

## PU M P Ed Physical Education

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During which year did ancient Olympics start?

- 996 BC
- 776 BC
- 886 BC
- 1896 AD

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The technique that is not used in long jump:-

- Hitch kick technique
- Hang technique
- Sail technique
- Fosbury flop

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Which gland performs both exocrine as well as endocrine function in human body?

- Kidneys
- Liver
- Pancreas
- Gall bladder

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What is the world record in 100 mts dash Men?

- 9.58 sec
- 9.65 sec
- 9.62 sec
- 9.60 sec

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Sheldon classified Body types as:-

- body with red and white fibre muscles
- Pyknic, Athletic, Asthenic, Diplastic
- body with fast and slow twitch muscle

- Endomorph, ectomorph and Mesomorph

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How many different colors can be found in a Handball?

- 1
- 2
- 3
- Unlimited

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In 400 mts hurdles competition the distance between two hurdles?

- 35mts
- 40mts
- 45mts
- 30mts

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Googly is also known as \_\_\_\_\_.

- Wrong'un
- Arm ball
- Dusra
- Chinaman

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Which Indian athlete is known as Payyoli express?

- Aswininachappa
- Beenamol
- P.T.Usha
- Anjuboby George

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Physical Education is the sum of man's \_\_\_\_\_ activities.

- Psychological
- Philosophical
- physical

aesthetic

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Objectives of physical education includes:-

- Understanding the techniques and tactics of games and athletics
- Ability to play games and athletics
- Ability to officiate and score a match
- Organic development, neuromuscular development and Emotional development objective

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The height of antenna above the net in the game of volley ball is:-

- 1.1Mts
- 1Mts
- 1.2Mts
- 0.8Mts

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The Standard height for men 400mts hurdles shall be?

- 0.762m
- 0.840m
- 0.914m
- 1.067 m

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Maximum length of javelin Runway?

- 30
- 36
- 33
- 36.50

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Sport Authority of India was formed in:-

- 1985
- 1983
- 1986

1984

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Which year Kabaddi (Men) world cup was played?

1996

2007

2000

2004

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What is the Radius of the Shot put Sector?

2.135 mts

2.50 mts

1.25 mts

1.069 mts

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which event is not related to Triathlon?

swimming

running

jumping

cycling

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The topics of survival and developmental activities, growth and development and anatomical and physiological differences are studied under:-

Biological foundations of physical education

psychological foundations

Historical bases of physical education

philosophical foundations

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When does the match of handball begin?

When the timekeeper starts the stopwatch or the official clock

When the ball leaves the thrower's hand

- When the first-named referee whistles
- After the whistle for the throw-off is blown by the court referee

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In recent modified format hockey matches are played with the time limits of:-

- Two half's
- Three innings
- Four quarters
- Five innings

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What is the first event in men decathlon event?

- 100mts
- 110hurdles
- 200mts
- 400mts

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What is the suspension time given for warning (Yellow Card)?

- 10 Minutes
- 2 minutes
- 5 minutes
- None of the above

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Toe board is associated with which event:-

- Shot Put
- High Jump
- Long Jump
- Javelin

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Height of football goal post:-

- 8ft
- 7ft

- 5.5 mts
- 8years

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What is the length of exchange zone in 4X100 mts Relay?

- 25 mts
- 15 mts
- 20 mts
- 10 mts

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Which of the following is not considered as a basic means of learning?

- Interaction
- Perception
- Inscription
- Inspiration

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What is the expansion of UDRS?

- Upper Director of Rural Sports
- United District Recreation Society
- Umpire Decision Review System
- Union Direct Recruitment Service

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The quality of pupil -teacher interaction is directly related to the quality of the:-

- Teacher
- Teaching materials
- Pupils
- Classroom environment

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Dimensions of basketball board are:-

- 0.8m x 1.2m
- 0.9m x 1.2m

- 0.8m x 1.1m
- 0.9m x 1.4m

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Weight of the discus for men shall be?

- 2.00 kg
- 2.200 kg
- 3.260kg
- 1.5kg

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Idealism, naturalism and Realism are:-

- Anatomical bases
- Scientific foundations
- Philosophies of Physical Education
- Psychological bases

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Dimensions of badminton court are:-

- 42 ft x 20 ft
- 44ft x 18 ft
- 40ft x 20 ft
- 44 ft x 20 ft

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The highest sports award of India is:-

- Dronacharya Award
- Padam Vibhushan
- Arjun Award
- Rajeev Gandhi Khel Ratna

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Width of the lane in a standard track?

- 1.25
- 1.22

- 1.24
- 1.23

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When did All India Football Federation get AFC affiliation?

- 1954
- 1997
- 1964
- 1948

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Which is the governing body of Indian Athletics?

- IOA
- AAA
- AFI
- IAAF

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How many water jumps are there in 3000 mts steeplechase?

- 28
- 7
- 12
- 8

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Wind Gauge is used in which of the following event:-

- Javelin
- Long jump
- 5000 mts
- 1500 mts

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Who is the founder president of International Kabaddi Federation (IKF)?

- R.M. Sunderashan (Malaysia)
- Jaya Shetty (India)



- Mohammed Ali Pour (Iran)
- Janardan Singh Gehlot (India)

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The game Kho-kho was otherwise called:-

- "Atiya patiya"
- "Feinting dodging"
- "Kilithatu"
- "run chase"

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What are the 2 side posts in High jump known as?

- Horizontal bar
- Side board
- Cross bar
- Uprights

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The height of basket ring from the ground in the game of basketball is:-

- 9 ft
- 11 ft
- 10 ft.
- 8 ft

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Altius Means?

- Faster
- Higher
- Greater
- Stronger

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Number of feathers in a badminton shuttle cock is:-

- Twelve
- Thirteen

- Sixteen
- Eighteen

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The height of net in table tennis is:-

- 6.5 inch
- 6 inch
- 5.5 inch
- 5 inch

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Standard Body type classification includes:-

- body with red and white fibre muscles
- Heavy, medium and light weight
- Endomorph, ectomorph and Mesomorph
- Body with fast and slow twitch muscle

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Game Kho-Kho is the?

- Traditional game
- Rural game
- Recreational game
- Olympic game

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The distance between two attack lines in volley ball court is:-

- 6Mts
- 9Mts
- 18Mts
- 3Mts

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Who was the first athlete to win four gold medals in Olympics?

- Jessi Owens
- Carl Lewis

- Usain Bolt
- Ben Johnson

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For learning and teaching motor skills\_\_\_\_\_are of basic importance.

- Playing of games and sports
- Principles of physical education
- watching games and recordings
- Studying the Rules and regulations

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What is the measurement of Extension arc in Javelin Sector?

- 1.00 Mts
- 1.22 Mts
- 0.50 Mts
- 0.75 Mts

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Which of the following is a standard body type classification?

- Heavy, medium and light weight
- Pyknic, Athletic, Asthenic, Diplastic
- Body with fast and slow twitch muscle
- body with red and white fibre muscles

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When was Hockey introduced in the Asian Games?

- 1962, Jakarta
- 1951, Delhi
- 1954, Manila
- 1958, Tokyo

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Overall length of men javelin:-

- 2.60 m to 2.80m
- 2.30m to 2.50m

- 2.20 m to 2.30m
- 2.60m to 2.70m

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The length of a standard table tennis table is:-

- 2.24 mts
- 2.94 mts
- 2.74 mts
- 2.54 mts

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Wind Sock is not used in which of the following events:-

- Hammer throws
- Discus throws
- Long Jump
- Javelin

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Which one is related to digestive system?

- Alveoli
- Nephron
- Villi
- Neuron

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In steeple chase race the height for women hurdle shall be?

- 75-2 cm
- 91.4 cm
- 77.2 cm
- 76.2cm

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Which of the following is the highest award in sports in the world?

- Jesse Owens Award
- Padma Shree

- Olympic order
- Arjuna Award

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Hamstring muscles are located at:-

- Lateral side of upper leg
- Anterior side of upper leg
- Posterior side of upper leg
- Medial side of upper leg

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The gland not located in head is:-

- Hypothalamus
- Pineal
- Thymus
- Pituitary

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An immediate and fruitful follow-up to a lecture is:-

- Instructing students in health
- Imparting lessons in aerobics
- Practical demonstration
- Organizing athletic meets

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Most teaching in Schools, Colleges and Universities are done by:-

- Discussion Method
- Demonstration method
- Lecture method
- Drill method

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\_\_\_\_\_ is the King of Asanas.

- Sirsasana
- Savasana

- Andha Matsyendrasana
- Yogasana

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The muscle located in lower leg is:-

- Sartorius
- Deltoid
- Soleus
- Trapezius

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What is the Nickname of Indian legend Hockey player Dhyanchand?

- Little Master
- Hockey Wizard
- Hockey Jockey
- Hockey Man

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To treat lordosis\_\_\_\_\_is useful.

- Samasana
- Trikonasana
- Savasana
- Vajrasana

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Largest gland in the human body is:-

- Liver
- Pituitary gland
- Thyroid
- Pancreas

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Bones in the human body are classified on the basis of:-

- Location
- Shape

- Function
- Weight

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Which one of the following term is related to Tennis?

- Advantage set
- Giant set
- Super set
- Drop set

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A lead-up activity is generally in form of a/an:-

- Basic Drill
- Re-creative activities
- Modified Skill/Drill
- Basic Skill

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What is the official Set break time at the end of each set in tennis?

- 120 seconds maximum
- 60 seconds maximum
- 180 seconds maximum
- 90 seconds maximum

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Adapted Physical Education program is meant for:-

- Tribal and Backward individuals
- Elite sports persons
- Differently abled individuals
- Chronically ill individuals

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In human body gliding joint is found in:-

- Neck
- Elbow

- Hip
- Wrist

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Which part of respiratory system is responsible for speech?

- Larynx
- Nasal cavity
- Trachea
- Pharynx

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The hormone produced by islet of Langerhans is:-

- Corticoids
- Glucagon
- Iodine
- Gonadotropin

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The smallest bone in the human body is:-

- Ineus
- Malleus
- Femur
- Stapes

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What percent of a human body weight is made up of mineral elements?

- 8%
- 6%
- 10%
- 4%

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The primary focus of supervision is:-

- Maintenance of records
- Competition program



- Learning situation
- Equipment management

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Which personality is related to the game of badminton?

- Mamata Prabhu
- Mithali Raj
- Saina Nehwal
- Saina Mirza

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The Width of a standard table tennis table is:-

- 1.255 mts
- 2.0mts
- 1.755 mts
- 1.525 mts

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Who is the inventor of Volley ball game?

- James Naismith
- Dean Smith
- H.C.Buck
- William G.Morgan

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Number of players during a basketball game from one team is:-

- Four
- Seven
- Six
- Five

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Which training should be avoided for children with under developed bone?

- Circuit training
- Weight training

- Interval training
- Fartlek training

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'Olympic Bhavan' site is being planned at:-

- New Delhi
- Chennai
- Bangalore
- Kolkata

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Which is not associated with the game of Volley Ball?

- Dip
- Bump
- Hit
- Libero

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The National Sports Festival for Women was started in:-

- 1974
- 1976
- 1975
- 1970

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The Weight of a standard table tennis ball is:-

- 3.7gm
- 2.7gm
- 5 gm
- 4 gm

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In basketball after scoring a basket, a team can get a score, except:-

- Four points
- One point

- Three points
- Two points

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Name the association of kabaddi in India:-

- Indian Kabaddi Federation
- Amature Kabaddi Fedration of India
- Kabaddi Association of India
- Amature Kabaddi Association of India

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Which is not a part of badminton racket?

- Handle
- Net
- Throat
- Shaft

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Where was the 1986 football world cup held ?

- Uruguay
- Mexico
- Chile
- France

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What is the penalty for a direct red card in the World Cup?

- One game suspension that can be extended by the FIFA's disciplinary committee
- Players
- FIFA's disciplinary committee check the videos of the player's foul and decides the longer suspension
- The player will be automatically banned for two games

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I.A.A.F. stands for:-

- Indian Amateur Athletics Federation
- International Association of Athletics Federations

- Indian Association of Athletics and Field events
- International All Athletics Federation

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The signal for goal scored is:-

- Hold crossed forearms in front of the chest
- Slightly raise a leg and touch it near the foot ankle with the hand
- Point both arms horizontally towards the centre of the field
- Point both arms horizontally towards the goal

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Name the first Indian (male) to swim across the English Channel?

- Kutraleeswaran
- Khazan Singh
- Mihir Sen
- Thomas cook

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Sprinters' muscles are composed of:-

- Higher number of Slow twitch fibers
- Equal number of Fast and Slow twitch fibers
- No Fast twitch fibers
- Higher number of Fast twitch fibers

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The signal for penalty corner is:-

- Point both arms horizontally towards the goal
- Hold crossed forearms in front of the chest
- Point both arms horizontally towards the centre of the field
- Slightly raise a leg and touch it near the foot ankle with the hand

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Which of the following body type belongs to the Meso morph type?

- 1-1-9
- 9-3-1

9-1-1

1-9-1