

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) Histogy b) Cytogy
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 scores 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

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 as “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-Khob
- 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 explain by

- a) Skinner b) Spencer
- c) Stanley Hall d) Lumley

29. Recapitulatory theory was explain 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) Stern b) Terman
- c) Binet d) Thorndike

32. The type of transfer of learning which learns 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 tacking 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

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) Hand
- 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) Bronchid
- 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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PHYSICAL EDUCATION TEST-11, ANSWER KEY.			
1	B	26	C
2	D	27	B
3	B	28	D
4	B	29	C
5	C	30	C
6	A	31	C
7	A	32	B
8	A	33	A
9	A	34	A
10	A	35	A
11	A	36	A
12	B	37	A
13	A	38	A
14	C	39	B
15	A	40	B
16	A	41	A
17	A	42	A
18	B	43	A
19	C	44	B
20	B	45	A
21	D	46	B
22	A	47	C
23	A	48	A
24	A	49	D
25	B	50	A

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