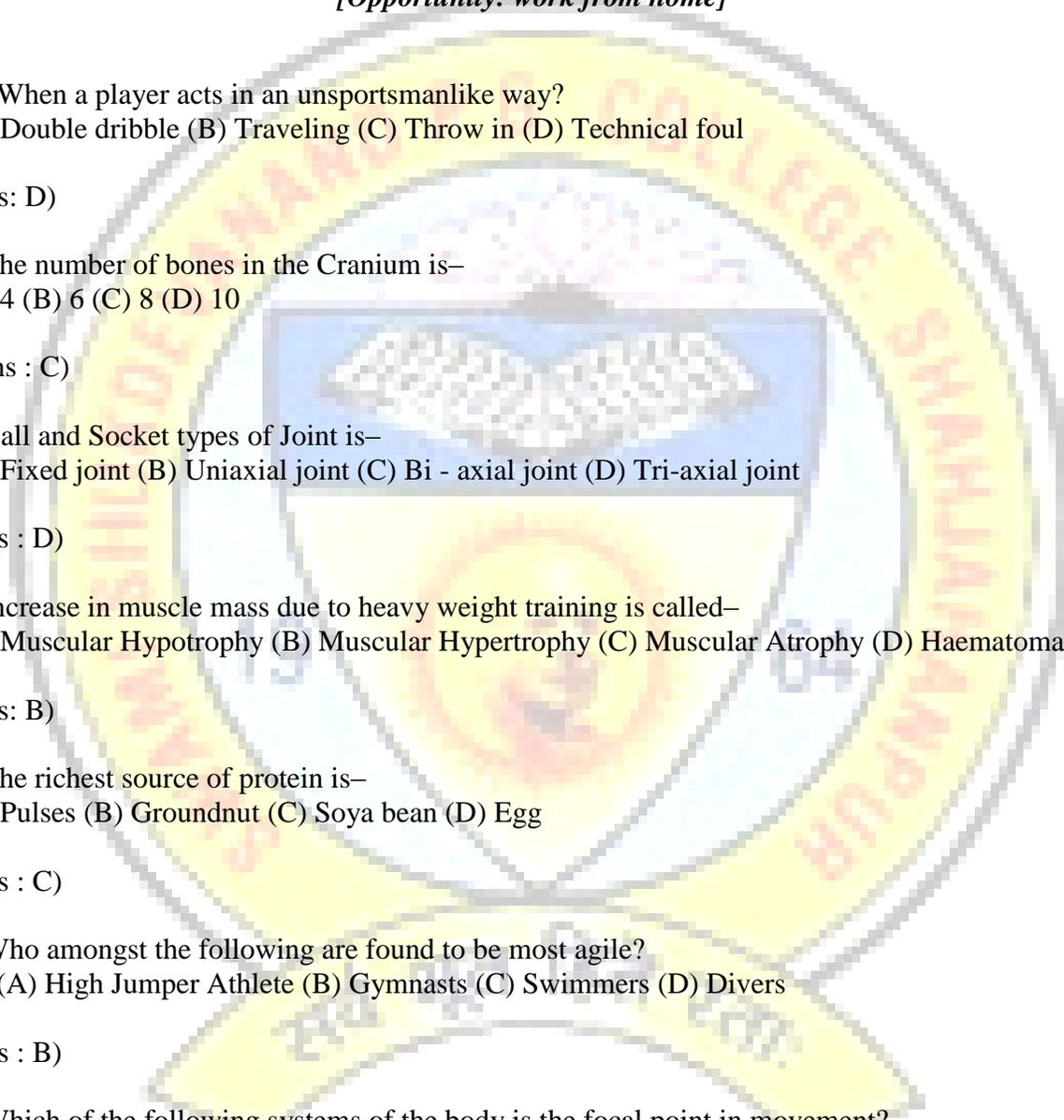


Swami Sukdevanand [PG] College, Shahjahanpur, Uttar Pradesh
Department of Physical Education

Practice set-1 of multiple choice questions for preparation

[Opportunity: work from home]

- 
1. When a player acts in an unsportsmanlike way?
(A) Double dribble (B) Traveling (C) Throw in (D) Technical foul
(Ans: D)
2. The number of bones in the Cranium is—
(A) 4 (B) 6 (C) 8 (D) 10
(Ans : C)
3. Ball and Socket types of Joint is—
(A) Fixed joint (B) Uniaxial joint (C) Bi - axial joint (D) Tri-axial joint
(Ans : D)
4. Increase in muscle mass due to heavy weight training is called—
(A) Muscular Hypotrophy (B) Muscular Hypertrophy (C) Muscular Atrophy (D) Haematoma
(Ans: B)
5. The richest source of protein is—
(A) Pulses (B) Groundnut (C) Soya bean (D) Egg
(Ans : C)
6. Who amongst the following are found to be most agile?
(A) High Jumper Athlete (B) Gymnasts (C) Swimmers (D) Divers
(Ans : B)
7. Which of the following systems of the body is the focal point in movement?
(A) Circulatory system (B) Nervous system (C) Respiratory system (D) Muscular system
(Ans : D)
8. Which one of the following concepts reflects the true nature of Modern Physical Education?
(A) Physical training (B) Science of Movement (C) Movement Education (D) Athleticism

(Ans : A)

9. How many major Salivary glands are there in the human body?

(A) Two (B) Four (C) Six (D) Eight

(Ans : C)

10. Which artery carries the supply of blood towards heart?

(A) Carotid artery (B) Coronary artery (C) Pulmonary artery (D) Radial artery

(Ans: C)

11. Scoliosis is a postural deformity related with–

(A) Foot (B) leg (C) vertebral column (D) hand

(Ans: C)

12. The Law of acceleration is also known as–

(A) Law of inertia (B) Law of action and reaction (C) Law of momentum (D) Boyle's law

(Ans : C)

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

(A) Direction (B) Light (C) Ventilation (D) Floor

(Ans: C)

14. How long you should exercise in a day?

(A) 40 mins (B) 20 mins (C) 60 mins (D) 30mins

(Ans : C)

15. Sphygmomanometer is used to measure–

(A) Blood Haemoglobin (B) Blood Cholesterol (C) Blood Pressure (D) Blood Volume

(Ans : C)

16. Which of the following is a two Joint muscle?

(A) Bicep brachii (B) Deltoid (C) Iliopsoas (D) Sartorius

(Ans : D)

17. Harvard step test is a test for measuring–

(A) Leg strength (B) Cardio vascular endurance (C) Agility (D) Speed of movement

(Ans : B)

18. The back thigh muscles are also known as–

- (A) Hamstring (B) Gluteal (C) Gastrocnemius (D) Quadriceps

(Ans : A)

19. The blood vessel which brings blood to the heart from the lower part of the body is known as–

- (A) Inferior vena cava (B) Superior vena cava (C) Pulmonary vein (D) Pulmonary artery

(Ans : A)

20. Which of the following activities measures dynamic strength?

- (A) Vertical Jump (B) Short distance runs (C) Forward Roll (D) Rope climbing

(Ans : D)

21. First step of Budget preparation is–

- (A) To search income (B) Estimate Expenditure (C) Planning (D) Facilities and personnel

(Ans : C)

22. How many glasses of water you should drink per day?

- (A) 5-6 glasses (B) 6-8 glasses (C) 8-9 glasses (D) 10-12 glasses

(Ans : B)

23. Physical activity is basically a–

- (A) Social attribute (B) Psychological tendency
(C) Biological necessity (D) Philosophical concept

(Ans : C)

24. According to the German Concept of Physical Education, the Mother of all Games and Sports is–

- (A) Swimming (B) Gymnastic (C) Athletics (D) Combatives

(Ans : B)

25. In the technical terms, muscle pull is known as–

- (A) Sprain (B) Strain (C) Abrasion (D) Contusion

(Ans : B)

26. Schiller and Spancer are associated with one of the following theories of play–
(A) Anticipation (B) Surplus energy (C) Recapitulation (D) Recreation

(Ans : C)

27. One of the following is an excellent example of Condylod Joint–
(A) Shoulder Joint (B) Hip Joint (C) Wrist Joint (D) Neck Joint

(Ans : C)

28. In which activity Lactic acid system activated?
(A) 100 mts (B) 400 mts (C) 10,000 mts (D) 20 km walk

(Ans : A)

29. In the Childhood, individual's behaviour is mostly influenced by–
(A) Community (B) School (C) Peer Group (D) Family

(Ans : D)

30. One deformity may lead to the development of another, knock knees may be caused as a result of–
(A) Flat foot (B) Bow Legs (C) Genu Legs (D) Scoliosis

(Ans : B)

MCQ Prepared by:

Pranjal Shahi

Assistant Professor- Physical Education

Swami Shukdevanand (PG) College, Shahjahanpur (UP)