Physical education Test-11

1. Flexibility is measured by
   a) Sit test  
   b) Sit and reach test  
   c) 50 m dash  
   d) Stick drop test  

2. In French service test, the height of the rope from top of the net to rope
   a) 14 inches  
   b) 19 inches  
   c) 12 inches  
   d) 20 inches  

3. The study of cell is
   a) Histology  
   b) Cytology  
   c) Myology  
   d) Arthrology  

4. In Johnson test, the distance from starting line to first hurdle in dribble test?
   a) 14 feet  
   b) 12 feet  
   c) 6 feet  
   d) 10 feet  

5. The degree of uniformity with which various persons score the same test is called
   a) Validity  
   b) Objectivity  
   c) Norms  
   d) None  

6. Which are not physical fitness component?
   a) Speed  
   b) Flexibility  
   c) Endurance  
   d) Skill  

7. What is the length of the wall marking in McDonald test?
   a) 30 feet  
   b) 12 feet  
   c) 15 feet  
   d) 10 feet  

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8. In Dyer tennis test, the distance between floor and net line is?
   a) 3 feet  b) 12 feet  
   c) 5 feet  d) 10 feet

9. For which game was the first federation formed in India?
   a) Hockey  b) Cricket  
   c) Football  d) Kabaddi

10. Abbreviate of “BCCI” is?
    a) Board of control for cricket in India  
    b) Board for control of cricket in India  
    c) Board off control for cricket in India  
    d) Board of control on cricket in India

11. How many jumps per height should be given in High Jump?
    a) 3  b) 6  
    c) 1  d) 4

12. A team has to play with all other teams in
    a) Knock-out tournament  b) League tournament  
    c) Intramural tournament  d) Elimination tournament

13. The stage of first 2 to 4 weeks after birth is called ______________
    a) Neonatal stage  b) Parturition stage  
    c) Infancy stage  d) Child wood stage

14. Which type of Cholesterol is called “Bad Cholesterol”?
    a) HDL  b) LLD  
    c) LDL  d) DLD
15. Abbreviate of “HDL” is?
   a) High density Lipo protein    b) Highest density Lipo protein
   c) High density Liquit protein   d) High density Lipid protein

16. “Irish cup” is associated with game of
    a) Hockey    b) Football
    c) Cricket    d) Kabaddi

17. “Aghakhancup” is associated with game of
    a) Hockey    b) Football
    c) Cricket    d) Badminton

18. The Dimension of backboard in basketball is
    a) 1.80 m x 1.20 m    b) 1.80 m x 1.05 m
    c) 1.80 m x 1.00 m    d) 1.80 m x 1.10 m

19. In Which game, the referee acts as time keeper and keeps a record of the match?
    a) Kho-Kho    b) Kabaddi
    c) Football    d) Cricket

20. The back-line between the goal post in Hockey is called
    a) Back line    b) Goal line
    c) Side line    d) Cross line

21. “Agarvalcup” is associated with game of
    a) Hockey    b) Football
    c) Cricket    d) Badminton

22. All protein in the body is ______________ protein.
    a) Structural    b) Functional
    c) Non Functional    d) None
23. The first Republic Day Sports was conducted in the year?
   a)1950   b)1978
   c)1954   d)1984

24. The duration of the Macro cycles is
   a) More than 3 months   b) 4-6 weeks
   c) 7-10 days   d) One weeks

25. The duration of the Meso cycles is
   a) More than 3 months   b) 4-6 weeks
   c) 7-10 days   d) One weeks

26. The duration of the Micro cycles is
   a) More than 3 months   b) 4-6 weeks
   c) 7-10 days   d) One weeks

27. “Cant” is a term used in
   a) Hockey   b) Kabaddi
   c) Cricket   d) Badminton

28. Social Contact theory was explained by
   a) Skinner   b) Spencer
   c) Stanley Hall   d) Lumley

29. Recapitulatory theory was explained by
   a) William James   b) Spencer
   c) Stanley Hall   d) Lumley

30. Surplus Energy theory was promoted by
   a) Skinner   b) Spencer
   c) Both B&D   d) Schiller
31. Mental Age was introduced by
   a) Stremb) Terman
   c) Binet d) Thorndike

32. The type of transfer of learning which learn one that helps to learn another is called
   a) Negative b) Positive
c) Zero d) None

33. The book “The Condition of Learning” is written by
   a) Gagne b) Spencer
c) Both B&D d) Schiller

34. The Digestion of fat commences in stomach. It is
   a) True b) False
c) Partially true d) Partially false

35. Football players use anabolic steroids in order to increase their
   a) Lean body mass and strength b) Ability to concentrate
c) Power to kick the ball d) Speed and tackling ability

36. What disease causes soft and weak bones?
   a) Rickets b) Bulimia
c) Pellagra d) None

37. Heredity is related with
   a) DNA b) RNA
c) ATP d) None

38. The main function of Nucleoli is
   a) Protein Synthesis b) Digestion
c) Energy Production d) Cell Division

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39. All nucleated human cells contain
   a) 64 chromosomes       b) 46 chromosomes
   c) 44 chromosomes       d) 23 chromosomes

40. “Karyokinesis” is associated with
   a) Body movement    b) Cell division
   c) Meiosis          d) Muscular construction

41. The forehead bone is also called as
   a) Frontal      b) Parietal
   c) Temporal     d) Occipital

42. Cuboid bone situated in
   a) Foot          b) Chest
   c) Head          d) Pelvis

43. The constructive activities, growth and cell repair are called as
   a) Anabolism    b) Catabolism
   c) Metabolism   d) Energy

44. Condyloid joint is a
   a) Shoulder     b) Wrist
   c) Hip          d) None

45. Hairlike structures that line the nasal cavities and trachea are called
   a) Cilia        b) Mucus
   c) Bronchial    d) None

46. The exchange of gases takes place in the
   a) Nose         b) Alveoli
   c) Pharynx      d) Larynx
47. The length of the small intestine
   a) 1.5 meters  b) 2 meters
   c) 6 meters  d) 3.5 meters

48. The food chewed and made into ball like structure called
   a) Bolus   b) Bol
   c) Bole  d) None

49. The Lumbar region vertebra’s consists
   a) 6 vertebrae’s  b) 8 vertebrae’s
   c) 7 vertebrae’s  d) 5 vertebrae’s

50. “Beighton cup” is associated with game of
   a) Hockey  b) Football
   c) Cricket  d) Badminton

You want more Details please contact:

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