**Physical Education MCQs**

1-Which of the following glands secrete tears?

A. Lachrymal B. Pituitary C. Thyroid D. Pancreas

2- Which is the largest gland in the human body?

A. Thyroid B. Liver C. Pancreas D. None of these

3-Which is the largest organ in the human body?

A. Liver B. Heart C. Skin D. Kidney

4- A person of which of the following blood groups is called a universal donor?

A. O B. AB C. A D. B

5-How many bones are there in a newly born infant?

A. 206 B. 230 C. 280 D. 300

6- Olympic torch first time used in \_\_\_\_\_\_\_\_\_\_

a) 1890 b) 1910 c) 1928 d) 1932

7- How many Olympic Gold medals won by Pakistan Hockey team \_\_\_\_\_\_\_\_\_

a) 2 b) 3 c) 4 d) 5

8-In which city 1896 Olympic games are held \_\_\_\_\_\_\_\_\_\_

a) Athens b) Olympia c) Beijing d) Rome

9- How many Silver medals in Olympic won by Pakistan Hockey team \_\_\_\_\_\_\_\_\_\_\_

a) 2 b) 3 c) 4 d) 5

10- 2008 Olympic games held in which country \_\_\_\_\_\_\_\_\_\_

a) Pakistan b) England c) Italy d) China

11-IOC stand for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) International Olympic Committee

b) International Olympic Countries

c) Indian Olympic Committee

12- When first Common wealth Games held \_\_\_\_\_\_\_\_\_\_

a) 1920 b) 1926 c) 1930 d) 1934

13- Where first Common Wealth Games held \_\_\_\_\_\_\_\_\_\_

a) Canada b) China c) France d) Italy

14-When Women first time participate in Common Wealth Games \_\_\_\_\_\_\_\_\_\_

a) 1920 b) 1923 c) 1928 d) 1930

15-Asian Games are also known as \_\_\_\_\_\_\_\_\_

a) Asiana b) Asiad c) Assiad d) Asaid

16-OCA stands for \_\_\_\_\_\_\_\_\_\_\_

a) Olympic Council of Asia b) Olympic Committee of America

c) Olympic Charter of America d) Olympic Council of America

17-First Asian Games held in \_\_\_\_\_\_\_\_\_\_\_

a) 1948 b) 1949 c) 1950 d) 1951

18-In which country first Asian Games held \_\_\_\_\_\_\_\_\_

a) America b) England c) Pakistan d) India

19- Asian Games took place after every \_\_\_\_\_\_\_\_\_\_

a) 2 years b) 3 years c) 4 years d) 5 years

20-Who won first ancient Olympic 200 yard race \_\_\_\_\_\_\_\_\_\_\_

a) Corobus b) William John c) Jack Michal d) Watson

21-9th Asian Games held in which Country \_\_\_\_\_\_\_\_\_\_\_\_

a) India b) America c) Pakistan d) Sri Lanka

22-when 9th Asian Games are held \_\_\_\_\_\_\_\_\_\_\_

a) 2000 b) 2002 c) 2004 d) 2008

23-4th Asian Games held in which Country \_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) Pakistan b) India c) Australia d) England

24- Athletics are also called the base of \_\_\_\_\_\_\_\_\_\_\_\_\_

a) Asian Games b) Olympic Games c) Common wealth Games (d) All of these

25-When Pakistan first time participate in Olympic Games \_\_\_\_\_\_\_\_\_\_\_\_

a) 1946 b) 1947 c) 1948 d) 1950

26-How many Pakistani athletes participate in 1948 Olympic games \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) 2 b) 3 c) 5 d) 11

27- 2004 Olympic games held in \_\_\_\_\_\_\_\_\_\_

a) Greek b) England c) Italy d) Russia

28- 2nd name of athletics is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) Races b) Track exercises

c) Track and Field Exercises (d) Gymnastics

29- In which Olympic 10 km walk is the part of Olympic games \_\_\_\_\_\_\_\_\_\_\_

a) 1990 b) 1991 c) 1992 d) 1996

30- Which is the shortest race in Olympic Games \_\_\_\_\_\_\_\_\_\_\_\_\_

a) 110 meter b) 100 meter c) 200 meter d) Relay races

31- Which is the biggest race in Olympic games \_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) 5000 m b) 10000 m c) 30000 m d) Marathon Race

32- Which Pakistani make new record in 400 meter race in SAF Games \_\_\_\_\_\_\_\_\_\_\_

a) Muhammad Fiaz b) Muhammad Ramzan c) Abdul Rauf d) Muhammad Saleem

33- Pakistani Athlete Muhammad Rasheed make record in 1987 SAF Games in which event\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) Disk through b) Hammer through c) Javelin Through d) Short put

34- When first world athletic championship held \_\_\_\_\_\_\_\_\_

a) 1980 b) 1981 c) 1982 d) 1983

35-International athletic federation established in \_\_\_\_\_\_\_\_\_\_

a) 1878 b) 1879 c) 1880 d) 1881

36-First World Athletic championship held in which country \_\_\_\_\_\_\_\_\_

a) Funland b) Ireland c) England d) Scotland

37-In sprint Races position of start is known as \_\_\_\_\_\_\_\_\_\_

a) Standing start b) Elongated start c) Crouch start d) None of these

38- In 110 meter men hurdle race the height of hurdles \_\_\_\_\_\_\_\_\_\_\_

a) 1.67 m b) 0.91 m c) 0.84 m d) 1.067 m

39- In 100 meter women hurdle race the height of the hurdles \_\_\_\_\_\_\_\_\_\_

a) 0.80 m b) 0.91 m c) 0.76 m d) 0.84 m

40-Total weight of hurdles \_\_\_\_\_\_\_\_\_

a) 3 to 4 kg b) 8 to 9 kg c) Not less than 10 kg d) None of these

41- Total distance of Marathon race \_\_\_\_\_\_\_\_\_\_\_\_

a) 26 km b) 42 km c) 42.195 km d) 42.765 km

42- Which test for Doping \_\_\_\_\_\_\_\_\_\_\_

a) Sugar test b) Urine test c) Stool test d) Blood test

43- Which device used to measure the wind velocity \_\_\_\_\_\_\_\_\_\_

a) The wind gauge b) Official Implements c) Video camera d) None of these

44- The size of Mats in High jump \_\_\_\_\_\_\_\_\_\_\_\_

a) 5/5 meter b) 5/4 meter c) 7/6/8 meter d) None of these

45- Discus / Hammer / Short put through sector \_\_\_\_\_\_\_\_\_\_\_

a) 45 b) 40 c) 90 d) 34.92

46- Weight of Javelin for women \_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) 800 g b) 600 g c) 825 g d) All of these

47-Total Length of Javelin for men \_\_\_\_\_\_\_\_\_\_\_\_

a) 2.60 to 2.70 m b) 2.20 to 2.30 m c) 2.65 to 2.75 m d) None of these

48-In high jump every player have \_\_\_\_\_\_\_\_\_\_ chances.

a) 3 b) 4 c) 5 d) 2

49- In 100 m women hurdles competition distance between hurdles \_\_\_\_\_\_\_\_\_\_\_\_\_

a) 10 m b) 20 m c) 11 m d) 8.5 m

50-Distance of Marathon for women \_\_\_\_\_\_\_\_\_\_\_\_

a) 40 km b) 36.195 km c) 42.195 ml d) 42.195 km

Q- No

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Q | Ans | Ans | Q | Q | Ans | Q | Ans | Q | Ans |
| 1 | 0 | 11 | A | 21 | C | 31 | D | 41 | C |
| 2 | 0 | 12 | C | 22 | C | 32 | A | 42 | B |
| 3 | 0 | 13 | A | 23 | A | 33 | C | 43 | A |
| 4 | 0 | 14 | D | 24 | B | 34 | D | 44 | C |
| 5 | 0 | 15 | B | 25 | C | 35 | C | 45 | D |
| 6 | 0 | 16 | A | 26 | C | 36 | A | 46 | B |
| 7 | B | 17 | D | 27 | A | 37 | C | 47 | A |
| 8 | A | 18 | D | 28 | C | 38 | D | 48 | A |
| 9 | B | 19 | C | 29 | C | 39 | D | 49 | D |
| 10 | D | 20 | A | 30 | B | 40 | C | 50 | D |

51-Length of Javelin for women \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) 2.10 m b) 2.20 m c) 2.30 m d) 2.40 m

52-Angle of javelin through \_\_\_\_\_\_\_\_\_\_\_\_

a) 30 b) 40 c) 29 d) 31

53-Weight of Javelin for men \_\_\_\_\_\_\_\_\_\_\_\_

a) 600 g b) 800 g c) 400 g d) 900 g

54-Weight of Javelin for women \_\_\_\_\_\_\_\_\_\_\_

a) 600 g b) 700 g c) 500 g d) 400 g

55-When Javelin through introduced in Modern Olympic games first time \_\_\_\_\_\_\_\_\_\_\_\_

a) 1900 b) 1904 c) 1908 d) 1912

56-Time allow the athlete for jump \_\_\_\_\_\_\_\_\_\_

a) 20 sec b) 30 sec c) 40 sec d) 60 sec

57-High jump runway distance \_\_\_\_\_\_\_\_\_\_\_\_\_

a) 12 m b) 13 m c) 15 m d) 14 m

58- How many lanes on track \_\_\_\_\_\_\_\_\_\_\_\_

a) 6 b) 7 c) 8 d) 9

59-Standard track total distance is \_\_\_\_\_\_\_\_\_\_\_\_

a) 300 m b) 200 m c) 400 m d) 800 m

60-In 400 meter race last athlete Stagger \_\_\_\_\_\_\_\_\_\_\_\_

a) 7.01 m b) 7.42 m c) 7.67 m d) 7.80 m

61- When FIFA established \_\_\_\_\_\_\_\_\_\_\_

a) 1904 b) 1905 c) 1906 d) 1907

62- When first FIFA World Cup held \_\_\_\_\_\_\_\_\_\_

a) 1920 b) 1926 c) 1930 d) 1940

63-Which country won most FIFA world cups \_\_\_\_\_\_\_\_\_\_\_

a) Brazil b) Germany c) Italy d) France

64- How many members of FIFA at 2008 \_\_\_\_\_\_\_\_\_\_\_\_\_

a) 208 b) 209 c) 376 d) 211

65- Where FIFA house build in Pakistan\_\_\_\_\_\_\_\_\_\_\_\_\_

a) Islamabad b) Karachi c) Lahore d) Multan

66- Total Length and width of Football ground is \_\_\_\_\_\_\_\_\_

a) 100 & 70 b) 120 & 80 c) 120 & 90 d) 90 & 70

67- Which country won 2002 world cup \_\_\_\_\_\_\_\_\_\_\_\_

a) Brazil b) Germany c) Korea d) Italy

68- Which team won First FIFA world Cup \_\_\_\_\_\_\_\_\_\_\_\_

a) Uruguay b) Brazil c) Germany d) France

69-In which year women football introduced in Olympic games \_\_\_\_\_\_\_\_\_\_

a) 1992 b) 1996 c) 2000 d) 1988

70- Total time of break or interval in Football \_\_\_\_\_\_\_\_\_\_\_\_\_

a) 15 min b) 30 min c) 45 min d) 20 min

71- The game of Chess started from \_\_\_\_\_\_\_\_\_\_\_

a) 3000 BC b) 2000 BC c) 1000 BC d) 500 BC

72- In which country the education of chess is given in schools \_\_\_\_\_\_\_\_\_

a) Russia b) China c) France d) Rome

73- Which Country first of all introduce Chess \_\_\_\_\_\_\_\_\_\_

a) Italy b) Hindustan c) Russia d) China

74-Which city is call home of Chess \_\_\_\_\_\_\_\_\_

a) Venues b) Delhi c) Masco d) New York

75-How many years Jhangir Khan remain Unbeated \_\_\_\_\_\_\_\_\_

a) 5 years b) 7 years c) 8 years d) 3 years

76- When first world Cup Squash held \_\_\_\_\_\_\_

a) 1983 b) 1984 c) 1985 d) 1986

77- When Pakistan First time play the Squash at International level \_\_\_\_\_\_\_\_\_\_\_

a) 1949 b) 1950 c) 1955 d) 1956

78- Old name of Squash is \_\_\_\_\_\_\_\_\_\_

a) Rackets b) Binfel c) Steel hit d) Green ball

79-Number One player of Squash in Pakistan \_\_\_\_\_\_\_\_\_\_

a) Shahid Zaman b) Jhangir Khan c) Mansor Zaman d) Zark Jahn

80-World Open Squash 2008 where held \_\_\_\_\_\_\_\_\_\_

a) England b) Italy c) China d) America

81-Where first Tour de France held \_\_\_\_\_\_\_\_\_\_

a) 1902 b) 1903 c) 1904 d) 1905

82- Which player won more titles of Tour de France \_\_\_\_\_\_\_\_\_

a) France b) Italy c) Brazil d) Australia

83- Record of Tour de France is \_\_\_\_\_\_\_\_\_\_\_\_

a) 39.5 Km b) 40.5 km c) 45.5 km d) 43.5 km

84-Which player make the fastest world record \_\_\_\_\_\_\_\_\_

a) John Haward b) Ben Thomas c) Smith d) Jack warner

85-Which is the fastest cyclist in England \_\_\_\_\_\_\_\_\_\_

a) John Haward b) David Le Grays c) Will Smith d) John will

86-When cycling is introduced in Olympic Games\_\_\_\_\_\_\_\_\_

a) 1992 b) 1994 c) 1996 d) 2000

87-Cycling is the national game of\_\_\_\_\_\_\_\_\_

a) Italy b) France c) Germany d) Brazil

88-Who is the inventor of the cycle\_\_\_\_\_\_\_\_\_

a) Crack Patrick b) Colmbo c) Graham bell d) Charles

89-When the competition of boating introduced in Olympics Games\_\_\_\_\_\_

a) 650 B.C. b) 648 B.C. c) 646 B.C. d) 644 B.C.

90-When wrestling is introduced in Olympics Games\_\_\_\_\_\_\_\_\_

a) 1900 b) 1904 c) 1908 d) 1912

91-When the famous Muslim wrestler Gama become world champion\_\_\_\_\_\_\_\_

a) 1901 b) 1911 c) 1921 d) 1931

92-What is the real name of Gama\_\_\_\_\_\_\_\_\_\_

a) Muhammad Irfan b) Ghulam Muhammad

c) Muhammad Saleem d) Aktar Hussain

93-Which title is awarded to Imam Bakhsh wrestler\_\_\_\_\_\_\_\_\_

a) Rustam-e-Hind b) Rustam-e-Jahan c) Rustam-e-Iran d) Rustam-e-Pakistan

94-How many categories in international wrestling\_\_\_\_\_\_\_\_

a) 2 b) 3 c) 5 d) 8

95-When women wrestling introduced in Olympics Games\_\_\_\_\_\_

a) 2000 b) 2004 c) 2008 d) 2012

96-When the Pakistani wrestler Muhammad Bashir won the bronze medal in

Olympics\_\_\_\_\_\_\_\_\_

a) 1956 b) 1960 c) 1964 d) 1968

97-In 1962 Asian games how many medals won by Pakistan in wrestling\_\_\_\_\_\_\_

a) 10 b) 11 c) 12 d) 14

98-In 1970 Asian games how many medals won by Pakistan in wrestling\_\_\_\_\_\_\_

a) 1 b) 2 c) 3 d) 4

99-Which is the national organization of table tennis\_\_\_\_\_\_\_\_

a) Pakistan Table tennis Federation b) Pakistan Tennis federation

c) Pakistan Football Federation d) Pakistan Table Tennis Committee

100-Which is the international organization of table tennis\_\_\_\_\_\_\_\_

a) International Table Tennis federation Association

b) International Table Tennis federation

c) International Table Federation

d) International Table Tennis Association

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Q | Ans | Q | Ans | Q | Ans | Q | Ans | Q | Ans |
| 51 | B | 61 | A | 71 | A | 81 | B | 91 | A |
| 52 | C | 62 | C | 72 | A | 82 | A | 92 | B |
| 53 | B | 63 | A | 73 | B | 83 | A | 93 | A |
| 54 | A | 64 | A | 74 | A | 84 | A | 94 | A |
| 55 | A | 65 | C | 75 | A | 85 | B | 95 | B |
| 56 | D | 66 | B | 76 | B | 86 | C | 96 | B |
| 57 | C | 67 | A | 77 | B | 87 | B | 97 | D |
| 58 | C | 68 | A | 78 | A | 88 | A | 98 | B |
| 59 | C | 69 | B | 79 | A | 89 | B | 99 | A |
| 60 | C | 70 | A | 80 | A | 90 | B | 100 | B |

101-Pakistan get which position in 2007 world table tennis championship\_\_\_\_\_\_\_

a) 2nd b) 3rd c) 40th d) 42th

102-In1993 Islamic games In Tehran Naseem Nazali get which title\_\_\_\_\_\_\_

a) Gold b) Silver c) Bronze d) None Of These

103-When the Pakistan Table Tennis Federation Established\_\_\_\_\_\_\_\_

a) 1949 b) 1950 c) 1951 d) 1952

104-Old name of table tennis is \_\_\_\_\_\_\_\_

a) Ching chong b) Sing Song c) Ping Pong d) Bing Pong

105-Total length of table tennis table\_\_\_\_\_\_\_\_

a) 7 feet b) 8 feet c) 9 feet d) 10 feet

106-Total width of table tennis table\_\_\_\_\_\_\_\_\_

A) 3 feet B) 4 feet C) 5 feet D) 6 feet

107-Total height of table tennis table\_\_\_\_\_\_\_\_\_

a) 2.6 feet b) 2.8 feet c) 3.0 feet d) 4.0 feet

108-Length of table tennis net\_\_\_\_\_\_\_\_

a) 2 feet b) 3 feet c) 4 feet d) 6 feet

109-Weight of table tennis ball\_\_\_\_\_\_\_\_

a) 2.7 b) 3.4 c) 3.8 d) 4.0

110- Wushu is national game of \_\_\_\_\_\_\_\_\_

a) China b) Japan c) Thiland d) Germany

111-Wushu started from \_\_\_\_\_\_\_\_

a) 1850 b) 1900 c) 1960 d) 1967

112-When Wushu is introduced in America\_\_\_\_\_\_\_\_

a) 1962 b) 1964 c) 1934 d) 1967

113- Judo is introduced in Olympic game\_\_\_\_\_\_\_\_\_\_

a) 1960 b) 1964 c) 1970 d) 1973

114-International Judo Federation Established In\_\_\_\_\_\_\_\_\_

a) 1960 b) 1970 c) 1980 d) 1990

115-Which is the famous title of judo\_\_\_\_\_\_\_\_

a) Shihan b) Pihan c) Ninja d) Fighter

116-The hall of judo is called\_\_\_\_\_\_\_\_

a) Judo Jo b) Shudo c) Podo d) Judo gym

117-Where the international organization of judo office\_\_\_\_\_\_\_\_

a) Japan b) China c) Korea d) India

118-The player of judo is known as\_\_\_\_\_\_\_

a) Todoka b) Judoka c) Pudoka d) Shtoka

119-When the first Polo international match is played\_\_\_\_\_\_\_\_

a) 1886 b) 1885 c) 1887 d) 1877

120-The name of polo international federation\_\_\_\_\_\_\_\_\_

a) Polo association b) Harlangham Polo association

c) Pakistan Polo association d) Right association of Polo

121-The old name of polo is \_\_\_\_\_\_\_

a) Chogan b) Rolau c) Guli danda d) Poghan

122- Polo is the national game of \_\_\_\_\_\_

a) Pakistan b) India c) Bangladesh d) Polo

123- Total number of players in Polo game\_\_\_\_\_\_\_\_\_\_

a) 3 b) 4 c) 7 d) 5

124- When International Polo Federation was established \_\_\_\_\_\_\_\_

a) 1981 b) 1982 c) 1983 d) 1993

125-When polo introduced in Olympic game\_\_\_\_\_\_\_\_\_\_\_\_\_

a) 1900 b) 1904 c) 1908 d) 1912

126-When the water Polo was introduced in Olympic game\_\_\_\_\_\_\_\_\_\_\_

a) 1908 b) 1912 c) 1916 d) 1920

127-When International Swimming Federation established \_\_\_\_\_\_\_\_\_\_

a) 1905 b) 1906 c) 1907 d) 1908

128-When Pakistan Swimming Federation established \_\_\_\_\_\_\_\_\_\_

a) 1947 b) 1948 c) 1949 d) 1950

129-When first book on Swimming is written \_\_\_\_\_\_\_\_\_\_\_\_

a) 1538 b) 1540 c) 1940 d) 1820

130-What is the motto of International Swimming Federation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) Water is our country b) Water is our Federation

c) Water is our World d) We are Water

131-Which competition of Tennis is famous in all over the world \_\_\_\_\_\_\_\_\_\_\_\_

a) American Tennis championship b) Wimbledon Championship

c) German Tennis Championship d) World Tennis championship

132-Wimbeldon Championship when started \_\_\_\_\_\_\_\_\_\_\_\_

a) 1875 b) 1876 c) 1877 d) 1878

133- In First Wimbledon Championship who is the winner of title in men category \_\_\_\_\_\_\_\_\_\_\_\_\_

a) Jorge Willi b) Jack Alexander c) Spencer Gore d) William Renshaw

134-When women first time participate in Wimbledon championship \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) 1880 b) 1881 c) 1882 d) 1884

135- When Pakistan first time participate in Davis Cup \_\_\_\_\_\_\_\_\_\_\_\_

a) 1947 b) 1948 c) 1949 d) 1950

136- How many time Rasheed Malik won National Tennis Championship \_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) 4 b) 5 c) 6 d) 7

137-How many time Pakistan Tennis team participate in SAF Game \_\_\_\_\_\_\_\_\_\_\_\_\_

a) 3 b) 4 c) 5 d) 6

138- When Tennis first time introduced in Olympic Games \_\_\_\_\_\_\_\_\_\_\_

a) 1893 b) 1894 c) 1895 d) 1896

139- Tennis in the word of which language \_\_\_\_\_\_\_\_\_\_\_

a) Tenez b) Latin c) English d) Italy

140- What is the name of table tennis national organization \_\_\_\_\_\_\_\_\_

a) Pakistan Table Tennis Federation b) Table Tennis Pakistan Association

c) Pakistan Table Tennis Committee d) Pakistan Table Federation

141- What is the name of International Table Tennis Organization \_\_\_\_\_\_\_\_\_\_\_

a) International Table Tennis Federation b) International Association Table Tennis

c) Committee of Table Tennis d) Pakistan Table Tennis Federation

142- When the world cup Table Tennis start \_\_\_\_\_\_\_\_\_\_\_\_\_

a) 1925 b) 1926 c) 1927 d) 1928

143- When Pakistan Table Tennis Federation established \_\_\_\_\_\_\_\_\_\_\_\_\_

a) 1951 b) 1952 c) 1953 d) 1954

144- Total weight of Table Tennis Ball \_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) 2.7 b) 2.6 c) 2.5 d) 2.1

145- When first time Basketball introduce in Olympic Games \_\_\_\_\_\_\_\_\_\_

a) 1940 b) 1943 c) 1845 d) 1946

146- When Basketball game start \_\_\_\_\_\_\_\_\_\_\_

a) America b) Pakistan c) England d) Italy

147- How many umpires in Base Ball \_\_\_\_\_\_\_\_\_\_

a) 2 b) 3 c) 4 d) 5

148- When Base Ball started in Pakistan \_\_\_\_\_\_\_\_\_

a) 1990 b) 1991 c) 1992 d) 1993

149- Base Ball is the national game of which country \_\_\_\_\_\_\_\_\_\_

a) America b) England c) Italy d) France

150- When the first Base Ball Club established \_\_\_\_\_\_\_\_\_\_

a) 1945 b) 1946 c) 1947 d) 1948

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Q | Ans | Q | Ans | Q | Ans | Q | Ans | Q | Ans |
| 101 | C | 111 | A | 121 | A | 131 | B | 141 | A |
| 102 | B | 112 | B | 122 | C | 132 | C | 142 | C |
| 103 | C | 113 | B | 123 | B | 133 | C | 143 | A |
| 104 | C | 114 | A | 124 | C | 134 | D | 144 | A |
| 105 | C | 115 | A | 125 | A | 135 | B | 145 | A |
| 106 | C | 116 | A | 126 | D | 136 | A | 146 | A |
| 107 | A | 117 | A | 127 | D | 137 | A | 147 | C |
| 108 | D | 118 | B | 128 | B | 138 | D | 148 | C |
| 109 | A | 119 | A | 129 | A | 139 | A | 149 | A |
| 110 | A | 120 | B | 130 | B | 140 | A | 150 | B |

151- The stick which is used to hit the ball in Golf is called \_\_\_\_\_\_\_\_\_

a) Club b) Golf stick c) Golf Hockey d) Hockey Stick

152- Ground of Golf is called \_\_\_\_\_\_\_\_\_

a) Course b) Ground c) Golf Ground d) Golf Place

153- What is meant by Dogleg in Golf \_\_\_\_\_\_\_\_\_\_\_\_

a) Hole b) Stick c) Ground d) Player

154-What is said to Golfer \_\_\_\_\_\_\_\_\_\_

a) Pitter b) Golf Friend c) Golf Player d) Student of Golf

155-Who is the first champion of Golf in Pakistan \_\_\_\_\_\_\_\_\_\_

a) Safeer Abbas b) Akhtar Hussain c) Abdul Rauf d) Tamhor Hassan

156- Old name of Pakistan Golf Federation \_\_\_\_\_\_\_\_\_\_\_\_

a) Pakistan Golf Union b) Pakistan Golf

c) Pakistan Golf Association d) Pakistan Golf Head

157- First President of Pakistan Golf Federation \_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) Justice A R Karnees b) Muhammad Saleem c) Akhtar Hussain d) Abdul Rauf

158-In Europe Mountainering is also known as \_\_\_\_\_\_\_\_\_\_\_\_\_

a) Alpinism b) Mountainer c) Palinar d) Ragis

159- Which is the highest mountain in Pakistan \_\_\_\_\_\_\_\_\_\_\_

a) K-2 b) K-3 c) Mountaveras d) K-5

160- Total height of K-2 \_\_\_\_\_\_\_\_\_\_\_\_

a) 8516 m b) 8411m c) 7814 m d) 1500 m

161- Height of Nanga Parbat \_\_\_\_\_\_\_\_\_\_\_

a) 8125 m b) 8516 m c) 8068 m d) 8048 m

162- From where the game of Kabadi Started \_\_\_\_\_\_\_\_\_\_

a) Bar-e-sagheer b) Hindustan c) Pakistan d) India

163- When Asian Kabadi Federation is established \_\_\_\_\_\_\_\_\_\_\_\_

a) 1988 b) 1986 c) 1978 d) 1975

164-In Pakistan how many methods to play Kabadi \_\_\_\_\_\_\_\_\_

a) 2 b) 3 c) 4 d) 5

165- In 2006 Asian Games how many countries participated in Kabadi \_\_\_\_\_\_\_\_\_\_\_\_

a) 11 b) 12 c) 13 d) 14

166- How many players in Sarkal Kabadi game \_\_\_\_\_\_\_\_\_

a) 10 b) 11 c) 12 d) 13

167- Duration of Sarkal Kabadi match \_\_\_\_\_\_\_\_\_\_\_

a) 20 min b) 30 min c) 40 min d) 65 min

168- When first Asian Kabadi Championship held \_\_\_\_\_\_\_\_

a) 1979 b) 1980 c) 1981 d) 1982

169- What is the lowest score in in ODI cricket record \_\_\_\_\_\_\_\_\_\_

a) 43 runs b) 25 runs c) 30 runs d) 52 runs

170- What is the record of highest score in test match one innings \_\_\_\_\_\_\_\_\_\_\_\_\_

a) 400 b) 500 c) 200 d) 100

171- Which batsman make most runs in his career \_\_\_\_\_\_\_\_\_\_

a) 61237 b) 2341 c) 11090 d) 12307

172- Which is the first bowler who get above 400 wickets in test cricket \_\_\_\_\_\_\_\_\_

a) Shanwarn , Waseem Akram ,Murlitharn b) Shan Waston c) Bret lee d) Lara

173- Total number of player in Cricket team \_\_\_\_\_\_\_\_\_\_

a) 9 b) 10 c) 11 d) 15

174- In which year Pakistan won ODI world cup \_\_\_\_\_\_\_\_\_\_

a) 1988 b) 1992 c) 1996 d) 2000

175- ICC stand for \_\_\_\_\_\_\_\_\_\_

a) International Cricket Council b) International Cricket Committee

c) International Cricket Federation d) International Cricket Countries

176-2011 world cup held in which country \_\_\_\_\_\_\_\_\_

a) Bangladash b) India c) Sri Lanka d) All of these

177-Which team won the 2003 world cup \_\_\_\_\_\_\_\_\_

a) India b) Australia c) Pakistan d) England

178-Runner up team of 2003 world cup \_\_\_\_\_\_\_\_\_

a) India b) Pakistan c) England d) Sri Lanka

179- Which team won the world cup 2007 \_\_\_\_\_\_\_\_\_

a) Australia b) England c) Pakistan d) India

180- Which team won 1999 world cup \_\_\_\_\_\_\_\_

a) Australia b) Pakistan c) England d) India

181- Lowest score of Pakistan cricket team in test match \_\_\_\_\_\_\_\_\_

a) 26 runs b) 28 runs c) 72 runs d) 12 runs

182-Old name of Valley Ball is \_\_\_\_\_\_\_\_\_\_\_

a) Mintonette b) Net Ball c) Valley d) Valley Ball

183-When International Valley Ball Federation established \_\_\_\_\_\_\_\_\_

a) 1945 b) 1946 c) 1947 d) 1948

184-When first International Championship of men held \_\_\_\_\_\_\_\_\_\_

a) 1934 b) 1947 c) 148 d) 1949

185- When first International Championship of men held \_\_\_\_\_\_\_\_\_\_

a) 1947 b) 1948 c) 1951 d) 1952

186- When first time Valley Ball game is introduced in Olympic Games \_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) 1960 b) 1964 c) 1968 d) 1972

187-In 1921 the team of Vally Ball consist on how many players \_\_\_\_\_\_\_\_\_\_\_

a) 12 b) 11 c) 13 d) 7

188-When Pakistan Valley Ball Federation Established \_\_\_\_\_\_\_\_\_\_\_

a) 1950 b) 1955 c) 1956 d) 1957

189- When Valley Ball is introduced in Asian Games \_\_\_\_\_\_\_\_\_

a) 1958 b) 1956 c) 1957 d) 1954

190- How many player in a team of a Valley Ball \_\_\_\_\_\_\_\_\_\_\_

a) 7 b) 4 c) 5 d) 6

191- How many substitute players in Valley Ball team \_\_\_\_\_\_\_\_\_\_

a) 3 b) 4 c) 5 d) 6

192- Length of Valley Ball Net \_\_\_\_\_\_\_\_\_\_\_\_\_

a) 9.20 m b) 9.50 m c) 10 m d) 8.20 m

193- Weight of Valley Ball ball is\_\_\_\_\_\_\_\_

a) 9 to 10 ounce b) 8 ounce c) 12 ounce d) 11 ounce

194- Length of Valley Ball court \_\_\_\_\_\_\_\_\_\_\_

a) 12 m b) 17 m c) 18 m d) 21 m

195- For winning the game lead is required \_\_\_\_\_\_\_\_\_\_

a) 2 b) 3 c) 4 d) 5

196- Height of Valley Ball net for women \_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) 2.24 m b) 2 m c) 3 m d) 2.12 m

197-When Beach Valley Ball introduced in Olympic Games \_\_\_\_\_\_\_\_\_\_\_\_

a) 1992 b) 1996 c) 2000 d) 2004

198- Total Number of players in Beach Valley Ball Game \_\_\_\_\_\_\_\_\_\_\_\_

a) 1 b) 2 c) 3 d) 4

199- Width of Valley Ball courts lines \_\_\_\_\_\_\_\_\_\_

a) 5 cm b) 2 cm c) 3 cm d) 1 cm

200-Height of Valley Ball Net for men \_\_\_\_\_\_\_\_\_\_\_\_\_\_

a) 2.40 m b) 2.43 m c) 2.45 m d) 2.98 m

Answer

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Q | Ans | Q | Ans | Q | Ans | Q | Ans | Q | Ans |
| 151 | A | 161 | A | 171 | A | 181 | A | 191 | D |
| 152 | A | 162 | A | 172 | A | 182 | A | 192 | B |
| 153 | A | 163 | C | 173 | C | 183 | C | 193 | A |
| 154 | A | 164 | C | 174 | B | 184 | D | 194 | C |
| 155 | D | 165 | B | 175 | A | 185 | D | 195 | A |
| 156 | A | 166 | B | 176 | D | 186 | B | 196 | A |
| 157 | A | 167 | C | 177 | B | 187 | A | 197 | B |
| 158 | A | 168 | B | 178 | A | 188 | B | 198 | B |
| 159 | A | 169 | A | 179 | A | 189 | A | 199 | A |
| 160 | A | 170 | A | 180 | A | 190 | D | 200 | B |

1. The landing arena of High Jump will be

(A) 5x4mts (B) 5x5mts (C) 5 x 3 mts (D) 5 x 6 mts

2. Blood is purified in the human body by?

(A) Carbon dioxide (B)Nitrogen (C)Oxygen (D) Hydrogen

3. Name the vitamin which is water soluble

(A) Vitamin A (B) Vitamin B (C) Vitamin E (D) Vitamin K

4. Salivary g]and produces

(A) Ptyalin (B) Adrenal (C) Pepsin (D) Renin

5. Who is responsible for sanitation /cleanliness in schools?

(A) Principal (B) Cleaning worker (C) Teacher and students (D) All of the above

6. Name the disease which is categorized as psychosomatic disease

(A) Diabetes (B) Asthma (C) Tuberculosis (D) Small pox

7. According to rules, the colour of football goal post is?

(A) Light yellow (B) Green (C) Light blue (D) White

8. How much protein a working woman must intake every day?

(A)27gm (B) 46gm (C)30gm (D) 37gm

9. Which of the following line is related to volleyball?

(A) Bonus line (B)Baulk line (C) Attack line (D) Service line

10. The tread mills training is prescribed for the injured athlete for the purpose of improving his/her

(A)Muscle strength (B)Stability of the body

(C)Range of motion (D)Muscle endurance

11. To which of the following chambers of the heart, is the aorta connected?

(A)Left ventricle (B)Right ventricle (C)Right auricle (D)Left auricle

12. What will you do, if you burn by fire?

(A) Lying down on floor (B) To cover with quilt

(C) Will use maximum water (D) Remove all clothes

13. What is flexibility?

(A) Isotonic movements (B) Health (C) Concentration (D) Long life

14. In which place World Class Hockey Academy is proposed to be established by International Hockey Federation?

(A)Berlin (B) Sydney (C)Madrid (D) Dubai

15. The longest muscle in human body is?

(A)Sartorius (B)Biceps (C)Deltoid (D)Lattismus Dorsi

16. The cardio respiratory capacity is related to

(A) Strength (B)Flexibility (C)Normal physical endurance (D)Agility

17. Shuttle run ‘Test’ measures

(A) Explosive strength (B) Speed endurance (C) Agility (D) Speed

18. Which of the following game’s team consists of both men and women players?

(A)Corfball (B) Netball (C)Softball (D) Handball

19. ‘Stimulus Response Theory’ was given by?

(A) Frobel (B) E. L. Thorndike (C) Dr. Radhakrishnan (D) John Dewey

20. How many types of joints there in human body?

(A)2 (B)3 (C)6 (D)9

21. Which of the famous Hockey player has written the book ‘Golden Hattrick’?

(A) Ajit Pal Singh (B) Dhyan Chand (C) Balbir Singh (D) Surjit Singh

22. The types of swimming in competitions are?

(A) 10 (B) 6 (C) 4 (D) 2

23. Which of the following vitamin we get from Sun rays?

(A) Vitamin A (B) Vitamin B (C) Vitamin C (D) Vitamin D

24. How many entries are allowed per event in Athletics in Olympics?

(A) 2 (B) 3 (C) 4 (D) 5

25. When did Cricket World Cup start?

(A) 1970 (B) 1975 (C) 1979 (D) 1973

26. Reason of constipation is due to

(A) Less functioning of large intestine (B) Extra eating

(C) Less make of water (D) More intake of water

27. What was the Mascot of first Asian games held at New Dethi ?

(A) Jantar Mantar (B) Kutub Minar (C) Lotus flower (D) Appu

28. The weight of a hockey ball approximately is

(A) 5.5 ounce to 5.75 ounce (B) 5 ounce to 5.5 ounce

(C) 6 ounce to 6.5 ounce (D)5.75 ounce to 6 ounce

129. How many events are there in Heptathlan?

(A)5 (B) 6 (C)7 (D) 9

30. In which country Indian women cricket team won the test series first time?

(A) New Zealand (B) South Africa (C) Australia (D) England

31. ‘Pele’ is related to which game?

(A) Cricket (B) Horse Riding (C) Swimming (D) Football

32. The normal temperature of a healthy human being is?

(A) 98.4° F (B) 95.5° F (C) 96.6° F (D) 97.4° F

33. The life span of Red Blood corpuscles is not more than

(A) 120 days (B) 130 days (C) 140 days (D) 150 days

34. What is the resting stroke volume per beat of heart?

(A) 20-40 ml (B) 40-60 ml (C) 60-80 ml (D) 80-100 ml

35. The length of trachea (wind pipe) in an adult person is about?

(A) 20 cm (B) 15 cm (C) 10 cm (D) 05 cm

36 By which hormone High Blood Sugar level can be controlled in stomach?

(A) Glucose (B) Insulin (C) Thyroxin (D) Non-Apinefreen

37. Are heavy exercises good for sound sleep?

(A) Yes (B) No (C) Sometimes (D) Never

38. Balanced diet contains

(A) Protein (B) Vitamin (C) Carbohydrates (D) All of the above

39. The longest bone in human body is?

(A)Ulna (B) Tibia (C)Femur (D) Humerus

40. The main source of vitamin ‘A’ is?

(A)Egg (B) Banana (C)Carrot (D) Potato

41. Fatigue comes during training due to?

(A) Lactic acid (B) Adrenal (C)Carbon Di Oxide (D) pH-Factors

42. What energy do minerals supply to the body?

(A) Chemical (B) Electrical (C) Thermal (D) No energy

43. The Olympic games in 2016 will be held at?

(A) London (B) America (C) Holland (D) Brazil

44. The measuring instrument of Blood pressure is?

(A) Steadiometer (B) Menometer

(C) Sphygmomanometer (D) Dynamometer

45. The minimum number of players required in a team to start a Basketball match is?—

(A) 4 (B) 5 (C) 3 (D) 12

46. What is Blood?

(A) Tissue (B) Liquid Tissue (C) Blood Platelets (D) Special Tissue

47. Water percentage in plasma is?

(A) 60% (B) 70% (C) 80% (D) 90%

48. Who declares the ‘Olympic games close’?

(A) Chairman JOC (B) President IOC

(C) Secretary IOC (D) Prime Minister of the country

49. The width of a lane in an athletic track is?

(A)1.20 mt (B) 1.21 mt (C)1.19 mt (D) 1.22 mt

50. During a hockey match, if the ball is stuck in the Goalkeeper’s pads then game is restarted

(A) By Bully (B) By centre back pass (C) By hit from outside ‘D’ (D) By toss

Answers

:

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

Where was the first World Cup Football held?

(a) Uruguay (b) France (c) Canada (d) Brazil Ans: A

Where was the 1998 World Cup Football held?

(a) England (b) France (c) Canada (d) South Korea Ans: B

In which of the following World Cup Soccer tournaments did maximum number of nations participate?

(a) Uruguay 1930 (b) France 98 (c) Both (a) and (b) (d) None of the above Ans: B

Which two countries have hosted the World Cup Football tournament twice?

(a) France and Brazil (b) Mexico and Italy

(c) Germany and Japan (d) Argentina and Mexico. Ans: B

Which country, in the history of hockey, scored maximum number of goals against their opponents?

(a) India (b) Pakistan (c) Holland (d) Germany Ans: A

In which year was Hockey introduced in the Olympics?

(a) 1908, London (b) 1920, Antwerp

(c) 1936, Berlin (d) 1956, Melbourne Ans: A

When was Hockey introduced in the Asian Games?

(a) 1951, Delhi (b) 1954, Manila (c) 1958, Tokyo (d) 1962, Jakarta Ans: C

58. Where are the nest (17th) Commonwealth Games scheduled?

(a) Manchester, England (b) Victoria, Canada

(c) Kathmandu, Nepal (d) Pusan, S. Korea Ans: A

Name of the German game on which the modern basketball has been based is

(a) Handball (b) korfball (c) Hockey (d) volleyball Ans: B

Which of the following stadiums was known as Irwin Amphitheatre?

(a) National Stadium, Delhi (b) Yuba Bharti Kridangan, Calcutta

(c) Jawahar Lai Nehru Stadium, Delhi (d) None of the above Ans: A

Sport Authority of India was formed in

(a) 1983 (b) 1984 (c) 1985 (d) 1986 Ans: A

'Michael Ferreira' is associated with the game of

(a) Snooker (b) billiards (c) Golf (d) equestrian Ans: B

Where was the World Cup Hockey tournament held in 1998?

(a) Holland (b) UK (c) USA (d) Malaysia Ans: A

Who won the World Cup Hockey (Men) tournament held at Holland (1998)?

(a) Germany (b) England (c) Pakistan (d) Holland Ans: D

The National Sports Festival for Women was started in

(a) 1970 (b) 1974 (c) 1975 (d) 1976 Ans: C

'Ranga Swami Cup' is associated with the game of

(a) Hockey (b) football (c) Volleyball (d) kho-kho Ans: A

'Cue' is associated with the game of

(a) Bridge (b) hockey (c) Billiards (d) golf Ans: C

Which style of Kabaddi is officially recognized?

(a) National (b) Samvahini (c) Sanjeevani (d) Circle Ans: C

The term 'caddy' is associated with

(a) golf (b) billiards (c) bridge (d) snooker Ans: A

Who amongst the following became the first Indian to win a grand slam title ?

(a) Leander Paes (b) Mahesh Bhupathi

(c) Both (a) and (b) (d) None of the above Ans: B

Where were the National games held in 1998?

(a) Imphal (b) Jaipur (c) Jallandhar (d) New Delhi Ans: A

Which of the following athletes secured fourth position in the Olympic Games final?

(a) P. T. Usha (b) Milkha Singh (c) Both (a) and (b) (d) None of the above Ans: C

Which of the following athletes qualified for finals in different T and F events in Olympic Games?

(a) Milkha Singh (b) Sriram Singh (c) P. T. Usha (d.) All the above Ans: D

Which of the following universities won the MAKA trophy for maximum number of times?

(a) Punjab University (b) Delhi University

(c) Guru Nanak Dev University (d) Calicut University Ans: C

Which of the following is the highest award in sports in the world?

(a) Arjuna Award (b) Olympic order

(c) Padma Shree (d) Jesse Owens Award Ans: B

Who amongst the following has been the youngest ever No. 1 tennis player among women?

(a) Martina Navratilova (b) Martina Hingis

(c) Steffi Graf (d) Mary Joe Pierce Ans: B

Which of the following grand slam tournament starts on the first day of every New Year?

(a) Franch Open (b) Australian Open (c) US Open (d) Wimbledon Ans: B

Name the first Indian (male) to swim across the English Channel?

(a) Thomas cook (b) Khazan Singh (c) Mihir Sen (d) None of the above Ans: B

I.A.A.F. stands for

(a) International Association Athletics Federation (b) Indian Amateur Athletics Federation

(c) Indian of Athletics and Field events (d) None of the above Ans: A

I.A.A.F. was formed in

(a) 1911 (b) 1912 (c) 1913 (d) 1914 Ans: C

Who was the first athlete to be awarded Padmashree Award?

(a) P. T. Usha (b) Milkha Singh (c) G. S. Randhawa (d) V. S. Chauhan Ans: B

Which of the following will host the first Afro-Asian Games in 2001?

(a) New Delhi (b) Kathmandu (c) Paris (d) Mumbai Ans: A

Who won the maximum number of medals in the 5th National Games at Manipur?

(a) Sebastian Xavier (b) Nisha Millet

(c) Shakti Singh (d) None of the above Ans: B

Hall of fame for year 1999 in tennis was given to

(a) Leander Paes (b) Wayne Arthur

(c) Both (a) and (b) (d) None of the above Ans: C

After how many years Thomas Cup and beer cup tournaments in Badminton held?

(a) Biannually (b) Triannually (c) Annually (d) Quarterly Ans: B

Which Indian was the first to win world title in badminton?

(a) Prakash Padukon (b) Syed Modi (c) Aparna Popat (d) P. Gopichand Ans: A

How many total indoor and outdoor records are being made by Sergei Bubka in the event of pole vault?

(a) 33 (b) 34 (c) 35 (d) 36 Ans: C

What is the ancient name of 'Polo' and who gave it?

(a) 'Chaupar' by Rajputs (b) 'Chauhan' by Mughals

(c) 'Chaturanga' by Marathas i (d) None of the above Ans: B

'Ruud Gullit' is associated with which sport?

(a) Volleyball (b) Football (c) Athletics (d) basketball Ans: B

Dick Fosbury who invented the 'Fosbury Flop' style in high jump event belongs to

(a) USA (b) England (c) Russia (d) Ukraine Ans: A

'Synthetic track' in athletics was used for the first time in

(a) 1968 (Mexico Olympics) (b) 1948 (London Olympics)

(c) 1896 (Athens Olympics) (d) 1996 (Atlanta Olympics) Ans: A

First World Cup Athletics Championship was held at

(a) Pusan (b) Helsinki (c) Kathmandu (d) Stuttgart Ans: B

In which state is the 'Britannia Amritraj Tennis Academy' situated?

(a) Kerala (b) Chennai (c) Karnataka (d) Pondicherry Ans: B

'Pugilists' are also known as

(a) Athletes (b) Chess players (c) Boxers (d) Archers Ans: C

World 'Tee off' is associated with which game?

(a) Polo (b) Snooker (c) Golf (d) Billiards Ans: C

In which of the following countries is the headquarters of \"World Physical Education Congress\" located?

(a) Japan (b) USA (c) England (d) Germany Ans: B

'Olympic Bhavan' site is being planned at

(a) Chennai (b) New Delhi (c) Kolkata (d) Bangalore Ans: A

1. The National Game of Pakistanis?

(A)Cricket (B) Football (C)Hockey (D) Badminton

2. The amount of Blood comes out from ventricle, per minute is called?

(A) Cardiac cycle (B) Cardiac output (C) Cardiac volume (D) Ventricle volume

3. A log distance runner must consume more quantity of?

(A) Fat (B) Protein (C) Carbohydrate (D) Minerals

4. Ranga Swami Cup is awarded in?

(A)Hockey (B) Football (C)Cricket (D) Volleyball

5. How we get injured in games?

(A) Precaution habits (B) Long term training without rest

(C) When rules of games are not followed (D) Over confidence

6. The weight.of a Basket Ball is—

(A) 400-500 ounce (B) 500-600 gm (C) 567-650 ounce (D) 567-650 gm

7. Which of the following food stuff contains almost all ingredients of a balanced diet?

(A) Meat (B) Milk (C) Chicken (D) Fish

8. Against which country ‘Maradona’ scored the goal of the century?

(A) Brazil (B) Germany (C) Italy (D) England

9. The length and width of a volley ball court is?

(A) l7x9metre (B) l8x9metre (C) l9xl0metre (D) 20 x 10 metre

10. Which of the following concepts of health is the earliest concept?

(A) The Bio-medical concept (B) The Psycho-social concept

(C) The Religious concept (D) The Ecological concept

11. The height of human being is measured by?

(A) Vernier scale (B) Weighing scale (C) Stadio meter (D) Dynamometer

13. Which of the following game’s playground has ‘bonus line’?

(A) Basketball (B) Hockey (C) Kabaddi (D) Volleyball

14. In older, age, the common problem in eyes is

(A) Cataract (B) Black water (C) Squint eyes (D) Farsightedness

15. Apparatus to measure fat percentage in body is?

(A) Anthropometer (B) Tensiometer (C) Skinfold Meter/Caliper (D) Flesometer

16. One of the method of Teaching is?

(A) Writing story (B) Writing (C) Demonstration (D) Search

17. The cause of postural defects/deformities is?

(A) Balanced diet (B) Malnutrition (C) Extra diet (D) Sickness

18. Jogging at one spot?

(A) Tightens muscles (B) Strengthens few muscles

(C) Strengthens all the muscles except the hamstring (D) Weakens muscle

19. Long bones’ work in human body is?

(A) To give strength (B) To give shelter

(C) To work as lever (D) To provide base for muscular joint

20. During muscular contraction, if there is no change in the size of muscle, this contraction is said—

(A) Isometric (B) Isotonic (C) Isokinetic (D) Kinetic

21. The number of Muscle pairs,found in human body is?

(A)200 (B) 250 (C)300 (D) 350

22.The position of India in 1st Asian games was?

(A)I (B)II (C)V (D)IX

23. In one millilitre of blood, the number of platelets is stated to be about?

(A) 1,00,000 (B) 2,00,000 (C) 3,00,000 (D) 4,00,000

24. Davis Cup is associated with?

(A) Hockey (B) Volleyball (C) Baseball (D) Lawn Tennis

25. The amount of calories required by an adult of average body weight per day is?

(A) 1500 calorie (B) 2000 calorie (C) 2500 calorie (D) 3000 calorie

26. For the good health which type of exercises are necessary?

(A) Light (B) Hard (tough) (C) Medium type (D) Regular

27. In human body ‘Fartlek’ developes

(A)Speed (B) Endurance (C)Strength (D) Agility

28 The technique to swim. Fastest is?

(A) Breast stroke (B) Butterfly (C) Free style (D) Back stroke

29. In test cricket, how many bouncers can be bowled in one over?

(A)1 (B)2 (C)3 (D) 4

30. After emulsion, the digestion of fat is done by an enzyme called?

(A)Renin (B) Amylase (C)Trypsin (D) Lipase

31. A perfect food, known as nutritious is one that?

(A) Satisfies our hunger (B) Contains all nutritious elements of food

(C) Has been cooked very well (D) Is easy to digest

32..The maximum quantity in the diet of small children should be of

(A) Protein (B) Carbohydrate (C) Minerals (D) Vitamins

33. Olympia city is situated in which country of the world?

(A)Greece (B) Germany (C)Italy (D) China

34. For remaining fit and healthy, what is most important?

(A) Aptitudes (B) Attitudes (C) Routines (D) Life style

35.. Set Shot’ is related to?

(A) Snooker (B) Squash (C) Basketball (D) Golf

36. The weight of Javelin for women is?

(A)600 gm (B) 800 gm (C)825 gm (D) 700gm

37. Strategy ‘Fast break’ is related with the game?

(A) Athletics (B) Basketball (C) Swimming (D) Boxing

38. Health is primarily a responsibility of the?

(A) Community (B) Individual (C) State (D) Parents

39. Appendix is helpful in Digestive system of human being for?

(A) Helpful in digestion of food (B) Maintain the temperature during digestion process

(C) Helpful in secreting the digestive juice (D) Not helpful in digestive process

40. The quality of Physical Education teacher is?

(A) Civilized (B) Good performance (C) Young (D) Smart

41. Why good nutrition is necessary for good health?

(A) Postural deformities (B) Development (C) Instant replies (D) Good habits

42. Aerobic power can be enhanced by?

(A) Swimming (B) Circuit training (C) Short sprints (D) Long distance running

43. Blood gets de-oxygenated in?

(A)Muscle (B) Nerves (C)Lungs (D) Heart

44. Goniometer measures

(A)Agility (B) Strength (C)Speed (D) Flexibility

45. The Basal Metabolic Rate may vary from person to person but it is closely related to

a person’s amount of?

(A) Weight of the body (B) Physical activity

(C) Muscular energy (D) Lean issue

46. The first National Marathon Race was organized at?

(A) Allahabad (B) Pune (C) Kolkata (D) New Delhi

47. Physical exercise done in presence of oxygen, is called?

(A) Aerobic exercise (B) Anaerobic exercise

(C) Isometric exercise (D) Isokinetic exercise

48. Rovers Cup is associated with the game

(A) Basket Ball (B) Chess (C) Boxing (D) Football

49. What is manufactured from the iron that we obtain from our diet?

(A) Blood cells (B) Haemoglobin (C) Bone Marrow (D) Protoplasm

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 Condyloid joint—

(A) Shoulderloint (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

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

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 match1S—

(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 equip-mentis—

(A) Price (B) Source (C) Utility (D) Quaiity 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 — Febula Ioint (B) Carpal ~ Metacarpal joints

(C) Radio – Ulnar ]oint (D) Tarcel — Metatarcel ]oint 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) Consistancy 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 7

(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 15\*

(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 ]ump (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) Quadricep 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 sexhor mones 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) Fixedjoint (B) Uniaxial joint (C) Bi—axialjoint (D) Tri-axial joint Answer.D

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

(A) Bicep 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

**Number of Player’s in All Games**

|  |  |
| --- | --- |
| **SPORTS** | **NUMBER OF PLAYERS** |
| Baseball | 9 |
| Rugby football | 15 |
| Polo | 4 |
| Water Polo | 7 |
| Kho Kho | 9 |
| Kabaddi | 7 |
| Hockey | 11 |
| Football (Soccer) | 11 |
| Cricket | 11 |
| Netball | 7 |
| Volleyball | 6 |
| Badminton | 1 or 2 (Singles & Doubles respectively) |
| Tennis | 1 or 2 (Singles & Doubles respectively) |
| Table Tennis | 1 or 2 (Singles & Doubles respectively) |
| Basketball | 5 |
| Gymnastic | Several individuals compete simultaneously |
| Billiards/Snooker | 1 |
| Boxing | 1 |
| Chess | 1 |
| Bridge | 2 |
| Croquet | 13 or 15 |
| Golf | Several individuals compete simultaneously |
| Lacrosse | 12 |

**Olympic Games**

Olympic Flag cosist on how many circules ?  
Ans. 5 circules . Blue,Yellow,Black,Green and red.  
First Olympic games held in ?  
Ans.1896 Athens, Greece.  
2020 Olympic games held in ?  
Ans. Tokyo, Japan.  
2016 Olympic games held in ?  
Ans. Rio de Janeiro Brazil.  
2016 Olympic games held in ?  
Ans. London England

1. The landing arena of High Jump will be

(A) 5x4mts (B) 5x5mts (C) 5 x 3 mts (D) 5 x 6 mts

2. Blood is purified in the human body by?  
(A) Carbon dioxide (B)Nitrogen (C)Oxygen (D) Hydrogen

3. Name the vitamin which is water soluble  
(A) Vitamin A (B) Vitamin B (C) Vitamin E (D) Vitamin K

4. Salivary g]and produces   
(A) Ptyalin (B) Adrenal (C) Pepsin (D) Renin

5. Who is responsible for sanitation /cleanliness in schools?  
(A) Principal (B) Cleaning worker (C) Teacher and students(D) All of the above

6. Name the disease which is categorized as psychosomatic disease  
(A) Diabetes (B) Asthma (C) Tuberculosis (D) Small pox

7. According to rules, the colour of football goal post is?  
(A) Light yellow (B) Green (C) Light blue (D) White

8. How much protein a working woman must intake every day?  
(A)27gm (B) 46gm (C)30gm (D) 37gm

9. Which of the following line is related to volleyball?  
(A) Bonus line (B)Baulk line (C) Attack line (D) Service line

10. The tread mills training is prescribed for the injured athlete for the purpose of improving his/her  
(A)Muscle strength (B)Stability of the body

(C)Range of motion (D)Muscle endurance

11. To which of the following chambers of the heart, is the aorta connected?  
(A)Left ventricle (B)Right ventricle (C)Right auricle (D)Left auricle

12. What will you do, if you burn by fire?  
(A) Lying down on floor (B) To cover with quilt

(C) Will use maximum water (D) Remove all clothes

13. What is flexibility?  
(A) Isotonic movements (B) Health (C) Concentration (D) Long life

14. In which place World Class Hockey Academy is proposed to be established by International Hockey Federation?  
(A)Berlin (B) Sydney (C)Madrid (D) Dubai

15. The longest muscle in human body is?  
(A)Sartorius (B)Biceps (C)Deltoid (D)Lattismus Dorsi

16. The cardio respiratory capacity is related to  
(A) Strength (B)Flexibility (C)Normal physical endurance (D)Agility

17. Shuttle run ‘Test’ measures  
(A) Explosive strength (B) Speed endurance (C) Agility (D) Speed

18. Which of the following game’s team consists of both men and women players?  
(A)Corfball (B) Netball (C)Softball (D) Handball

19. ‘Stimulus Response Theory’ was given by?  
(A) Frobel (B) E. L. Thorndike (C) Dr. Radhakrishnan (D) John Dewey

20. How many types of joints there in human body?  
(A)2 (B)3 (C)6 (D)9

21. Which of the famous Hockey player has written the book ‘Golden Hattrick’?  
(A) Ajit Pal Singh (B) Dhyan Chand (C) Balbir Singh (D) Surjit Singh

22. The types of swimming in competitions are?  
(A) 10 (B) 6 (C) 4 (D) 2

23. Which of the following vitamin we get from Sun rays?  
(A) Vitamin A (B) Vitamin B (C) Vitamin C (D) Vitamin D

24. How many entries are allowed per event in Athletics in Olympics?  
(A) 2 (B) 3 (C) 4 (D) 5

25. When did Cricket World Cup start?  
(A) 1970 (B) 1975 (C) 1979 (D) 1973

26. Reason of constipation is due to  
(A) Less functioning of large intestine (B) Extra eating

(C) Less make of water (D) More intake of water

27. What was the Mascot of first Asian games held at New Dethi?  
(A) Jantar Mantar (B) Kutub Minar (C) Lotus flower (D) Appu

28. The weight of a hockey ball approximately is  
(A) 5.5 ounce to 5.75 ounce (B) 5 ounce to 5.5 ounce

(C) 6 ounce to 6.5 ounce (D)5.75 ounce to 6 ounce

129. How many events are there in Heptathlan?  
(A)5 (B) 6 (C)7 (D) 9

30. In which country Indian women cricket team won the test series first time ?  
(A) New Zealand (B) South Africa (C) Australia (D) England

31. ‘Pele’ is related to which game?  
(A) Cricket (B) Horse Riding (C) Swimming (D) Football

32. The normal temperature of a healthy human being is?  
(A) 98.4° F (B) 95.5° F (C) 96.6° F (D) 97.4° F

33. The life span of Red Blood corpuscles is not more than  
(A) 120 days (B) 130 days (C) 140 days (D) 150 days

34. What is the resting stroke volume per beat of heart?  
(A) 20-40 ml (B) 40-60 ml (C) 60-80 ml (D) 80-100 ml

35. The length of trachea (wind pipe) in an adult person is about?  
(A) 20 cm (B) 15 cm (C) 10 cm (D) 05 cm

36 By which hormone High Blood Sugar level can be controlled in stomach?  
(A) Glucose (B) Insulin (C) Thyroxin (D) Non-Apinefreen

37. Are heavy exercises good for sound sleep?  
(A) Yes (B) No (C) Sometimes (D) Never

38. Balanced diet contains  
(A) Protein (B) Vitamin (C) Carbohydrates (D) All of the above

39. The longest bone in human body is?  
(A)Ulna (B) Tibia (C)Femur (D) Humerus

40. The main source of vitamin ‘A’ is?  
(A)Egg (B) Banana (C)Carrot (D) Potato

41. Fatigue comes during training due to?  
(A) Lactic acid (B) Adrenal (C)Carbon Di Oxide (D) pH-Factors

42. What energy do minerals supply to the body?  
(A) Chemical (B) Electrical (C) Thermal (D) No energy

43. The Olympic games in 2016 will be held at?  
(A) London (B) America (C) Holland (D) Brazil

44. The measuring instrument of Blood pressure is?  
(A) Steadiometer (B) Menometer  
(C) Sphygmomanometer (D) Dynamometer

45. The minimum number of players required in a team to start a Basketball match is?—  
(A) 4 (B) 5 (C) 3 (D) 12

46. What is Blood?  
(A) Tissue (B) Liquid Tissue (C) Blood Platelets (D) Special Tissue

47. Water percentage in plasma is?  
(A)60% (B) 70% (C)80% (D) 90%

48. Who declares the ‘Olympic games close’?  
(A) Chairman JOC (B) President IOC  
(C) Secretary IOC (D) Prime Minister of the country

49. The width of a lane in an athletic track is?  
(A)1.20 mt (B) 1.21 mt (C)1.19 mt (D) 1.22 mt

50. During a hockey match, if the ball is stuck in the Goalkeeper’s pads then game is restarted  
(A) By Bully (B) By centre back pass

(C) By hit from outside ‘D’ (D) By toss

**Answers:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Q | Ans | Q | Ans | Q | Ans | Q | Ans | Q | Ans | Q | Ans | Q | Ans | Q | Ans | Q | Ans | Q | Ans |
| 1 | C | 6 | A | 11 | A | 16 | C | 21 | C | 26 | A | 31 | D | 36 | B | 41 | A | 46 | B |
| 2 | C | 7 | D | 12 | D | 17 | C | 22 | C | 27 | A | 32 | A | 37 | B | 42 | D | 47 | D |
| 3 | B | 8 | D | 13 | A | 18 | C | 23 | D | 28 | A | 33 | A | 38 | D | 43 | D | 48 | A |
| 4 | A | 9 | D | 14 | D | 19 | B | 24 | B | 29 | C | 34 | C | 39 | C | 44 | C | 49 | D |
| 5 | D | 10 | D | 15 | A | 20 | B | 25 | B | 30 | D | 35 | C | 40 | C | 45 | B |  |  |

**1. 2019 Cricket world cup will be held in \_\_\_\_\_\_?**

[**A.**](javascript:%20void%200;) India [**B.**](javascript:%20void%200;) **England** [**C.**](javascript:%20void%200;) Sirilanka [**D.**](javascript:%20void%200;) South Africa

**2. Pakistan won ODI World Cup in?**

[**A.**](javascript:%20void%200;) **1992** [**B.**](javascript:%20void%200;) 1999 [**C.**](javascript:%20void%200;) 2002 D. 1987

**3. How many players in cricket team?**

[**A.**](javascript:%20void%200;) **11**  [**B.**](javascript:%20void%200;) 12 [**C.**](javascript:%20void%200;) 9 D. 10

**4. Pakistan won T20 world cup in?**

A.2007 **B.2009** C.2010 D.2012

5. Length of Pitch

A.20m **B.20.12m** C.22m D.23m

**6. A cricket match is divided into periods called**

(A) Half **(B) Innings** (C) Interval (D) Non of these

**7. Game of cricket was invented in:**  
(**a) England** (b) India (c) Australia (d) Pakistan

**8. Asia Cricket Cup 2012 won by**  
(a)      India (b)   Bangladesh **(c) Pakistan (Correct)**  (d)   Sri Lanka

**9. Which country has won first Cricket World Cup?**  
(a) Sri Lanka  **(b) West Indies (Correct)**(c) Australia (d)   Pakistan

**10.  1st Cricket World Cup was played in the years**   
**(a) 1975 (Correct)** (b) 1968 (c) 1979 (d) 1987

**11. Which team won most of the Cricket World Cup?**  
(a) West Indies (b) South Africa **(c) Australia (Correct)**(d) England

**12. What is the height of the wickets used in the game of cricket in inches?**  
(a) 26 inches (b) 27 inches **(c) 28 inches (Correct)**   (d) 29 inches

**13.   What is the height of the wickets used in the game of cricket in centimeters?**  
(a) 66.0 cm (b) 68.6 cm **(c) 71.10 cm (Correct)**    (d) 73.7 cm

**14. Weight of new ball minimum?**

**A.155g**  B.150g C.160g D.145g

**15. Weight of new ball maximum?**

**A.163g** B.160g C.170g D.165

**16. Width of cricket bat**

**A. 4.25in / 10.8 cm** B.4.10in/10cm C. 3in/8.50cm D.5in/12cm

**17. Width of pitch?**

A.12ft/4m **B. 10 ft/3.05 m** C.8ft/2.50m D.14ft/5m

**18. ICC stands for\_\_international cricket council\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**19. PCB stands for\_\_\_pakistan cricket board\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**20. World cup held after years?**

A. 3 B. 5 **C. 4** D. 2

**21. How many formats in cricket?**

A. 2 B. 5 C. 4 **D. 3**

**22. Number of Over per Bowler in ODI match**

**A. 10** B. 7 C. 12 D. 5

**23. Accurate degree bowling action?**

A.30d B.25d **C.15d** D.20d

**24. How many type of out in cricket?**

A. 5 **B. 10** C. 7 D. 3

**25. How many number of full members of ICC?**

A. 3 B. 8 **C. 12** D. 15

**26. How many number of associate members of ICC?**

A. 50 B. 70 C. 30 **D. 92**

1. 2004 Olympic games held in \_\_\_\_\_\_\_\_\_\_ Greek

2 .Athletics are also called the base of \_\_\_\_\_\_\_\_\_\_\_\_\_ Olympic Games

3 .Duration of Sarkal Kabadi match \_\_\_\_\_\_\_\_\_\_\_ 40 min

4 .First President of Pakistan Golf Federation \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Justice A R Karnees

5 .For winning the game lead is required \_\_\_\_\_\_\_\_\_\_ 2

6 .Height of Nanga Parbat \_\_\_\_\_\_\_\_\_\_\_ 8125 m

7 .How many lanes on track \_\_\_\_\_\_\_\_\_\_\_\_ 8

8 .How many substitute players in Valley Ball team \_\_\_\_\_\_\_\_\_\_ 6

9 .How many umpires in Base Ball \_\_\_\_\_\_\_\_\_\_ 4

10. In 100 m women hurdles competition distance between hurdles \_\_\_\_\_\_\_\_\_\_\_\_\_ 8.5 m

11 .In 110 meter men hurdle race the height of hurdles \_\_\_\_\_\_\_\_\_\_\_ 1.067 m

12 .In 2006 Asian Games how many countries participated in Kabadi \_\_\_\_\_\_\_\_\_\_\_\_ 12

13 .In which year Pakistan won ODI world cup \_\_\_\_\_\_\_\_\_\_ 1992

14 .Judo is introduced in Olympic game\_\_\_\_\_\_\_\_\_\_ 1964

15 .Old name of Pakistan Golf Federation \_\_\_\_\_\_\_\_\_\_\_\_ Pakistan Golf Union

16 .The game of Chess started from \_\_\_\_\_\_\_\_\_\_\_ 3000 BC

17 .The stick which is used to hit the ball in Golf is called \_\_\_\_\_\_\_\_\_ Club

18 .Total height of K-2 \_\_\_\_\_\_\_\_\_\_\_\_ 8516 m

19 .Total number of player in Cricket team \_\_\_\_\_\_\_\_\_\_ 11

20 .Total Number of players in Beach Valley Ball Game \_\_\_\_\_\_\_\_\_\_\_\_ 2

21 .Total weight of Table Tennis Ball \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.7

22 .Weight of Valley Ball ball is\_\_\_\_\_\_\_\_ 9 to 10 ounce

23 .What is the lowest score in in ODI cricket record \_\_\_\_\_\_\_\_\_\_ 43 runs

24 .When Asian Kabadi Federation is established \_\_\_\_\_\_\_\_\_\_\_\_ 1978

25 .When Base Ball started in Pakistan \_\_\_\_\_\_\_\_\_ 1992

26 .When first Asian Kabadi Championship held \_\_\_\_\_\_\_\_ 1980

27 .When first FIFA World Cup held \_\_\_\_\_\_\_\_\_\_ 1930

28 .When first time Basketball introduce in Olympic Games \_\_\_\_\_\_\_\_\_\_ 1940

29 .When International Polo Federation was established \_\_\_\_\_\_\_\_ 1983

30 .When Pakistan first time participate in Davis Cup \_\_\_\_\_\_\_\_\_\_\_\_ 1948

31 .Which Country first of all introduce Chess \_\_\_\_\_\_\_\_\_\_ Hindustan

32 .Which device used to measure the wind velocity \_\_\_\_\_\_\_\_\_\_ The wind gauge

33 .Which is the biggest race in Olympic games \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Marathon Race

34 .Which is the highest mountain in Pakistan \_\_\_\_\_\_\_\_\_\_\_ K-2

35 .Which player won more titles of Tour de France \_\_\_\_\_\_\_\_\_ France

36 .Which team won First FIFA world Cup \_\_\_\_\_\_\_\_\_\_\_\_ Uruguay

37 .Which team won the world cup 2007 \_\_\_\_\_\_\_\_\_ Australia

38 .Width of Valley Ball courts lines \_\_\_\_\_\_\_\_\_\_ 5 cm

39 .\_\_\_\_\_\_\_\_\_\_\_Tendon located in the posterior side of the lower leg. Achilles

40 .\_\_\_\_\_\_\_\_\_\_\_The main mass of nervous tissue, typing between sensory receptors, which acts as an integrating centre. Central nervous system

41 .\_\_\_\_\_\_\_\_\_\_\_The term used to describe an aggregation of body cells with specialized structure and function. Tissue

42 .\_\_\_\_\_\_\_\_\_is psychological study of moral principles? Axiology

43 .\_\_\_\_\_\_\_Is the residual fluid of blood left after removal of the cellular elements. Plasma

44 .\_\_\_\_\_\_\_Is the science, which deals with the description of the structure of cells, tissues, organs and organisms. Anatomy

45 .‘Pele’ is related to which game? Swimming

46 .‘Stimulus Response Theory’ was given by? E. L. Thorndike

47 .18.29 M Triple jump record is of Jonathan Adword

48 .2008 Olympic games held in which country \_\_\_\_\_\_\_\_\_\_ China

49 .2011 world cup held in which country \_\_\_\_\_\_\_\_\_ All of these

50 .2nd name of athletics is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Track and Field Exercises

51 .400 meter race was included in ……Olympic 1912

52 .4th Asian Games held in which Country  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pakistan  
53 .9th Asian Games held in which Country \_\_\_\_\_\_\_\_\_\_\_\_ Pakistan  
54 .A log distance runner must consume more quantity of? Carbohydrate  
55 .A muscle fibre relaxes when: The nerve stimulus is removed  
56 .A perfect food, known as nutritious is one that? Contains all nutritious elements of food  
57 .A rich source of Vitamin a is: Apricot  
58 .A stress situation which grabs a person completely in-very shour time is? Acute  
59 .A typical fiber in the adult man may have a diameter of 50-70 mm  
60 .Abdominal muscles are best developed from: Abdominal crunch  
61 .Abdominal muscles are best developed from? Playing  
62 .According to rules, the colour of football goal post is? White  
63 .Aerobic power can be enhanced by? Circuit training  
64 .After calcium ions have been released from the sarcoplasmic reticulum they: Bind to troponin  
65 .After emulsion, the digestion of fat is done by an enzyme called? Lipase  
66 .Against which country ‘Maradona’ scored the goal of the century? England  
67 .Age measured in days, months and years is called? Birth Age  
68 .Agility may be needed in speed, balance,coordination and \_\_\_\_? Strength  
69 .All of the following are excitable tissues except: Miniscule cartilage  
70 .All the following factors add to instability of shoulder joint except? Organ of long head of biceps  
71 .An example of injury caused by macrotreuma is: Sprain  
72 .An immeiate emotional state of apprehension & tension is response to specific situation is called? Trait Anxiety  
73 .An offensive play that is commonly used in basketball for a set shot is the? Pivot  
74 .Anaerobic metabolism refers to the generation of ATP: Without the use of oxygen  
75 .Angle of javelin through \_\_\_\_\_\_\_\_\_\_\_\_ 29  
76 .Apparatus to measure fat percentage in body is? Skinfold Meter/Caliper  
77 .Appendix is helpful in Digestive system of human being for? Not helpful in digestive process  
78 .Appropriatensess, usefulness, meaningulness of any inference a researcher draws refers to data? Validity of the data  
79 .Approximately, what percentge of heart is generated y muscle tissue? 0.85  
80 .Are heavy exercises good for sound sleep? No  
81 .Artery carries the supply of blood towards heart? Pulmonary artery  
82 .Asian Games are also known as \_\_\_\_\_\_\_\_\_ Asia  
83 .Asian Games took place after every \_\_\_\_\_\_\_\_\_\_ 4 years  
84 .At what score ends will be changed in the Tie break game in Tennis? 42741  
85 .Athlete's foot is caused by Virus  
86 .Automatic nervous system controls the \_\_\_\_\_\_\_\_\_\_\_\_\_function of the body. Involuntary  
87 .Balanced diet contains All of the above  
88 .Ball and Socket types of Joint is? Tri-axial Joint  
89 .Base Ball is the national game of which country \_\_\_\_\_\_\_\_\_\_ America  
90 .Bearden and hungry the Javelin Throw was considered regular game in 1870  
91 .Before the Shot Put competition all the players are given tums 42768  
92 .Bhartiyam was conducted to promote? Mass rhythmic activities  
93 .Blood gets de oxygenate in: Nerves  
94 .Blood gets de-oxygenated in? Heart  
95 .Blood is purified in the human body by? Oxygen  
96 .Blood plasma also circulates \_\_\_\_\_\_\_\_\_and contains several of the components essential for the formation of blood clots. Immune bodies  
97 .Blood transport waste products to \_\_\_\_\_\_\_\_\_\_for elimination from the body. Excretory organs  
98 .Brachial artery lies on the anterior aspect of all the following structures except? Terse Major  
99 .By which hormone High Blood Sugar level can be controlled in stomach? Insulin  
100 .Carbohydrates are converted into sugar in the: Digestive tract  
101 .Cardiovascular system disorders are those disorders, which involve the \_\_\_\_\_\_\_\_\_ Arteries, veins and lymphatic’s  
102 .Central nervous system consists of: Brain ad spinal column  
103 .Chronic injuries are treated with Ultrasond  
104 .Cognition deals with: All of the above  
105 .Cretin Phosphate releases energy? With the help of ATP  
106 .Cross country race are firs held at international level in 1903  
107 .Cross country races team consist of 6 Players  
108 .Cycling is the national game of\_\_\_\_\_\_\_\_\_ France  
109 .Davis Cup is associated with? Lawn Tennis  
110 .Diameter of the Shot Put circle is 2.135 M  
111 .Discus / Hammer / Short put through sector \_\_\_\_\_\_\_\_\_\_\_ 34.92  
112 .Disease or Injury affecting the wall of blood vessel is Hemorrhage  
113 .Distance for Marathon race is measured as 43.19 M  
114 .Distance of Marathon for women \_\_\_\_\_\_\_\_\_\_\_\_ 42.195 km  
115 .Diureties: Increase the body's output of urine  
116 .During a hockey match, if the ball is stuck in the Goalkeeper’s pads then game is restarted By Bully  
117 .During exercise, the Cardiac Minute volume in the average man may rise form fur litres to? 15 litres  
118 .During heavy exercise, the supply of blood increases toward: Skeletal Muscle  
119. During muscular contraction, if there is no change in the size of muscle, this contraction is said— Isometric  
120. Endurance training increases the muscle’s capacity to: Burn fat and carbohydrate  
121 .Fatigue comes during training due to? Lactic acid  
122 .First Asian Games held in \_\_\_\_\_\_\_\_\_\_\_ 1951  
123 .First World Athletic championship held in which country \_\_\_\_\_\_\_\_\_ Funland  
124 .For complete treatmetn of sports injuries, one shoud depend upon Physiotherapy  
125 .For endurance dominating sports, the died should be rich in: Skinfold caliper  
126 .For remaining fit and healthy, what is most important? Routines  
127 .For the first time the circle of Shot Put was used in the year 1904  
128 .For the good health which type of exercises are necessary? Regular  
129 .For very high force contractions lasting 1-2 seconds, the initial energy source is from: Atp stores  
130 .From center the thickness of discuss for men in 44-46 MM  
131 .From where the game of Kabadi Started \_\_\_\_\_\_\_\_\_\_ Bar-e-sagheer  
132 .Fuel used by the body while doing the exercise intensity is: Less carbohydrate & more fat  
133 .Funds for the sports programs can be collected thorugh? Public, Donations, Gifts, Alumni Asso.  
134 .Gastronomies muscle located in the posterior lower\_\_\_\_\_\_\_\_\_\_\_\_. Leg  
135 .Getting the right fact to the right people at the right time in the right way is called? Public Relations in Sport  
136 .Goniometer is an equpment which is used to measure? Angle of Joint  
137 .Goniometer measures Flexibility  
138 .Ground of Golf is called \_\_\_\_\_\_\_\_\_ Course  
139 .Hammer Throw competition was included in Olympic game in 1900  
140 .Hammer Throw event for women was included in Sydney Olympic 2000  
141 .Harvard step test is a test for measuring? Cardio Vascular Endurance  
142 .Having to pass a swimming proficiency test prior to enrolling in an advance swimming course is an example of what? Criterion reference standard  
143 .Hdyrotherapy' is given using: Water  
144 .Health is primarily a responsibility of the? Individual  
145 .Height of Valley Ball Net for men \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.43 m  
146 .Height of Valley Ball net for women \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.24 m  
147 .High jump runway distance \_\_\_\_\_\_\_\_\_\_\_\_\_ 14 m  
148 .Hormone secreted by parathyroid is? Parathyroid hormone  
149 .How many 400 meter hurdle height for women? 0.84  
150 .How many categories in international wrestling\_\_\_\_\_\_\_\_ 2  
153 .How many entries are allowed per event in Athletics in Olympics? 3  
154 .How many events are there in Heptathlan? 7  
155 .How many height of goal post of foot bal poll? 8 feet  
156 .How many hurdle height for man? 1.067  
157 .How many kind of muscle in human body? 3  
158 .How many members of FIFA at 2008 \_\_\_\_\_\_\_\_\_\_\_\_\_ 208  
159 .How many meters are there in one mile? 1609.344  
160 .How many muscle in human body? 656  
161 .How many Olympic Gold medals won by Pakistan Hockey team 3  
162 .How many Pakistani athletes participate in 1948 Olympic games \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5  
163 .How many player in a team of a Valley Ball \_\_\_\_\_\_\_\_\_\_\_ 6  
164 .How many player in foot bal team? 11  
165 .How many players in Sarkal Kabadi game \_\_\_\_\_\_\_\_\_ 11  
166 .How many referees are required for a foot bal match? 1  
167 .How many Silver medals in Olympic won by Pakistan Hockey team \_\_\_\_\_\_\_\_\_\_\_ 3  
168 .How many time Pakistan Tennis team participate in SAF Game \_\_\_\_\_\_\_\_\_\_\_\_\_ 3  
169 .How many time Rasheed Malik won National Tennis Championship \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4  
170 .How many tissue in human body? 4  
171 .How many types of joints there in human body? 3  
172 .How many types of tracks are there? Three  
173 .How many years Jhangir Khan remain Un beated \_\_\_\_\_\_\_\_\_ 5 years  
174 .How may height of cricket bat? 38”  
175 .How much eater is expected by the human body per day at regular temperatures? 1 gallons  
176 .How much meter circle was used in 1904 Olympics? 2.13 M  
177 .How much protein a working woman must intake every day? 37gm  
178 .How much time is given in long jump to Athlete for his one try? 1 Minute  
179 .How we get injured in games? When rules of games are not followed  
180 .Human \_\_\_\_\_\_\_ are about 8 micrometers in diameter and about 2 um at their thickest and have a biconcave shape. Red blood corpuscles  
181 .IAAF stand for ? International Armature Athletic Federat.  
182 .ICC stand for \_\_\_\_\_\_\_\_\_\_ International Cricket Council  
183 .If a muscle is injured after a vigorous workout, one can exercise after 36 hrs.  
184 .If player is less thatn 8, how marry traits will be gine? 6  
185 .If someone feels difficulty to see at long distance clearly disease is called? Myopia  
186 .If the mean of five scores is 25 and standard deviation is 0, what will be the value of fifth score? 25  
187 .If we take every nth number as a sample formthe list of th population it is called? Systematic Sampling  
188 .Imaginary line passing laterally from one side to the other is called. Lateral axis  
189. In 100 meter women hurdle race the height of the hurdles \_\_\_\_\_\_\_\_\_\_ 0.84 m  
190 .in 110 m hurdles, the numbr of tirdes performed between two hurdles is? 8  
191 .In 1921 the team of Vally Ball consist on how many players \_\_\_\_\_\_\_\_\_\_\_ 12  
192 .In 1962 Asian games how many medals won by Pakistan in wrestling\_\_\_\_\_\_\_ 14  
193 .In 1970 Asian games how many medals won by Pakistan in wrestling\_\_\_\_\_\_\_ 2  
194 .In 3000 m steeple chase, the unmber of watr jump is 7 the total no of jumps are? 35  
195 .In 400 meter race last athlete Stagger \_\_\_\_\_\_\_\_\_\_\_\_ 7.67 m  
196 .In a cardiac cycle what is the ratio of ventricle systole and ventricle diastole? 0.3 sec/ 0.5 sec  
197. In addition to the \_\_\_\_\_\_\_many other important classes of compounds circulate in the blood plasma. Proteins  
198 .In ancient shot Pur discuss was throw from High Stag (Chabotra)  
199 .In Cross Country race the red flag at track indicate to Turn left  
200 .In English soldiers how much weight and volume Shot put was popular 16 pound  
201 .In Europe Mountainering is also known as \_\_\_\_\_\_\_\_\_\_\_\_\_ Alpinism  
202 .In first Shot Pur 1896, how much square meter was used for Shot Put 2.000 M  
203 .In First Wimbledon Championship who is the winner of title in men category \_\_\_\_\_\_\_\_\_\_\_\_\_ Spencer Gore  
204. In general, the higher the intensity of exercise, the greater the proportional contribution of: Anaerobic energy production  
205 .In high jump every player have \_\_\_\_\_\_\_\_\_\_ chances. 3  
206 .In High Jump the distance between the two pools is at least 4.00 M  
207 .In High Jump the length of cross bar is a least 3.98 M  
208 .In human body ‘Fartlek’ developes Agility  
209 .In humans, the white blood cells in the blood are \_\_\_\_\_\_\_\_in umber. Fewer  
210. In hurdles race its good for runner to take how many steps before 1st hurdle? 8  
211. In normal adult men the blood contains about \_\_\_\_red blood corpuscles or erythrocytes per cubic millimeter. 5000000  
212 .In normal adult women, the blood contains about \_\_\_\_red blood corpuscles. 4500000  
213 .In older, age, the common problem in eyes is Cataract  
214 .In one millilitre of blood, the number of platelets is stated to be about? 2,00,000  
215 .In Pakistan how many methods to play Kabadi \_\_\_\_\_\_\_\_\_ 4  
216 .In plant cells, \_\_\_\_\_\_\_\_\_\_\_\_encloses this membrane. A rigid cell wall  
217 .In Psychologicl testign norm is defined as ? Record of performance  
218 .In second Shot Pur 1900, how much square meter was used for Shot Put. 2.135  
219 .In sprint events, improvements in performance may come from: All of the above  
220 .In sprint race, of the falash is not visible, time shall be taken form the? Sound of gun  
221 .In sprint Races position of start is known as \_\_\_\_\_\_\_\_\_\_ Crouch start  
222 .In test cricket, how many bouncers can be bowled in one over? 2  
223 .In the Childhood, individual’s behavior is mostly influenced by? Family  
224 .In the school setting the major channel of publicity for the physicla education programmes is? Intramurals  
225 .In Track and Field (athletics) Triple Jump known as Hop, Step and Jump  
226 .In Track and Field Hammer Throw weight is about 7.260 KG  
227 .In Triple Jump the Referee raised the white flag after Right attempt  
228 .In which activity Lactic acid system is activated 100 mts  
229 .In which city 1896 Olympic games are held \_\_\_\_\_\_\_\_\_\_ Athens  
230 .In which country first Asian Games held \_\_\_\_\_\_\_\_\_ India  
231 .In which country Indian women cricket team won the test series first time? England  
232 .In which country the education of chess is given in schools \_\_\_\_\_\_\_\_\_ Russia  
233 .In which of the following does the reactions of energy synthesis take place? Cell sap  
234 .In which Olympic 10 km walk is the part of Olympic games \_\_\_\_\_\_\_\_\_\_\_ 1992  
235 .In which Olympic did women participate for the first time? 1900 Paris  
236 .In which place World Class Hockey Academy is proposed to be established by International Hockey Federation? Dubai  
237 .In which year women football introduced in Olympic games \_\_\_\_\_\_\_\_\_\_ 1996  
238 .In1993 Islamic games In Tehran Naseem Nazali get which title\_\_\_\_\_\_\_ Silver  
239 .Increase in muscle mass due to heavey weight training is called ? Muscular Hypertrophy  
240 .Intensityin strength endurance training is? 80-100%  
241 .International athletic federation established in \_\_\_\_\_\_\_\_\_\_ 1880  
242 .International Judo Federation Established In\_\_\_\_\_\_\_\_\_ 1960  
243 .IOC stand for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Intern. Olympic Committee  
244. It participant are eight in Javelin Throw then how many Tums were given to each player 6  
245 .Javelin is handle from Grip  
246 .Javelin Throw competition was included in modern Shot Put in 1908  
247 .Javelin Throw players are givens turns through By Lots  
248 .Jogging and the sport Waken muscles  
249 .Jogging at one spot? Tightens muscles  
250 .Jonthan Adword made Triple Jump record in 1995  
251 .Jumping board for …..for men is 13 M away from the jumping pit Triple Jump  
252 .Length of Javelin for women \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.20 m  
253 .Length of table tennis net\_\_\_\_\_\_\_\_ 6 feet  
254 .Length of the Hammer measured from inside of the grip is Min: 1175 MM to Max: 1215 MM  
255 .Length of the runway for ………….is 35 to 40 M Board jump  
256 .Length of Valley Ball court \_\_\_\_\_\_\_\_\_\_\_ 18 m  
257 .Length of Valley Ball Net \_\_\_\_\_\_\_\_\_\_\_\_\_ 9.50 m  
258 .Locomotor movements involve forcefully pushing of th ground from one foot in the air and landing on the same foot. Hopping  
259 .Long bones’ work in human body is? To work as lever  
260 .Lowest score of Pakistan cricket team in test match \_\_\_\_\_\_\_\_\_ 26 runs  
261 .M Hurdles height for men are 1.067 M  
262 .Metacarpal in the \_\_\_\_\_\_\_\_\_\_\_. Hand  
263 .Metatarsal in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Foot  
264 .Motto of I.O.C is ? Cittius, Altlus, Fortius  
265 .Name the disease which is categorized as psychosomatic disease Diabetes  
266 .Name the first Indian woman Wo won the Gold Medal in asian games— Kamaijit Sandhu  
267 .Name the vitamin which is water soluble Vitamin B  
268 .Neuron has the main three pars cell body, dendrite and \_\_\_\_\_\_\_\_\_\_. Axon  
269 .Normal, ordinal, intrval, and ratio scales mesure the? Variables  
270 .Number of Muscles found in human body are? 656  
271 .Number One player of Squash in Pakistan \_\_\_\_\_\_\_\_\_\_ Shahid Zaman  
272 .OCA stands for \_\_\_\_\_\_\_\_\_\_\_ Olympic Council of Asia  
273 .Of the following associations of muscle and movement the incorrect one is? Biceps ------flexor of the arm  
274 .Official ensuring that the track, runways, circles and all equipmet are in accordance with the rules before competition Technical Manager  
275 .Old name of Squash is \_\_\_\_\_\_\_\_\_\_ Rackets  
276 .Old name of table tennis is \_\_\_\_\_\_\_\_ Ping Pong  
277 .Old name of Valley Ball is \_\_\_\_\_\_\_\_\_\_\_ Mintonette  
278 .Olympia city is situated in which country of the world? Greece  
279 .Olympic rings indicate? Five continents  
280 .Olympic torch first time used in 1928  
281 .One of the method of Teaching is? Demonstration  
282 .Organ that receive food from Pharynx and carries to the stomach is known as? Esophagus  
283 .Organisation means planning the work and administration means? Controlling  
284 .Osteology is the study of\_\_\_\_\_\_\_\_\_\_\_\_\_. Scientific study of bones  
285 .Other name of Lalssez Fair leadeship style is? Hand –off  
286 .Outstanding athletes usually posses certain personality characteristics, such as: Aggressiveness  
287 .Pakistan get which position in 2007 world table tennis championship\_\_\_\_\_\_\_ 40th  
288 .Pakistani Athlete Muhammad Rasheed make record in 1987 SAF Javelin Through  
289. Parasympathetic nervous system work during the \_\_\_\_\_\_\_\_situation during the involuntary functions. Normal  
290 .Physical exercise done in presence of oxygen, is called? Aerobic exercise  
291 .Physiology is the study of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Functions of the body  
292 .Polo is the national game of \_\_\_\_\_\_ Bangladesh  
293 .Pre-school children learn things by? Imitation  
294 .Purpose of Kraus Weber is? Minimum Muscular, Strength  
295 .Ranga Swami Cup is awarded in? Hockey  
296 .Reason of constipation is due to Less functioning of large intestine  
297 .Record of Tour de France is \_\_\_\_\_\_\_\_\_\_\_\_ 39.5 Km  
298 .Red blood cells contain \_\_\_\_\_, which imparts to them their color, and possess an envelop. Hemoglobin  
299 .Rehabilitation of sports injuries is done using: Corrective Exersises  
300 .Research which is generally inductive is? Qualitative  
301 .Rovers Cup is associated with the game Football  
302 .Runner up team of 2003 world cup \_\_\_\_\_\_\_\_\_ India  
303. Running barefoot may cause: Hook warm infection  
304 .Salivary gland produces Ptyalin  
305 .Scoliosis is a postural deformity related with? Vertebral column  
306 .Sergeant jump measures? Explosive leg strength  
307 .Serum is the fluid which is obtained afer blood has been allowed to \_\_\_\_\_ Clot  
308 .Set Shot’ is related to? Basketball  
309 .Shin splint' occurs in Abdomen  
310 .Shuttle run ‘Test’ measures Agility  
311 .Sliding filament theory of muscle contraction was given by: Pythagoras  
312 .Sliding filament theory of muscle contraction was given by: Huxley  
313 .Smaller part of information in which resercher is interested is called? Sample  
314 .Somatic nervous system controls the skeletal system and \_\_\_\_\_\_\_\_\_\_\_movement. Voluntary  
315 .Speed which gradually increases in sprint races is called? Acceleration sprint  
316 .Sphygmomanometer is used to measure? Blood Pressure  
317 .Sprain is an injury to: Muscle  
318 .Standard Deviation represents spread of scores around? Mean  
319 .Standard track total distance is \_\_\_\_\_\_\_\_\_\_\_\_ 400 m  
320 .Strategy ‘Fast break’ is related with the game? Basketball  
321 .Summative evaluation Involves? Administration of test  
322 .Sunlight is a source of: Vitamin D  
323 .Sympathetic nervous system works in the \_\_\_\_\_\_\_\_\_\_function of the body. Emergency  
324 .Taresals, metatarsals are bones of: Foot  
325 .Tennis in the word of which language \_\_\_\_\_\_\_\_\_\_\_ Tenez  
326 .The \_\_\_\_\_\_\_\_\_\_\_\_\_neurons conduct the impulses form the sensory organs towards the brain. Sensory  
327 .The \_\_\_\_\_\_\_\_\_\_\_\_twitch muscle fibers are shape white contract rapidly. Fast  
328 .The \_\_\_\_\_\_\_\_\_\_\_neurons conduct the impulses from the brain toward the muscles. Motor  
329 .The \_\_\_\_\_\_\_\_\_\_of the muscle belly attach tendon to tendon is type of fusiform muscles. Muscle fibers  
330 .The \_\_\_\_\_\_\_\_\_\_twitch muscle fibers are red shape and contract slowly. Slow  
331 .The \_\_\_\_\_\_\_\_filament of the muscle fiber is myosin. Thick  
332 .The \_\_\_\_\_\_\_change their shape rapidly on contact with injured vessels or foreign surfaces and take part in clot formation. Blood platelets  
333 .The \_\_\_\_\_\_bone hang in the chest between the ribs. Sternum  
334 .The 50th percentile is also known as? Mean  
335 .The ability to maintain equliibrium while in motion is called Balance  
336 .The American player who made 23.12 m record in Shot Put is Rendiboms  
337 .The amount of Blood comes out from ventricle, per minute is called? Cardiac output  
338 .The amount of calories required by an adult of average body weight per day is? 2500 calorie  
339 .The Anaerobic metabolism of one molecule of glucose results in the production of? 38 ATP  
340 .The angle of sector for Hammer Throw is 34.92 Degree  
341 .The another name for percussion manipulation is? Tapotment  
342. The average life to the nature red blood cells is surprisingly long, having a span of about\_\_\_\_\_\_\_\_. 120 days  
343 .The axis around which a movement takes place is always? At right angles to the plane  
344 .The back thigh muscles are also know as? Hamstring  
345 .The Basal Metabolic Rate may vary from person to person but it is closely related to a person’s amount of? Physical activity  
346 .The beginning of Shot Pur first in the history started from throwing Stone  
347 .The best know special message is: Connective massage  
348 .The best method for training of emotions in sports is? Repression  
349 .The blood platelets are small \_\_\_\_\_\_bodies about 3 um long and occur in large numbers in circulating blood. Rod like  
350 .The bottom tail of the \_\_\_\_\_\_\_\_\_\_\_\_is coccyx. Spinal cord  
351 .The cardio respiratory capacity is related to Normal physical endurance  
352 .The cause of postural defects/deformities is? Malnutrition  
353 .The central nervous system consist of brain and \_\_\_\_\_\_\_\_\_\_ Spinal cord  
354 .The circulating \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to the body cells and is thus an important means of maintaining the homeostasis of the body. Blood carries nutrients and oxygen  
355 .The color of lines of standard Track is White  
356 .The color of stop board in Shot Put is White  
357 .The color of take off in Board Jump and in Triple Jump is White  
358 .The combination of strength and speec ability la called? Explosive strength  
359 .The cool down after exercise is important because it? Speeds the removal of lactic acid  
360 .The cardiac muscles related to the \_\_\_\_\_\_\_\_\_\_\_. Heart  
361 .The creatine kinase reaction is: Inhibited by low ph in the muscle  
362 .The cross country races are held in Winter  
363 .The deltoid muscle located above the \_\_\_\_\_\_\_\_\_\_\_joint. Shoulder  
364 .The developmetn of the full potential of each Individual? Humanism  
365 .The diameter of circle of Hammer is 2.135 M  
366 .The diameter of discuss for women is 180-182 MM  
367 .The Diameter of Shot Put for men 11.13 CM  
368 .The Diameter of Shot Put for women 09.5-11 CM  
369 .The difference in the wieght of the shout put and throw for male is? None  
370 .The distance between the first and 2nd athlete in 400 meter race 7.04 M  
371 .The distance between the two goal post of hockey is? 3.66 M  
372 .The elbow joint is the kind of \_\_\_\_\_\_\_\_\_joint Hinge  
373 .The energy for all forms of muscle contraction is provided by: Atp  
374 .The first modern Olympic games were held in the year? 1896  
375 .The first National Marathon Race was organized at? Kolkata  
376 .The first region of the spinal cord is \_\_\_\_\_\_\_\_\_\_region. Cervical  
377 .The first treatment recommended for long distance exhausted athlete is: Cryotherapy  
378 .The folloiwng are the standard distance of hurdle race for men? 100 M and 400 Meters  
379 .The following bones form the elbow joint except: Scapula  
380 .The function study of the body is called\_\_\_\_\_\_\_\_\_\_\_. Physiology  
381 .The functional cell of the nervous system is \_\_\_\_\_\_\_\_\_\_\_. Neuron  
382 .The greater the momentum of an object? The Greater distance is will travel  
383 .The hall of judo is called\_\_\_\_\_\_\_\_ a) Judo Jo  
384 .The hamstring muscle consists of the \_\_\_\_\_\_\_\_\_muscles. Three  
385 .The heart pumps blood through the \_\_\_\_\_\_\_\_\_\_. Arteries  
386 .The height of human being is measured by? Vernier scale  
387 .The height of human being is measured by? Vernier scale  
388 .The height of protecting net in discuss is 4 M  
389 .The height of stop board in Shot Put is 9.6 to 10.2 CM  
390 .The highest sports award of India is Rajeev Gandhi Khel Ratan  
391 .The hip and shoulder joints are the kind of the \_\_\_\_\_\_\_\_\_\_joint. Ball and Socket  
392 .The initial rate of an enzyme catalysed reaction depends on: All of the above  
393 .The Instrument to measure height is called? Stadiometer  
394 .The internal diameter of circle of Shot Put is 2.135  
395 .The internal measurement/length of stop board in Shot Put is 1.14 to 1.16 M  
396 .The Javelin has parts 3 Parts  
397 .The labrum Glendale is Triangular in cross section  
398 .The landing arena of High Jump will be 5 x 3 mts  
399 .The largest bone in the body is \_\_\_\_\_\_\_\_\_\_\_. Femur  
400 .The last region of the spinal cord is\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Coccyx  
401 .The law of accelertion is also known as? Norms  
402 .The length and width of a volley ball court is? l8x9metre  
403 .The length of chain of Hammer for men is 117 to 121.5 CM  
404 .The length of Javelin for women 2.20 M  
405 .The length of jumping pit in Triple jump is 9 M  
406 .The length of runway in long jump is 35-40 M  
407 .The length of Runway in Triple Jump is at least 40 M  
408 .The length of take off board in Triple jump is 1.22 M  
409 .The length of trachea (wind pipe) in an adult person is about? 10 cm  
410 .The life span of Red Blood corpuscles is not more than 120 days  
411 .The life span of Red Blood corpuscles is not more than 120 days  
412 .The ligament attaches bone to\_\_\_\_\_\_\_\_ Bone  
413 .The line which show the half of the circle has the length .75 M  
414 .The longes muscle in the body is ? Sartorius  
415 .The longest bone in human body is? Femur  
416 .The longest muscle in human body is? Sartorius  
417 .The main function of WBC is to: Transport substances  
418 .The main function of WBC is to: Fight against infection  
419 .The main source of vitamin ‘A’ is? Carrot  
420 .The major constituents of plasma and serum are\_\_\_\_\_\_\_\_\_\_\_. Proteins  
421 .The Maximum diameter for women is 10 CM  
422 .The maximum diameter of Hammer for men is 13 CM  
423 .The maximum length of runway in Javelin Throw is 36.50 M  
424 .The maximum quantity in the diet of small children should be Protein  
425 .The maximum quantity in the diet of small children should be Protein  
426 .The measuremetn of the size and proportions of the hman body is called: Anthropometry  
427 .The measuring instrument of Blood pressure is? Sphygmomanometer  
428 .The minimum diameter of Hammer for men is 11 CM  
429 .The minimum diameter of Hammer for women is 9.5 CM  
430 .The minimum length of runway in Javelin Throw is 30 M  
431 .The minimum number of players required in a team to start a Basketball match is?— 5  
432 .The minimum thickness of iron rim in discuss throw is 6 MM  
433 .The minimum weight of baton in relay race is 50 gram  
434 .The minimum width of landing area of high jump is 3 M  
435 .The most important factor in the organisation or recreation is? Facilities  
436 .The most popular method for high jump in the present era is Back flag  
437 .The most rapid method to resynthesise ATP during exercise is through: Phosphocreatine breakdown  
438 .The movement of the \_\_\_\_\_\_\_\_ muscles is voluntary. Skeletal  
439 .The movement of the \_\_\_\_\_\_\_\_\_\_\_\_turn down is pronation. Palm  
440 .The movement of the body away from the center line is \_\_\_\_\_\_\_\_\_. Abduction  
441 .The movement of the body part on the central axis is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Rotation  
442 .The movement of the body parts on the 360 degree angle is \_\_\_\_\_\_\_\_ Circumduction  
443 .The movement of the smooth and cardiac muscles are \_\_\_\_\_\_\_\_\_\_. Involuntary  
444 .The muscle can contract, shorten and become thicker. This is \_\_\_\_\_\_\_\_\_\_function. Contractility  
445 .The muscle return to their original shape after being stretch or contract this is \_\_\_\_\_\_\_\_function. Elasticity  
446 .The muscle will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in response to increase workload. Hypertrophy  
447 .The Muscles in the legs of an Olympic 100 meter Finalist would contain? Mostly white fibers  
448 .The name of polo international federation\_\_\_\_\_\_\_\_\_ Harlangham Polo association  
449 .The name of postural defect if shoulders are bended called? Scoliosis  
450 .The name of the cell of the skeletal muscle\_\_\_\_\_\_\_\_\_\_ Fiber  
451 .The National Game of Pakistanis? Hockey  
452 .The National Game of Pakistanis? Hockey  
453 .The normal temperature of a healthy human being is? 98.4° F  
454 .The number of Muscle pairs,found in human body is? 250  
455 .The old name of polo is \_\_\_\_\_\_\_ a) Chogan  
456 .The Olympic games in 2016 will be held at? Brazil  
457 .The one hand has the \_\_\_\_\_\_\_\_\_\_\_\_\_phalanges. 14  
458 .The patella found above the \_\_\_\_\_\_\_\_\_joint. None of above  
459 .The period of growth and development from 9 to 11 years is known as: Later Childhood  
460 .The peripheral nervous system consist of \_\_\_\_\_\_\_\_nerves and spinal nerves. Cranial  
461 .The peripheral nervous system has the \_\_\_\_\_\_\_\_\_\_\_\_pairs of the spinal nerves. 31  
462 .The peripheral nervous system has the \_\_\_\_\_\_\_pairs of the cranial nerves. 12  
463 .The player of judo is known as\_\_\_\_\_\_\_ Judoka  
464 .The position of India in 1st Asian games was? II  
465 .The primary muscle substrate immediately availabe for ATP synthesis is: None  
466 .The process of regenerating ATP is catalyzed by the enzyme: Phosphate  
467 .The psycho motor domain of physical education is concerned with? Values  
468 .The quadriceps muscle consists of \_\_\_\_\_\_\_\_\_\_\_\_\_muscles. Four  
469 .The quality of Physical Education teacher is? Good performance  
470 .The quality of test to give same scores when administered at different occasions is? Reliability  
471 .The raises toward tibia is dorsiflexion. Toe  
472 .The reason for lower performance in sports competition is: Heredity impact  
473 .The red blood cells or corpuscles contain a nucleus and cytoplasm rich in \_\_\_\_\_. Hemoglobin  
474 .The ribs in the body are \_\_\_\_\_\_\_\_\_\_\_\_pairs of the ribs. 12  
475 .The richest source of protein is Soya Bean  
476 .The richest source of Vitamin D is? Cod Liver Oil  
477 .The rules and regulation for long Jump were made in 1860  
478 .The sampling method chosen when the members of a special population are difficult to locate is? Snowball sampling  
479 .The sarcoplasmic reticulum in muscle cells acts as a: Store of calcium ions  
480 .The Shot Put record of Russian player Nathlia Laska is 22.63  
481 .The size of Mats in High jump \_\_\_\_\_\_\_\_\_\_\_\_ c) 7/6/8 meter  
482 .The skeletal muscle related to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Bones  
483 .The source of acid rain is: Nitric oxide  
484 .The spinal column is part of the \_\_\_\_\_\_\_\_\_\_\_system. Skeletal  
485 .The spinal system consists of \_\_\_\_\_\_\_\_\_\_vertabras. 33  
486 .The standard track consist of 400 M  
487 .The standard Track consist of lanes 9  
488 .The standing position of referee in cross country race 50 M ahead  
489 .The stop board color is? White  
490 .The stretch reflex is usually applied in polymeric by: Jumping  
491 .The study of the\_\_\_\_\_\_\_\_is called mycology. Muscle  
492 .The technique to swim. Fastest is? Free style  
493 .The tendon attaches bone to\_\_\_\_\_\_\_\_. Muscle  
494 .The thickness of rim of Shot put circle 6 MM  
495 .The thin filament of the muscle fiber is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Actin  
496 .The things most recently larned are bes remembered refers to? Law of recency  
497 .The thoracic hypnosis region of spinal cord consists of \_\_\_\_\_\_\_\_\_\_\_\_vertebras. 5  
498 .The time the Javelin Throw for one player for one try is 1 Minute  
499 .The total distance of cross country races is between 4 to 12 KM  
500. The total protein concentration of human serum is approximately\_\_\_\_\_\_\_\_\_ 7 g/ml