

Physical Education MCQs Part- 5

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 gland 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-Adrenergic

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