During which year did ancient Olympics start?
- 996 BC
- 776 BC
- 886 BC
- 1896 AD

The technique that is not used in long jump:
- Hitch kick technique
- Hang technique
- Sail technique
- Fosbury flop

Which gland performs both exocrine as well as endocrine function in human body?
- Kidneys
- Liver
- Pancreas
- Gall bladder

What is the world record in 100 mts dash Men?
- 9.58 sec
- 9.65 sec
- 9.62 sec
- 9.60 sec

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

6 of 100
183 PU_2015_377
How many different colors can be found in a Handball?
- 1
- 2
- 3
- Unlimited

7 of 100
200 PU_2015_377
In 400 mts hurdles competition the distance between two hurdles?
- 35mts
- 40mts
- 45mts
- 30mts

8 of 100
189 PU_2015_377
Googly is also known as__________________.
- Wrong’un
- Arm ball
- Dusra
- Chinaman

9 of 100
203 PU_2015_377
Which Indian athlete is known as Payyoli express?
- Aswininachappa
- Beenamol
- P.T.Usha
- Anjuboby George

10 of 100
170 PU_2015_377
Physical Education is the sum of man’s________________ activities.
- Psychological
- Philosophical
- physical
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

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

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

The standard height for men 400mts hurdles shall be?

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

Maximum length of javelin Runway?

- 30
- 36
- 33
- 36.50

Sport Authority of India was formed in:-

- 1985
- 1983
- 1986
1984

16 of 100
186 PU_2015_377
Which year Kabaddi (Men) world cup was played?
☐ 1996
☐ 2007
☐ 2000
☐ 2004

17 of 100
215 PU_2015_377
What is the Radius of the Shot put Sector?
☐ 2.135 mts
☐ 2.50 mts
☐ 1.25 mts
☐ 1.069 mts

18 of 100
209 PU_2015_377
which event is not related to Triathlon?
☐ swimming
☐ running
☐ jumping
☐ cycling

19 of 100
176 PU_2015_377
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

20 of 100
182 PU_2015_377
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

21 of 100
In recent modified format hockey matches are played with the time limits of:-
- Two half’s
- Three innings
- Four quarters
- Five innings

22 of 100
What is the first event in men decathlon event?
- 100mts
- 110hurdles
- 200mts
- 400mts

23 of 100
What is the suspension time given for warning (Yellow Card)?
- 10 Minutes
- 2 minutes
- 5 minutes
- None of the above

24 of 100
Toe board is associated with which event:-
- Shot Put
- High Jump
- Long Jump
- Javelin

25 of 100
Height of football goal post:-
- 8ft
- 7ft
26 of 100
219 PU_2015_377
What is the length of exchange zone in 4X100 mts Relay?
- 25 mts
- 15 mts
- 20 mts
- 10 mts

27 of 100
120 PU_2015_377
Which of the following is not considered as a basic means of learning?
- Interaction
- Perception
- Inscription
- Inspiration

28 of 100
188 PU_2015_377
What is the expansion of UDRS?
- Upper Director of Rural Sports
- United District Recreation Society
- Umpire Decision Review System
- Union Direct Recruitment Service

29 of 100
121 PU_2015_377
The quality of pupil -teacher interaction in directly related to the quality of the:-
- Teacher
- Teaching materials
- Pupils
- Classroom environment

30 of 100
191 PU_2015_377
Dimensions of basketball board are:-
- 0.8m x 1.2m
- 0.9m x 1.2m
31 of 100
218 PU_2015_377
Weight of the discus for men shall be?
- 2.00 kg
- 2.200 kg
- 3.260kg
- 1.5kg

32 of 100
172 PU_2015_377
Idealism, naturalism and Realism are:-
- Anatomical bases
- Scientific foundations
- Philosophies of Physical Education
- Psychological bases

33 of 100
192 PU_2015_377
Dimensions of badminton court are:-
- 42 ft x 20 ft
- 44ft x 18 ft
- 40ft x 20 ft
- 44 ft x 20 ft

34 of 100
164 PU_2015_377
The highest sports award of India is:-
- Dronacharya Award
- Padam Vibhushan
- Arjun Award
- Rajeev Gandhi Khel Ratna

35 of 100
204 PU_2015_377
Width of the lane in a standard track?
- 1.25
- 1.22
36 of 100
185 PU_2015_377
When did All India Football Federation get AFC affiliation?
☐ 1954
☐ 1997
☐ 1964
☐ 1948

37 of 100
213 PU_2015_377
Which is the governing body of Indian Athletics?
☐ IOA
☐ AAA
☐ AFI
☐ IAAF

38 of 100
201 PU_2015_377
How many water jumps are there in 3000 mts steeplechase?
☐ 28
☐ 7
☐ 12
☐ 8

39 of 100
208 PU_2015_377
Wind Gauge is used in which of the following event:-
☐ Javelin
☐ Long jump
☐ 5000 mts
☐ 1500 mts

40 of 100
187 PU_2015_377
Who is the founder president of International Kabaddi Federation (IKF)?
☐ R.M. Sunderashan (Malaysia)
☐ Jaya Shetty (India)
The game Kho-kho was otherwise called:-
- “Atiya patiya”
- “Feinting dodging”
- “Kilithatu”
- “run chase”

What are the 2 side posts in High jump known as?
- Horizontal bar
- Side board
- Cross bar
- Uprights

The height of basket ring from the ground in the game of basketball is:-
- 9 ft
- 11 ft
- 10 ft.
- 8 ft

Altius Means?
- Faster
- Higher
- Greater
- Stronger

Number of feathers in a badminton shuttle cock is:-
- Twelve
- Thirteen
Sixteen
Eighteen

46 of 100
196 PU_2015_377
The height of net in table tennis is:-
- 6.5 inch
- 6 inch
- 5.5 inch
- 5 inch

47 of 100
177 PU_2015_377
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

48 of 100
180 PU_2015_377
Game Kho-Kho is the?
- Traditional game
- Rural game
- Recreational game
- Olympic game

49 of 100
195 PU_2015_377
The distance between two attack lines in volley ball court is:-
- 6Mts
- 9Mts
- 18Mts
- 3Mts

50 of 100
207 PU_2015_377
Who was the first athlete to win four gold medals in Olympics?
- Jessi Owens
- Carl Lewis
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

What is the measurement of Extension arc in Javelin Sector?
- 1.00 Mts
- 1.22 Mts
- 0.50 Mts
- 0.75 Mts

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

When was Hockey introduced in the Asian Games?
- 1962, Jakarta
- 1951, Delhi
- 1954, Manila
- 1958, Tokyo

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

56 of 100
197 PU_2015_377
The length of a standard table tennis table is:-
☐ 2.24 mts
☐ 2.94 mts
☐ 2.74 mts
☐ 2.54 mts

57 of 100
217 PU_2015_377
Wind Sock is not used in which of the following events:-
☐ Hammer throws
☐ Discus throws
☐ Long Jump
☐ Javelin

58 of 100
158 PU_2015_377
Which one is related to digestive system?
☐ Alveoli
☐ Nephron
☐ Villi
☐ Neuron

59 of 100
212 PU_2015_377
In steeple chase race the height for women hurdle shall be?
☐ 75-2 cm
☐ 91.4 cm
☐ 77.2 cm
☐ 76.2 cm

60 of 100
169 PU_2015_377
Which of the following is the highest award in sports in the world?
☐ Jesse Owens Award
☐ Padma Shree
61 of 100
259 PU_2015_377
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

62 of 100
258 PU_2015_377
The gland not located in head is:-
- Hypothalamus
- Pineal
- Thymus
- Pituitary

63 of 100
224 PU_2015_377
An immediate and fruitful follow-up to a lecture is:-
- Instructing students in health
- Imparting lessons in aerobics
- Practical demonstration
- Organizing athletic meets

64 of 100
229 PU_2015_377
Most teaching in Schools, Colleges and Universities are done by:-
- Discussion Method
- Demonstration method
- Lecture method
- Drill method

65 of 100
241 PU_2015_377
_____________________is the King of Asanas.
- Sirsasana
- Savasana
Andha Matsyendrasana
Yogasana

66 of 100
250 PU_2015_377
The muscle located in lower leg is:-
☐ Sartorius
☐ Deltoid
☐ Soleus
☐ Trapezius

67 of 100
236 PU_2015_377
What is the Nickname of Indian legend Hockey player Dhyanchand?
☐ Little Master
☐ Hockey Wizard
☐ Hockey Jockey
☐ Hockey Man

68 of 100
242 PU_2015_377
To treat lordosis___________________ is useful.
☐ Samasana
☐ Trikonasana
☐ Savasana
☐ Vajrasana

69 of 100
255 PU_2015_377
Largest gland in the human body is:-
☐ Liver
☐ Pituitary gland
☐ Thyroid
☐ Pancreas

70 of 100
254 PU_2015_377
Bones in the human body are classified on the basis of:-
☐ Location
☐ Shape
Which one of the following term is related to Tennis?

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

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

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

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

Adapted Physical Education program is meant for:

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

In human body gliding joint is found in:

- Neck
- Elbow
Which part of respiratory system is responsible for speech?
- Larynx
- Nasal cavity
- Trachea
- Pharynx

The hormone produced by islet of Langerhans is:-
- Corticoids
- Glucagon
- Iodine
- Gonadotropin

The smallest bone in the human body is:-
- Ineus
- Malleus
- Femur
- Stapes

What percent of a human body weight is made up of mineral elements?
- 8%
- 6%
- 10%
- 4%

The primary focus of supervision is:-
- Maintenance of records
- Competition program
Learning situation
Equipment management

81 of 100
293 PU_2015_377
Which personality is related to the game of badminton?
- Mamata Prabhu
- Mithali Raj
- Saina Nehwal
- Saina Mirza

82 of 100
296 PU_2015_377
The Width of a standard table tennis table is:-
- 1.255 mts
- 2.0 mts
- 1.755 mts
- 1.525 mts

83 of 100
295 PU_2015_377
Who is the inventor of Volley ball game?
- James Naismith
- Dean Smith
- H.C.Buck
- William G.Morgan

84 of 100
291 PU_2015_377
Number of players during a basketball game from one team is:-
- Four
- Seven
- Six
- Five

85 of 100
279 PU_2015_377
Which training should be avoided for children with under developed bone?
- Circuit training
- Weight training
Interval training
Fartlek training

86 of 100
265 PU_2015_377
'Olympic Bhavan' site is being planned at:-
- New Delhi
- Chennai
- Bangalore
- Kolkata

87 of 100
294 PU_2015_377
Which is not associated with the game of Volley Ball?
- Dip
- Bump
- Hit
- Libero

88 of 100
266 PU_2015_377
The National Sports Festival for Women was started in:-
- 1974
- 1976
- 1975
- 1970

89 of 100
297 PU_2015_377
The Weight of a standard table tennis ball is:-
- 3.7gm
- 2.7gm
- 5 gm
- 4 gm

90 of 100
290 PU_2015_377
In basketball after scoring a basket, a team can get a score, except:-
- Four points
- One point
Three points
Two points

Name the association of kabaddi in India:-
- Indian Kabaddi Federation
- Amature Kabaddi Fedration of India
- Kabaddi Association of India
- Amature Kabaddi Association of India

Which is not a part of badminton racket?
- Handle
- Net
- Throat
- Shaft

Where was the 1986 football world cup held ?
- Uruguay
- Mexico
- Chile
- France

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
- 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

I.A.A.F. stands for:-
- Indian Amateur Athletics Federation
- International Association of Athletics Federations
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

Name the first Indian (male) to swim across the English Channel?
- Kutraleeswaran
- Khazan Singh
- Mihir Sen
- Thomas cook

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

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

Which of the following body type belongs to the Mesomorph type?
- 1-1-9
- 9-3-1