

OLYMPIC PHYSICAL EDUCATION COACHAING CENTER TIRUPATTUR- VELLORE DISTRICT

UG TRB PHYSICAL EDUCATION TEST - 1

1. Standard width of the lane shall be
a) 1.20 m (± 0.05) b) 1.20 m (± 0.10) c) 1.22m (± 0.01) d) 1.22 m (± 0.03)
2. In all sprint races an athlete must use
a) standing start b) arch start c) crouch start d) on their own style
3. The height of the post in Kho Kho is
a) 120 cm to 122 cm b) 120 cm to 123 cm
c) 120 cm to 124 cm d) 120 cm to 125 cm
4. An athlete shall not touch the ground with his hand or hands during the start of ---- race
a) longer than 400m b) longer than 800m
c) longer than 200m d) longer than 1500 m
5. In athletics width of the finish line is
a) 2 cm b) 3 cm c) 2.25 cm d) 5 cm
6. The angle of landing sector of shot put is
a) 45° b) 40.95° c) 39.5° d) 34.92°
7. The standard straight of IAAF recognized standard track is
a) 84.39 m b) 83.39 m c) 85.39 m d) 87.39 m
8. The overall inclination in the running direction shall not exceed
a) 1: 1000 b) 1: 750 c) 1: 500 d) 1: 100
9. Height of the goal post in Hockey
a) 2.40 b) 2.14 c) 2.35 d) 2.43
10. The width of the all lines of the hockey field are
a) 50 mm b) 55 mm c) 65 mm d) 75 mm
11. The distance between the goal line and centre of the penalty spot in hockey
a) 6.465 b) 6.475 c) 6.485 d) 6.495
12. When FIFA formed
a) 1904 b) 1900 c) 1912 d) 1924
13. Off side rule was introduced in
a) 1920 b) 1160 c) 1925 d) 1912
14. In which year was Indian football association started
a) 1930 b) 1937 c) 1950 d) 1925
15. In which of the following games there is no separate time keeper
a) Kabaddi b) Football c) Basket ball d) Kho Kho
16. What are the colours used on antennae in volleyball game
a) black & white b) orange & white c) Red & white d) Red & black

17. Radius of the centre circle in basket ball court is

- a) 1.80 m b) 1.60 m c) 1.55 m d) 1.70m

18. Pajalath –ja-trophy is associated with

- a) cricket b) football c) basketball d) hockey

19. When the clock does not stopping during the basket ball game

- a) ball crossed end line b) ball crossed side line
c) when a goal has been scored d) all of these

20. In basket ball the ball lodges in between ring and board in the course of play

- a) Throw b) free throw c) jump ball d) none of the above

21. The body weight for Kabaddi junior boys is

- a) below 60 kg b) below 65 kg c) below 70 kg d) below 75 kg

22. The length and width of the sub junior boys and girls kabaddi court

- a) 12 × 10 mtrs b) 11×9 mtrs c) 11×8 mtrs d) 12×11mtrsq

23. After a raider has reached his court or is put out in the opponents court the opponents shall send their raider within

- a) 5 seconds b) 7 seconds c) 8 seconds d) 9 seconds

24. In Kabaddi all the players who are out shall enter in their court within

- a) 10 seconds b) 9 seconds c) 8 seconds d)5 seconds

25. What is the penalty for violation in handball

- a) 7 mtr throw b) opponent throw-in c) goal keeper throw d) Penalty throw

26. Handball court length of the substitution area is

- a) 4.00 mtr b) 5.50 mts c) 4.50 mtr d) 4.80mtr

27. Distance between the two posts for sub senior in Kho-Kho

- a) 23.50 m b) 24 m c) 20 m d) 19.90 m

28. The duration of the Kho- Kho match for sub junior

- a) 9-3-9 6 9-3-9 b) 7-3-7 5 7-3-7 c) 9-5-9 9 9-5-9 d) 7-3-7 6 7-3-7

29. Number of time outs in Kho-Kho

- a) 2 b) 1 c) 4 d) nill

30. Thomas cup conducted for

- a) one year cycle b) Alternate year c) Four year cycle d) Two year cycle

31. What is the final score badminton winning the game

- a) 21 b) 20 c) 11 d) 10

32. First Indian player won the all England Badminton championship

- a) Gopi chande pullela b) Boopathy c) Leander d) prakash padukone

33. Diameter of table tennis ball

- a) 37 mm b) 39 mm c) 40 mm d) 38 mm

34. Peema pella cup is associated with

- a) Table Tennis b) Tennis c) Volleyball d) Cricket

35. Height of the net in ball badminton is

- a) 6 feet b) 6.1 feet c) 5 feet d) 7 feet

36. Number of substitution players in ball badminton team is

- a) 3 b) 5 c) 7 d)1

- 37. In which year Tamilnadu ball badminton association was started**
a) 1948 b) 1950 c) 1960 d) 1954
- 38. What are the specifications of the throwball field for sub junior**
a) 18.30m × 12.20 m b) 18.20m × 12.30 m c) 18 m × 12m d) 15.30m × 9.20m
- 39. What is the senior net height in throw ball**
a) 2.30 m b) 2.10m c) 2.24 m d) 2.43m
- 40. What is the specification of the tennikoit court for senior**
a) 12.20m × 5.5 m b) 12.20 m × 6.10 m c) 12m × 12m d) 12.20m × 9.20m
- 41. Thickness of the koit**
a) 3 cm +/- 5mm b) 5 cm +/- 5mm c) 5.5 cm +/- 5mm d) 4cm +/- 5mm
- 42. In which year did India make its one day international debut**
a) 1971 b) 1974 c) 1973 d) 1975
- 43. Who was called Bombay duck**
a) Ajit Agarkat b) Rohan Gavaskar c) Raju Kulkarni d) Ashok Mankad
- 44. The term rooks related to**
a) snooker b) Bowling c) squash d) chess
- 45. The size of the carom board is**
a) 72.30 – 73 cm b) 73.50 – 74 cm c) 74.40 -75 cm d) 76.50 – 77cm
- 46. VDM stands for**
a) video digital measurement b) video distance measurement system
c) video digital maker d) none of these
- 47. In 4×100 m relay the length of acceleration mark is**
a) 80 cm b) 40 cm c) 1.22m d) 60 cm
- 48. What is the marking color of 4×100 m relay take over zone**
a) green b) yellow c) red d) white
- 49. In long jump if an athlete runs outside the white lines marking the run way at any point**
a) Disqualified b) Not failure c) Yellow card d) Red card
- 50. When did the Olympic oath first take at the summer Olympics**
a) 1896 b) 1948 c) 1920 d) 1986
- 51. The stop board of shot put measures**
a) 11 cm to 30 cm b) 11.2 cm to 30 cm c) 11 cm to 30.2 d) 10 cm to 32 cm
- 52. The diameter of the hammer circle is**
a) 2.135 m b) 2.350 m c) 2.225 m d) 2.355 m
- 53. The competitors in field event final shall be at least**
a) 12 b) 10 c) 8 d) 16
- 54. AIU stands for**
a) All India University b) Association of Indian Universities
c) All Indian Association of unit for Sports d) Athletic Information Unit
- 55. Olympic are**
a) 17 days scheduled b) 13 days scheduled
c) 15 days scheduled d) 16 days scheduled

56. In the field events record each trial and measure ----- trial

- a) Each valid b) Each trail c) All d) Both correct and fault

57. In field events -----judges to keep record of all trials

- a) one b) at least two c) at least three d) at least four

58. One lap scorer for ----- competitor shall be appointed for running events

- a)2 b)3 c)4 d) 5

59. One lap for ----- competitor shall be appointed for race walking events

- a) n2 b) 4 c) 6 d)8

60. In Athletics ----- has to check the marking & furnish appropriate certificate to the technical manager

- a) Official surveyor b) competition director c) field marshal d) referee

61. In track event first four ranked competitor will be given --- number of lanes

- a) 1,2,3,&4 b) 5,6,7,& 8 c) 3,4,5,& 6 d) 2,4,6&8

62. IAAF stands for ----

- a) International Amature athletics Federations
b) International Association of athletics Federations
c) Indian Association of Athletics federations
d) Indian Amature Athletics Federations

63. WADA stands for

- a) World Anti Doping Agency
b) World Anti Dopping act
c) world Anti Dopping Association
d) World Athletic Dopping Agency

64. Age groups recognized by IAAF for youth boys and girls is of ----- years on 31st December in the year of the competition

- a) 16 b) 17 c) 17 or 18 d) 16 or 17

65. In Athletics any number of spikes up to ---- may be used

- a) 11 b) 10 c) 9 d) 8

66. The circumference of spike -----

- a) 4 mm b) 5mm c) 6 mm d) 7 mm

67. In track if flags is used as kerb it shall be placed at an angle of ---- with the ground away from the track

- a) 40° b) 20° c) 60° d) 70°

68. In track if flags is used as kerb it shall be placed with he minimum height of

- a) 40 cm b) 20 cm c) 60 cm d) 30cm

69. In track if flags is used as kerb it shall be placed at Intervals not exceeding-

- a) 4 m b) 2m c) 6m d) 3m

70. In the 200 m event the wind velocity shall be measured for a period of --- seconds commencing when the first athlete enters the straight ----

- a) 10 b) 12 c) 13 d)14

71. The wind gauge shall be positioned --- `high and not more than 2m away from the track

- a) 1.22 m b) 1.m c) 1.10 m d) 1.22 – 1.25 m

72. In high jump the distance between the uprights shall be not less than --- nor more than -----

- a) 3.00 – 3.04 m b) 4.00 – 4.04m c) 5.00 – 5.04m d) 6.00 – 6.04m

73. In high jump there shall be a space of at least ----- between the ends of the cross bar and the uprights

- a) 1 cm b) 2 cm c) 3 cm d) 4 cm

74. In long jump the wind gauge shall be placed ---- from the take –off board

- a) 5 m b) 10 m c) 15 m d) 20m

75. In the javelin throw if conditions permit the minimum length shall be

- a) 33.5 m b) 30.5 m c) 40.5m d) 50.5m

76. In shot put cart wheeling techniques are

- a) Allowed b) Fair c) Not allowed d) A&B

77. Thomas cup and uber cup finals well be hosted in new Delhi in

- a) 18 – 24 june 2014 b) 18 – 25 june 2014
c) 18 -- 25 may 2014 d) 18 -- 024 may 2014

78. The dimension of badminton single's is -----

- a) 13.40 ×5.16 m b) 13.40 ×6.10 m c) 13.60×5.18m d)13.40 ×5.18m

79. The width of the top bar of a hurdle shall be

- a) 7 cm b) 5 cm c) 10cm d) 8cm

80. The width of the hurdle shall be

- 1.20 to 1.22 m b) 1.18 to 1.22m c) 1.18 to 1.20m d) 1.22 to 1.25m

81. The game basket ball shall be started by

- a) toss b) bully c) centre d) jump

82. For sag test in high jump hang 3 kg weight in the middle of the cross bar.

The maximum sag shall be

- a) 5 cm b) 7cm c) 9 cm d) 11 cm

83. The location of take of board from the nearer end of landing area in triple jump for men shall be

- a) 1 m b) 3 mts c) 11 mts d) 13 mts

84. How many team fouls without additional penalty are permitted in one quarter in basket ball

- a) 3 b)4 c)7 d)8

85. Length of the feathers from tip to top of the base

- a) 6.4 to 7 cm b) 6.2 to 7 cm c) A and B d) 6.5 to 7 cm

86. The ball badminton game interval time between first and second set and second and third set

- a) 5 min and 2 min b) 2 min and 5 min c) Each 2 min d)Each 5 min

87. The Indian national basketball team becomes a member of FIBA in

- a) 1936 b) 1932 c) 1950 d) 1920

88. What is the expansion of BCCI

- a) Body of cricket club in India b) Board of clubs for Cricket in India
c) Board of control for clubs in India d) Board of control of cricket in India

- 89. Kabadi was a demonstration game in Olympic games**
a) 1948 London b) 1996 Atlanta c) 1936 Berlin d) 1968 Mexico
- 90. The game of volleyball was invented in the year**
a) 1865 b) 1872 c) 1886 d) 1895
- 91. The term 'Beamer' is associated with**
a) Football b) Hockey c) Cricket d) Chess
- 92. Which of the following cups is associated with the game of Football**
a) Wimbledon cup b) Evert cup c) Aghakhan cup d) Mardeka cup
- 93. The term 'Grand Slam' is associated with**
a) Tennis b) Chess c) Football d) Bridge
- 94. With which game is the 'Agha Khan cup' associated**
a) Football b) Cricket c) Badminton d) Hockey
- 95. The term 'Duck' is associated with**
a) Chess b) Volleyball c) Golf d) Cricket
- 96. When was Indian Hockey Federation established**
a) 1924 b) 1925 c) 1926 d) 1927
- 97. The triple jump shall consist of**
a) Run, hop & jump b) Run, step, hop & jump
c) Hop, step & jump d) jump, step & hop
- 98. Fosbury flop technique is used in**
a) Pole vault b) High jump c) Long jump d) Triple jump
- 99. When was Amateur Athletics Federation of India Established**
a) 1936 b) 1946 c) 1956 d) 1966
- 100. Durand Cup is associated with the game of**
a) Hockey b) Lawn Tennis c) Football d) Cricket

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