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.

22. 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.

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) Taekwondo 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:

<table>
<thead>
<tr>
<th>Item-I</th>
<th>Item-II</th>
</tr>
</thead>
<tbody>
<tr>
<td>I) Infrared race</td>
<td>1) Multiple fracture</td>
</tr>
<tr>
<td>II) Short wave Diathermy treatment</td>
<td>2) Preliminary heat</td>
</tr>
<tr>
<td>III) Ultra sound treatment treatment</td>
<td>3) Deep structure</td>
</tr>
<tr>
<td>IV) Ultra violetrace</td>
<td>4) White spots on the epidermis</td>
</tr>
<tr>
<td></td>
<td>5) Activation of healing process</td>
</tr>
</tbody>
</table>

Code:
I II III IV
31. Match the joint with suitable example given under List-I and List-II.

<table>
<thead>
<tr>
<th>List-I</th>
<th>List-II</th>
</tr>
</thead>
<tbody>
<tr>
<td>I) Hinge Joint</td>
<td>1) Shoulder Joint</td>
</tr>
<tr>
<td>II) Pivot Joint</td>
<td>2) Elbow Joint</td>
</tr>
<tr>
<td>III) Saddle Joint</td>
<td>3) Thumb Joint</td>
</tr>
<tr>
<td>IV) Ball and Socket Joint</td>
<td>4) Atlas</td>
</tr>
<tr>
<td></td>
<td>5) Phalanges</td>
</tr>
</tbody>
</table>

**Code:**

<table>
<thead>
<tr>
<th></th>
<th>I</th>
<th>II</th>
<th>III</th>
<th>IV</th>
</tr>
</thead>
<tbody>
<tr>
<td>(A)</td>
<td>2</td>
<td>4</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>(B)</td>
<td>2</td>
<td>4</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>(C)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>(D)</td>
<td>2</td>
<td>4</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>List-I</th>
<th>List-II</th>
</tr>
</thead>
<tbody>
<tr>
<td>I) YMCA</td>
<td>1) Gwalior</td>
</tr>
<tr>
<td>II) LNUPE</td>
<td>2) Amaravathi</td>
</tr>
<tr>
<td>III) NSNIS WesternCentre</td>
<td>3) Gandhi Nagar</td>
</tr>
<tr>
<td>IV) HVP Mandal</td>
<td>4) Chennai</td>
</tr>
<tr>
<td></td>
<td>5) Trivendrum</td>
</tr>
</tbody>
</table>

**Code:**

<table>
<thead>
<tr>
<th></th>
<th>I</th>
<th>II</th>
<th>III</th>
<th>IV</th>
</tr>
</thead>
<tbody>
<tr>
<td>(A)</td>
<td>4</td>
<td>5</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>(B)</td>
<td>4</td>
<td>1</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>(C)</td>
<td>4</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>(D)</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>3</td>
</tr>
</tbody>
</table>

33. Match the following:

<table>
<thead>
<tr>
<th>List-I</th>
<th>List-II</th>
</tr>
</thead>
<tbody>
<tr>
<td>I) Atherosclerosis</td>
<td>1) Dehydration</td>
</tr>
<tr>
<td>II) Obesity</td>
<td>2) High blood pressure</td>
</tr>
<tr>
<td>III) Hypertension</td>
<td>3) Coronary heart disease</td>
</tr>
<tr>
<td>IV) Heat stroke</td>
<td>4) Accumulation of fat</td>
</tr>
<tr>
<td></td>
<td>5) Reduced heart rate</td>
</tr>
</tbody>
</table>

**Code:**

<table>
<thead>
<tr>
<th></th>
<th>I</th>
<th>II</th>
<th>III</th>
<th>IV</th>
</tr>
</thead>
<tbody>
<tr>
<td>(A)</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>(B)</td>
<td>5</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>(C)</td>
<td>3</td>
<td>4</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>(D)</td>
<td>2</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>List-I</th>
<th>List-II</th>
</tr>
</thead>
<tbody>
<tr>
<td>I) 24 teams in knock-out fixture</td>
<td>1) 15 matches</td>
</tr>
<tr>
<td>II) Total number of matches in league fixture</td>
<td>2) $(N - 1)$</td>
</tr>
<tr>
<td>III) 6 teams in single league fixture</td>
<td>3) 8 Byes</td>
</tr>
<tr>
<td>IV) Special seeding for 4 teams when total teams are 30</td>
<td>4) $N(N - 1)$</td>
</tr>
<tr>
<td></td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>5</td>
</tr>
</tbody>
</table>

   Code:
   (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.

<table>
<thead>
<tr>
<th>List-I</th>
<th>List-II</th>
</tr>
</thead>
<tbody>
<tr>
<td>I) Cardio respiratory endurance</td>
<td>1) Circuit training</td>
</tr>
<tr>
<td>II) Muscular Endurance repetition training</td>
<td>2) High intensity</td>
</tr>
<tr>
<td>III) Speed</td>
<td>3) Weight training</td>
</tr>
<tr>
<td>IV) Strength training</td>
<td>4) Continuous</td>
</tr>
<tr>
<td></td>
<td>5) Elastic strength</td>
</tr>
</tbody>
</table>

   Code:
   (A) 4 2 1 3
   (B) 4 1 2 3
   (C) 4 1 3 2
   (D) 4 3 2 3

41. Match the following:

<table>
<thead>
<tr>
<th>Item-I</th>
<th>Item-II</th>
</tr>
</thead>
<tbody>
<tr>
<td>I) Soft tissue injury</td>
<td>1) Arthritis</td>
</tr>
<tr>
<td>II) Ligament injury</td>
<td>2) Rupture</td>
</tr>
<tr>
<td>III) Bone fracture</td>
<td>3) Sprain</td>
</tr>
<tr>
<td>IV) Tendon injury</td>
<td>4) Green stick</td>
</tr>
<tr>
<td></td>
<td>5) Laceration</td>
</tr>
</tbody>
</table>

   Code:
   (A) 1 2 4 5
   (B) 4 1 2 3
   (C) 5 3 4 2
42. Naturalism is prostulated 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:
   (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 Angeles  

   List – II  
   1. 1968  
   2. 1976  
   3. 1984  
   4. 1932  
   5. 1936

   Code:
   (A)  1  5  2  3

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:

<table>
<thead>
<tr>
<th>List - I</th>
<th>List - II</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Medial</td>
<td>1. Face down</td>
</tr>
<tr>
<td>b) Prone</td>
<td>2. Front</td>
</tr>
<tr>
<td>c) Supine</td>
<td>3. Inside</td>
</tr>
<tr>
<td>d) Anterior</td>
<td>4. Face up.</td>
</tr>
</tbody>
</table>

Code:
A) 3 1 4 2
B) 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) 8 ft  b) 7 ft  c) 5.5 mts  d) 8 yards

65. Dimensions of badminton court are:
   a) 42 ft x 20 ft  b) 44 ft x 18 ft  c) 40 ft 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 Pentalathlon?
   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) 260-280 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) 7.5 cm  b) 6 cm  c) 8 cm  d) 5 cm

97. The Curve of 400m standard track shall be
   a) 36.50 m  b) 36.80 m  c) 84.39 m  d) 39.60 m

98. Rajive Gandhi khel ratan award was instituted in the year

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

***************

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