

Physical education Test-13

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

List – I

- I. Hockey
- II. Football
- III. Tennis
- IV. Cricket

List – II

- 1. Ranji Trophy
- 2. Agakhan Cup
- 3. Subroto Cup
- 4. Davis Cup

Codes :

I II III IV

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

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

List – I

- I. Basketball
- II. Kabbaddi
- III. Volleyball
- IV. Wrestling

List – II

- 1. Sudden death
- 2. Libero
- 3. Dead ball
- 4. Lona

Codes :

I II III IV

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

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

List – I

- I. Ludwig John
- II. John Dewey
- III. P.H. Ling
- IV. Coubertin

List – II

- 1. Educational gymnastics
- 2. Modern Olympic Games
- 3. Turnverein Movement
- 4. Pragmatism

Codes :

I II III IV

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

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

- (a) Glucose
- (b) Haemoglobin
- (c) Diaphragm
- (d) Heart

List – II

- (1) Muscle of inspiration
- (2) Cardiac
- (3) Blood sugar
- (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

- (a) Neuron
- (b) Alveoli
- (c) Nephrons
- (d) Villi

List – II

- (1) Digestive system
- (2) Urinary system
- (3) Respiratory system
- (4) Nervous system
- (5) Circulatory system

- (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

- (a) Hinge joint
- (b) Pivot joint
- (c) Ball & Socket joint
- (d) Gliding joint

List – II

- (1) Shoulder joint
- (2) Wrist joint
- (3) Vertebral joint
- (4) Neck joint

(5) Elbow 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

List – I

- (a) Three seconds
- (b) Throw-in
- (c) Roll-in
- (d) Service

List – II

- (1) Football
- (2) Hockey
- (3) Basket Ball
- (4) Badminton
- (5) Cricket

- (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

List – I

- (a) Psychology
- (b) Philosophy
- (c) Sociology
- (d) Idealism

List – II

- (1) Social Traditions
- (2) Infancy
- (3) Plato
- (4) Love of Wisdom
- (5) Behaviour

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 :

List – I

- (a) Axon
- (b) Anaerobic
- (c) Excitation
- (d) Glucose

List – II

- (1) Absence of oxygen
- (2) Response to stimulus
- (3) Sugar
- (4) Nerve fibre

(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

- (a) Flat foot
- (b) Kraus Weber Test
- (c) Soccer skill test
- (d) Johnson skill test

List – II

- (1) Mc Donald
- (2) Measuring Basketball skill
- (3) Classifying groups
- (4) Pedograph
- (5) Measuring minimum muscular strength

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

32. Beijing Olympics, Michael Phelps broke the record of

- a) Mark Spitz
- b) Ian Thorpe
- c) Usain Bolt
- d) Wilson Cheria

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 ligment Injury of ankle
- c) Shoulder Injury
- d) Lateral collateral ligment 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

c) London 2012 d) Beijing 2008

48. Which organ called as “Master chemist” of Human body?

a)Liver b)Kidney
c)Heart d)Pancreas

49. In which year All India Football Federation joined with FIFA?

a)1948 b)1937
c) 1950 d)1952

50. “Dhyan chand award” was instituted in the year

a)2000 b)1999
c)1985 d)2002

You want more Details please contact :

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

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