

Physical education Test

1.The Name of the Rowing Muscle

a)Deltoid b) Lattissimus dorsi c)Quadriceps d)Sartorius

2.The Largest organ in the Human body

a)Liver b)Skin c)Ear d) Stomach

3.All India Council Of sports was Formed in

a)1954 b)1962 c)1956 d)1964

4. In which year First time Gold, Silver and Bronze medals were introduced in the Olympics game

a)1900 b)1904 c)1896 d)1908

5.Boxing Muscle is otherwise name as

a)Deltoid b) Lattissimus dorsi c)Pectorious major d)Sartorius

6.The word "Athlete" means

a)The strong individual b)The Contestant c)The winner d)The slave

7.Number of Appendicular bone

a)126 b)80 c)86 d)120

8. Number of Tarsal bone

a)16 b)14 c)28 d)32

9.How many Heart Muscles in Human body

a)20 % b)10 % c)19 % d)15 %

10.Synovial joint is an example of

a)Gliding joint b)Hinge joint c)Ball and jacket joint d)All this above

11. "Spark Plug" of any school programme is

a)Curriculum b)Time table c)Syllabus d)Students

12.Example of Freely moveable joint

a)Cranium b)Fixed joint c)Inter vertebra disc d)Shoulder joint

13."ITTF " was founded in

a)1926 b)1950 c)1951 d)1973

14. The Marathon race is named after

a)Place b)Event c)Erson d)Battle

15."Nehru cup" was founded in

a)1982 b)1944 c)1937 d)1912

16.Which country the Winner of 2015 World Hockey league Cup ?

a)Belgium b)Australia c)Germany d)Nether land

17. Which country the Winner of 2015 " COPA" football Cup ?

a)Chili b)Canada c) America d)Brazil

18.The animal used for Skinner's experiment is

a)White Rat b) White Cat c) Block Rat d)Chimpanzee

19. The animal used for Kohler experiment is

a)Dog b)Cat c)Rat d)Chimpanzee

20. "Bully" is a term used in

a)Golf b)Carom c)Chess d)Hockey

21.Tiger woods is related to

a)Golf b)carom c)chess d)Sepak Takraw

22.B.C.Roy cup is associated with game of

a)Hockey b)Football c)Cricket d)Basket ball

23. " Vijay Merchant" cup is associated with game of

a)Hockey b)Football c)Cricket d)Kabaddi

24." Agarwal" cup is associated with game of

a)Badminton b)Football c)Cricket d)Kabaddi

25. "Deodar Trophy" is associated with game of

a)Hockey b)Football c)Cricket d)Kabaddi

26."Rangaswamy" cup is associated with game of

a)Hockey b)Badminton(Men) c) Badminton (Mixed) d)Badminton (Women)

27. "Indian super league" was associated with game of

a)Hockey b)Football c)Cricket d)Basketball

28 "Jury of an Appeal "is related as

a)Table tennis b)Basket ball c)Cricket d)Athletic

29. How many points needed to win the Ball Badminton game ?

a)29 b)28 c)15 d)21

30. The school of Grammar & Music is called in Athens as

a)Greece b)Grammar school c)Palaestra d)Diadascalam

31."Sound mind in sound body" was propounded by

a)Plato b)Aristotle c)John Dewey d)Pavlov

32. When was Eastern Asian games started?

a)1913 A.D b)1896 B.C c)1951 A.D d)1898 A.D

33. The normal body temperature is

a)9.84° F b) 98.4° F c) 91.84° F d) 96.84° F

34. Height of Hockey stick not more than

a)105 cm b)107 cm c)130 cm d)123 cm

35. The duration of Kabaddi (women) match is

a)15-5-15 M b)15-10-15M c)25-10-25M d)20-5-20M

36. The law of effect is also known as

- a) Law of satisfaction b) Law of emotion c) Law of intimacy d) Law of exercise

37. Substitute of relay races can be

- a) One athlete b) Two athlete c) Three athlete d) Four athlete

38. "Circuit training" is measured

- a) Strength Endurance b) Agility c) speed d) power

39. Reye syndrome is associated with

- a) Cholera b) AIDS c) Leprosy d) Chickenpox

40. The total time Duration of Hockey match is

- a) 35-15-35 m b) 55-10-55m c) 45-10-45m d) 35-5-35m

41. Systolic pressure is increased due to

- a) High intensity exercise b) Low intensity exercise c) Ordinary exercise d) Walking

42. The length of the cricket Bat is

- a) Not more than 96.5 cm b) Not more than 96.95 cm c) Not more than 90.96 cm d) Not more than 92.8 cm

43. How many amino acids are also called as Non essential amino acids ?

- a) 10 b) 12 c) 13 d) 15

44. The weight of Shot-put for men is

- a) 7.26 kg b) 4.0 kg c) 7.21 kg d) 6.00 kg

45. The Production of new blood is called as

- a) Hematoposis b) Albumin c) Eryocytes d) Thrombocytes

46. A Marathon runner must consume more quantity of ?

- a) Fat b) Protein c) Carbohydrate d) Minerals

47. The Weight of the Tennikoit is

- a) 200-257 gm b) 210-257 gm c) 200-250 gm d) 210-250 gm

48. The Width of the Hurdle shall be

- a) 5 cm b) 7 cm c) 8 cm d) 6 cm

49. How many Lungs in Human body ?

- a) 6 b) 2 c) 3 d) 1

50. The position of the Time keeper shall be

- a) 5m from the inside lane of the track b) 5m from the outside lane of the track c) 3m from the inside lane of the track d) 3m from the outside lane of the track

51. Distance between last hurdles to finishing point for 400m hurdles is

- a) 30m b) 40m c) 35m d) 45m

52. Dyno meter is used to measure

- a) Strength b) Agility c) speed d) Flexibility

53. How many variety in AAHPERD Youth Fitness test?

- a) 7 b) 6 c) 5 d) 3

54. Sit and reach test is used to measure

- a) Flexibility b) Size c) Weight d) Strength

55. How many variety in Borrow motor ability test?

- a) 7 b) 6 c) 5 d) 3

56. "Golden Goal" is related to which game?

- a) Handball b) Football c) Cricket d) Basketball

57. 1 gm of Carbohydrate in the body yields ?

- a) 4.1 kilo calories of energy b) 4.0 kilo calories of energy c) 9.3 kilo calories of energy d) None

58. Oxalic acid is produced in ?

- a) H_2SO_4 b) Pancreas c) HCL d) HNO_3

59. An Ectomorph individual has a

- a) Thin and slender frame b) Bulky and stocky body c) Body beautiful image d) None

60. The Deficiency of which Vitamin causes Ostriomalaria ?

- a) Vitamin A b) Vitamin B c) Vitamin D d) Vitamin C

61. Vitamin B3 is another name knows as

- a) Thiamin b) Retinol c) Bolic Acid d) Niacin

62. Direction of the runway shall be

- a) Left hand side b) Right hand side c) Both of these d) None of these

63. Which team is the Most time the World cup Football Winner ?

- a) Uruguay b) France c) Brazil d) Canada

64. Where Year the first Para Olympic held ?

- a) 1948 b) 1924 c) 1960 d) 1964

65. Which year was the Cricket world cup started?

- a) 1940 b) 1975 c) 1970 d) 1980

66. Size of Handball court?

- a) 40×20 m b) 40×10 m c) 30×20 m d) 20×20 m

67. Nepron is a microscopic Structure of

- a) Lungs b) Heart c) Kidney d) Liver

68. The height of finishing post shall be

- a) 1.40 m b) 2.00 m c) 1.50 m d) 1.22 m

69. Name of the game Involves minimum “Big muscle activity”

- a) Chess b) Shooting c) Taekwondo d) Archery

70. Sliding Filament theory of muscle contraction was given by

- a) Huxley b) Darwin c) Newton d) Pythagoras

71. Each square of chess board measures

- a) 5-6.5 cm b) 5.5-6.5 cm c) 5-6 cm d) 6-7.5 cm

72. "Handing the Ball" is related to which game ?

- a)Handball b)Football c)Cricket d)Throwball

73. Human saliva contains

- a)Ptyalin b)Rein c)Adrenalin d)Pepsin

74. Rolling substitution is permitted in

- a)Hockey b)Football c)Volleyball d)Basketball

75. Weight of the Ball for Volleyball is

- a)250-260g b)260-280g c)200-225g d)260-270g

76. Challenge tournaments are usually conducted in following sports?

- a) Tennis b) Badminton c) Both A&B d) Cricket

77. Intramural competition is important for

- a)School level b)College level c)University level d)All this above

78. When was Women Hockey in the Olympic Games ?

- a)1952 b)1964 c)1928 d)1980

79. The grip on the sole of a Football boot is known as

- a)Stud b)Nails c)Grip d)Cleats

80. "Third umpire" is used for first time in Cricket ?

- a)1992 b)1976 c)1996 d)1983

81. "Book list" is related with

- a) Boxing b) First aid c) Marker d) Company name

82. The father of intelligence test is

- a)Benet b)Kohler c)Sterm d)Plato

83. The Chemical name of Vitamin K

- a) Quinone b)Retinol c)Bolic Acid d)Calciforal

84."Fortius" meaning is

- a)Muscle b)Faster c)Higher d)Stronger

85." Indian premier league" is associated with game of

- a)Hockey b)Football c)Cricket d)Kho-Kho

86. Biceps muscle is situated in

- a)Thigh b)Arms c)Lower leg d)Hip

87. Origin of Football was in

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

88. Schiller & Spencer are associated with

- a)Anticipation theory b)Recreation theory c)Surplus energy theory d)Play theory

89. Deficiency of protein leads to

- a) Nyctalopia b) Marasmas c) Pellagra d) Chilolias

90.How many lobes has Right lungs ?

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

91.The Chemical name of Vitamin D

- a) Quinone b)Retinol c)Bolic Acid d)Calciforal

92. Circumference of Football is

- a)78-80 cm b)68-70 cm c)65-70 cm d)65-67 cm

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

- a)Aerobic exercise b) Anaerobic exercise c) Isometric exercise d) Is kinetic exercise

94. A rich source of vitamin C' is?

- a) Apricot b) Orange c) Milk d) Banana

95. The height of a hurdle in women 100 meter hurdle race is?

- a)0.80 meter b)1.06 meter c)0.91meter d)0.84 meter

96. The Height of the post in Ball badminton is
a)200 cm B)185 cm c)186 cm d)190 cm
- 97.The circumference of the Basketball is
a)74.9 to 78 cm b)47 to 78 cm c)74 to 78 cm d)67 to 78 cm
98. The measurement of Kabaddi (Women) Sitting Box is?
a) 1.00×1.00 meter b) 1.22×1.00 meter c) 1.33×1.00 meter d)1.22×1.22 meter
99. How many type of Olympic Flag?
a)2 b)1 c)3 d)4
100. Which company was the official time keeper of the Masco Olympics 1980?
a) Casio b) Omega c) Seiko d) Swatch
101. Number of Water jump in Steeplechase is
a)28 b)7 c)8 d)10
102. Knox test is associated with game of
a)Basketball b)Football c)Cricket d)Badminton
103. In Basketball the radius of the centre circle is
a)1.80 m b)2 m c)1.75 m d)3.60 m
104. The width of the Long jump Board is ?
a)20 cm b)10 cm c)15 cm d)1.22 mt
105. Weight of the One Kidney ?
a)200 g b)150 g c)280 g d)260 g
106. In 100 m Hurdle Race the distance from the starting line to the first hurdle ?
a)15.00 m b)13.00 m c)13.72 m d)13.60 m
107. Height of stool in Harvard step test for college men is
a)10 cm b)20 cm c)50 cm d)22 cm

108. "Throw off" is related to which game?

- a)Handball b)Football c)Cricket d)Chess

109. IAAF was formed in?

- a)1882 b)1909 c)1904 d)1912

110. "CABPE" was formed in ?

- a)1954 b)1927 c)1956 d)1925

111. The "Cagers" are

- a)Basketball players b)Hockey players c)Football players d)Volleyball players

112. The I.Q of the Moron child is

- a)50-70 b)20-50 c)Below 20 d)70-120

113.The total number of official for Ball badminton games ?

- a)4 b)6 c)5 d)2

114.All India Hockey federation was formed in the year

- a)1925 b)1930 c)1935 d)1927

115.The Handball goal line width shall be

- a)7.5cm b)6cm c)8cm d)5cm

116.The Dimension of Tennikoit (Doubles) is

- a)12.20×5.50m b)12.20×5.00m c)18.30×12.20m d)12.20×2.75m

117.The Straight of 400m standard track shall be

- a)84.39 m b)83.49 m c)84.93 m d)89.34 m

118.The game in Kho-Kho shall be started by

- a)Scorer b)Referee c)Time keeper d)Umpire

119.In which year was the game of volleyball invented ?

- a)1891 b)1895 c)1890 d)1896

120. How many points are awarded as Bonus point in Kabaddi ?

- a)1 b)2 c)3 d)0

121. Deficiency of Vitamin B1 leads to

- a)Beri-Beri b)Marasmas c)Pellagra d)Chilolis

122. Which is the low level learning ?

- a)Rate learning b)Understanding c)Platue d)Correlation

123. Who is regarded as the “Father of Psychology” ?

- a)Wundt b)Ian pavlov c)JohnB.Watson d) Sigmund freud

124. Stair and Pyramid tournaments are type of

- a)Challenge Tournament b) Combination Tournament c) Stair care Tournament d) League Tournament

125. The Name of Valve between Right atrium and Right ventricle is

- a)Tricuspid valve b)Aortic valve c)Pulmonary valve d)Mitral valve

126. Aristotle is referred to as the father of

- a)Realism b) Pragmatism c)Idealism d)Naturalism

127. Which color of Slow twitch muscle ?

- a)Red b)White c)Yellow d)Orange

128. Who was the First recorded winner of Ancient Olympics ?

- a)Koroibos b)Coronus c)Hera d)Courbertin

129. As a general rule, Children should not train for more than

- a)18-24 hours in a week b) 18-20 hours in a week c) 10-20 hours in a week d)None of these

130. Cross-Country race is the best example of

- a)Continuous method b)Interval training method c)Fartlek method d)Pressure training

131. What are the Water soluble Vitamins ?

- a)A,B,C,D b)A,B,D,K c)A,D,E,K d)B1,B2,B3,B12&C

132.Name of the stadium in which the first, modern Olympic Games were held in 1896.

- a)Pan-Athena b)Dedascalium c)Amphitheatre d)Coliseum

133.Length of the feather from tip to top of the base

- a)6.2 to 7 cm b)6.4 to 7 cm c)6.5 to 7 cm d)6.0 to 7 cm

134.The last runner(4th runner) of the relay is called

- a)Anchor runner b)Winner runner c)Marshal runner d)Super runner

135.The blood gets oxygenated in

- a)Lungs b)Heart c)Liver d) Muscle

136.Which disease is also called “Lockjaw”

- a)Tetanus b)Rabies c)Chicken box d)Measles

137.Absorption of the fat takes place in

- a)Mouth b)Small intestine c)Liver d)Large intestine

138.Trypsin helps in the digestion of

- a)Carbohydrates b)Fat c)Protein d)Vitamins

139.Which of the diseases is called Hydrophobia ?

- a)Rabies b)Tetanus c)Chicken box d)Leprosy

140.Kwashiorker is due to lack of

- a)Protein b)Fat c)Calcium d)Iron

141.Yellow flag will be raised in Field events for

- a)Remaining time b)Warning c)Foul indicator d)Dis qualification

142.The birth place of Basketball is

- a)Holyoake b)Manchester c)Springfield d)New York

143.Intensity is 80-90% in which training method ?

- a)Intensive Interval Method b) Extensive Interval Method c) Interval Method d)None

144. Leucocytes produce

- a) Testosterone b) Estrogen c) Androgen d) Glycogen

145. Bile is secreted by

- a) Liver b) Kidney c) Pancreas d) Lungs

146. Which Vitamin is easily destroyed by heat and air?

- a) A b) B c) C d) K

147. In 1921 Kretschmer published his famous book

- a) Atlas of man b) Puknos c) Robert Gaupp d) Body structure and character

148. How many ribs in thoracic cage?

- a) 12 b) 7 pairs c) 5 pairs d) 12 pairs

149. Which blood cells have nucleus

- a) WBC'S b) RBC'S c) Thrombocytes d) Platelets

150. Pear shaped body is associated with

- a) Endomorph b) Ectomorph c) Mesomorph d) Dysplastic

151. Sternum is located in

- a) Chest b) Upper arm c) Shoulder d) Upper back

152. The amount of hereditary traits from the grandfather and grandmother is

- a) 1/4 part b) 1/2 part c) 1/16 part d) 1/16 part

153. "Eklavya Award" is given for outstanding performance in the sports of

- a) Kabaddi(women) b) Throw ball c) Kho-Kho d) Tae- Kwando

154. Who is current Sports minister of Tamilnadu?

- a) Mrs. Valarmathi b) Mr. Vijay baskar c) Mr. Palaniappan d) Mr. Sunder raj

155. The Time out duration for Handball?

- a) 30 second b) 60 second c) 45 second d) 15 second

156. Landing area of high jump is

- a) 6m X 4m X 0.07m b) 6m X 5m X 0.70m c) 5m X 4m X 0.7m d) 4m X 6m X 0.7m

157. Diameter of women shot put is

- a) 95mm – 110mm b) 90mm – 100mm c) 98mm -115mm d) 95mm – 118mm

158. Triple jump consists of three jumps at a stride as follow

- a) Step, hop, jump b) hop, step, jump c) step, jump, hop d) None of these

159. The skill “Scoop “is related to the game of ?

- a) Cricket b) Hockey c) Football d) Tennis

160. The IQ of an Imbulles is

- a) 20-50 b) 70-120 c) 120-130 d) 50-70

161. The term “Crease and Clash” is associated with game of

- a) Badminton b) Teini koit c) Cricket d) Table tennis

162. Two factor theory was propounded by

- a) Spearman b) Plato c) Judd d) Thom dike

163. Diarthroses is called as

- a) Freely movable joint b) Immovable joint c) Slightly movable joint d) None of these

164. Pentathlon is conducted only for

- a) Men b) Women c) A&B d) None of these

165. Maker in relay race measures

- a) 5cm X 40cm b) 5cm X 30cm c) 10cm X 25cm d) 10cm X 100cm

166. While recording the high jump score sheet, X – means

- a) Cleared b) Failed c) Pass d) A&C

167.” Hurdles” is introuceted in the Olympic ?

- a) 1966 b) 1896 c) 1908 d) 1964

168. National sports of Australia ?

a) Cricket b) Hockey c) Ice Hockey d) Football

169. IAAF Head Quarter ?

a) Monaco b) Chennai c) London d) Dubai

170. The first Olympic event lasted for how many days in 776 B.C?

a) One day b) Five days c) 16 days d) 7 days

171. The term "Dead ball" is associated with game of

a) Badminton b) Teini koit c) Cricket d) Table tennis

172. Which of the following field test is not used to measure muscular strength?

a) 1 RM bench press b) 1 RM leg press c) 1 RM squat d) Flexed arm hang

173. "Davis cup" is associated with

a) Lawn tennis b) Cricket c) Table tennis d) None of these

174. Total number of matches in single league tournament of 8 teams will be

a) 23 b) 25 c) 28 d) 30

175. Trachea is also called as

a) Voice box b) Thought c) Wind pipe d) Air sacs

176. The height of the Volleyball (women) net at center ?

a) 2.44 m b) 2.43 m c) 2.24 m d) 2.42 m

177. "Rapid play" is related the game is?

a) Cricket b) Chess c) Throw ball d) Teinikoit

178. The Height of the 100m hurdle for Women

a) 0.934m b) 0.838m c) 1.20m d) 2m

179. Spyg monometer caliper measure

a) Height of the body b) Body fat c) Blood pressure d) Heart Rate of the body

180. What is "Hormos" ?

- a) The king of Athens b) Gymnastic dance c) The chief judge d) Religious dance

181. "Placing" is related the game is?

- a) Cricket b) Chess c) Carrom d) Teinikoit

182. Treatment using of Ice is called

- a) Thermo therapy b) Hydro therapy c) Cryo therapy d) Friction

183. Gymnastics was most popular in

- a) Sparta b) Germany c) Japan d) Scotland

184. A game of Hockey starts with

- a) Back pass b) Centre pass c) Forward pass d) Scooping

185. The term Athlete originated in

- a) Rome b) Greek c) France d) Athens

186. Who was the first person to receive "Rajiv Gandhi Khel Ratna" award ?

- a) Viswanathan Anand b) Sachin Tendulkar c) P.T.Usha d) Baichung Bhutia

187. The chemical name of Vitamin C?

- a) Calciferal b) Beriberi c) Gopalamin d) Ascorbic acid

188. The Height of the Hockey Goal post ?

- a) 2.14 m b) 3.66 m c) 3.00 m d) 2.00 m

189. Mental learning is also called

- a) Motor learning b) Mind reading c) Genitival learning d) None of these

190. The formula for calculating $1\frac{1}{2}$ stagger for standard track distance is

- a) $W(N-1)-0.10 \times 2\pi$ b) $W(N-1)-0.10 \times 3\pi$ c) $W(N-1)-0.10 \times \pi$ d) $W(N-1)-0.10 \times 4\pi$

ANSWER KEY							
1	b	26	a	51	b	76	c
2	b	27	b	52	a	77	d
3	a	28	d	53	a	78	d
4	b	29	a	54	a	79	a
5	a	30	d	55	b	80	a
6	b	31	a	56	b	81	a
7	a	32	a	57	a	82	c
8	b	33	b	58	c	83	a
9	b	34	a	59	a	84	d
10	d	35	a	60	c	85	c
11	a	36	a	61	b	86	d
12	b	37	b	62	a	87	a
13	a	38	a	63	c	88	c
14	a	39	d	64	c	89	b
15	a	40	d	65	b	90	b
16	b	41	a	66	a	91	d
17	a	42	a	67	c	92	b
18	a	43	c	68	a	93	a
19	d	44	a	69	a	94	b
20	d	45	a	70	a	95	c
21	a	46	c	71	a	96	a
22	b	47	a	72	c	97	a
23	c	48	b	73	a	98	a
24	a	49	b	74	a	99	a
25	c	50	a	75	b	100	b

ANSWER KEY							
101	b	126	a	151	a	176	c
102	a	127	a	152	a	177	b
103	a	128	a	153	c	178	b
104	a	129	a	154	d	179	b
105	b	130	a	155	b	180	d
106	b	131	d	156	a	181	c
107	c	132	a	157	a	182	c
108	a	133	a	158	b	183	a
109	d	134	a	159	b	184	b
110	a	135	a	160	a	185	a
111	a	136	a	161	a	186	a
112	a	137	b	162	a	187	d
113	a	138	a	163	a	188	a
114	a	139	a	164	a	189	a

115	c	140	a	165	c	190	b
116	a	141	a	166	b		
117	a	142	c	167	b		
118	a	143	a	168	a		
119	b	144	a	169	a		
120	a	145	a	170	a		
121	a	146	a	171	a		
122	a	147	d	172	d		
123	a	148	d	173	a		
124	a	149	a	174	c		
125	a	150	a	175	c		

Padmasalai

