**Physical Education Solved MCQ’s**

1. Dyer test is related to which game
a)Badminton
b)Athletic
**c)Tennis**
d)Football
2. Bending of vertebrae column on a side is called
a)Uneven shoulder
**b)Kyphosis**
c)Lordosis
d)Scoliosis
3. The purpose of coopers 12 mint test is
a)Muscular strength
b)Balance
c)Agility
**d)Cardiac endurance**
4. Badminton include in Olympics
**a)1992 Barcelona**
b)1962 Spain
c)1988 Beijing
d)1992 Germany
5. How many practice trial will be given each athlete before competition
a) 1
**b) 2**
c) 3
6. 4
7. What should be maximum intensity with maximum load
a)30-50%
b)50-70%
**c)70-80%**
8. None of these
9. When a Muscle contracts without changing its length it is considered to be \_\_\_\_\_\_\_ contraction.

**a)Isometric**
b)Isotonic
c)Eccentric
d)None

1. During an .........contraction muscles lengthens
a)isotonic
**b)Eccentric**c)Concentric
d)isometric
2. Rotatory effect of a force about an axis of rotation is called
a)Impulse
b)pact
c)Momentum
**d)Torque**
3. Imaginary line perpendicular to plane of rotation and passing through the centre of rotation is called
**a) Axis of rotation**
b)angular
c)both
d)none
4. How many laps around a 400 m is a 3000 m race?
A)eight
**B)seven and half**
C)six and half
D)four
5. A principal constituent of connective tissue is?
A)creation
B)vernal
C)trional
**D)collagen**
6. One molecule of glucose produces energy equal is?
A)8 ATP
B)18 ATP
C)28 ATP
**D)48 ATP**
7. How much amount of oxygen does 1 mole of haemoglobin carries?
a) 16 ml

**b) 18/mol**

C) 20ml

d) 36 ml

1. Which of these is not proper pass in netball?
A)chest pass
B)bounce pass
C)shoulder pass
**D)head pass**
2. All of the following are enteric infection EXCEPT:
A)Cholera
B)amebic dysentery
C)hepatitis
**D)tetanus**
3. Informal education belongs to?
A home
B family
**C society**
D institute
4. Skills are performed without appreciable movement from place to place like bending
a)Locomotors
**b)Non locomotors**c)Manipulative
d)All
5. All workers should b cohesive they should cooperate with each other for the achievement of goals then organization can achieve its a)goals
a)Initiative
**b)Cohesiveness**
c)Equity
d)Order
6. Is an internal state or condition that activates behavior and gives it direction is called
a)Emotion
**b)Motivation**
c)Both
d)Feeling
7. The strongest muscle in human body is found in
a)Hands
b)Buttocks
c)Neck
**d)Legs**
8. The Longest training Cycle is called
9. Meso Cycle
10. **Macro Cycle**
11. Micro Cycle

D) None of these.

1. The mind interprets events and create reality truth and values are absolute and universally shared
a)idealism
b)Pragmatism
c)Naturalism
**d)Realism**
2. Hemoglobin found in which muscle fiber
**a)Fast twitch**
b)White
c)Slow twitch
d)None
3. In motion a body equlibriam is called
a)Balance
b)Static balance
**c)Dynamic balance**
d)None
4. A statistical measure of central tendency that is average score of the group
a)Test
b)Median
c)Mode
**d)Mean**
5. Colour of adrenal medulla glands is
a)White
b)Blue
c)Gray
**d)Brown**
6. The method of measuring cardio vascular fitness is called
**a)Vo2 max**
b)Body weight
c)Pulse rate
d)Strengthning
7. Islamic leadership or administration possesses values
**a)Democratic**
b)Autocratic
c)Laisseze fair
d) All above
8. Typhoid spread due to
a)Pera masko
b)Rubeola
**c)Salmonella typhoid**
d) None
9. if a person run 1500 m east, displacement would be
a) 3000m
**b)1500m**
c) zero
d) none of these
10. Which of the following has most biological ingredients
**a) Egg**
b) cheese
c) jelly
d) risins
11. The Cool Down after Exercises is Important because it.

a)Help your heart rate to come normal
b)Avoid injuries
c)Prepare muscles for next activity
**d)All**

1. Among the following food items which one has highest amount of a)carbohydrate
**a)Banana**
b)Peaches
c)Cabbage
d)Potato
2. The Most Critical Are of an Article to Study
a) Introduction
**b) Abstract**
c) Results
d) Limitation
3. Discriminate evidence of construct validity is otherwise known as ?
**a) Convergent Validity**b) Content Validity
c) Discrimnate Validity
d) None of these
4. Baton weight should not be less than
a) 40 gm
b) 45 gm
**c) 50 gm**
d) 60 gm
5. Distance between Hockey Goal Posts is
a) 4 Meter
**b) 3.66 meter**
c) 4.04 Meter
d) 7.32 meter
6. How Many Types of bachelors degree courses in pakistan ?
a) 2
b) 5
c) 7
**d) many**
7. Libero is a player of which game
**a) Volley ball**
b) Badminton
c) football
8. Curriculum equals "Minhaj " originats from
a) Urdu
**b) Arabic**
c) Latin

d) English

1. A runner who ran a mile in less than 4 minutes
a.rogger fedrrer
**b.Roger Bannister**
2. Body Protein has a source of energy
3. 9 Kcal/g
4. 6 Kcal/g
5. 3 Kcal/g
6. **4Kcal/g**
7. What is the Netball court Divided into ?
8. Fifths
9. Halves
10. **Third**
11. Quarters
12. Cue is associated with the game of
13. Bridge
14. Hockey
15. **Billiards**
16. Golf
17. Neck Joint is example of
18. **Pivot Joint**
19. Hinge Joint
20. Saddle Joint
21. Condyloid Joint
22. Skeletal Muscles is described by all of the following Except
23. Striated
24. Voluntary
25. Multinucleate
26. **Autorhytmic**
27. When was the world’s first official football body. The Football Association (F.A) established.
28. 1853
29. **1863**
30. 1873
31. 1883
32. How many differnet standard stroke are there in swimming
33. **4**
34. 1
35. 2
36. 3
37. In intermural sports competition, where time and facilities permit, the most effective tournament is the
38. **Round robin**
39. Point system
40. Elimination
41. Ladder
42. Which of the following is the formula used to calculate your MHR
43. 200-10= MHR
44. 212-12= MHR
45. **220-your age= MHR**
46. 220-your age-your Gender = MHR
47. Shortest bone in human body
48. **Phalanges**
49. Meta tarsal
50. In nominate bone
51. Tarsal
52. when a disease spreads throughout the world, it is said to be
53. **pandemic**
54. Endemic
55. Epidemic
56. Unclassified

1. What is the term used to describe a runner whose feet do not make much of rolling in motion when landing?
2. **Underpronator**
3. Normal pronator
4. Over pronator
5. Heavy foot strike
6. When someone is shooting, how far away must he marker stand?
7. **At least 3 feet**
8. Any distance
9. At least 1 feet
10. At least 2 feet
11. Dirction of Horizantol plane is
12. Frontal Axes
13. **Transverse Axes**
14. Vertical Axes
15. Sagitial Axes
16. The Most Important Joint in Human Body
17. **Synovial Joint**
18. planned activities (curricular co curricular) in a period of time by institution with guidance is called
19. syllabus
20. **course**
21. Curriculum
22. None of these
23. A child learns through\_\_\_\_\_ abilities in insight learning theory
a) cognitive
b) behavior
**c) observation**

1. In Pakistan educational conference 1972-78, from which year age education is free
a) 09
b) 05
c) 07

**d) 10**

1. What is Meant-Analysis
2. Group Discussion
3. .
4. .
5. .
6. Who is the First Muslim Philosopher of Educational Philosophy?
7. Al Kandi
8. Al Farabi
9. .
10. At concrete operational stage a child thinks \_\_\_\_\_ but can not abstract
a) theoretically
b) logically.
11. A research in which the researcher control or manipulates one object is
a) Applied
b) Experimental

c) Randomize

1. Finalizing of results or performance evaluation is kind of
2. **Summative evaluation**
3. .
4. .
5. .
6. Who chooses the important an best channels
a) Planner
7. Organizing
8. Leading
9. Controlling
10. Centripetal Force ??