

Physical Education MCQs part 8

1. Ultra Microscopic viruses are the main cause of—
(A) Malaria (B) Measles
(C) Mumps (D) Cholera Answer.C
2. Sigmund Freud is known to be the Father of the—
(A) Theory of Motivation (B) Theory of Psychoanalysis
(C) Theory of connectionism (D) Theory of parallelism Answer.B
3. The most suitable class formation for teaching shot-put is a—
(A) Circle (B) Triangle (C) Semicircle (D) Square Answer.C
4. Posture is an index of—
(A) Personality (B) Health
(C) Character (D) Fitness Answer.A
5. From the viewpoint of Psycho-logy, 'Sympathy' is—
(A) An instinct (B) An emotion
(C) A general innate tendency (D) A reflex action Answer.A
6. 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 Answer.C
7. One of the following is an excellent example of Condylloid joint—
(A) Shoulder joint (B) Hip joint
(C) Wrist Joint (D) Neck Joint Answer.C
8. The name of valve between left atrium and left ventricle is—
(A) Tricuspid valve (B) Aortic valve
(C) Pulmonary valve (D) Mitral valve Answer.D
9. All reflex activities are controlled by—
(A) Pons (B) Spinal cord
(C) Cerebellum (D) Cerebrum Answer.B
10. The National Malaria Eradicating Programme was launched in India in the year—
(A) 1973 (B) 1963 (C) 1953 (D) 1951 Answer.C
11. Muscle training is not effective on—
(A) Change in muscle structure (B) Increase in muscle fibers
(C) Increase in muscle strength (D) Increase in muscle endurance Answer.D

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12. Which of the following game was developed from 'The English Rounders' by Abner Daubleday in New York in 1839 ?

- (A) Basketball (B) Volleyball (C) Netball (D) Baseball Answer.D

13, The total number of officials required for a kho-kho match is—

- (A) 4 (B) 5 (C) 6 (D) 7 Answer.C

14, The duration of Russel Launge Volleyball test is—

- (A) 15 sec (B) 30 sec
(C) 45 sec (D) 60 sec Answer.C

15. Adrenalin, which is an excitatory hormone is secreted by»

- (A) Pancreas (B) Gonads
(C) Thyroid (D) Suprarenal glands Answer.A

16. Of the given, which protein filament is 50 to 55% in the muscle ?

- (A) Actin (B) Myosin
(C) Tropomyosin (D) Actomyosin Answer.B

17, The most important consideration in selecting the Sports equipment is—

- (A) Price (B) Source (C) Utility (D) Quality Answer.D

18. In comparison to the Greeks, the Romans were more-

- (A) Authoritarian (B) Utilitarian '
(C) Democratic (D) Aristocratic Answer.B

19. In the technical terms, muscle pull is known as—

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

20. Supination and Pronation are the movements of—

- (A) Tibia – Fibula Joint (B) Carpal ~ Metacarpal Joints
(C) Radio – Ulnar Joint (D) Tarsal – Metatarsal Joint Answer.B

21. Trypsin helps in the digestion of-

- (A) Vitamins (B) Fats (C) Protein (D) Carbohydrates Answer.C

22. A test is considered to be reliable if it has-

- (A) Comparability (B) Continuity
(C) Commonality (D) Consistency Answer.D

23. Which of the following conditions is not a cause for the occurrence of plateau in learning ?

- (A) Fatigue (B) Monotony
(C) Distraction (D) Physiological limit Answer.D

24. How many major Salivary glands are there in the human body ?
(A) Two (B) Four (C) Six (D) Eight Answer.C

25. Physical activity is basically a-
(A) Social attribute (B) Psychological tendency
(C) Biological necessity ~ (D) Philosophical concept Answer.C

26. Which of the following terms denotes the “Toughening of body” as its major objectives ?
(A) Physical culture (B) Play
(C) Drill (D) Physical training Answer.D

27. Which one of the following is not connected with the concept of motivation
(A) Drive (B) Sympathy (C) Need (D) Motive Answer.A

28. Which deficiency in the blood causes inflammation in body parts ?
(A) White Blood Cells (B) Red Blood Cells
(C) Platelets (D) Antibodies Answer.B

29. The functional efficiency of a muscle depends upon its-
(A) Nerve stimulation
(B) Girth
(C) Fibre quality
(D) Tonus

Answer.C

30. Which of the following are considered as the Social Inheritance of Man
(A) Traditions (B) Habits
(C) Conditional reflexes (D) Religious practices Answer.C

31. The literal meaning of the word Philosophy is~—
(A) Love of criticism (B) Love of wisdom
(C) Love of knowledge (D) Love of God Answer.B

32. Who is said to be the Father of Philosophy of Idealism ?
(A) Plato (B) Socrates (C) Aristotle (D) Galan Answer.B

33. Which one of the following is not considered as an organisation ?
(A) Clubs (B) Schools (C) Associations (D) Society Answer.A

34. Organisation means 'Planning the work' and administration means—

- (A) Controlling
- (B) Processing information
- (C) Decision making
- (D) Working the plan

Answer.A

35. In the school setting the major channel of publicity for the physical education programmes

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- (A) Teachers
- (B) Students
- (C) Advertisement
- (D) Intramurals

Answer.D

36. Who amongst the following are found to be most agile ?

- (A) High jumper Athlete
- (B) Gymnasts
- (C) Swimmers
- (D) Divers

Answer.B

37. Which of the following activities measures dynamic strength ?

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

Answer.D

38. The most important factor in the organisation of recreations-

- (A) Materials
- (B) Leadership
- (C) Facilities
- (D) Planning

Answer.C

39. White muscle fibers are better adopted to perform-

- (A) Slow contraction
- (B) Fast contraction

- (C) Medium contraction
- (D) No contraction

Answer.A

40. 'Bhartiyam' was conducted to promote-

- (A) Indigenous games
- (B) Dands and Baithaks
- (C) Free hand exercises
- (D) Mass rhythmic activities

Answer.D

41. Pre-school children learn things by-

- (A) Imitation
- (B) Practice
- (C) Watching T.V,
- (D) Repetition

Answer.A

42. Increase in muscle mass due to heavy weight training is called-

- (A) Muscular Hypotrophy
- (B) Muscular Hypertrophy
- (C) Muscular Atrophy
- (D) Haematoma

Answer.B

43. The back thigh muscles are also known as-

- (A) Hamstring
- (B) Gluteal
- (C) Gastro enemius
- (D) Quadriцеп

Answer.A

44, The longest muscle in me body is-

- (A) Deltoid
- (B) Iliopsoas
- (C) Pectoralis Major
- (D) Sartorius

Answer.D

45. Upto the age of Puberty the sex hormones are secreted by-

- (A) Pituitary gland (B) Adrenal gland
(C) Testes (D) Ovaries

Answer.A

46. In which Olympic did women participate for the first time ?

- (A) 1896 Athens (B) 1900 Paris
(C) 1920 Antwerp (D) 1928 Amsterdam

Answer.B

47. Ball and Socket types of joint is-

- (A) Fixed joint (B) Uniaxial joint
(C) Bi-axial joint (D) Tri-axial joint

Answer.D

48. Which of the following is a two joint muscle ?

- (A) Biceps brachii (B) Deltoid
(C) Iliopsoas (D) Sartorius

Answer.D

49. In the Childhood, individuals behaviour is mostly influenced by-

- (A) Community (B) School
(C) Peer Group (D) Family

Answer.D

50. Which is not a Primary Motive ?

- (A) Affection (B) Hunger
(C) Sex (D) Love

Answer.C