Juan Antonio Samaranch, the president of I.O.C. belongs to

(a) Japan (b) China

(c) Spain (d) USA.

100. Which of the following places does not have a sports college?

(a) Lucknow (b) Kolkata

(c) Jalandhar (d) Bangalore.

101. Which of the following is the largest stadium in India?

(a) Yuba Bharti Kridangan, Kolkata

(b) Jawahar Lai Nehru Stadium, Delhi

(c) National Stadium, Delhi

(d) Shivaji Stadium, Delhi.

102. Which of the following countries won maximum number of medals in the 16th Commonwealth games?

(a) Australia (b) England

(c) Canada (d) India.

103. How many gold medals did India win in the 16th Commonwealth games?

(a) 6 (b) 7

(c) 8 (d) 9.

Answers

51. (c) 52. (c) 53. (d) 54. (a) 55. (c) 56. (b) 57 (b) 58. (a) 59. (a) 60. (d)
61. (c) 62. (c) 63. (b) 64 (a) 65. (b) 66. (a) 67. (b) 68. (b) 69. (c) 70.
(c)71. (b) 72. (a) 73. (a) 74. (a) 75. (b) 76. (b) 77. (c) 78 (d) 79. (c) 80.
(d) 81. (b) 82. (d) 83. (c) 84. (xx) 85. (b) 86. (b) 87. (c) 88. (d) 89. (a) 90.
(d) 91. (c) 92. (d) 93. (b) 94. (c) 95. (d) 96. (d) 97. (a) 98. (b) 99. (c) 100.
(d) 101. (a) 102. (a) 103. (b)

1. Game of cricket was invented by.....

- A. England
- B. India
- C. Australia
- D. Pakistan

Ans: A

2. Cricket grew out of.....

- A. hockey
- B. volleyball
- C. stick and ball games
- D. baseball

Ans: C

3. Early cricket bats were shaped like.....

- A. Hockey sticks
- B. flat sticks
- C. rackets

D. curved outwards

Ans: A

4. First written laws of cricket were in

A. 1474

B. 1447

C. 1774

D. 1744

Ans: D

5. Where and when was the world's first cricket club formed?

A. Hambledon 1760s

B. Marylebone 1760s

C. London 1670s

D. Melbourne 1760s

Ans: A

GK Questions and Answers: International Cricket Council (ICC)

6. Cricket is a.....

A. post industrial sport

B. 19th century sport

C. pre industrial sport

D. 20th century sport

Ans: C

7. The first among Indian communities to set up a cricket club

- A. Parsis
- B. Hindus
- C. Muslims
- D. Christians

Ans: A

8. Spread of the game cricket was confined to.....

- A. British colonies
- B. Australia and New Zealand
- C. Africa and West Indies
- D. Third World

Ans: A

9. West Indies won its first Test series against England in.....

- A. 1930
- B. 1949
- C. 1950
- D. 1960

Ans: C

10. In Ranji Trophy teams represent.....

- A. regions
- B. communities
- C. races
- D. religions

Ans: A

33 Multiple Choice Questions (MCQ) on the History of Cricket – Answered

1. Cricket matches are organised:

- (a) News of cricket hits newspaper headlines
- (b) Cricketers are seen as ambassadors
- (c) Game represents the unity of India
- (d) To establish friendship between nations**

2. Game of cricket was invented in:

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

3. Cricket was said to represent

- (a) English values of fair play and discipline**
- (b) English racial superiority
- (c) English sense of enterprise
- (d) English sportsmen spirit

4. Cricket in 19th century India was linked to

- (a) politics of colonialism
- (b) politics of nationalism
- (c) Civilising mission of the British
- (d) colonialism and nationalism**

5. Cricket grew out of

- (a) hockey
- (b) volleyball
- (c) stick and ball games**
- (d) baseball

6. Early cricket bats were shaped like

- (a) hockey sticks**
- (b) flat sticks
- (c) rackets
- (d) curved outwards

7. First written laws of cricket were in

- (a) 1474
- (b) 1447
- (c) 1774
- (d) 1744**

8. Where and when was the world's first cricket club formed?

- (a) Hambledon 1760s**
- (b) Marylebone 1760s
- (c) London 1670s
- (d) Melbourne 1760s

9. Change in game rules in the 1760s led to immediate change in

- (a) weight of ball got limited to 5-1/2 to 5-1/4 ounces
- (b) third stump became common
- (c) opened possibilities for spin and swing
- (d) curved bat was replaced by a straight one**

10. Cricket is a

- (a) post industrial sport
- (b) 19th century sport
- (c) pre industrial sport**
- (d) 20th century sport

11. Rural origins of cricket are not visible in

- (a) bat and stumps
- (b) ball and bats
- (c) field size

(d) protective equipment

12. Post industrial influence in cricket

(a) pads

(b) bat

(c) ball

(d) stumps

13. Who were 'Amateurs'?

(a) Those who did not know how to play the game well

(b) Those proficient at the game

(c) The rich who played for pleasure

(d) Those who played for the money

14. Professionals were described as

(a) Gentlemen

(b) batsmen

(c) Players

(d) spinners

15. Amateurs were generally

(a) Bowlers

(b) Aristocrats

(c) Fast bowlers

(d) Miners

16. The first professional to lead the English team

(a) Vijay Hazare

(b) Thomas Hughes

(c) Len Hutton

(d) Garry Sobers

17. The first among Indian communities to set up a cricket club

(a) Parsis

(b) Hindus

(c) Muslims

(d) Christians

18. Spread of the game cricket was confined to

(a) British colonies

(b) Australia and New Zealand

(c) Africa and West Indies

(d) Third World

19. Elites of colonies viewed playing cricket as symbolising

(a) progress

(b) equality

(c) superior, social and racial status

(d) English values

20. West Indies won its first Test series against England in

(a) 1930

(b) 1949

(c) 1950

(d) 1960

21. Cricket in colonial India was organised on the principle of

(a) national loyalties

(b) religion

(c) region

(d) race and religion

22. The game of cricket was brought to India by

(a) East India Company

(b) Governor Generals

(c) The Portuguese

(d) British Imperial Officers

23. Mulattos were

(a) Afro Caribbeans

(b) Blacks

(c) Tribals

(d) Afro Europeans

24. Where did Cricket in India originate?

(a) Bombay

(c) Madras

(b) Calcutta

(d) Pondicherry

25. Dalit Captain of Hindu Gymkhana:

(a) Palwankar Baloo

(b) Vijay Hazare

(c) S.A. Brelvi

(d) Palwankar Vithal

26. In Ranji Trophy teams represent

(a) regions

(b) communities

(c) races

(d) religions

27. Who among the following was not critical of the Pentangular Tournament?

(a) M.K. Gandhi

(b) Dada Bhai Naoroji

(c) AFS Talyarkhan

(d) S.A. Brelvi

28. Which of the following constituted the 5th team in the Pentangular Tournament?

(a) The Europeans

(b) The Christians

(c) The Rest

(d) The Muslims

29. First Test Captain of India

(a) Palwankar Baloo

(b) Palwankar Vithal

(c) Vijay Hazare

(d) C.K. Nayudu

30. India entered World Test Cricket in

(a) 1932

(b) 1950

(c) 1877

(d) 1847

31. Test Cricket celebrated 100 years in the year

(a) 1877

(b) 1977

(c) 1875

(d) 1774

32. Who among the following introduced the world to One-Day Internationals?

- (a) **Kerry Packer**
- (b) Len Hutton
- (c) Frank Worrell
- (d) Thomas Hughes

33. Pakistan's contribution to advancing the cricket is

- (a) No ball
- (b) Run-out
- (c) **Reverse swing**
- (d) Leg before wicket

Answers:

- | | | | | |
|---------|---------|----------|---------|---------|
| 1. (d) | 2. (a) | 3. (a) | 4. id) | 5. (c) |
| 6. (a) | 7. (d) | 8. (a) | 9. (d) | 10. (c) |
| 11. (d) | 12. (a) | 13. (c) | 14. (c) | 15. (b) |
| 16. (c) | 17. (a) | 18. (a) | 19. (c) | 20. (c) |
| 21. (d) | 22. (d) | 23. (d) | 24. (a) | 25. (d) |
| 26. (a) | 27. (b) | 28. (c) | 29. (d) | 30. (a) |
| 31. (b) | 32. (a) | 33. (c). | | |

1. With which game is the Agha Khan Cup associated ?

- (a) Football (b) Cricket
- (c) Basketball (d) **Hockey**

2. The term 'Grand Slam' is associated with-

- (a) Table Tennis (b) Chess
- (c) Badminton (d) **Bridge(and tennis)**

3. Which of the following countries has hosted the Asian Games for maximum number of times ?

- (a) Indonesia (b) **Thailand** (c) India (d) China

4. The winter Olympics came into being in-

- (a) 1912 (b) 1916
- (c) 1920 (d) **1924**

5. Leander Paes(indian player) is associated with-

- (a) Football (b) Cricket
- (c) Badminton (d) **Tennis**

6. The first Commonwealth Games were held in 1930. Which country hosted the games ?

- (a) Australia (b) England
- (c) New Zealand (d) **Canada**

7. India won the first Olympic Hockey gold cup at-

- (a) **London** (b) Berlin
- (c) Amsterdam (d) Los Angeles

8. First Olympic Games were held in-

- (a) **776 BC.** (b) 798 BC.
- (c) 876 BC. (d) 898 BC-

9. Wimbledon is a place connected with-

- (a) Cricket (b) Table Tennis
- (c) Badminton (d) **Lawn Tennis**

10. If you scored a cannon, which game would you be playing ?

(a) Football (b) Cricket

(c) **Billiards** (d) Hockey

11. Matt' is related with which of the following game ?

(a) Golf (b) Judo (c) Kho-kho (d) Rugby

12. Arina is related with which of the following game ?

(a) Judo (b) Kho-kho

(c) Golf (d) Horse Racing

1. The National Game of India is-
 1. Cricket
 2. Football
 3. **Hockey**
 4. Badminton
2. The amount of Blood comes out from ventricle, per minute is called-
 1. Cardiac Cycle
 2. **Cardiac output**
 3. Cardiac volume
 4. Ventricle volume
3. A long distance runner must consume more quantity of—
 1. Fat
 2. Protein
 3. **Carbohydrate**
 4. Minerals
4. Ranga Swami Cup is awarded in—
 1. **Hockey**
 2. Football
 3. Cricket

4. Volleyball
5. How we get injured in games?
 1. Precaution habits
 2. Long term training without rest
 3. **When rules of games are not followed**
 4. Over confidence
6. The weight of a Basket Ball is—
 1. 400-500 ounce
 2. 500-600 gm
 3. 567-650 ounce
 4. **567-650 gm**
7. Which of the following food stuff contains almost all ingredients of a balanced diet?
 1. Meat
 2. **Milk**
 3. Chicken
 4. Fish
8. Against which country 'Maradona' scored the goal of the century?
 1. Brazil
 2. Germany
 3. Italy
 4. **England**
9. The length and width of a volley ball court is—
 1. 17 x 9 metre
 2. **18 x 9 metre**
 3. 19 x 10 metre
 4. 20 x 10 metre
10. Which of the following concepts of health is the earliest concept?
 1. The Bio-medical concept
 2. The Psycho-social concept
 3. **The Religious concept**
 4. The Ecological concept
11. The height of human being is measured by-

1. Vernier scale
 2. Weighing scale
 3. **Stadio meter**
 4. Dynamometer
12. Name the first Indian women who won the Gold medal in Asian games—
1. P.T. Usha
 2. Sunita Rani
 3. Shayni Abraham
 4. **Kamaljit Sandhu**
13. Which of the following game's playground has 'bonus line'?
1. Basketball
 2. Hockey
 3. **Kabaddi**
 4. Volleyball
14. In order age, the common problem in eyes is—
1. **Catarat**
 2. Black water
 3. Squint eyes
 4. Farsightedness
15. Apparatus to measure fat percentage in body is-
1. Anthropometer
 2. Tensiometer
 3. **Skinfold Meter/Caliper**
 4. Flesometer
16. One of the method of Teaching is-
1. Writing story
 2. Writing
 3. **Demonstration**
 4. Search
17. The cause of postural defects/deformities is—
1. Balanced diet
 2. **Malnutrition**
 3. Extra diet
 4. Sickness

18. Jogging at one spot-
1. **Tightens muscles**
 2. Strengthens few muscle
 3. Strengthens all the muscles except the hamstring
 4. Weakens muscle
19. Long bones' work in human body is-
1. To give strength
 2. To give shelter
 3. **To work as lever**
 4. To provide base for muscular joint
20. During muscular contraction, if there is no change in the size of muscle, this contraction is said-
1. **Isometric**
 2. Isotonic
 3. Isokinetic
 4. Kinetic
21. The number of Muscle pairs, found in human body is-
1. 200
 2. **250**
 3. 300
 4. 350
22. The position of India in 1st Asian games was-
1. I
 2. **V**
 3. II
 4. IX
23. In one milliliter of blood, the number of platelets is stated to be about-
1. 1,00,000
 2. **2,00,000**
 3. 3,00,000
 4. 4,00,000

24. Davis Cup is associated with—
1. Hockey
 2. Volleyball
 3. Baseball
 4. **Lawn Tennis**
25. The amount of calories required by an adult of average body weight per day is-
1. 1500 calorie
 2. 2000 calorie
 3. **2500 calorie**
 4. 3000 calorie
26. For the good health which type of exercise are necessary?
1. Light
 2. Hard (tough)
 3. Medium type
 4. **Regular**
27. In human body 'Fartlek' develops-
1. Speed
 2. Endurance
 3. Strength
 4. **Agility**
28. The technique to swim fastest is—
1. Breast stroke
 2. Butterfly
 3. **Free style**
 4. Back stroke
29. In test cricket, how many bouncers can be bowled in one over?
1. 1
 2. **2**
 3. 3
 4. 4
30. After emulsion, the digestion of fat is done by an enzyme called-
1. Renin

2. Amylase
 3. Trypsin
 4. **Lipase**
31. A perfect food, known as nutritious is one that—
1. Satisfies our hunger
 2. **Contains all nutritious elements of food**
 3. Has been cooked very well
 4. Is easy to digest
32. Who won the World Professional Billiards Championship in 2009?
1. Geet Sethi
 2. Pramod Adwani
 3. **Pankaj Adwani**
 4. Michael Farera
33. Olympic city is situated in which country of the world?
1. **Greece**
 2. Germany
 3. Italy
 4. China
34. For remaining fit and healthy, what is most important?
1. Aptitudes
 2. Attitudes
 3. **Routines**
 4. Life style
35. 'Set Shot' is situated to-
1. Snooker
 2. Squash
 3. **Basketball**
 4. Golf
36. The weight of Javelin for women is—
1. **600 gm**
 2. 800 gm
 3. 825 gm
 4. 700 gm
37. Strategy 'Fast break' is related with the game-

1. Athletics
 2. **Basketball**
 3. Swimming
 4. Boxing
38. Health is primarily a responsibility of the—
1. Community
 2. Individual
 3. State
 4. **Parents**
39. Appendix is primarily a responsibility of the-
1. Helpful in digestion of food
 2. Maintain the temperature during digestion process
 3. Helpful in secreting the digestive juice
 4. **Not helpful in digestive process**
40. The quality of physical Education teacher is-
1. Civilized
 2. **Good performance**
 3. Young
 4. Smart
41. Why good nutrition is necessary for good health?
1. Postural deformities
 2. **Development**
 3. Instant replies
 4. Good habits
42. Aerobic power can be enhanced by-
1. Swimming
 2. **Circuit training**
 3. Short sprints
 4. Long distance running
43. Blood gets de-oxygenated in-

1. Muscle
 2. Nerves
 3. Lungs
 4. **Heart**
44. Goniometer measures-
1. Agility
 2. Strength
 3. Speed
 4. **Flexibility**
45. The Basal Metabolic Rate may vary from person to person but it is closely related to a person's amount of-
1. Weight of the body
 2. **Physical activity**
 3. Muscular energy
 4. Lean issue
46. The first National Marathon Race was organized at-
1. Allahabad
 2. Pune
 3. **Kolkata**
 4. New Delhi
47. Physical exercise done in presence of oxygen, is called-
1. **Aerobic exercise**
 2. Anaerobic exercise
 3. Isometric exercise
 4. Isokinetic exercise
48. Rovers Cup is associated with the game-
1. Basket Ball
 2. Chess
 3. Boxing
 4. **Football**
49. What is manufactured from the iron that we obtain from our diet?

1. Blood cells
 2. **Haemoglobin**
 3. Bone Marrow
 4. Protoplasm
50. The highest sports award of India is-
1. Arjun Award
 2. Dronacharya Award
 3. **Rajeev Gandhi Khel Ratan**
 4. Padam Vibhushan
51. The maximum quantity in the diet of small children should be of-
1. **Protein**
 2. Carbohydrate
 3. Minerals
 4. Vitamins
52. The term 'Double Fault' is related with-
1. Bridge
 2. Golf
 3. Cricket
 4. **Lawn Tennis**
53. Direct communicable disease is-
1. AIDS
 2. Diptheria
 3. T.B.
 4. **Hookworm**
54. In normal air, the percentage of oxygen is-
1. 20%
 2. **21%**
 3. 22%
 4. 25%
55. I am of carbohydrate (glucose) in the body yields-
1. 10.4 kilo calorie of energy

2. 6.8 kilo calorie of energy
 3. **4.2 kilo calorie of energy**
 4. 2.6 kilo calorie of energy
56. Which country won football World Cup, the maximum times?
1. Argentina
 2. Italy
 3. **Brazil**
 4. Germany
57. The first Dronacharya Award in wrestling was given to-
1. **Bal Bhagwat**
 2. Udai Chand
 3. K.N. Singh
 4. Satpal
58. In health education, the basic principle is to start from-
1. Ancient to modern
 2. Earlier to the recent
 3. Voluntary to involuntary
 4. **Known to unknown**
59. What is one objective of situps?
1. To develop strength in abdominal muscles
 2. To give proper shape at abdominal area
 3. **To reduce fat**
 4. To reduce weight
60. In ancient time, which games were organized in front of Lord Apollo?
1. Namin games
 2. **Isthiminian games**
 3. Pythain games
 4. Modern Olympic games
61. Strategy 'Double Nelson' related to the game-
1. Hockey

2. Athletics
 3. **Wrestling**
 4. Kho kho
62. Which of the following aspects of health primarily determines whether or not a person is healthy?
1. Genetic
 2. **Biological**
 3. Cultural
 4. Social
63. The centre controlling points of cell is-
1. Mitochondria
 2. **Nucleus**
 3. Golgi apparatus/body
 4. Cytoplasm
64. Which type of bandage is used on finger injury?
1. **Roller Bandage**
 2. Triangular Bandage
 3. Two-Niket Bandage
 4. Crap Bandage
65. What is 'fitness'?
1. **Capacity of inner power**
 2. To be rich
 3. Stay healthy
 4. Slim body
66. Maulana Azad Trophy is awarded for overall games championship at-
1. State level
 2. **Inter-university level**
 3. National games level
 4. International level
67. School health records to be used-
1. By Medical officer
 2. Only nurses
 3. **To understand student more only for teacher's help**
 4. To cure diseases, by compounder

68. Insulin is produced in-
1. Sex glands
 2. **Pancreas**
 3. Thyroid
 4. Spleen
69. The Part of the respiratory system responsible for speech is-
1. Trachea
 2. Nasal cavity
 3. **Pharynx**
 4. Larynx
70. Which cricketer is known as 'palm tree hitter'?
1. Kapil Dev
 2. Hanumant Singh
 3. Virendra Sehwag
 4. **Polly Umrigar**
71. The number of bones in vertebral column is-
1. 22
 2. **33**
 3. 23
 4. 36
72. Guru Hanuman received Dronacharya award for the game-
1. Boxing
 2. Judo
 3. **Wrestling**
 4. Taikando
73. Out of the following name, the disease that is not categorized as a communicable disease is-
1. **Diabetes**
 2. Leprosy
 3. Tuberculosis
 4. Whooping-cough
74. What is Physical Education?
1. **All round development of human being**
 2. Physical Training
 3. Physical Execution

4. Physical Fitness

75. Which of the following is called 'Master gland' in human body?
1. Thyroid
 2. Parathyroid
 3. **Pituitary**
 4. Thalamus
76. The number of Hurdles in 110 m Hurdle race are-
1. Eight
 2. Nine
 3. **Ten**
 4. Twelve
77. Command method is used-
1. During track and field events
 2. Hockey
 3. **Swimming**
 4. March past
78. For which disease, the flies are not the carrier?
1. Typhoid
 2. **Yellow fever**
 3. Cholera
 4. Dysentery
79. Which of the following are chemically known as lipids?
1. **Fats**
 2. Sugars
 3. Candies
 4. Amino Acids
80. The deficiency of which vitamin causes night blindness?
1. **Vitamin A**
 2. Vitamin B
 3. Vitamin C
 4. Vitamin D

81. First National Institute of Physical Education is situated at-

Patiala

Chandigarh

Delhi

Gwalior

82. Out of the following name the factor which is considered key to good health?

Pollution free environment

Nutritious diet

Good life routine

Stress free life

83. The length of cricket bat is-

38 inch

39 inch

37 inch

40 inch

84. Skinfold Calliper measures-

Height of a body

Body fat

Respiration level of body

Weight of a body

85. An umpire in 'Hockey' Shows green card. He is indicating for-

Warning

Temporary suspension

To start the game

For medical attention

86. The number of alveoli (air sacs) in our Two lungs is approximately-

700 million

800 million

900 million

1000 million

87. Radio-ulna bones is situated in the human body at-

Fore arm

Lower leg

Foot

Upper arm

88. What will be done after snake bite?

Sucking

Use of crepe bandage

Use of antiseptic

Use of two-niket bandage

89. Normal Heart Rate of stroke volume is-

5.04 litre/minute

5.50 litre/minute

6.00 litre/minute

4.50 litre/minute

90. In which country World Cup Hockey Championship for men was organized in the year 2010?

Holland

Australia

India

Spain

91. 'Scapula' bone is situated in-

Legs

Hips

Upper backs

Hand

92. Hinge Joint is said to be-

Movable joint

Immovable joint

Semi movable joint

Static joint

93. Learning is based on-

Maturity

Age

Heredity

Body (types) development

94. Who was the first Indian to win an award in Wimbledon?

Ramnathan Krishnan

Ramesh Krishnan

Vijay Amritraj

Jaideep Mukherjee

95. Percentage of water in the human body is-

60 per cent

65 per cent

70 per cent

75 per cent

96. Khajan Singh is associated with-

Volleyball

Weight lifting

Swimming

Athletics

97. The length and width of Badminton court is-

40×25 feet

44×20 feet

35×15 feet

44×22 feet

98. Strength is measured by-

Manometer

Goniometer

Dynamometer

Weight training

99. 'Degree of difficulty' is related with-

Archery

Diving

Swimming

Fencing

100. In which game you can see Antenna-

Basketball

Football

Volleyball

Tennis

101. The useful method of teaching for games and sports is-

Pictures

Poster

Drawing

Audio visual aids

102. Blood is purified in the human body by-

Carbon dioxide

Nitrogen

Oxygen

Hydrogen

103. Name the vitamin which is water soluble-

Vitamin A

Vitamin B

Vitamin E

Vitamin K

104. Salivary gland produces-

Ptyalin

Adrenal

Pepsin

Renin

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

Principle

Cleaning worker

Teacher and students

All of the above

106. Name the disease which is water soluble-

Diabetes

Asthma

Tuberculosis

Small pox

107. According to rules, the colour of football goal is-

Light yellow

Green

Light Blue

White

108. How much protein a working women must intake every day-

27 gm

46 gm

30 gm

37 gm

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

Bonus line

Baulk line

Attack line

Service line

110. The tread mills training is prescribe for the injured athlete for the purpose of improving his/her-

Muscle strength

Stability of the body

Range of motion

Muscle endurance

111. To which of the following chambers of the heart, is the aorta connected?

Left ventricle

Right ventricle

Right auricle

Left auricle

112. What will you do, if you burn by fire?

Lying down on floor

To cover with quilt

Will use maximum water

Remove all clothes

113. What is flexibility?

Isotonic movement

Health

Concentration

Long life

114. In which place World Class Hockey Academy is proposed to be established by International Hockey Federation?

Berlin

Sydney

Madrid

Dubai

115. The longest muscle in human body is-

Sartorius

Biceps

Deltoid

Lattismus Dorsi

116. The Cardio respiratory capacity is related to-

Strength

Flexibility

Normal physical endurance

Agility

117. Shuttle run 'Test' measures-

Explosive strength

Speed endurance

Agility

Speed

118. Which of the following game's team consists of both men and women players?

Corfball

Netball

Softball

Handball

119. 'Stimulus Response Theory' was given by-

Frobel

E.L. Thorndike

Dr. Radhakrishnan

John Dewey

120. How many types of joints are there in human body?

2

3

6

9

121. Which of the famous Hockey player has written the book 'Golden Hattrick'?

Ajit Pal Singh

Dhyan Chand

Balbir Singh

Surjit Singh

122. The types of swimming in competitions are-

10

6

4

2

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

Vitamin A

Vitamin B

Vitamin C

Vitamin D

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

2 3 4 5

125. When did Cricket World Cup start?

1970

1975

1979

1973

126. Reason of constipation is due to-

Less functioning of large intestine

Extra eating

Less intake of water

More intake of water

127. What was the Mascot of first Asian games held at New Delhi?

Jantar Mantar

Kutub Minar

Lotus Flower

Appu

128. The weight of a hockey ball approximately is-

5½ ounce 5 ¼ ounce

5 ounce 5 ½ ounce

6 ounce 6 ½ ounce

5 ¾ ounce of 6 ounce

129. How many events are there in Heptathlan?

5

6

7

9

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

New Zealand

South Africa

Australia

England

131. 'Pele' is related to which game?

Cricket

Horse Riding

Swimming

Football

132. The normal temperature of a healthy human being is-

98.4° F

95.5° F

96.6° F

97.4° F

133. The life span of Red Blood corpuscles is not more than-

120 days

130 days

140 days

150 days

134. What is the resting stroke volume per beat of heart?

20-40 ml

40-60 ml

60-80 ml

80-100 ml

135. The length of trachea (wind pipe) in an adult person is about-

20 cm

15 cm

10 cm

05 cm

136. By which hormone high Blood Sugar level can be controlled in stomach-

Glucose

Insulin

Thyroxin

Non-Adrenergic

137. Are heavy exercises good for sound sleep-

Yes

No

Sometimes

Never

138. Balanced diet contains-

Protein

Vitamin

Carbohydrates

All of the above

139. The longest bone in human body is-

Ulna

Tibia

Femur

Humerus

140. The main source of vitamin 'A' is-

Egg

Banana

Carrot

Potato

141. Fatigue comes during training due to-

Lactic acid

Adrenal

CO₂

pH-Factors

142. What energy do minerals supply to the body?

Chemical

Electrical

Thermal

No energy

143. The Olympic games in 2016 will be held at-

London

American

Holland

Brazil

144. The measuring instrument of Blood pressure is-

Stadiometer

Menometer

Sphygmomanometer

Dynamometer

145. The minimum number of players required in a team to start a Basketball match is-

4

5

3

12

146. What is Blood?

Tissue

Liquid Tissue

Blood Platelets

Special Tissue

147. Water Percentage in Plasma is-

60%

70%

80%

90%

148. Who declares the 'Olympic games close'?

Chairman IOC

President IOC

Secretary IOC

Prime Minister of the country

149. The width of a lane in an athletic track is-

1.20 mt

1.21 mt

1.19 mt

1.22 mt

150. During a hockey match, if the ball is stuck in the Goalkeeper's pads then game is restarted-

By Bully

By Centre back pass

By hit from outside 'D'

By toss

151. Which of the following cricket umpire has been debarred to officiate in the international cricket matched?

Darrell Hair

Steev Buckner

Roody Kartjen

D. Blair

152. The landing arena of High Jump will be-

5×4 mts

5×5 mts

5×3 mts

5×6 mts

153. Exercises needed to develop flexibility is-

Free hand exercise

Load training

Bending exercise

Muscle stretching exercise

154. Who won the Men's Single Wimbledon Championship 2009?

Roger Federer

Rafael Nadal

Andy Rodrick

Paradarn Sripachan

155. The total time limit in Kho-kho is-

45 minutes

49 minutes

55 minutes

59 minutes

156. Deficiency of which vitamin causes Rickets disease?

Vitamin C

Vitamin D

Vitamin A

Vitamin B

157. Hypoglycemia is a condition in which the body has a low level of-

Oxygen

Glucose

Body fluid

Cholesterol

158. The internal organ where alcohol is absorbed into the capillaries lining. Is-

Liver

Spleen

Small intestine

Stomach

159. Mitochondria plays an important role in cell respiration and-

Metabolic functions

Production of energy

Elimination of carbon dioxide

Neuro-transmission

160. Joint in nervous system is called-

Synapse

Mazelin fibre

Axon

Impulse

161. Vital capacity (or lung capacity) is the amount of air involved in-

Deepest inhalation

Ventilation

Complete expiration

Pranayama

162. The Association which controls 'track and field activities' in India is-

I.O.A

G.F.I

A.A.F.I

I.O.C

163. The main source of vitamin 'C' is-

Egg

Orange

Milk

Banana

164. The Diabetes occurs due to non-functioning of-

Pancreas

Liver

Lungs

Spleen

165. How much calories we get from 1 gm of fat?

4.2 kcal

4.3 kcal

9.1 kcal

7.5 kcal

166. Human body requires carbohydrates, proteins and fats in the proportion of-

4 : 2 : 1

3 : 2 : 1

3 : 1 : 1

4 : 1 : 1

167. Name of the smallest bone in human body is-

1. Tibia

Meta tarcel

Felengeous

Stapes

168. How many events are there in Decathlon?

7

8

9

10

169. The term 'Long Horse' is related with the game-

Horse riding

Gymnastics

Polo

Show jumping

170. The height of a hurdle in women 100 metre hurdle race is-

0.80 metre

0.91 metre

0.76 metre

0.84 metre

171. Best procedure to develop flexibility is-

Ballistic

Slow stretching

Slow stretching and holding

Fast stretching

172. The organisation of Olympic games is given to-

City

Country

District

Capital

173. After completing any type of Asana, which asana is compulsory to perform?

Padmasana

Nokasana

Shavasana

Bhujangasana

174. The length of a standard swimming pool is-

60 metre

50 metre

70 metre

80 metre

175. The skill 'Forward Defence' is relates to the game of-

Wrestling

Judo

Cricket

Boxing

176. Inner diameter of shot put (Throwing) circle is-

2.50 metre

2.135 metre

1.067 metre

1.076 metre

177. To control Blood Sugar, the best exercise is-

Walk regularly

Running

Exercise with apparatus

Free hand exercise

178. Presently who is the coach of Indian (Men) football team?

Bob Hattan

Karlos Roberta Parera

Patric Biyara

George Mathews

179. The pulse rate of adult human being is-

80-90 beat/minute

70-80 beat/minute

60-80 beat/minute

90-100 beat/minute

180. The aim of physical Education is-

To gain strength

To gain knowledge

To perform better

D. To develop physical movements

181. In order for a person to be a universal donor, which of the blood group he should possess?

A

B

AB

D. O

182. At which of the following sites can we feel our pulse (heart-beat)?

Arterial site

Chest

Palm

Venal site

183. How many times do our kidneys filter blood in the body each hour?

Once

B. Twice

Thrice

Four times

184. The first women player got Arjun Award is?

Merry Stephi D'Souza

Kamaljit Sandhu

P.T. Usha

Bala Shambha

185. Potassium content of the body is about-

200 gm

175 gm

150 gm

125 gm

186. The length of a cricket pitch is (App.)-

66 feet

68 feet

70 feet

72 feet

187. Yeast and Mushrooms are-

Algae

Gymnosperm

C. Fungi

Tuberous Roots

188. Modern Olympic Games were started in the year-

1886

B. 1896

1906

1916

189. The main source of getting fat is-

Fish

Potato

Rice

D. Butter

190. Shivaji Stadium in Delhi is related with the game of-

Football

Cricket

C. Hockey

Boxing

191. "Sound Mind resides in Sound Body" is said by-

Socrates

Plato

C. Aristotle

Rousseau

192. The distance of exchange zone in relay race is-

10 metre

15 metre

C. 20 metre

22 metre

193. Who is the first Indian women cricketer to hit sixer?

D. Iduljee

Anjali Mehta

Asha Agarwal

D. Shanta Rangaswami

194. The total distance of Marathon race is-

42.260 km

42.105 km

C. 42.195 km

42.294 km

195. Systolic Blood Pressure is due to-

Cardiac muscle pressure

Pulse pressure

C. Contraction of arteries

Contraction of veins

196. When was National Anthem adopted first time in Hindi by Constituent Assembly?

1924

1928

C. 1950

1952

197. Points to keep in Mind to avoid back pain and back injury is/are-

Not to lift heavy luggage

Do the exercise which stretch back muscle

Don't bend forward while sitting

D. All of the above

198. According to new laws of Volleyball, the maximum points in first four set is-

15

14

C. 25

24

199. Dronacharya Award is given to-

The player

The Institute

The Umpire

D. The Coach

200. Davis cup is related to which game
A. tennis
B. Hockey
C. Baseball
201. 2. The number of countries which participated in the first Olympic Games held at Athens was
A. Seven
B. Twenty
C. Nine
202. 3. Which of the following game's team consists of both men and women players?
(A) Corfball
(B) Netball
(C) Softball
(D) Handball
203. 4. 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
204. 5. How many entries are allowed per event in Athletics in Olympics?
(A) 2
(B) 3
(C) 4
(D) 5
205. 6. When did Cricket World Cup start?
(A) 1970

(B) 1975

(C) 1979

(D) 1973

206. 7. 'Pele' is related to which game?

(A) Cricket

(B) Horse Riding

(C) Swimming

(D) Football

207. 8. The Olympic games in 2016 will be held at?

(A) London

(B) America

(C) Holland

(D) Brazil

208. 9. The minimum number of players required in a team to start a

Basketball match is?—

(A) 4

(B) 5

(C) 3

(D) 12

209. 10. 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

210. According to World Health Organisation, concept of Health focuses on-

A. Health as a sense of total wellbeing

Freedom from diseases

Physical health

Mental health

1. Pakistan's contribution to advancing the cricket is

- (a) No ball
- (b) Run-out
- (c) Reverse swing**
- (d) Leg before wicket

2. Game of cricket was invented in:

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

3. Cricket was said to represent

- (a) English values of fair play and discipline**
- (b) English racial superiority
- (c) English sense of enterprise
- (d) English sportsmen spirit

4. Cricket in 19th century India was linked to

- (a) Politics of colonialism
- (b) Politics of nationalism
- (c) Civilising mission of the British
- (d) Colonialism and nationalism**

5. Cricket grew out of

- (a) Hockey
- (b) Volleyball
- (c) Stick and ball games**
- (d) Baseball

6. Early cricket bats were shaped like

- (a) Hockey sticks**
- (b) Flat sticks
- (c) Rackets
- (d) Curved outwards

7. First written laws of cricket were in

- (a) 1474
- (b) 1447
- (c) 1774
- (d) 1744**

8. Where and when was the world's first cricket club formed?

- (a) Hambledon 1760s**
- (b) Marylebone 1760s
- (c) London 1670s
- (d) Melbourne 1760s

9. Change in game rules in the 1760s led to immediate change in

- (a) Weight of ball got limited to 5-1/2 to 5-1/4 ounces
- (b) Third stump became common
- (c) Opened possibilities for spin and swing
- (d) Curved bat was replaced by a straight one**

10. Cricket is a

- (a) Post industrial sport
- (b) 19th century sport
- (c) Pre industrial sport**
- (d) 20th century sport

11. Rural origins of cricket are not visible in

- (a) bat and stumps
- (b) Ball and bats
- (c) Field size
- (d) Protective equipment**

12. Post industrial influence in cricket

- (a) Pads**
- (b) Bat
- (c) Ball
- (d) Stumps

13. Who were 'Amateurs'?

- (a) Those who did not know how to play the game well
- (b) Those proficient at the game
- (c) The rich who played for pleasure**
- (d) Those who played for the money

14. Professionals were described as

- (a) Gentlemen
- (b) Batsmen
- (c) Players**
- (d) Spinners

15. Amateurs were generally

- (a) Bowlers
- (b) Aristocrats**
- (c) Fast bowlers
- (d) Miners

16. The first professional to lead the English team

- (a) Vijay Hazare
- (b) Thomas Hughes
- (c) Len Hutton**
- (d) Garry Sobers

17. The first among Indian communities to set up a cricket club

- (a) Parsis**
- (b) Hindus
- (c) Muslims
- (d) Christians

18. Spread of the game cricket was confined to

- (a) British colonies**
- (b) Australia and New Zealand
- (c) Africa and West Indies
- (d) Third World

19. Elites of colonies viewed playing cricket as symbolizing

- (a) Progress
- (b) Equality
- (c) Superior, social and racial status**
- (d) English values

20. West Indies won its first Test series against England in

- (a) 1930
- (b) 1949
- (c) 1950**
- (d) 1960

21. Cricket in colonial India was organized on the principle of

- (a) National loyalties
- (b) Religion
- (c) Region
- (d) Race and religion**

22. The game of cricket was brought to India by

- (a) East India Company
- (b) Governor Generals
- (c) The Portuguese
- (d) British Imperial Officers**

23. Mulattos were

- (a) Afro Caribbeans
- (b) Blacks
- (c) Tribals
- (d) Afro Europeans**

24. Where did Cricket in India originate?

- (a) Bombay**
- (c) Madras
- (b) Calcutta
- (d) Pondicherry

25. Dalit Captain of Hindu Gymkhana:

- (a) Palwankar Baloo
- (b) Vijay Hazare
- (c) S.A. Brelvi
- (d) Palwankar Vithal**

26. In Ranji Trophy teams represent

- (a) Regions**
- (b) Communities
- (c) Races
- (d) Religions

27. Who among the following was not critical of the Pentangular Tournament?

- (a) M.K. Gandhi
- (b) Dada Bhai Naoroji**
- (c) AFS Talyarkhan
- (d) S.A. Brelvi

28. Which of the following constituted the 5th team in the Pentangular Tournament?

- (a) The Europeans
- (b) The Christians
- (c) The Rest**
- (d) The Muslims

29. First Test Captain of India

- (a) Palwankar Baloo
- (b) Palwankar Vithal
- (c) Vijay Hazare
- (d) C.K. Nayudu**

30. India entered World Test Cricket in

- (a) 1932**
- (b) 1950

- (c) 1877
- (d) 1847

31. Test Cricket celebrated 100 years in the year

- (a) 1877
- (b) 1977**
- (c) 1875
- (d) 1774

32. Who among the following introduced the world to One-Day Internationals?

- (a) Kerry Packer**
- (b) Len Hutton
- (c) Frank Worrell
- (d) Thomas Hughes

33. Cricket matches are organized:

- (a) News of cricket hits newspaper headlines
- (b) Cricketers are seen as ambassadors
- (c) Game represents the unity of India
- (d) To establish friendship between nations**

34. By the players of which of the following countries were two great advances made in bowling - doosra and reverse swing?

- (a) England
- (b) Pakistan**
- (c) India
- (d) West Indies

35. When was first one day Cricket World Cup played?

- (a) 1975
- (b) 1980**
- (c) 1970
- (d) 1983

36. In which of the following year did India enter the world of Test Cricket?

- (a) **1932**
- (b) 1930
- (c) 1931
- (d) 1934

37. In the game of cricket who is always given the benefit of doubt?

- (a) Bowler
- (b) **Batsman**
- (c) Fielder
- (d) None of the above

38. During British rule, initially why the cricket tournaments were called quadrangular tournament?

- (a) The tournaments were played in four different regions
- (b) The tournaments were played in four different cities in India
- (c) **The tournaments were played by four Indian teams representing four different religions**
- (d) The tournament was played in four corners of the playing field.

39. Ranji Trophy Cricket is played between which types of teams?

- (a) Between two international teams
- (b) Between an Indian and one international team
- (c) Between English and Australian teams
- (d) **Between two Indian teams representing two different Indian regions**

40. Which city has International Cricket Council Headquarters?

- (a) London
- (b) **Dubai**
- (c) Paris
- (d) Mumbai

CHECK YOUR ANSWER

1. (c) Reverse swing
2. (a) England
3. (a) English values of fair play and discipline
4. (d) Colonialism and nationalism
5. (c) Stick and ball games
6. (a) Hockey sticks
7. (d) 1744
8. (a) Hambledon 1760s
9. (d) Curved bat was replaced by a straight one
10. (c) Pre industrial sport
11. (d) Protective equipment
12. (a) Pads
13. (c) The rich who played for pleasure
14. (c) Players
15. (b) Aristocrats
16. (c) Len Hutton
17. (a) Parsis
18. (a) British colonies
19. (c) Superior, social and racial status
20. (c) 1950
21. (d) race and religion
22. (d) British Imperial Officers
23. (d) Afro Europeans
24. (a) Bombay
25. (d) Palwankar Vithal
26. (a) Regions
27. (b) Dada Bhai Naoroji
28. (c) The Rest
29. (d) C.K. Nayudu
30. (a) 1932
31. (b) 1977
32. (a) Kerry Packer
33. (d) To establish friendship between nations

- 34. (b) Pakistan
- 35. (a) 1975
- 36. (a) 1932
- 37. (b) Batsman
- 38. (c) The tournaments were played by four Indian teams representing four different religions
- 39. (d) Between two Indian teams representing two different Indian regions
- 40. (b) Dubai

Questions Answers of History and Sport: The Story of Cricket

Q.1. When were the first written "Laws of Cricket" drawn up?

Ans: 1744

Q.2. Name the Australian player who tried to play with an aluminum bat?

Ans: Dennis Lillee

Important Solved MCQs Questions Answers Health Physical Education Subject Related

1- When first world Cup Squash held _____

- a) 1983
- b) 1984**
- c) 1985
- d) 1986

2- When Pakistan First time play the Squash at International level

-
- a) 1949
 - b) 1950**
 - c) 1955

d) 1956

3- Old name of Squash is _____

a) **Rackets**

b) Binfel

c) Steel hit

d) Green ball

4-Number One player of Squash in Pakistan _____

a) **Shahid Zaman**

b) Jhangir Khan

c) Mansor Zaman

d) Zark Jahn

5-World Open Squash 2008 where held _____

a) **England**

b) Italy

c) China

d) America

6-Where first Tour de France held _____

a) 1902

b) **1903**

c) 1904

d) 1905

7- Which player won more titles of Tour de France _____

a) **France**

b) Italy

c) Brazil

d) Australia

8- Record of Tour de France is _____

a) **39.5 Km**

b) 40.5 km

c) 45.5 km

d) 43.5 km

9-Which player make the fastest world record _____

a) **John Haward**

b) Ben Thomas

c) Smith

d) Jack warner

10-Which is the fastest cyclist in England _____

a) John Haward

b) David Le Grays

c) Will Smith

d) John will

11-When cycling is introduced in Olympic Games _____

a) 1992

b) 1994

c) 1996

d) 2000

12-Cycling is the national game of _____

a) Italy

b) France

c) Germany

d) Brazil

13-Who is the inventor of the cycle _____

a) Crack Patrick

b) Colmbo

c) Graham bell

d) Charles

14-When the competition of boating introduced in Olympics Games _____

a) 650 B.C.

b) 648 B.C.

c) 646 B.C.

d) 644 B.C.

15-When wrestling is introduced in Olympics Games _____

a) 1900

b) 1904

c) 1908

d) 1912

16-When the famous Muslim wrestler Gama become world champion _____

a) 1901

b) 1911

c) 1921

d) 1931

17-What is the real name of Gama_____

a) Muhammad Irfan

b) Ghulam Muhammad

c) Muhammad Saleem

d) Aktar Hussain

18-Which title is awarded to Imam Bakhsh wrestler_____

a) Rustam-e-Hind

b) Rustam-e-Jahan

c) Rustam-e-Iran

d) Rustam-e-Pakistan

19-How many categories in international wrestling_____

a) 2

b) 3

c) 5

d) 8

20-When women wrestling introduced in Olympics Games_____

a) 2000

b) 2004

c) 2008

d) 2012

21-When the Pakistani wrestler Muhammad Bashir won the bronze medal in

Olympics_____

a) 1956

b) 1960

c) 1964

d) 1968

22-In 1962 Asian games how many medals won by Pakistan in wrestling_____

a) 10

b) 11

c) 12

d) 14

23-In 1970 Asian games how many medals won by Pakistan in wrestling_____

- a) 1
- b) 2**
- c) 3
- d) 4

24-Which is the national organization of table tennis_____

- a) Pakistan Table tennis Federation**
- b) Pakistan Tennis federation
- c) Pakistan Football Federation
- d) Pakistan Table Tennis Committee

25-Which is the international organization of table tennis_____

- a) International Table Tennis federation Association
- b) International Table Tennis federation**
- c) International Table Federation
- d) International Table Tennis Association

Answers

- 1. B
- 2. B
- 3. A
- 4. A
- 5. A
- 6. B
- 7. A
- 8. A
- 9. A
- 10. B
- 11. C
- 12. B
- 13. A
- 14. B
- 15. B
- 16. A
- 17. B

- 18. A
- 19. A
- 20. B
- 21. B
- 22. D
- 23. B
- 24. A
- 25. B

Health Physical Education Multiple Choice Questions with Answers
Practice Test for Grade 9 10 11 12

1-9th Asian Games held in which Country _____

- 1. a) India
- 2. b) America
- 3. c) Pakistan**
- 4. d) Sri Lanka

2-when 9th Asian Games are held _____

- 1. a) 2000
- 2. b) 2002
- 3. c) 2004**
- 4. d) 2008

3-4th Asian Games held in which Country _____

- 1. a) Pakistan**
- 2. b) India
- 3. c) Australia
- 4. d) England

4- Athletics are also called the base of _____

- 1. a) Asian Games
- 2. b) Olympic Games**

3. c) Common wealth Games

4. d) All of these

5-When Pakistan first time participate in Olympic Games

1. a) 1946

2. b) 1947

3. c) 1948

4. d) 1950

6-How many Pakistani athletes participate in 1948 Olympic games

1. a) 2

2. b) 3

3. c) 5

4. d) 11

7- 2004 Olympic games held in _____

1. a) Greek

2. b) England

3. c) Italy

4. d) Russia

8- 2nd name of athletics is _____

1. a) Races

2. b) Track exercises

3. c) Track and Field Exercises

4. d) Gymnastics

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

1. a) 1990

2. b) 1991

3. c) 1992

4. d) 1996

10- Which is the shortest race in Olympic Games _____

1. a) 110 meter

2. b) 100 meter

3. c) 200 meter

4. d) Relay races

11- Which is the biggest race in Olympic games _____

1. a) 5000 m

2. b) 10000 m

3. c) 30000 m

4. d) Marathon Race

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

1. a) Muhammad Fiaz

2. b) Muhammad Ramzan

3. c) Abdul Rauf

4. d) Muhammad Saleem

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

1. a) Disk through

2. b) Hammer through

3. c) Javelin Through

4. d) Short put

14- When first world athletic championship held _____

1. a) 1980
2. b) 1981
3. c) 1982
4. **d) 1983**

15-International athletic federation established in _____

1. a) 1878
2. b) 1879
3. **c) 1880**
4. d) 1881

16-First World Athletic championship held in which country _____

1. **a) Finland**
2. b) Ireland
3. c) England
4. d) Scotland

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

1. a) Standing start
2. b) Elongated start
3. **c) Crouch start**
4. d) None of these

18- In 110 meter men hurdle race the height of hurdles _____

1. a) 67 m
2. b) 91 m
3. c) 84 m
4. **d) 067 m**

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

1. a) 80 m

2. b) 91 m
3. c) 76 m
- 4. d) 84 m**

20- Total weight of hurdles _____

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

21- Total distance of Marathon race _____

1. a) 26 km
2. b) 42 km
- 3. c) 195 km**
4. d) 765 km

22- Which test for Doping _____

1. a) Sugar test
- 2. b) Urine test**
3. c) Stool test
4. d) Blood test

23- Which device used to measure the wind velocity _____

- 1. a) The wind gauge**
2. b) Official Implements
3. c) Video camera
4. d) None of these

24- The size of Mats in High jump _____

1. a) 5/5 meter
2. b) 5/4 meter
- 3. c) 7/6/8 meter**

4. d) None of these

25- Discus / Hammer / Short put through sector _____

1. a) 45
2. b) 40
3. c) 90
- 4. d) 92**

26- Weight of Javelin for women _____

1. a) 800 g
- 2. b) 600 g**
3. c) 825 g
4. d) All of these

27-Total Length of Javelin for men _____

- 2. a) 60 to 2.70 m**
3. b) 20 to 2.30 m
4. c) 65 to 2.75 m
5. d) None of these

28-In high jump every player have _____ chances.

- 1. a) 3**
2. b) 4
3. c) 5
4. d) 2

29- In 100 m women hurdles competition distance between hurdles

1. a) 10 m
2. b) 20 m
3. c) 11 m
- 4. d) 5 m**

30-Distance of Marathon for women _____

1. a) 40 km
2. b) 195 km
3. c) 195 ml
4. **d) 195 km**

Answers

1. C
2. C
3. A
4. B
5. C
6. C
7. A
8. C
9. C
10. B
11. D
12. A
13. C
14. D
15. C
16. A
17. C
18. D
19. D
20. C
21. C
22. B
23. A
24. C
25. D
26. B

- 27. A
- 28. A
- 29. D
- 30. D

1-Length of Javelin for women _____

- a) 2.10 m
- b) 2.20 m**
- c) 2.30 m

2-Angle of javelin through _____

- a) 30
- b) 40
- c) 29**
- d) 31

3-Weight of Javelin for men _____

- a) 600 g
- b) 800 g**
- c) 400 g
- d) 900 g

4-Weight of Javelin for women _____

- a) 600 g**
- b) 700 g
- c) 500 g
- d) 400 g

5-When Javelin through introduced in Modern Olympic games first time _____

- a) 1900**
- b) 1904
- c) 1908
- d) 1912

6-Time allow the athlete for jump _____

- a) 20 sec
- b) 30 sec
- c) 40 sec

d) 60 sec

7-High jump runway distance _____

a) 12 m

b) 13 m

c) 15 m

d) 14 m

8- How many lanes on track _____

a) 6

b) 7

c) 8

d) 9

9-Standard track total distance is _____

a) 300 m

b) 200 m

c) 400 m

d) 800 m

10-In 400 meter race last athlete Stagger _____

a) 7.01 m

b) 7.42 m

c) 7.67 m

d) 7.80 m

11- When FIFA established _____

a) 1904

b) 1905

c) 1906

d) 1907

12- When first FIFA World Cup held _____

a) 1920

b) 1926

c) 1930

d) 1940

13-Which country won most FIFA world cups _____

a) Brazil

b) Germany

c) Italy

d) France

14- How many members of FIFA at 2008 _____

a) 208

b) 209

c) 376

d) 211

15- Where FIFA house build in Pakistan _____

a) Islamabad

b) Karachi

c) Lahore

d) Multan

16- Total Length and width of Football ground is _____

a) 100 & 70

b) 120 & 80

c) 120 & 90

d) 90 & 70

17- Which country won 2002 world cup _____

a) Brazil

b) Germany

c) Korea

d) Italy

18- Which team won First FIFA world Cup _____

a) Uruguay

b) Brazil

c) Germany

d) France

19- In which year women football introduced in Olympic games

a) 1992

b) 1996

c) 2000

d) 1988

20- Total time of break or interval in Football _____

a) 15 min

b) 30 min

c) 45 min

d) 20 min

21- The game of Chess started from _____

a) 3000 BC

b) 2000 BC

c) 1000 BC

d) 500 BC

22- In which country the education of chess is given in schools

a) Russia

b) China

c) France

d) Rome

23- Which Country first of all introduce Chess _____

a) Italy

b) Hindustan

c) Russia

d) China

24- Which city is call home of Chess _____

a) Venues

b) Delhi

c) Masco

d) New York

25- How many years Jhangir Khan remain Unbeated _____

a) 5 years

b) 7 years

c) 8 years

d) 3 years

Answers

1 B

2 C

3 B

4 A

- 5 A
- 6 D
- 7 C
- 8 C
- 9 C
- 10C
- 11A
- 12C
- 13A
- 14A
- 15C
- 16B
- 17A
- 18A
- 19B
- 20A
- 21 A
- 22 A
- 23B
- 24A
- 25 A

- 1 2004 Olympic games held in _____ Greek
- 2 Athletics are also called the base of _____ Olympic Games
- 3 Duration of Sarkal Kabadi match _____ 40 min
- 4 First President of Pakistan Golf Federation _____
Justice A R Karnees
- 5 For winning the game lead is required _____ 2
- 6 Height of Nanga Parbat _____ 8125 m
- 7 How many lanes on track _____ 8
- 8 How many substitute players in Valley Ball team _____ 6
- 9 How many umpires in Base Ball _____ 4

- 10 In 100 m women hurdles competition distance between hurdles _____ 8.5 m
- 11 In 110 meter men hurdle race the height of hurdles _____ 1.067 m
- 12 In 2006 Asian Games how many countries participated in Kabadi _____ 12
- 13 In which year Pakistan won ODI world cup _____ 1992
- 14 Judo is introduced in Olympic game _____ 1964
- 15 Old name of Pakistan Golf Federation _____ Pakistan Golf Union
- 16 The game of Chess started from _____ 3000 BC
- 17 The stick which is used to hit the ball in Golf is called _____ Club
- 18 Total height of K-2 _____ 8516 m
- 19 Total number of player in Cricket team _____ 11
- 20 Total Number of players in Beach Valley Ball Game _____ 2
- 21 Total weight of Table Tennis Ball _____ 2.7
- 22 Weight of Valley Ball ball is _____ 9 to 10 ounce
- 23 What is the lowest score in in ODI cricket record _____ 43 runs
- 24 When Asian Kabadi Federation is established _____ 1978
- 25 When Base Ball started in Pakistan _____ 1992
- 26 When first Asian Kabadi Championship held _____ 1980
- 27 When first FIFA World Cup held _____ 1930
- 28 When first time Basketball introduce in Olympic Games _____ 1940
- 29 When International Polo Federation was established _____ 1983
- 30 When Pakistan first time participate in Davis Cup _____ 1948
- 31 Which Country first of all introduce Chess _____ Hindustan

- 32 Which device used to measure the wind velocity _____
The wind gauge
- 33 Which is the biggest race in Olympic games _____
Marathon Race
- 34 Which is the highest mountain in Pakistan _____ K-2
- 35 Which player won more titles of Tour de France _____
France
- 36 Which team won First FIFA world Cup _____
Uruguay
- 37 Which team won the world cup 2007 _____ Australia
- 38 Width of Valley Ball courts lines _____ 5 cm
- 39 _____ Tendon located in the posterior side of the lower
leg. Achilles
- 40 _____ The main mass of nervous tissue, typing between
sensory receptors, which acts as an integrating centre. Central
nervous system
- 41 _____ The term used to describe an aggregation of body
cells with specialized structure and function. Tissue
- 42 _____ is psychological study of moral principles? Axiology
- 43 _____ Is the residual fluid of blood left after removal of the
cellular elements. Plasma
- 44 _____ Is the science, which deals with the description of the
structure of cells, tissues, organs and organisms. Anatomy
- 45 'Pele' is related to which game? Swimming
- 46 'Stimulus Response Theory' was given by? E. L. Thorndike
- 47 18.29 M Triple jump record is of Jonathan Adword
- 48 2008 Olympic games held in which country _____ China
- 49 2011 world cup held in which country _____ All of these
- 50 2nd name of athletics is _____ Track and Field
Exercises

[Cricket World Cup 2015 Final Match Winner Champion
Australia](#)

Australia Won Cricket World Cup 2015 & Become World Champion

New Zealand 183 (45 overs)

Australia 186/3 (33.1 overs)

Australia won by 7 wickets (with 101 balls remaining)

New Zealand Inngs

	Wkt	runs	overs	RR	Player	Player	Start	end
1st	1	0.5	1.20	BB McCullum (0)	MJ Guptill (1)	–	1/1 (0.5)	
2nd	32	10.3	3.04	MJ Guptill (14)	KS Williamson (12)	1/1 (0.5)	2/33 (11.2)	
3rd	6	1.0	6.00	KS Williamson (0)	LRPL Taylor (6)	2/33 (11.2)	3/39 (12.2)	
4th	111	22.5	4.86	LRPL Taylor (34)	GD Elliott (72)	3/39 (12.2)	4/150 (35.1)	
5th	0	0.2	0.00	CJ Anderson (0)	GD Elliott (0)	4/150 (35.1)	5/150 (35.3)	
6th	1	0.5	1.20	L Ronchi (0)	GD Elliott (1)	5/150 (35.3)	6/151 (36.2)	
7th	16	4.4	3.42	DL Vettori (9)	GD Elliott (6)	6/151 (36.2)	7/167 (40.6)	
8th	4	0.5	4.80	GD Elliott (4)	TG Southee (0)	7/167 (40.6)	8/171 (41.5)	
9th	11	3.0	3.66	MJ Henry (0)	TG Southee (11)	8/171 (41.5)	9/182 (44.5)	
10th	1	0.1	6.00	TG Southee (0)	TA Boult (0)	9/182 (44.5)	10/183 (44.6)	

Australia Innings

Wkt	runs	overs	RR	Player	Player	Start	end
1st	2	1.4	1.20	AJ Finch (0)	DA Warner (2)	–	1/2 (1.4)
2nd	61	10.4	5.71	DA Warner (43)	SPD Smith (14)	1/2 (1.4)	2/63 (12.2)
3rd	112	18.5	5.94	MJ Clarke (74)	SPD Smith (33)	2/63 (12.2)	3/175 (31.1)
4th	11*	2.0	5.50	SR Watson (2)	SPD Smith (9)	3/175 (31.1)	3/186 (33.1)

Toss – New Zealand won the toss and decided to bat first

Player of the match – JP Faulkner (Australia)

Player of the series – MA Starc (Australia)

Umpires – HDPK Dharmasena (Sri Lanka) and RA Kettleborough (England)

TV umpire – M Erasmus (South Africa)

Match referee – RS Madugalle (Sri Lanka)

Reserve umpire – IJ Gould (England)

GK

FIFA world cup 2018 hosted by country? **Russia**

2. Number of OIC muslim states? **57 Members & 5 Observers**

3. European Union member states are how many? **28**

4. Cold war started and ended Second period of cold war? **1947 – 1991 and 1979-1985**

5. NPT is best described as? **Non Proliferation Treaty**

6. AFP is the news agency of country? **France**

7. Headquarters of ICJ situated? **Hague, Netherlands**
8. Oldest satellite site is in which country? **Russia**
9. Head of state of UK is? **Elizabeth II**
10. Which country was the colony of UK? **Burma**
11. Oldest tennis game is? **Wimbledon**
12. Bishkek is the capital of? **Kyrgyzstan**
13. Suez canal is in between which of seas? **Mediterranean Sea and Red sea**
14. Objective resolution was presented by? **Liaquat Ali Khan**
15. First Nobel award was given to which Muslim? **Anwar sadat**
16. Who's the biggest produce of cotton? **China**
17. Collapse of USSR due to: **Economic Structure failure**
18. United states bombed on Hiroshima on: **Economic Structure failure**
19. Last Census in Pakistan was held in? **March 2017**
20. Largest gas resources in which country? **Russia**

1. The National Football League NFL was founded in 1920
2. The 2014 FIBA Basketball World Cup Final was took place on 14 September 2014.
3. The NL and AL the leagues merged into a single organization led by the Commissioner of Baseball in 2000.
4. The National Women's Hockey League, founded in 2015.
5. USA Boxing officially lifted its ban on women's boxing in 1993.
6. The US Open is held annually, starting on the last Monday in August.
7. Arthur Ashe Stadium which opened in 1997. It is named after Arthur Ashe, the African-American tennis player.
8. The first U.S. Open golf was played on October 4, 1895.
9. Volleyball USA is the official magazine of USA Volleyball.
10. The first ski club in the United States was founded in 1882.

- The National Wrestling Hall of Fame and Museum was established in Stillwater, Oklahoma on September 11, 1976.
- USA Rugby was founded in 1975.
- US Lacrosse was founded on January 1, 1998.
- Surfing is very much a part of Californian, Floridian, and Hawaiian culture.
- United States women's national gymnastics team founded in 1982.
- On June 26th, 2015, the ICC again suspended USACA.
- In 1976, the first gay rodeo was held in Reno, Nevada as a charity fundraiser.
- 2011 Roller Derby World Cup, The team then known as "Team USA.
- 1991 FIFA Women's World Cup finals the United States beating Norway in the final 2-1.