

## Physical Education MCQs Part- 1

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	Q	Ans	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