## Physical Education Test-13

1. Match List – I with List – II and select the correct option using the codes given below:

<table>
<thead>
<tr>
<th>List – I</th>
<th>List – II</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Hockey</td>
<td>1. Ranji Trophy</td>
</tr>
<tr>
<td>II. Football</td>
<td>2. Agakhan Cup</td>
</tr>
<tr>
<td>III. Tennis</td>
<td>3. Subroto Cup</td>
</tr>
<tr>
<td>IV. Cricket</td>
<td>4. Davis Cup</td>
</tr>
</tbody>
</table>

Codes:

<table>
<thead>
<tr>
<th>I</th>
<th>II</th>
<th>III</th>
<th>IV</th>
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<tbody>
<tr>
<td>(A) 2 3 4 1</td>
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<td>(B) 4 3 2 1</td>
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<tr>
<td>(C) 3 1 2 4</td>
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<tr>
<td>(D) 1 2 3 4</td>
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</table>

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<tr>
<th>List – I</th>
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</tr>
</thead>
<tbody>
<tr>
<td>I. Basketball</td>
<td>1. Sudden death</td>
</tr>
<tr>
<td>II. Kabbadi</td>
<td>2. Libero</td>
</tr>
<tr>
<td>III. Volleyball</td>
<td>3. Dead ball</td>
</tr>
<tr>
<td>IV. Wrestling</td>
<td>4. Lona</td>
</tr>
</tbody>
</table>

Codes:

<table>
<thead>
<tr>
<th>I</th>
<th>II</th>
<th>III</th>
<th>IV</th>
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</thead>
<tbody>
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<td>(A) 3 4 2 1</td>
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<td>(B) 3 4 1 2</td>
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<td>(C) 2 4 1 3</td>
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<td>(D) 1 4 3 2</td>
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<th>List – I</th>
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</tr>
</thead>
<tbody>
<tr>
<td>I. Ludwig John</td>
<td>1. Educational gymnastics</td>
</tr>
<tr>
<td>II. John Dewey</td>
<td>2. Modern Olympic Games</td>
</tr>
<tr>
<td>III. P.H. Ling</td>
<td>3. Turnverein Movement</td>
</tr>
<tr>
<td>IV. Coubertin</td>
<td>4. Pragmatism</td>
</tr>
</tbody>
</table>

Codes:

<table>
<thead>
<tr>
<th>I</th>
<th>II</th>
<th>III</th>
<th>IV</th>
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<tbody>
<tr>
<td>(A) 1 3 4 2</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>(B) 2 1 3 4</td>
<td></td>
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<tr>
<td>(C) 4 2 1 3</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>(D) 3 4 1 2</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4. All India Council of Sport was formed in
   (A) 1954    (B) 1953
   (C) 1952    (D) 1951

5. Name the first Principal of YMCA college of Physical Education, Madras (Chennai):
   (A) P.M. Joseph    (B) H.C. Buck
   (C) G.D. Sondhi    (D) A.K. Singh

6. In the Olympic events, the gold medal awarded for the first place has the following ratio of gold.
   (A) Silver gilt with 8 grams of fine gold
   (B) Silver gilt with 7 grams of fine gold
   (C) Silver gilt with 6 grams of fine gold
   (D) Silver gilt with 10 grams of fine gold

7. Free hand exercises done generally in group are called
   (A) Circuit training    (B) Callisthenics
   (C) Drill and marching  (D) Weight training

8. During training the sensation of vomiting is caused due to
   (A) Accumulation of lactic acid    (B) Adrenaline
   (C) More oxygen intake            (D) Carbon dioxide

9. Building block of the body is
   a) Carbohydrate  b) Fat
c) Protein       d) None

10. Select the correct option:
    Cardiovascular system can be best trained for performance in endurance events by practicing in
    (A) Ballistic exercises
    (B) Yogic practices
    (C) Aerobic exercises
    (D) Anaerobic exercises

11. Exponent of cathartic theory of plays is
    (A) Aristotle
    (B) Sigmund Freud
    (C) Carl-Gros
    (D) Von Schiller

12. Match List – I with List – II and select the answer using the code given below:
    List – I                     List – II
    (a) Realism          (1) Aristotle
    (b) Pragmatism       (2) John Dewey
    (c) Idealism         (3) Plato
    (d) Naturalism       (4) Rousseau
(5) Thorndike

Codes :
(a) (b) (c) (d)
(A) (3) (4) (5) (2)
(B) (1) (2) (3) (4)
(C) (2) (1) (4) (5)
(D) (4) (3) (2) (1)

13. Match List – I with List – II and select the correct answer using the code given below:

List – I List – II
(a) Glucose (1) Muscle of inspiration
(b) Haemoglobin (2) Cardiac
(c) Diaphragm (3) Blood sugar
(d) Heart (4) R.B.C.
(5) Vital capacity

Codes :
(a) (b) (c) (d)
(A) (4) (3) (2) (1)
(B) (5) (1) (2) (3)
(C) (3) (4) (1) (2)
(D) (1) (2) (4) (3)

14. Match List – I with List – II and select the answer using the code given below:

List – I List – II
(a) Neuron (1) Digestive system
(b) Alveoli (2) Urinary system
(c) Nephrone (3) Respiratorysystem
(d) Villi (4) Nervoussystem
(5) Circulatorysystem Codes :

(a) (b) (c) (d)
(A) (1) (3) (4) (2)
(B) (4) (3) (2) (1)
(C) (5) (1) (3) (4)
(D) (1) (2) (5) (3)

15. Match List – I with List – II and select the correct answer using the code given below:

List – I List – II
(a) Hinge joint (1) Shoulder joint
(b) Pivot joint (2) Wrist joint
(c) Ball &Socket joint (3) Vertebral joint
(d) Gliding joint (4) Neck joint
Codes:
(a) (b) (c) (d)
(A) (5) (4) (1) (2)
(B) (1) (2) (3) (4)
(C) (4) (3) (2) (1)
(D) (3) (2) (1) (4)

16. Match List – I with List – II and select the correct answer using the code given below

<table>
<thead>
<tr>
<th>List – I</th>
<th>List – II</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Three seconds</td>
<td>(1) Football</td>
</tr>
<tr>
<td>(b) Throw-in</td>
<td>(2) Hockey</td>
</tr>
<tr>
<td>(c) Roll-in</td>
<td>(3) Basket Ball</td>
</tr>
<tr>
<td>(d) Service</td>
<td>(4) Badminton</td>
</tr>
<tr>
<td>(5) Cricket</td>
<td></td>
</tr>
</tbody>
</table>

Codes:
(a) (b) (c) (d)
(A) (1) (2) (3) (5)
(B) (2) (1) (4) (3)
(C) (3) (1) (2) (4)
(D) (1) (2) (5) (4)

17. Match List – I with List – II and select the correct answer using the code given below

<table>
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<tr>
<th>List – I</th>
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</thead>
<tbody>
<tr>
<td>(a) Psychology</td>
<td>(1) Social Traditions</td>
</tr>
<tr>
<td>(b) Philosophy</td>
<td>(2) Infancy</td>
</tr>
<tr>
<td>(c) Sociology</td>
<td>(3) Plato</td>
</tr>
<tr>
<td>(d) Idealism</td>
<td>(4) Love of Wisdom</td>
</tr>
<tr>
<td></td>
<td>(5) Behaviour</td>
</tr>
</tbody>
</table>

Codes:
(a) (b) (c) (d)
(A) (3) (2) (4) (5)
(B) (1) (4) (5) (3)
(C) (4) (3) (2) (1)
(D) (5) (4) (1) (3)

18. Match List – I with List – II and select the correct answer using the code given below:

<table>
<thead>
<tr>
<th>List – I</th>
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</tr>
</thead>
<tbody>
<tr>
<td>(a) Axon</td>
<td>(1) Absence of oxygen</td>
</tr>
<tr>
<td>(b) Anaerobic</td>
<td>(2) Response to stimulus</td>
</tr>
<tr>
<td>(c) Excitation</td>
<td>(3) Sugar</td>
</tr>
<tr>
<td>(d) Glucose</td>
<td>(4) Nerve fibre</td>
</tr>
</tbody>
</table>
(5) Muscle fibre

Codes:
(a) (b) (c) (d)
(A) (1) (5) (3) (2)
(B) (2) (3) (5) (4)
(C) (3) (5) (4) (1)
(D) (4) (1) (2) (3)

19. Match List – I with List – II and select the correct answer using the code given below
List – I List – II
(a) Flat foot (1) Mc Donald
(b) Kraus Weber Test (2) Measuring Basketball skill
(c) Soccer skill test (3) Classifying groups
(d) Johnson skill test (4) Pedograph

Codes:
(a) (b) (c) (d)
(A) (5) (1) (4) (3)
(B) (4) (5) (1) (2)
(C) (2) (1) (3) (5)
(D) (1) (3) (4) (2)

20. Select the correct sequence execution of running broad jump.
(A) Approach run, Take-off, Flight, Landing
(B) Take-off, Flight, Landing, Approach
(C) Flight, Landing, Approach, Take-off
(D) Landing, Approach, Take-off, Flight

21. Over production of RBC is called as
a) Polycythemia  b) Leukaemia  c) Beri-Beri  d) None of these

22. “Agoge” in ancient Greece means………?
   a) Formal system of education  b) Informal system of education
   c) Reading, Writing and Playing  d) All the above

23. In Sparta, the age limit of a Female to get married is ________?
   a) 20   b) 15
   c) 25   d) 30
24. The Blue color circle in the Olympic circle represents the __________?
   a) Asia  b) Australia  c) Africa  d) America

25. Who is the secretary of Divisional level schools athletics meet?
   a) Head master of the school conducting the competition  b) CEO
   c) Physical director of the school conducting the competition  d) DIPE of the division conducting the competition

26. The Participation period shall be arranged ________________
   a) After school hours  b) Before school hours  c) Holidays  d) All this above

27. How many hours is the Mass Drill conducted?
   a) Not more than 45 minutes  b) Not more than 30 minutes  c) Not more than 60 minutes  d) Not more than 90 minutes

28. Monthly guide that carries the new rules of the games is __________.
   a) Bulletin  b) The Rule book  c) Booklist  d) Both A & C

29. The prior information given by the supervisor to the Head master regarding his visit is called the __________.
   a) Announced visit  b) Said visit  c) Un-announced visit  d) Social visit

30. Which one of the following is not a General Lesson plan?
   a) Assembly and roll call  b) Suitable warm up  c) Formal part  d) Special part

31. Which method is the teaching of the “Dribble” skills of a Handball game?
   a) Part method  b) Demonstration method  c) Imitation method  d) Commend method
32. Beijing Olympics, Michael Phelps broke the record of
   a) Mark Spitz  
   b) Ian Thorpe  
   c) Usain Bolt  
   d) Wilson Cherian

33. Haemoglobin is found in
   a) RBC  
   b) WBC  
   c) Platelets  
   d) Bone marrow

34. The Modern concept of Physical Education was started ............?
   a) After 1920  
   b) In the last decade of 19th century  
   c) After 1957  
   d) After 1961

35. Carbohydrate loading used by athletics means
   a) Getting Energy from the blood  
   b) Storing Energy in muscles  
   c) Spending Energy during hard Physical work out  
   d) None

36. Common Injury to the Basket ball plyers is............
   a) Head Injury  
   b) Interior lateral ligament Injury of ankle  
   c) Shoulder Injury  
   d) Lateral collateral ligament Injury of Hip

37. The sequence of deformities in spinal from top to bottom is.........
   a) Spardolysis-Kyphosis-Lordosis  
   b) Kyphosis-Lordosis- Spardolysis  
   c) Kyphosis- Spardolysis -Lordosis  
   d) None

38. High blood sugar controlled by
   a) Glucose  
   b) Maltose  
   c) Insulin  
   d) Thyroxin

39. The term “Boxing Day Match” is associated with________
   a) Table Tennis  
   b) Cricket  
   c) Tennikoit  
   d) Ball Badminton
40. The term “Hitch Kick” is associated with__________
   a) Long Jump       b) Cricket
   c) Foot ball       d) Hand ball

41. The term “Glide Technique” is associated with__________
   a) Long Jump       b) Shot put
   c) Foot ball       d) Hand ball

42. Which Color ball used in “Day Night One day International Cricket match” is...........?
   a) Pink Color      b) Red Color
   c) White Color     d) Yellow Color

43. Which Color ball used in “Day Night Test Cricket match” is............?
   a) Pink Color      b) Red Color
   c) White Color     d) Yellow Color

44. Height of horizontal crossbar in football is............?
   a) 7.32 m          b) 2.44 m
   c) 2.14 m          d) 11 m

45. Where is located the “Salt lake stadium” is...........?
   a) Kolkatta        b) Goa
   c) Delhi          d) Mumbai

46. Width of Volleyball Attack line is.............?
   a) 5 cm           b) 8 cm
   c) 6 cm           d) 7 cm

47. A new modified Olympic Oath was taken considering some desired changes in regard to drugs and competing for the glory of them team instead of nation in the Olympic Games of
   a) Sydney 2000     b) Athens 2004
48. Which organ called as “Master chemist” of Human body?
   a) Liver  b) Kidney  c) Heart  d) Pancreas

d) Beijing 2008

49. In which year All India Football Federation joined with FIFA?
   a) 1948  b) 1937  c) 1950  d) 1952

c) London 2012

50. “Dhyan chand award” was instituted in the year
   a) 2000  b) 1999  c) 1985  d) 2002

d) Beijing 2008

You want more Details please contact :

G.SARAVANAN, PET.

CELL No-98431-75552

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______________ALL THE BEST__________________
### PHYSICAL EDUCATION TEST-13, ANSWER KEY.

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<thead>
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<tbody>
<tr>
<td>1</td>
<td>A</td>
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<tr>
<td>2</td>
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