

**OLYMPIC PHYSICAL EDUCATION COACHING CENTER
TIRUPATTUR- VELLORE DISTRICT**

UG TRB PHYSICAL EDUCATION TEST – 2

- 1."SUTHIR MAN" cup is associated with game of
a)Hockey b)Badminton(Men) c) **Badminton (Mixed)** d)Badminton (Women)
2. "ROVERS "Trophy is associated with game of
a)Hockey b)**Football** c)Cricket d)Basketball
- 3 "Photo finish "is related as
a)Table tennis b)Basket ball c)Cricket d)**Athletic**
3. How many points needed to win the Badminton game ?
a) 12 b) 11 c) 15 d) **21**
4. When was Ancient Olympic games started?
a)**776 B.C** b)776 A.D c)396 A.D d)774 B.C
5. When was Asian games started?
a)1896 A.D b)1896 B.C c)**1951 A.D** d)1898 A.D
6. First Indian women Olympic Medal winner is -
a) Saina Nehwal b) M C Mary Kom c) **Karnam Malleshwari** d) Sakshi Malik
7. The term "Whitewash" is associated with which game?
a) Football b) Hockey c) **Cricket** d) Lawn Tennis
8. The term Grand Slam is associated with -
a) Badminton b) **Lawn Tennis** c) Table Tennis d) Squash
9. Who among the following has scored first double century in World Cup Cricket?
a) Sachin Tendulkar b) Martin Guptill c) AB de Villiers d) **Chris Gayle**
10. The Dronacharya Award for sports coaches was instituted in the year -
1) 1984 b) **1985** c) 1987 d) 1988
11. The term "Gambit" is used in the game is -
a) Tennis b) Badminton c) **Chess** d) Squash
12. Dipa Karmakar a medal winner in Commonwealth Games 2014 is associated with?
a) Squash b) Shooting c) **Gymnastic** d) Badminton
13. Who won the FIFA Ballon d'or award 2013?
a) Ronaldinho b) **Cristiano Ronaldo** c) Lionel Messi d) None of these
14. Anthony De Mello Trophy is associated with Test cricket series played between
a) Australia and India b) **England and India**
c) England and Australia d) South Africa and India
15. In which year was Hockey introduced in the Olympics?
(a) **1908, London** (b) 1920, Antwerp (c) 1936, Berlin (d) 1956, Melbourne.
16. When was Hockey introduced in the Asian Games?

- (a) 1951, Delhi (b) 1954, Manila (c) **1958, Tokyo** (d) 1962, Jakarta.
17. Which of the following stadiums was known as Irwin Amphitheatre?
 (a) **National Stadium, Delhi** (b) Yuba Bharti Kridangan, Calcutta
 (c) Jawahar Lai Nehru Stadium, Delhi (d) None of the above.
18. 'Ranga Swami Cup' is associated with the game of
 (a) **Hockey** (b) football (c) Volleyball (d) kho-kho.
19. Which style of Kabaddi is officially recognized?
 (a) National (b) **Samvahini** (c) Sanjeevani (d) Circle.
20. Which of the following athletes secured fourth position in the Olympic Games final?
 (a) P. T. Usha (b) Milkha Singh (c) **Both (a) and (b)** (d) None of the above.
21. Which of the following universities won the MAKA trophy for maximum number of times?
 (a) Punjab University (b) Delhi University
 (c) **Guru Nanak Dev University** (d) Calicut University.
21. Which of the following is the highest award in sports in the world?
 (a) Arjuna Award (b) **Olympic order** (c) Padma Shree (d) Jesse Owens Award.
22. Which of the following grand slam tournament starts on the first day of every New Year?
 (a) Franch Open (b) **Australian Open** (c) US Open (d) Wimbledon.
23. Who was the first athlete to be awarded Padmashree Award?
 a) P. T. Usha (b) **Milkha Singh** (c) G. S. Randhawa (d) V. S. Chauhan.
24. Which of the following international games originated in India?
 (a) Volleyball and Kho-kho (b) **Snooker and Badminton**
 (c) Tae kwando and Judo (d) Judo and Karate.
25. Where was the 'School Games Federation of India' (SGFI) formed?
 (a) Kamataka (b) Mumbai (c) Chennai (d) **Kolkata.**
26. 'Ruud Gullit' is associated with which sport?
 (a) Volleyball (b) **Football** (c) Athletics (d) basketball.
27. First World Cup Athletics Championship was held at
 (a) Pusan (b) **Helsinki** (c) Kathmandu (d) Stuttgart.
28. Which is the longest muscle of human body ?
 (A) Hamstring (B) Bicep Brachii (C) **Sartorius** (D) Grocilis
29. The hormone responsible for diabetic mellitus is
 (A) Thyroxin (B) **Insulin** (C) Adrenaline (D) Noradrenaline
30. Match the following :

Item-I

- I) Infrared race
 II) Short wave Diathermy treatment
 III) Ultra sound treatment treatment
 IV) Ultra violetrace

Item-II

- 1) Multiple fracture
 2) Preliminary heat
 3) Deep structure
 4) White spots on the epidermis
 5) Activation of healing process

Code :

I II III IV

- | | | | | |
|------------|----------|----------|----------|----------|
| (A) | 5 | 2 | 1 | 4 |
| (B) | 4 | 1 | 2 | 5 |
| (C) | 2 | 3 | 1 | 5 |
| (D) | 2 | 3 | 5 | 4 |

31. Match the joint with suitable example given under List-I and List-II.

List-I

- I) Hinge Joint
 II) Pivot Joint
 III) Saddle Joint
 IV) Ball and Socket Joint

List-II

- 1) Shoulder Joint
 2) Elbow Joint
 3) Thumb Joint
 4) Atlas
 5) Phalanges

Code :

- | | I | II | III | IV |
|------------|----------|-----------|------------|-----------|
| (A) | 2 | 4 | 3 | 5 |
| (B) | 2 | 4 | 1 | 5 |
| (C) | 1 | 2 | 3 | 4 |
| (D) | 2 | 4 | 3 | 1 |

32. Match the physical education and sports institutions with the area situated.

List-I

- I) YMCA
 II) LNUPE
 III) NSNIS Western Centre
 IV) HVP Mandal

List-II

- 1) Gwalior
 2) Amaravathi
 3) Gandhi Nagar
 4) Chennai
 5) Trivendrum

Code :

- | | I | II | III | IV |
|------------|----------|-----------|------------|-----------|
| (A) | 4 | 5 | 3 | 2 |
| (B) | 4 | 1 | 3 | 2 |
| (C) | 4 | 1 | 3 | 5 |
| (D) | 1 | 2 | 4 | 3 |

33. Match the following :

List-I

- I) Atherosclerosis
 II) Obesity
 III) Hypertension
 IV) Heat stroke

List-II

- 1) Dehydration
 2) High blood pressure
 3) Coronary heart disease
 4) Accumulation of fat
 5) Reduced heart rate

Code :

- | | I | II | III | IV |
|------------|----------|-----------|------------|-----------|
| (A) | 1 | 2 | 4 | 3 |
| (B) | 5 | 3 | 2 | 1 |
| (C) | 3 | 4 | 2 | 1 |
| (D) | 2 | 1 | 3 | 5 |

34. Olympic Games were held at Athens twice in the years

- I) 1940 II) 1896 III) 2004 IV) 1984

(A) III and IV are correct (B) I and IV are correct (C) **II and III are correct**

(D) I and II are correct

38. Human respiration involves

I) Ventilation II) Pulmonary gas exchange III) Gas transport to tissue level
IV) Transportation of nutrients

(A) I and III are correct (B) I and II are correct (C) I, II and III are correct

(D) II and III are correct

39. Match the following :

List-I

I) 24 teams in knock-out fixture
II) Total number of matches in league fixture
III) 6 teams in single league fixture
IV) Special seeding for 4 teams when total teams are 30

List-II

1) 15 matches
2) $(N - 1)$
3) 8 Byes
4) $\frac{N(N - 1)}{2}$
5) 6 Byes

Code :

	I	II	III	IV
(A)	3	4	1	2
(B)	3	4	1	5
(C)	3	5	1	2
(D)	3	4	5	1

40. Match the variables with the suitable training to develop.

List-I

I) Cardio respiratory endurance
II) Muscular Endurance repetition training
III) Speed
IV) Strength training

List-II

1) Circuit training
2) High intensity
3) Weight training
4) Continuous
5) Elastic strength

Code :

	I	II	III	IV
(A)	4	2	1	3
(B)	4	1	2	3
(C)	4	1	3	2
(D)	4	3	2	3

41. Match the following:

Item-I

I) Soft tissue injury
II) Ligament injury
III) Bone fracture
IV) Tendon injury

Item-II

1) Arthritis
2) Rupture
3) Sprain
4) Green stick
5) Laceration

Code :

	I	II	III	IV
(A)	1	2	4	5
(B)	4	1	2	3
(C)	5	3	4	2

(D) 5 3 4 1

42. Naturalism is proslutated by
(A) Aristotle (B) Plato (C) Pavlov **(D) Rousseau**
43. The Olympic motto Altius means
(A) Higher (B) Stronger (C) Faster and Higher (D) Stronger and Higher
44. The biggest white blood cell is
(A) Thrombocytes (B) Melanocytes **(C) Monocytes** (D) Erythrocytes
45. Jumping exercise program develops
(A) Explosive power (B) Maximum strength
(C) Speed endurance (D) Cardio-respiratory endurance
46. The possible movements of the elbow joints are
I. Flexion II. Extension III. Circumduction IV. Abduction
(A) I and II are correct (B) I and III are correct
(C) II and III are correct (D) I, II and III are correct
47. The tournament in which one team will play against all teams
I. Seeding II. Round Robin III. Knock-out IV. League
(A) I and IV are correct (B) I, II and III are correct **(C) II and IV are correct**
(D) I, II and IV are correct
48. Name the two institutions of physical education and sports which came under SNIPES
I. YMCA College of Physical Education II. LCPE III. HVP Mandal IV. NSNIS Patiala
(A) I and III are correct (B) II and I are correct (C) II and IV are correct
(D) III and IV are correct

49. Match the following :

List – I

- I. Lungs
II. Alveoli
III. Nose
IV. Trachea

List – II

1. Pleura
2. Gas exchange
3. Larynx
4. Wind pipe
5. Vomer bone

Code:

- | | I | II | III | IV |
|------------|----------|-----------|------------|-----------|
| (A) | 1 | 2 | 5 | 4 |
| (B) | 1 | 2 | 3 | 5 |
| (C) | 1 | 2 | 5 | 3 |
| (D) | 3 | 4 | 5 | 1 |

50. Match the venue with year conducting Olympic Games

List – I

- I. Berlin
II. Mexico
III. Montreal
IV Los Angels

List – II

1. 1968
2. 1976
3. 1984
4. 1932
5. 1936

Code:

- | | I | II | III | IV |
|------------|----------|-----------|------------|-----------|
| (A) | 1 | 5 | 2 | 3 |

- (B) 3 2 1 5
 (C) 5 1 2 3
 (D) 5 1 2 4

51. The organ which produces bile is
 (A) heart (B) pancreas (C) thyroid **(D) liver**
52. Zygomatic is a bone of
 (A) **face** (B) head (C) wrist (D) ankle.
53. Sprain during a sport activity is to be immediately attended to by
 (A) application of oilment (B) hot fomentation **(C) cold compression** (D) massage.
54. Which of the following training systems has been considered best for body adaptation ?
 (A) Interval training **(B) High altitude training** (C) Circuit training (D) Fartlek training.
55. The Latissimus Dorsi is powerfully involved in
 (A) Volleyball and Basketball (B) Football and Hockey
(C) Swimming and Rowing (D) Gymnastics and Dance.
- 56 Match List - I with List - II and select the correct answer using the code given below:

List - I

- a) Medial
 b) Prone
 c) Supine
 d) Anterior

List - II

1. Face down
 2. Front
 3. Inside
 4. Face up.

Code :

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

57. The basic aim of interval training is the development of
 (A) speed (B) speed-strength **(C) endurance** (D) speed endurance.
58. The pattern of reducing heart rate after exercise is known as
(A) Bradycardia (B) Recovery (C) Low heart rate (D) Super-compensation.
59. The largest organ of human organism is
 (A) Femur **(B) Liver** (C) Skin (D) Brain.
60. BMR is the ratio between
(A) food intake and work output (B) body weight and height
 (C) age and height (D) CO₂ and O₂
61. Which year Kabaddi (Men) world cup was played?
 a)1996 b)2007 c)2000 **d)2004**
62. When does the match of handball begin?
 a) When the timekeeper starts the stopwatch or the official clock
 b) When the ball leaves the thrower's hand
 c) When the first-named referee whistles
d) After the whistle for the throw-off is blown by the court referee
63. What is the suspension time given for warning (Yellow Card)?
 a)10 Minutes **b)2 minutes** c)5 minutes d)None of the above

64. Height of football goal post:-
a) **8ft** b) 7ft c) 5.5 mts d) 8yards
65. Dimensions of badminton court are:-
a) 42 ft x 20 ft b) 44ft x 18 ft c) 40ft x 20 ft d) **44 ft x 20 ft**
66. Which is the governing body of Indian Athletics?
a) IOA b) AAA c) **AFI** d) IAAF
67. The game Kho-kho was otherwise called:-
a) **“Atiya patiya”** b) “Feinting dodging” c) “Kilithatu” d) “run chase”
68. The height of net in table tennis is:-
a) 6.5 inch b) **6 inch** c) 5.5 inch d) 5 inch
69. The length of a standard table tennis table is:-
a) 2.24 mts b) 2.94 mts c) **2.74 mts** d) 2.54 mts
70. Which one of the following term is related to Tennis?
a) **Advantage set** b) Giant set c) Super set d) Drop set
71. Which is not associated with the game of Volley Ball?
a) Dip b) **Bump** c) Hit d) Libero
72. The major reason for the onset of fatigue during strenuous exercise is:-
a) Second wind b) Oxygen debt c) Increased CO₂ level d) **Lactic acid formation**
73. Tennis elbow is usually caused by:-
a) **Overuse** b) Tiny fracture c) Infection d) Trauma
74. The muscle fibers have a fast rate of contraction for short periods:-
a) Sarcomere b) **White muscle fiber** c) Red muscle fiber d) Fascia
75. Which cartilage is present at the end of long bones?
a) **fibrous cartilage** b) Calcified cartilage c) Hyaline cartilage d) Elastic cartilage
76. What should apply to an acute ankle sprain?
a) **Ice** b) Heat c) Massage d) Ben-Gay
77. The functional unit of excretory system is:-
a) Ureter b) Urethra c) Kidney d) **Nephron**
78. Highly trained Olympic level athletes are having a stroke volume in the range of:-
a) 80-90 ml b) 70-80 ml c) **100-120 ml** d) 55-75 ml
79. Exchange of gases between blood and cells is
a) Respiration b) Inspiration c) **Internal Respiration** d) External Respiration
80. Exchange of gases between blood and Lungs is
a) Respiration b) Inspiration c) Internal Respiration d) **External Respiration**
81. The site of Intelligence is ?
a) **Cerebrum** b) Medulla c) Cerebellum d) Cortex
82. How many cranial nerves are there in our body
a) 9 pairs b) 10 pairs c) **12 pairs** d) 14 pairs
83. “Narang cup” is associated with game of
a) Hockey b) Football c) Table Tennis d) **Badminton**

84. The deficiency of which vitamin causes Scurvy?
a) vitamin A b) vitamin B c) vitamin D **d) vitamin C**
85. Where was the first Para Olympic held?
a) Tokyo b) France **c) Rome** d) Athens
86. "ASTRO_TURP" is used for first time in Hockey?
a) 1983 **b) 1976** c) 1956 d) 1980
87. "MARSHAL" is related with
a) Athletic meet b) First aid c) Marker d) Company name
88. How many events are there in Pentathlon ?
a) 7 b) 8 **c) 5** d) 10
89. How many loops for Basketball Net?
a) 16 b) 13 **c) 12** d) 14
90. The measurement of Kabaddi (Women) court is?
a) 13×10 meter b) 12×10 meter **c) 12×8 meter** d) 10×8 meter
91. How many type of Olympic Flag ?
A) 2 b) 1 c) 3 d) 4
92. Number of Hurdle in 3000 m Steeplechase is
a) 28 b) 7 c) 8 d) 10
93. Elimination Round is another name known as
a) Knock-out b) League c) Intramural d) Elimination
94. Weight of the heart?
a) 200-240 g b) 240-250 g c) 250-280 g **d) 260-300 g**
95. Indian Olympic committee was formed in ?
a) 1982 **b) 1927** c) 1928 d) 1925
96. The Hockey goal line width shall be
a) 7.5cm b) 6cm c) 8cm d) 5cm
97. The Curve of 400m standard track shall be
a) 36.50m b) 36.80m c) 84.39m d) 39.60m
98. Rajive Gandhi khen rattan award was instituted in the year
a) 1992-93 b) 1961-62 c) 1984-85 **d) 1991-92**
99. Plato is referred to as the father of
a) Pragmatism b) Realism **c) Idealism** d) Naturalism
100. "Eklavya Award" is given for outstanding performance in the sports of
a) Kabaddi(women) b) Throw ball **c) Kho-Kho** d) Tae- Kwando

PREPARED BY
J.SIVACHANDRAN B.P.E.S., M.Sc., M.P.Ed., M.Phil., P.G.D.Y
PHYSICAL DIRECTOR GRD-I
TIRUPATTUR,
VELLORE DTS,
CELL NO: 8098618230