

Physical education Test -4.

- 1.The Name of the Largest Muscle
a)Glutus maximum b) Lattissimus dorsi c)Quadriceps d)Sartorius
- 2.The Largest innernal organ in the human body
a)Liver b)Skin c)Heart d) Stomach
- 3.According to what type of age are children admitted to school ?
a)Mental age b)Anatomical age c)Chronological age d)Physiological age
4. 1st Asian games were held at
a)New Delhi b)Bangkok c)Lahore d)Manila
- 5.2014 Commonwealth games was held at
a)China b)New Delhi c)Glasgow d)Iran
- 6.Which country hosted the first “Special Olympics”?
a)England b)USA c)Pakistan d)Germany
- 7.”Colosseum”-the main site for public games was situated in
a)Rome b)Sparta c)Athens d)China
8. Number of Meta Tarsal bone
a)10 b)14 c)28 d)32
- 9.How many Muscles in Human body
a)40 % b)10 % c)49 % d)55 %
- 10.Elbow joint is an example of
a)Gliding joint b)Hinge joint c)Ball and jacket joint d)All this above
11. Recreation movement in India was started by
a)De Mellow b)G.D.Sonthe c)H.C.Buck d)Vaidya brothers



12. Example of Im moveable joint
a) Cranium b) Fixed joint c) Inter vertebra disc d) Shoulder joint
13. Which country hosted the first “Youth Olympics”?
a) England b) USA c) Pakistan d) Singapore
14. The New policy on Education was tabled in the parliament in
a) 1986 b) 1984 c) 1985 d) 1950
15. The five rings of Olympic games are arranged in shape of
a) W b) M c) X d) N
16. Which country the Runner of 2015 World Hockey league Cup ?
a) Belgium b) Australia c) Germany d) Nether land
17. Which country the Winner of 2015 World football Cup ?
a) Argentina b) Netherland c) Germany 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 name of Chimpanzee used for Kohler experiment is
a) Monckey b) Suman c) Supha d) Sultan
20. ”Capture ” is a term used in
a) Golf b) Carom c) Chess d) Hockey
21. ”Maria Iruthayam” is related to
a) Golf b) carom c) chess d) Sepak Takraw
22. ”B.C.Gupta” cup is associated with game of
a) Hockey b) Football c) Cricket d) Basket ball
23. ”Charminar Tropy ” is associated with game of
a) Hockey b) Football c) Cricket d) Athlete



24. "Ibrahim Rahimadullah" cup is associated with game of
a) Badminton b) Football c) Cricket d) Kabaddi
25. "Duleep Trophy" is associated with game of
a) Hockey b) Football c) Cricket d) Kabaddi
26. "Bangalore blues challengers cup" is associated with game of
a) Hockey b) Badminton (Men) c) Badminton (Mixed) d) Basketball
27. "Indian Premier league" was associated with game of
a) Hockey b) Football c) Cricket d) Basketball
28. The skill "Googly" is related as
a) Table tennis b) Basket ball c) Cricket d) Athletic
29. How many points needed to win the Throw ball game ?
a) 29 b) 28 c) 15 d) 21
30. If three watches disagree for an event, the official time shall be
a) Middle time b) Longer time c) Shorter time d) Average time
31. "Ever on Word" was propounded by
a) Nehru b) Aristotle c) John Dewey d) Pavlov
32. When was First 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) 36.9°C b) 98.4°F c) 91.84°F d) Both A&B
34. Weight of the Hockey Ball ?
a) 155-163 g b) 155.9-163 g c) 156-163 g d) 157-164 g
35. On sparta, at the age 18, the boys were enrolled for in the secret corps known as
a) Ephebus b) Cryteia c) Ecetesia d) Hera



36. Who is called the Father of Modern Olympic games ?

- a) Zeus b) Kronas c) Augess d) Bran pierre De Curbertin

37. Substitute of 4×400 races can be

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

38. "Vertical jump" is measured

- a) Strength Endurance b) Agility c) Speed d) Power

39. Sargent jump measures

- a) Explosive Leg Strength b) Explosive Shoulder Strength c) Agility d) Flexibility

40. The total time Duration of Basketball match is

- a) 10-2-10-15-10-2-10 m b) 15-2-15-10-15-2-15 m c) 10-5-10-15-10-5-10 m d) 10-2-10-5-10-2-10 m

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

- a) I b) II c) V d) XII

42. The Width of the cricket Bat is

- a) Not more than 96.5 cm b) Not more than 10.8 cm c) Not more than 10.96 cm d) Not more than 12.8 cm

43. How many amino acids are also called as Essential amino acids ?

- a) 9 b) 12 c) 13 d) 15

44. The weight of Discus for men is

- a) 7.26 kg b) 4.0 kg c) 2.0 kg d) 6.00 kg

45. What is "Fitness"?

- a) Capacity of inner power b) To be rich c) Stsy healthy d) Slim body

46. A 10,000m runner must consume more quantity of ?

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

47. Which type of bandage is used on Finger injury ?

- a) Roller bandage b) Trangular bandage c) Two- Niket bandage d) Crap bandage



48. Which of the is called “Master gland” in human body?

a)Thyroid b)Para thyroid c)Pituitary d)Thalamus

49. How many Brain in Human body ?

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

50. The position of the Finishing judges is

a)5m away 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. Distence between last hurdles to finishing point for 110m hurdles is

a)13.00 m b)14.02 m c)13.72 m d)15.25m

52. ” Ball catch” is measured

a)Co-ordination b)Agility c)speed d)Flexibility

53. Human blood has the highest percentage of

a)Neutophils b)Baophils c)Eosinophils d)Monocytes

54. ”Stick test” is used to measure

a)Flexibility b)Reaction time c)Weight d)Strength

55. How many verity in JCR test ?

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

56. “Golden Duck” is related to which game ?

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

57. 1 gm of Protein in the boby 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. Cooper’s Test is a measure of

a)Aerobic Capacity b)Un Aerobic Capacity c)Strength d)None of these

59. Which of the Following indicated consistency in performance ?

a)Validity b)Reliability c)Norms d)Data



60. The Deficiency of which Vitamin causes Beri-Beri ?
a) Vitamin A b) Vitamin B c) Vitamin D d) Vitamin C
61. Vitamin B1 is another name known as
a) Thiamin b) Retinol c) Bolic Acid d) Niacin
62. Which game initially was called "Mentonet"?
a) Handball b) Football c) Cricket d) Volleyball
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 All india rural games started ?
a) 1948-49 b) 1924-25 c) 1970-71 d) 1960-61
65. Where Year the first Cricket world cup started ?
a) 1940 b) 1975 c) 1970 d) 1980
66. Size of Volleyball court ?
a) 18× 9m b) 18×10 m c) 12×10 m d) 9×9 m
67. Neuron is a microscopic Structure of
a) Lungs b) Heart c) Kidney d) Nerve
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. In spartan, fully free from the military, is the age of
a) 60 b) 55 c) 50 d) 30
70. Glutatory organ situated in
a) Liver b) Tongue c) Stomeck d) Heart
71. Vitamin B6 is present in
a) Egg b) Milk c) Orange d) Liver



72." Shaking" is related to which game ?

a)Handball b)Football c)Cricket d)Tennikoit

73.P.F.test is a

a)Psychological test b) Physiological test c) Sociological test d) Kinesiological test

74.How many time out for Football games ?

a)0 b)3 c)2 d)4

75.Weight of the Ball for Cricket is

a)155-163 g b)155.9-163 g c)156-163 g d)157-164

76.Leaque cum Knockout are usually conducted in following sports ?

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

77.Mc Donald test is used in

a)Lawn tennis b)Soccer c)Volleyball d)Basketball

78.When was Women Football in the Olympic Games ?

a)1996 b)1964 c)1928 d)1980

79.The time shall be taken from the

a)Sound of the gun b)Action of the referee c)Flash or smoke d)Action of the starter

80."White ball" is used for first time in Cricket ?

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

81."Yorker" is related with

a)Cricket b)First aid c)Marker d)Company name

82.Who is invented the intelligence test ?

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 super league" is associated with game of

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

86. Glutus maximum muscle is situated in

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

87.Origin of Handball was in

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

88.John Dewey associated with

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

89.Dificiency of Iodine leads to

- a)Nyctalopia b)Goister c)Pellagra d)Chilolis

90.How many lobes has Right lungs ?

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

91.The Chemical name of Vitamin A

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

92.Circumference of Volleyball is

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

93.In all sprint races a starter must use a

- a)Arc start b)Crunch start c)Standing start d)None of these

94.In which game pressure training method was first used ?

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

95. How many watts bulb is used in Carrom board?

- a) 60 – 100 watts b) 40 – 60 watts c) 200 – 300 watts d) 0 – 40 watts

96. Fartlek is an effective method for developing



a)Speed b)Flexibility c)Strength d)Endurance

97.Number of the matches in first round of a knockout tournament of 23 teams will be

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

98.The measurement of Kabaddi (men) 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.Osteoporosis diaease occurs in

a)Nerves b)Muscle c)Bones d)None of these

100.Which company was the official time keeper of the Rome Olympics 1960 ?

a)Casio b)Omega c)Seiko d)Swatch

101.The source of acid rain is

a)Nitrous oxide b)Nitric oxide c)CFCS d)C02

102.Johnson test is associated with game of

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

103.In Football the radius of the centre circle is

a)1.80 m b)2 m c)9.15 m d)3.60 m

104.The width of the Triple jump Board is ?

a)20 cm b)10 cm c)15 cm d)1.22 mt

105.Weight of the Each Kidney ?

a)300 g b)150 g c)280 g d)260 g

106.In 110 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 inc b)20 inc c)50 inc d)22 inc

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



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

109. "Ramanujan cup" is associated with game of

a)Hockey b)Football c)Cricket d)Table tennis

110. In Johnson test, the distance from the starting line to the first hurdle

a)6 feet b)12 feet c)8 feet d)10 feet

111.The "Black caps" are

a)Newzealand cricket players b) Indian cricket players c) West indies cricket players d) Srilangan cricket players

112.The I.Q of the Idiot child is

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

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

a)8 b)6 c)5 d)19

114."Sanjeevani" is related to which game ?

a)Handball b)Kho-Kho c)Kabaddi d)Chess

115.The Handball all lines width shall be

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

116.The dimension of Tennikoit (Singles) is

a)12.20×2.75m b)12.20×5.00m c)18.30×12.20m d)12.30×2.75m

117.In Spartan citizen, become a member of the

a)Appella b)Epibus c)Geroucia d)Cadet

118.The length of the baton shall not be more than

a)20 cm b)30 cm c)25 cm d)15 cm

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

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

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



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

121. Deficiency of Vitamin B12 leads to

a)Beriberi b)Anemia c)Pellagra d)Chilolis

122. The foul line of the Javelin throw (area) measure

a)6 cm b)7 cm c)8 cm d)10 cm

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

a)Wundt b)Ian Pavlov c)JohnB.Watson d) Sigmund Freud

124. Dimension of Basketball court is ?

a)28× 15m b) 28×16 m c) 27×16 m d) 27×15 m

125. The another name of Bicuspid valve ?

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 Fast twitch muscle ?

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

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

a)Koroibos b)Coronus c) c)Coubertin d)None of these

129. Continous rubbing over the skin causes

a)Blister b)Laceration c)Abrasion d)Skin bruise

130. India has been participating in Football Olympics from

a)1940 b)1948 c)1952 d)1964

131. What are the Fat soluble Vitamins ?

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

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



a)U-shape b)Normal standard track c)S-shape d)Coliseum

133.The first cricket club “The Calcutta Cricket Club” was established in India in the year ?

a)1772 b)1729 c)1972 d)1792

134.In Badminton Height of the net at center

a)1.558 m b)1.51 m c)1.53 m d)1.524 m

135.”Badminton games ” was introduced in the Olympic ?

a)1966 b)1992 c)1988 d)1964

136.Which disease is also called “Hansen’s disease”?

a)Leprosy 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.Sunlight is source of

a)Vitamin A b) Vitamin B c) Vitamin K d) Vitamin D

139. Indiana motor fitness test was introduced in

a)1945 b)1946 c)1950 d)1947

140. Marasmus 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 Chess is

a)Holyoake b)Russia c)India d)New York

143.The Russell –Lange Volleyball test measure

a)Attack b)Set c)Defense d)Service

144.The controlling centre of the cell is



a)Mitochondria b)Nucleus c)Golgi d)Mitosis

145.French Short service test is used in

a)Volleyball b)Table tennis c)Tennis d)Badminton

146.In high jump when only 2 or 3 competitors continue in the competition ,the time between the two trials is

a)2 minute b)3 minute c)1 minute d)1-5 minute

147. Sheldon published his famous book

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

148.How many True ribs in thoracic cage ?

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

149.The study of Tissue is

a)Histogy b)Cycotogy c)Tissulogy d)Arthrology

150.Which Nutrient is also called as “Energy rich compound” ?

a)Protein b)Fat c)Calcium d)Carbohydrate

151.Heart is located in

a)Mediastenium b)Upper arm c)Shoulder d)Upper back cranium

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.”ICC Award” is given for outstanding performance in the sports of

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

154.FIFA is associated with

a)Badminton b)Teini koit c)Cricket d)Football

155.The Time out Duration for Kabaddi ?

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

156. The Time out Duration for Kho-Kho?



a)30 second b) 60 second c)45 second d)None of these

157. Diameter of women shot put is

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

158. The normal blood pressure of an adult individual is

a)120/80 mm Hg b) 80/120 mm Hg c) 110/80 mm Hg d) 100/90 mm Hg

159.The skill “Short pitch” is related to the game of ?

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

160.The IQ of an Genius is

a)20-50 b)100-120 c)120-130 d)Above 160

161.The term “Foot fault ” is associated with game of

a)Badminton b)Teini koit c)Cricket d)Volleyball

162.Distance between First hurdles to Second hurdles for 400m hurdles is

a)30.00 m b)35.00 m c)45.00 m d)40.00 m

163. Synarthroses is called as

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

164. Increase in size of muscle is called

a)Hypertrophy b)Hypotrophy c)Tensionlogy d)None of these

165.The last stage in memory is

a)Retention b)Learning c)Recall d)Recognition

166. While recording the high jump score sheet, O - means

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

167.The height of the horizontal ring from the floor is

a)3 m b)2.75 m c)3.05 m d)1.80 m

168.National sports of India ?



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

169. Which game initially was called “Battledore”?

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

170. Which of the Following grand slam tournament starts on the first day of every New year ?

a)French Open b)Australian Open c)US Open d)Wimbledon

171. The term “Attempt” is associated with game of

a)Badminton b)Teini koit c)Cricket d)Ball Badminton

172. Who is the first athlete to win the Padmashree award?

a) P.T Usha b) Milkha Singh c) Butter Singh d) V.S. Chauhan

173. “Rajendra prasad 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 10 teams will be

a) 23 b) 25 c) 28 d) 45

175. Larynx is also called as

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

176. What type of item is a badminton or a tennis racket?

a) Non-consumable b) Consumable c) Semi-consumable d) Permanent

177.”FIDE” is related to the game ?

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

178. The corner most teeth is called as?

a) Canines b) Third molar c) Molar d) Second molar

179. Reason behind the white skin of Europeans is?

a) Melanin b) Miasin c) Lidice cells d) Climate

180.What is “Pytherric” ?

a)The king of Athens b)Gymnastic dance c)Military dance d)Religious dance



181. "Thumbing" is related the game is?

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

182. Treatment using of Water is called

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

183. "The Palaestra" schools were run by?

- a) Private b) Government c) Military d) Private and Public

184. Dhanraj pillai got Arjuna award in the year....?

- a) 1998 - 99 b) 1999 – 2000 c) 1997 – 98 d) 2000 – 01

185. Excercises needed to develop flexibility is?

- a) Free hand exercise b) Load training c) Bending exercise d) Muscle stretching exercise

186.Exponent of Cathartic theory of play is....?

- a) Aristotle b) Sigmund Freud c) Cari-Gros d) Von Schiller

187.According to new laws of volleyball, the maximum points in first four set is?

- a) 15 b) 14 c)25 d)24

188. The Height of the Football goal post is.... ?

- a)2.44 m b)3.66 m c)7.32 m d)2.00 m

189. Total number of players in handball is....?

- a) 12 b)10 c)7 d)14

190. Carom board size is

- a) Min of 73.50 sq.cm and Max of 74 sq.cm b) Min of 75.50 sq.cm and Max of 76 sq.cm
c) Min of 77.50 sq.cm and Max of 78 sq.cm d) Min of 79.50 sq.cm and Max of 80 sq.cm



PHYSICAL EDUCATION TEST, ANSWER KEY-4

1	a	26	d	51	b	76	d	101	b	126	a	151	a	176	a
2	a	27	c	52	a	77	b	102	a	127	b	152	a	177	b
3	c	28	c	53	a	78	a	103	c	128	a	153	c	178	a
4	a	29	c	54	b	79	c	104	a	129	a	154	d	179	a
5	c	30	b	55	d	80	a	105	a	130	b	155	a	180	c
6	b	31	a	56	c	81	a	106	c	131	c	156	d	181	c
7	a	32	c	57	b	82	c	107	b	132	a	157	a	182	b
8	a	33	d	58	a	83	a	108	b	133	d	158	a	183	a
9	a	34	c	59	b	84	d	109	d	134	d	159	a	184	b
10	b	35	b	60	b	85	b	110	b	135	b	160	d	185	d
11	a	36	d	61	a	86	d	111	a	136	a	161	d	186	a
12	a	37	b	62	d	87	b	112	c	137	b	162	c	187	c
13	d	38	d	63	c	88	d	113	a	138	d	163	b	188	a
14	a	39	a	64	c	89	b	114	c	139	d	164	a	189	d
15	a	40	a	65	b	90	b	115	d	140	a	165	c	190	a
16	a	41	b	66	a	91	b	116	a	141	a	166	a		
17	c	42	b	67	d	92	d	117	a	142	c	167	b		
18	a	43	a	68	a	93	b	118	b	143	d	168	b		
19	d	44	c	69	a	94	c	119	a	144	b	169	d		
20	c	45	a	70	b	95	a	120	b	145	d	170	b		
21	b	46	c	71	d	96	a	121	b	146	d	171	d		
22	d	47	a	72	d	97	a	122	b	147	a	172	b		
23	d	48	c	73	a	98	c	123	d	148	b	173	a		
24	a	49	d	74	a	99	c	124	a	149	a	174	d		
25	c	50	a	75	b	100	b	125	d	150	b	175	a		



Prepared by,
G.saravanan,PET.