

## 377 PU M P Ed Physical Education

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Who was the first athlete to be awarded Padma Sri Award?

- V. S. Chouhan
- Milka Singh
- P. T. Usha
- G. S. Randhawa

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What is the full form of IAAF?

- India amateur athletic s federation
- International amateur athletic federation
- Indian association of athletic and fi.eld events
- None of the above

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Where did the game of badminton originated?

- Tamil Nadu
- Karachi
- Pune
- Delhi

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114 PU\_2016\_377\_E

The 2022 Cricket World Cup shall be co-hosted by:-

- India, Sri Lanka, and Bangladesh
- Bangladesh, Pakistan and Sri Lanka
- Bangladesh, Pakistan and India
- India, Sri Lanka, Pakistan and Bangladesh

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In which country commonwealth game were held in 2010?

- Canada
- India
- Bangladesh

- Australia

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\_\_\_\_\_ is associated with Hockey.

- Drop
- Breast Stroke
- Dunk
- Back Post

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Football World Cup has been won by which country for the maximum number of times?

- West Germany
- Brazil
- Uruguay
- Italy

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111 PU\_2016\_377\_E

2016 South Asian Games concluded; India finished at top with how many medals:-

- 308
- 280
- 295
- 350

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When is national sports day of India Celebrated?

- September- 14
- April-6
- October-11
- August -29

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Which country had started football world cup?

- Italy
- Brazil
- West Germany

- Uruguay

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Who won the Asian cricket T20 cup in 2016?

- India
- Australia
- Sri Lanka
- Bangladesh

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BCCI Cricket of the title 2015 conferred upon which of the following:-

- Suresh Raina
- Manish Punday
- Virat Kohli
- Ms Dhoni

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Forward bending posture:-

- Sarvangasana
- Shirsasana
- Padahastasana
- Shavasana

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The root word of Yoga is:-

- Siddha
- Roga
- Yuj
- Bhoga

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The ideal time for practicing Yogasanas is:-

- Night time
- Mid day
- Travelling time

- Early morning time

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Pranayama benefits:-

- Endocrine system
- Respiratory system
- Circulatory system
- Muscular system

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The number steps in the Suryanamaskar:-

- 10
- 11
- 12
- 14

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It is best to practice Yogasanas a minimum of:-

- Half hour after food
- One hour after food
- Two hours after food
- immediately after food

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Which of the following asanas is relaxation asana?

- Shirshsana
- Chakrasana
- Shavasana
- Halasana

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The asana which is not an asana resembling a bird:-

- Mayurasana
- Garudasana
- Kakasana

- Gomukasana

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Head Stand posture:-

- Sarvangasana
- Shirsasana
- Padahastasana
- Shavasana

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Nadi suddhi means:-

- Cleansing digestive system
- holding of breath after exhalation
- Purification of Nadis
- Holding of breath after inhalation

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Shoulder Stand posture:-

- Shirsasana
- Padahastasana
- Shavasana
- Sarvangasana

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Which of the following asanas is a meditative asana?

- Padmasana
- Vajrasana
- Chakrasana
- Savasana

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First Ancient Games was held at:-

- New Delhi
- Tokyo
- Bangkok

- Manila

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158 PU\_2016\_377\_E

The game of Basketball was invented by Dr. James. A. Naismith in the year:-

- 1891
- 1896
- 1895
- 1893

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The Marathon race was introduced in the year:-

- 1896
- 1900
- 1908
- 1914

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Society for National Institute of Physical Education and Sports(SNIPES) was established in the year:-

- 1965
- 1968
- 1966
- 1962

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Ameture Athletic Federation of India was formed in the year:-

- 1946
- 1945
- 1944
- 1943

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Which athlete was named as Payyoli Express?

- P.T.Usha
- Anju Bobby George
- Milkha Singh

- Shiny Wilson

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The Winter Olympic game was first introduced in the year:-

- 1928
- 1922
- 1924
- 1926

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Das Methoden Buch refers to:-

- Book of music
- Book of method
- Book of physical education
- Elementary book

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The Sports Authority of India was established in the year:-

- 1984
- 1974
- 1976
- 1986

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Indian Olympic Association was formed in the year:-

- 1927
- 1932
- 1928
- 1929

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Father of Physical Education in India:-

- C.A.Bucher
- H.C.Buck
- G.D Soundhy

- Baron .D. Coubertin

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First YMCA in America was founded at Boston in the year:-

- 1851
- 1853
- 1856
- 1855

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Function of this layer of the heart serves as a lubricative outer covering:-

- Myocardium
- Pericardium
- Endocardium
- Epicardium

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Which of the following does not belong to the category of dope?

- Ergogenic aids
- Caffeine
- Nicotine
- All of the above

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Sliding filament theory of muscle contraction was given by\_\_\_\_\_.

- Darwin
- Huxley
- Newton
- Pythagoras

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Urea synthesis occurs in:-

- Liver
- Muscles
- Kidney



- Brain

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The amount of air moved in and out of the lungs per minute:-

- Tidal volume
- Systemic ventilation
- Pulmonary ventilation
- Dead space ventilation

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Oxygenated blood is carried to the heart by the:-

- Aorta
- Carotid arteries
- Pulmonary veins
- Inferior vena cava

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Which of the following cavities are separated by the diaphragm?

- Pericardial and pleural
- Cranial and spinal
- Abdominal and pelvic
- Thoracic and abdominal

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Weight of the heart in human is\_\_\_\_\_.

- 200gms
- 220-260gms
- 300gms
- 400gms

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Volume of air space that reaches the respiratory zone is \_\_\_\_\_.

- Alveolar ventilation
- Total lung capacity
- Vital capacity

- Dead space ventilation

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A condition in which heat is lost from the body faster than it is produced:-

- Hyperplasia
- Hyperthermia
- Hypertrophy
- Hypothermia

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The cell membrane (plasma) surrounding a muscle fibre:-

- Sarcomere
- Sarcoplasm
- Myofibrils
- Sarcolemma

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The typical value for the tidal volume is:-

- 600 mL
- 350 mL
- 500 mL
- 300 mL

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Which of the following factors does not affect the timetable?

- Climatic conditions
- Equipment available
- Budget
- Number of students

**50 of 100**

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The school intramural program virtually serves as an excellent ground for:-

- Skill development
- Student recreation
- Testing skill proficiency

- Basic constructional works

**51 of 100**

208 PU\_2016\_377\_E

The most appropriate educational basis on which intramural contexts in school should be organized is:-

- Inter-class
- Inter-house
- Open contest system
- One-to-one matching

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A good demonstration is designed to help:-

- Enable pupils to understand skill well
- The teacher to teach skills perfectly
- Understand biomechanics of the skill
- Speed up perfection in a skill

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The most important consideration in selecting the sports equipment is:-

- Quality
- Utility
- Price
- Source

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Which of the following factors is considered to be most important in the construction of an indoor gymnasium?

- Light
- Floor
- Ventilation
- Direction

**55 of 100**

216 PU\_2016\_377\_E

The major source of income for school and college sports programmes is:-

- Student fees
- Government grants

- Donations
- Ticket sale

**56 of 100**

231 PU\_2016\_377\_M

Modern physical education is invariably:-

- Indigenous-activity oriented
- Fitness oriented
- Sports oriented
- Health oriented

**57 of 100**

225 PU\_2016\_377\_M

The most effective method of self-learning is:-

- Exploration
- Demonstration
- Observation
- Discussion

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219 PU\_2016\_377\_E

All outdoor play fields and courts have North-south orientation except Kho-kho court because it is:-

- Conventional to do so
- Important to conserve space
- Necessary to avoid facing sun
- A healthy practice

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221 PU\_2016\_377\_M

In a skill-centered lesson plan utmost emphasis should be given on:-

- Instruction
- Class management
- Recreation
- Practice

**60 of 100**

212 PU\_2016\_377\_E

For which of the following activities should the lesson plan be specific?

- Set drills
- Discus throw

- Drill and marching
- Exercise tables

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224 PU\_2016\_377\_M

Which of the following is considered as the backbone of the physical education programme?

- Competitive sprit
- Public relation
- Leadership
- Supervision

**62 of 100**

217 PU\_2016\_377\_E

Which of the following is not considered as an organization?

- a school
- a society
- a club
- an association

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211 PU\_2016\_377\_E

All physical classes on the field or in the indoor gymnasium must commence:-

- Suryanamaska
- Warming up
- Calling rolls
- Salutation to the teacher / coach

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214 PU\_2016\_377\_E

For effective teaching of track and field events, the ideal number of students in a class should be:-

- 10
- 25
- 20
- 15

**65 of 100**

220 PU\_2016\_377\_M

The imitation method of teaching is best suited to teaching:-

- Women
- Adolescents

- Adults
- Children

**66 of 100**

227 PU\_2016\_377\_M

Camping is an extremely good activity for developing:-

- Human personality
- Aesthetic sense
- Contact with nature
- Social interaction among people

**67 of 100**

232 PU\_2016\_377\_M

What is the measurement of kho-kho sitting square?

- 20 x 20 cms
- 35 x 35 cms
- 15 x 15 cms
- 30 x 30 cms

**68 of 100**

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Height of a Handball goal post is:-

- 3.5 m
- 3 m
- 2.5 m
- 2 m

**69 of 100**

243 PU\_2016\_377\_M

The receiver is:-

- the person appointed to decide the result of each rally
- the person who shows the score
- the player due to strike the ball first in the rally
- the player due to strike the ball second in a rally

**70 of 100**

247 PU\_2016\_377\_M

A Hockey match is started with:-

- Line pass
- Self pass

- Back pass
- Bully

**71 of 100**

248 PU\_2016\_377\_M

When the ball touches the foot of a defender, then:-

- the ball put into play with a bully
- the defender puts the ball back into play
- penalty stroke is given
- the attacker puts the ball back into play

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251 PU\_2016\_377\_M

Warning shall be issued to which of the following:-

- the raider goes raiding within 5 seconds to opponent's raid
- plays without causing danger to other players
- If the raider goes raiding in correct turn
- when a raider is instructed by one of his own side

**73 of 100**

250 PU\_2016\_377\_M

Number of players to be in the Kabaddi team is:-

- 5
- 6
- 7
- 8

**74 of 100**

270 PU\_2016\_377\_D

The skill used to set a ball that is coming around head height in volley ball is:-

- The overhead pass
- The smash
- The forearm pass
- The serve

**75 of 100**

274 PU\_2016\_377\_D

What is the minimum number of players needed to play a football match?

- 7
- 11

- 9
- 8

**76 of 100**

261 PU\_2016\_377\_D

A free throw is worth how many points?

- 2
- 3
- 1
- 4

**77 of 100**

257 PU\_2016\_377\_M

In Cricket the crease line belongs to:-

- The captain
- The umpire
- The batsman
- The bowler

**78 of 100**

265 PU\_2016\_377\_D

In a singles game, player A serves the shuttle that would have gone out of bounds if player B had not returned it. What should player A do?

- Claim a point
- Continue the point
- Play the point over
- Give player B the point

**79 of 100**

254 PU\_2016\_377\_M

What is the name of the trophy which is awarded to the winner of All India Inter University cricket tournament?

- C.K. Nayudu Trophy
- Duleep Trophy
- Vizzy Trophy
- Rohington Baria Trophy

**80 of 100**

264 PU\_2016\_377\_D

What happens when the shuttle cock touches the net during a rally in badminton?

- a let is called



- Play is continued
- The point is ended
- The point is replayed

**81 of 100**

256 PU\_2016\_377\_M

In Cricket terminology 'gully' refers to:-

- A type of bat
- A type of ball
- A fielding position
- A players pathway

**82 of 100**

267 PU\_2016\_377\_D

Which of the following is considered a fault in badminton?

- Hitting the net during play with the racket
- Receiver hitting the shuttle from out of the boundary
- Rackets clashing with each other in a doubles game
- Racket hitting the ground before striking the shuttle

**83 of 100**

272 PU\_2016\_377\_D

What is the maximum allowable weight for a football?

- 400 gms
- 500 gms
- 550 gms
- 450 gms

**84 of 100**

260 PU\_2016\_377\_D

To take possession of a ball after a missed shot at the basket is known as:-

- Free throw
- Rebound
- Layup
- Foul

**85 of 100**

273 PU\_2016\_377\_D

In which year was FIFA established?

- 1937

- 1929
- 1943
- 1904

**86 of 100**

271 PU\_2016\_377\_D

The first line of defense against the smash in volley ball is:-

- The dig
- The block
- The serve
- The volley set

**87 of 100**

293 PU\_2016\_377\_D

I A A F stands for:-

- Indian Athletic Amateur federation
- International Amateur Athletic federation
- International Athletic Association forum
- International Association of Athletics Federations

**88 of 100**

282 PU\_2016\_377\_D

Minimum weight of shot for acceptance of a record for men:-

- 7.28kg
- 7.62kg
- 7.26kg
- 7.42gm

**89 of 100**

279 PU\_2016\_377\_D

Landing area of high jump event should be:-

- 5x5mts
- 4x3mts.
- 4x5 mts.
- 5x3mts

**90 of 100**

277 PU\_2016\_377\_D

who was the first athlete to be awarded Padmashree Award?

- Milkha Singh

- P.T.Usha
- G.S.Randhawa
- ShinyWilson

**91 of 100**

278 PU\_2016\_377\_D

In steeplechase the water jumps shall be:-

- 6<sup>th</sup> jump
- 5<sup>th</sup> jump
- 7<sup>th</sup> jump
- 4<sup>th</sup> jump

**92 of 100**

284 PU\_2016\_377\_D

Weight of women javelin should be:-

- 600gms
- 800gm
- 700gm
- 762gms

**93 of 100**

283 PU\_2016\_377\_D

All international competition shall be held under the rules of:-

- IAAF
- IOA
- AAFI
- AAAF

**94 of 100**

297 PU\_2016\_377\_D

In Long Jump event if the tie remains it shall be resolved by:-

- Best of his all attempts
- Lowest best performance
- Second best Performance
- both declared winner

**95 of 100**

281 PU\_2016\_377\_D

In marathon race, athletes have to run:-

- 26miles 325 yards

- 26miles 385 yards
- 26 miles 836 yards
- 26 miles 285yards

**96 of 100**

299 PU\_2016\_377\_D

In which Olympic games did the Indian athletes first participate?

- 1924
- 1936
- 1896
- 1920

**97 of 100**

280 PU\_2016\_377\_D

The angle of landing sector of discus throw is:-

- 34.92
- 32.92
- 34.96
- 32.96

**98 of 100**

296 PU\_2016\_377\_D

As per rule the number of spike in a shoe cannot exceed:-

- 8
- 10
- 11
- 9

**99 of 100**

285 PU\_2016\_377\_D

Minimum weight of discus for acceptance of a record for men:-

- 2kg
- 3kg
- 4kg
- 7kg

**100 of 100**

286 PU\_2016\_377\_D

The width of Rim of the discus circle shall be at least:-

- 5mm

- 6mm
- 7mm
- 75mm