

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) Baulk 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 Heptathlon?

- (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-Adrenergic

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

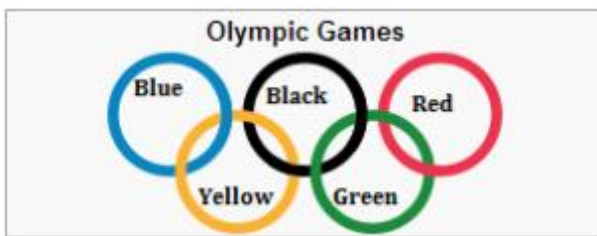
35	C
36	B
37	B
38	D
39	C
40	C
41	A
42	D
43	D
44	C
45	B
46	B
47	D
48	A
49	D
50	A

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

- Olympic torch first time used in _____

- a) 1890
- b) 1910
- c) 1928
- d) 1932

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

- a) 2
- b) 3
- c) 4

d) 5

8-In which city 1896 Olympic games are held _____

- a) Athens
- b) Olympia
- c) Beijing
- d) Rome

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

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

10- 2008 Olympic games held in which country _____

- a) Pakistan
- b) England
- c) Italy
- d) China

11-IOC stand for _____

- a) International Olympic Committee
- b) International Olympic Countries
- c) Indian Olympic Committee

12- When first Common wealth Games held _____

- a) 1920
- b) 1926
- c) 1930
- d) 1934

13- Where first Common Wealth Games held _____

- a) Canada
- b) China
- c) France
- d) Italy

14-When Women first time participate in Common Wealth Games _____

- a) 1920
- b) 1923
- c) 1928
- d) 1930

15-Asian Games are also known as _____

- a) Asiana
- b) Asiad
- c) Assiad
- d) Asaid

16-OCA stands for _____

- a) Olympic Council of Asia
- b) Olympic Committee of America
- c) Olympic Charter of America
- d) Olympic Council of America

17-First Asian Games held in _____

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

18-In which country first Asian Games held _____

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

19- Asian Games took place after every _____

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

20-Who won first ancient Olympic 200 yard race _____

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

21-9th Asian Games held in which Country _____

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

22-when 9th Asian Games are held _____

- a) 2000

b) 2002

c) 2004

d) 2008

23-4th Asian Games held in which Country _____

a) Pakistan

b) India

c) Australia

d) England

24- Athletics are also called the base of _____

a) Asian Games

b) Olympic Games

c) Common wealth Games

d) All of these

25-When Pakistan first time participate in Olympic Games _____

a) 1946

b) 1947

c) 1948

d) 1950

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

a) 2

b) 3

c) 5

d) 11

27- 2004 Olympic games held in _____

a) Greek

b) England

c) Italy

d) Russia

28- 2nd name of athletics is _____

a) Races

b) Track exercises

c) Track and Field Exercises

d) Gymnastics

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

a) 1990

b) 1991

c) 1992

d) 1996

30- Which is the shortest race in Olympic Games _____

a) 110 meter

b) 100 meter

c) 200 meter

d) Relay races

31- Which is the biggest race in Olympic games _____

a) 5000 m

b) 10000 m

c) 30000 m

d) Marathon Race

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

a) Muhammad Fiaz

b) Muhammad Ramzan

c) Abdul Rauf

d) Muhammad Saleem

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

a) Disk through

b) Hammer through

c) Javelin Through

d) Short put

34- When first world athletic championship held _____

a) 1980

b) 1981

c) 1982

d) 1983

35- International athletic federation established in _____

a) 1878

b) 1879

c) 1880

d) 1881

36- First World Athletic championship held in which country _____

a) Funland

b) Ireland

c) England

d) Scotland

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

a) Standing start

b) Elongated start

c) Crouch start

d) None of these

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

a) 1.67 m

b) 0.91 m

c) 0.84 m

d) 1.067 m

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

a) 0.80 m

b) 0.91 m

c) 0.76 m

d) 0.84 m

40- Total weight of hurdles _____

a) 3 to 4 kg

b) 8 to 9 kg

c) Not less than 10 kg

d) None of these

41- Total distance of Marathon race _____

a) 26 km

b) 42 km

c) 42.195 km

d) 42.765 km

42- Which test for Doping _____

a) Sugar test

b) Urine test

c) Stool test

d) Blood test

43- Which device used to measure the wind velocity _____

a) The wind gauge

b) Official Implements

c) Video camera

d) None of these

44- The size of Mats in High jump _____

a) 5/5 meter

b) 5/4 meter

c) 7/6/8 meter

d) None of these

45- Discus / Hammer / Short put through sector _____

a) 45

b) 40

c) 90

d) 34.92

46- Weight of Javelin for women _____

a) 800 g

b) 600 g

c) 825 g

d) All of these

47-Total Length of Javelin for men _____

a) 2.60 to 2.70 m

b) 2.20 to 2.30 m

c) 2.65 to 2.75 m

d) None of these

48-In high jump every player have _____ chances.

a) 3

b) 4

c) 5

d) 2

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

a) 10 m

b) 20 m

c) 11 m

d) 8.5 m

50-Distance of Marathon for women _____

a) 40 km

b) 36.195 km

c) 42.195 ml

d) 42.195 km

51-Length of Javelin for women _____

- a) 2.10 m
- b) 2.20 m
- c) 2.30 m
- d) 2.40 m

52-Angle of javelin through _____

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

53-Weight of Javelin for men _____

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

54-Weight of Javelin for women _____

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

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

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

56-Time allow the athlete for jump _____

- a) 20 sec
- b) 30 sec
- c) 40 sec
- d) 60 sec

57-High jump runway distance _____

- a) 12 m
- b) 13 m
- c) 15 m
- d) 14 m

58- How many lanes on track _____

- a) 6
- b) 7
- c) 8
- d) 9

59-Standard track total distance is _____

- a) 300 m
- b) 200 m
- c) 400 m
- d) 800 m

60-In 400 meter race last athlete Stagger _____

- a) 7.01 m
- b) 7.42 m
- c) 7.67 m
- d) 7.80 m

61- When FIFA established _____

- a) 1904
- b) 1905
- c) 1906
- d) 1907

62- When first FIFA World Cup held _____

- a) 1920
- b) 1926
- c) 1930
- d) 1940

63-Which country won most FIFA world cups _____

- a) Brazil
- b) Germany
- c) Italy
- d) France

64- How many members of FIFA at 2008 _____

- a) 208
- b) 209
- c) 376
- d) 211

65- Where FIFA house build in Pakistan _____

- a) Islamabad

b) Karachi

c) Lahore

d) Multan

66- Total Length and width of Football ground is _____

a) 100 & 70

b) 120 & 80

c) 120 & 90

d) 90 & 70

67- Which country won 2002 world cup _____

a) Brazil

b) Germany

c) Korea

d) Italy

68- Which team won First FIFA world Cup _____

a) Uruguay

b) Brazil

c) Germany

d) France

69- In which year women football introduced in Olympic games _____

a) 1992

b) 1996

c) 2000

d) 1988

70- Total time of break or interval in Football _____

a) 15 min

b) 30 min

c) 45 min

d) 20 min

71- The game of Chess started from _____

a) 3000 BC

b) 2000 BC

c) 1000 BC

d) 500 BC

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

a) Russia

b) China

c) France

d) Rome

73- Which Country first of all introduce Chess _____

a) Italy

b) Hindustan

c) Russia

d) China

74-Which city is call home of Chess _____

a) Venues

b) Delhi

c) Masco

d) New York

75-How many years Jhangir Khan remain Unbeated _____

a) 5 years

b) 7 years

c) 8 years

d) 3 years

76- When first world Cup Squash held _____

a) 1983

b) 1984

c) 1985

d) 1986

77- When Pakistan First time play the Squash at International level _____

a) 1949

b) 1950

c) 1955

d) 1956

78- Old name of Squash is _____

a) Rackets

b) Binfel

c) Steel hit

d) Green ball

79-Number One player of Squash in Pakistan _____

a) Shahid Zaman

b) Jhangir Khan

c) Mansor Zaman

d) Zark Jahn

80-World Open Squash 2008 where held _____

a) England

b) Italy

c) China

d) America

81-Where first Tour de France held _____

a) 1902

b) 1903

c) 1904

d) 1905

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

a) France

b) Italy

c) Brazil

d) Australia

83- Record of Tour de France is _____

a) 39.5 Km

b) 40.5 km

c) 45.5 km

d) 43.5 km

84-Which player make the fastest world record _____

a) John Haward

b) Ben Thomas

c) Smith

d) Jack warner

85-Which is the fastest cyclist in England _____

a) John Haward

b) David Le Grays

c) Will Smith

d) John will

86-When cycling is introduced in Olympic Games _____

a) 1992

b) 1994

c) 1996

d) 2000

87-Cycling is the national game of_____

a) Italy

b) France

c) Germany

d) Brazil

88-Who is the inventor of the cycle_____

a) Crack Patrick

b) Colmbo

c) Graham bell

d) Charles

89-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.

90-When wrestling is introduced in Olympics Games_____

a) 1900

b) 1904

c) 1908

d) 1912

91-When the famous Muslim wrestler Gama become world champion_____

a) 1901

b) 1911

c) 1921

d) 1931

92-What is the real name of Gama_____

a) Muhammad Irfan

b) Ghulam Muhammad

c) Muhammad Saleem

d) Aktar Hussain

93-Which title is awarded to Imam Bakhsh wrestler_____

a) Rustam-e-Hind

b) Rustam-e-Jahan

c) Rustam-e-Iran

d) Rustam-e-Pakistan

94-How many categories in international wrestling_____

- a) 2
- b) 3
- c) 5
- d) 8

95-When women wrestling introduced in Olympics Games_____

- a) 2000
- b) 2004
- c) 2008
- d) 2012

96-When the Pakistani wrestler Muhammad Bashir won the bronze medal in Olympics_____

- a) 1956
- b) 1960
- c) 1964
- d) 1968

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

- a) 10
- b) 11
- c) 12
- d) 14

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

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

99-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

100-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

101-Pakistan get which position in 2007 world table tennis championship_____

- a) 2nd
- b) 3rd
- c) 40th
- d) 42th

102-In1993 Islamic games In Tehran Naseem Nazali get which title_____

- a) Gold
- b) Silver
- c) Bronze
- d) None Of These

103-When the Pakistan Table Tennis Federation Established_____

- a) 1949
- b) 1950
- c) 1951
- d) 1952

104-Old name of table tennis is _____

- a) Ching chong
- b) Sing Song
- c) Ping Pong
- d) Bing Pong

105-Total length of table tennis table_____

- a) 7 feet
- b) 8 feet
- c) 9 feet
- d) 10 feet

106-Total width of table tennis table_____

- A) 3 feet
- B) 4 feet
- C) 5 feet
- D) 6 feet

107-Total height of table tennis table_____

- a) 2.6 feet
- b) 2.8 feet
- c) 3.0 feet
- d) 4.0 feet

108-Length of table tennis net_____

- a) 2 feet
- b) 3 feet
- c) 4 feet
- d) 6 feet

109-Weight of table tennis ball_____

- a) 2.7
- b) 3.4
- c) 3.8
- d) 4.0

110- Wushu is national game of _____

- a) China
- b) Japan
- c) Thailand
- d) Germany

111-Wushu started from _____

- a) 1850
- b) 1900
- c) 1960
- d) 1967

112-When Wushu is introduced in America_____

- a) 1962
- b) 1964
- c) 1934
- d) 1967

113- Judo is introduced in Olympic game_____

- a) 1960
- b) 1964
- c) 1970
- d) 1973

114-International Judo Federation Established In_____

- a) 1960
- b) 1970
- c) 1980
- d) 1990

115-Which is the famous title of judo_____

- a) Shihan

- b) Pihan
- c) Ninja
- d) Fighter

116-The hall of judo is called_____

- a) Judo Jo
- b) Shudo
- c) Podo
- d) Judo gym

117-Where the international organization of judo office_____

- a) Japan
- b) China
- c) Korea
- d) India

118-The player of judo is known as_____

- a) Todoka
- b) Judoka
- c) Pudoka
- d) Shtoka

119-When the first Polo international match is played_____

- a) 1886
- b) 1885
- c) 1887
- d) 1877

120-The name of polo international federation_____

- a) Polo association
- b) Harlangham Polo association
- c) Pakistan Polo association
- d) Right association of Polo

121-The old name of polo is _____

- a) Chogan
- b) Rolau
- c) Guli danda
- d) Poghan

122- Polo is the national game of _____

- a) Pakistan
- b) India

c) Bangladesh

d) Polo

123- Total number of players in Polo game_____

a) 3

b) 4

c) 7

d) 5

124- When International Polo Federation was established _____

a) 1981

b) 1982

c) 1983

d) 1993

125-When polo introduced in Olympic game_____

a) 1900

b) 1904

c) 1908

d) 1912

126-When the water Polo was introduced in Olympic game_____

a) 1908

b) 1912

c) 1916

d) 1920

127-When International Swimming Federation established _____

a) 1905

b) 1906

c) 1907

d) 1908

128-When Pakistan Swimming Federation established _____

a) 1947

b) 1948

c) 1949

d) 1950

129-When first book on Swimming is written _____

a) 1538

b) 1540

c) 1940

d) 1820

130-What is the motto of International Swimming Federation _____

- a) Water is our country
- b) Water is our Federation
- c) Water is our World
- d) We are Water

131-Which competition of Tennis is famous in all over the world _____

- a) American Tennis championship
- b) Wimbledon Championship
- c) German Tennis Championship
- d) World Tennis championship

132-Wimbeldon Championship when started _____

- a) 1875
- b) 1876
- c) 1877
- d) 1878

133- In First Wimbledon Championship who is the winner of title in men category

- _____
- a) Jorge Willi
 - b) Jack Alexander
 - c) Spencer Gore
 - d) William Renshaw

134-When women first time participate in Wimbledon championship _____

- a) 1880
- b) 1881
- c) 1882
- d) 1884

135- When Pakistan first time participate in Davis Cup _____

- a) 1947
- b) 1948
- c) 1949
- d) 1950

136- How many time Rasheed Malik won National Tennis Championship _____

- a) 4
- b) 5
- c) 6

d) 7

137-How many time Pakistan Tennis team participate in SAF Game _____

a) 3

b) 4

c) 5

d) 6

138- When Tennis first time introduced in Olympic Games _____

a) 1893

b) 1894

c) 1895

d) 1896

139- Tennis in the word of which language _____

a) Tenez

b) Latin

c) English

d) Italy

140- What is the name of table tennis national organization _____

a) Pakistan Table Tennis Federation

b) Table Tennis Pakistan Association

c) Pakistan Table Tennis Committee

d) Pakistan Table Federation

141- What is the name of International Table Tennis Organization _____

a) International Table Tennis Federation

b) International Association Table Tennis

c) Committee of Table Tennis

d) Pakistan Table Tennis Federation

142- When the world cup Table Tennis start _____

a) 1925

b) 1926

c) 1927

d) 1928

143- When Pakistan Table Tennis Federation established _____

a) 1951

b) 1952

c) 1953

d) 1954

144- Total weight of Table Tennis Ball _____

- a) 2.7
- b) 2.6
- c) 2.5
- d) 2.1

145- When first time Basketball introduce in Olympic Games _____

- a) 1940
- b) 1943
- c) 1845
- d) 1946

146- When Basketball game start _____

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

147- How many umpires in Base Ball _____

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

148- When Base Ball started in Pakistan _____

- a) 1990
- b) 1991
- c) 1992
- d) 1993

149- Base Ball is the national game of which country _____

- a) America
- b) England
- c) Italy
- d) France

150- When the first Base Ball Club established _____

- a) 1945
- b) 1946
- c) 1947
- d) 1948

151- The stick which is used to hit the ball in Golf is called _____

- a) Club
- b) Golf stick
- c) Golf Hockey
- d) Hockey Stick

152- Ground of Golf is called _____

- a) Course
- b) Ground
- c) Golf Ground
- d) Golf Place

153- What is meant by Dogleg in Golf _____

- a) Hole
- b) Stick
- c) Ground
- d) Player

154-What is said to Golfer _____

- a) Pitter
- b) Golf Friend
- c) Golf Player
- d) Student of Golf

155-Who is the first champion of Golf in Pakistan _____

- a) Safeer Abbas
- b) Akhtar Hussain
- c) Abdul Rauf
- d) Tamhor Hassan

156- Old name of Pakistan Golf Federation _____

- a) Pakistan Golf Union
- b) Pakistan Golf
- c) Pakistan Golf Association
- d) Pakistan Golf Head

157- First President of Pakistan Golf Federation _____

- a) Justice A R Karnees
- b) Muhammad Saleem
- c) Akhtar Hussain
- d) Abdul Rauf

158-In Europe Mountainering is also known as _____

- a) Alpinism

b) Mountainer

c) Palinar

d) Ragis

159- Which is the highest mountain in Pakistan _____

a) K-2

b) K-3

c) Mountaveras

d) K-5

160- Total height of K-2 _____

a) 8516 m

b) 8411m

c) 7814 m

d) 1500 m

161- Height of Nanga Parbat _____

a) 8125 m

b) 8516 m

c) 8068 m

d) 8048 m

162- From where the game of Kabadi Started _____

a) Bar-e-sagheer

b) Hindustan

c) Pakistan

d) India

163- When Asian Kabadi Federation is established _____

a) 1988

b) 1986

c) 1978

d) 1975

164- In Pakistan how many methods to play Kabadi _____

a) 2

b) 3

c) 4

d) 5

165- In 2006 Asian Games how many countries participated in Kabadi _____

a) 11

b) 12

c) 13

d) 14

166- How many players in Sarkal Kabadi game _____

a) 10

b) 11

c) 12

d) 13

167- Duration of Sarkal Kabadi match _____

a) 20 min

b) 30 min

c) 40 min

d) 65 min

168- When first Asian Kabadi Championship held _____

a) 1979

b) 1980

c) 1981

d) 1982

169- What is the lowest score in in ODI cricket record _____

a) 43 runs

b) 25 runs

c) 30 runs

d) 52 runs

170- What is the record of highest score in test match one innings _____

a) 400

b) 500

c) 200

d) 100

171- Which batsman make most runs in his career _____

a) 61237

b) 2341

c) 11090

d) 12307

172- Which is the first bowler who get above 400 wickets in test cricket _____

a) Shanwarn , Waseem Akram ,Murlitharn

b) Shan Waston

c) Bret lee

d) Lara

173- Total number of player in Cricket team _____

a) 9

b) 10

c) 11

d) 15

174- In which year Pakistan won ODI world cup _____

a) 1988

b) 1992

c) 1996

d) 2000

175- ICC stand for _____

a) International Cricket Council

b) International Cricket Committee

c) International Cricket Federation

d) International Cricket Countries

176-2011 world cup held in which country _____

a) Bangladash

b) India

c) Sri Lanka

d) All of these

177-Which team won the 2003 world cup _____

a) India

b) Australia

c) Pakistan

d) England

178-Runner up team of 2003 world cup _____

a) India

b) Pakistan

c) England

d) Sri Lanka

179- Which team won the world cup 2007 _____

a) Australia

b) England

c) Pakistan

d) India

180- Which team won 1999 world cup _____

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

181- Lowest score of Pakistan cricket team in test match _____

- a) 26 runs
- b) 28 runs
- c) 72 runs
- d) 12 runs

182-Old name of Valley Ball is _____

- a) Mintonette
- b) Net Ball
- c) Valley
- d) Valley Ball

183-When International Valley Ball Federation established _____

- a) 1945
- b) 1946
- c) 1947
- d) 1948

184-When first International Championship of men held _____

- a) 1934
- b) 1947
- c) 148
- d) 1949

185- When first International Championship of men held _____

- a) 1947
- b) 1948
- c) 1951
- d) 1952

186- When first time Valley Ball game is introduced in Olympic Games _____

- a) 1960
- b) 1964
- c) 1968
- d) 1972

187-In 1921 the team of Vally Ball consist on how many players _____

- a) 12
- b) 11
- c) 13
- d) 7

188-When Pakistan Valley Ball Federation Established _____

- a) 1950
- b) 1955
- c) 1956
- d) 1957

189- When Valley Ball is introduced in Asian Games _____

- a) 1958
- b) 1956
- c) 1957
- d) 1954

190- How many player in a team of a Valley Ball _____

- a) 7
- b) 4
- c) 5
- d) 6

191- How many substitute players in Valley Ball team _____

- a) 3
- b) 4
- c) 5
- d) 6

192- Length of Valley Ball Net _____

- a) 9.20 m
- b) 9.50 m
- c) 10 m
- d) 8.20 m

193- Weight of Valley Ball ball is _____

- a) 9 to 10 ounce
- b) 8 ounce
- c) 12 ounce
- d) 11 ounce

194- Length of Valley Ball court _____

- a) 12 m

b) 17 m

c) 18 m

d) 21 m

195- For winning the game lead is required _____

a) 2

b) 3

c) 4

d) 5

196- Height of Valley Ball net for women _____

a) 2.24 m

b) 2 m

c) 3 m

d) 2.12 m

197-When Beach Valley Ball introduced in Olympic Games _____

a) 1992

b) 1996

c) 2000

d) 2004

198- Total Number of players in Beach Valley Ball Game _____

a) 1

b) 2

c) 3

d) 4

199- Width of Valley Ball courts lines _____

a) 5 cm

b) 2 cm

c) 3 cm

d) 1 cm

200-Height of Valley Ball Net for men _____

a) 2.40 m

b) 2.43 m

c) 2.45 m

d) 2.98 m

ANSWERS OF THE QUESTION

Question	Answer	Question	Answer	Question	Answer	Question	Answer
----------	--------	----------	--------	----------	--------	----------	--------

No		No		No		No	
1	A	51	B	101	C	151	A
2	C	52	C	102	B	152	A
3	A	53	B	103	C	153	A
4	B	54	A	104	C	154	A
5	C	55	A	105	C	155	D
6	C	56	D	106	C	156	A
7	B	57	C	107	A	157	A
8	A	58	C	108	D	158	A
9	B	59	C	109	A	159	A
10	D	60	C	110	A	160	A
11	A	61	A	111	A	161	A
12	C	62	C	112	B	162	A
13	A	63	A	113	B	163	C
14	D	64	A	114	A	164	C
15	B	65	C	115	A	165	B
16	A	66	B	116	A	166	B
17	D	67	A	117	A	167	C
18	D	68	A	118	B	168	B
19	C	69	B	119	A	169	A
20	A	70	A	120	B	170	A
21	C	71	A	121	A	171	A
22	C	72	A	122	C	172	A
23	A	73	B	123	B	173	C
24	B	74	A	124	C	174	B
25	C	75	A	125	A	175	A

26	C	76	B	126	D	176	D
27	A	77	B	127	D	177	B
28	C	78	A	128	B	178	A
29	C	79	A	129	A	179	A
30	B	80	A	130	B	180	A
31	D	81	B	131	B	181	A
32	A	82	A	132	C	182	A
33	C	83	A	133	C	183	C
34	D	84	A	134	D	184	D
35	C	85	B	135	B	185	D
36	A	86	C	136	A	186	B
37	C	87	B	137	A	187	A
38	D	88	A	138	D	188	B
39	D	89	B	139	A	189	A
40	C	90	B	140	A	190	D
41	C	91	A	141	A	191	D
42	B	92	B	142	C	192	B
43	A	93	A	143	A	193	A
44	C	94	A	144	A	194	C
45	D	95	B	145	A	195	A
46	B	96	B	146	A	196	A
47	A	97	D	147	C	197	B
48	A	98	B	148	C	198	B
49	D	99	A	149	A	199	A
50	D	100	B	150	B	200	B