

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

UG TRB PHYSICAL EDUCATION TEST – 3

1. During which year did ancient Olympics start?

- a) 996 BC b) 776 BC c) 886 BC d) 1896 AD

2. Sheldon classified Body types as:-

- a) body with red and white fibre muscles
b) Pyknic, Athletic, Asthenic, Diplastic
c) body with fast and slow twitch muscle

d) Endomorph, ectomorph and Mesomorph

3. Physical Education is the sum of man's _____ activities.

- a) Psychological b) Philosophical c) physical d) aesthetic

4. Objectives of physical education includes:-

- a) Understanding the techniques and tactics of games and athletics
b) Ability to play games and athletics
c) Ability to officiate and score a match

d) Organic development, neuromuscular development and Emotional development

5. Sport Authority of India was formed in:-

- a) 1985 b) 1983 c) 1986 d) 1984

6. Which event is not related to Triathlon?

- a) swimming b) running c) jumping d) cycling

7. The topics of survival and developmental activities, growth and development and anatomical and physiological differences are studied under:-

- a) Biological foundations of physical education b) psychological foundations
c) Historical bases of physical education d) philosophical foundations

8. Idealism, naturalism and Realism are:-

- a) Anatomical bases b) Scientific foundations
c) Philosophies of Physical Education d) Psychological bases

9. The highest sports award of India is:-

- a) Dronacharya Award b) Padma Vibhushan
c) Arjun Award d) Rajeev Gandhi Khel Ratna

10. Which is the governing body of Indian Athletics?

- a) IOA b) AAA c) AFI d) IAAF

11. Wind Gauge is used in which of the following event:-

- a) Javelin b) Long jump c) 5000 mts d) 1500 mts

12. The game Kho-kho was otherwise called:-

- a) "Atiya patiya" b) "Feinting dodging" c) "Kilithatu" d) "run chase"

13. What are the 2 side posts in High jump known as?

- a) Horizontal bar b) Side board c) Cross bar d) Uprights

14. Altius Means?

- a) Faster **b) Higher** c) Greater d) Stronger

15. Standard Body type classification includes:-

- a) body with red and white fibre muscles
b) Heavy, medium and light weight

c) Endomorph, ectomorph and Mesomorph

- d) Body with fast and slow twitch muscle

16. Who was the first athlete to win four gold medals in Olympics?

- a) **Jessi Owens** b) Carl Lewis c) BenJohnson d) Usain Bolt

17. What is the measurement of Extension arc in Javelin Sector?

- a) 1.00 Mts b) 1.22 Mts c) 0.50 Mts **d) 0.75 Mts**

18. Which of the following is a standard body type classification?

- a) Heavy, medium and light weight
b) Pyknic, Athletic, Asthenic, Diplastic
c) Body with fast and slow twitch muscle
d) body with red and white fibre muscles

19. When was Hockey introduced in the Asian Games?

- a) 1962, Jakarta b) 1951, Delhi c) 1954, Manila **d) 1958, Tokyo**

20. Wind Sock is not used in which of the following events:-

- a) Hammer throws b) Discus throws **c) Long Jump** d) Javelin

21. Which of the following is the highest award in sports in the world?

- a) Jesse Owens Award b) Padma Shree **c) Olympic order** d) Arjuna Award

22. What is the Nickname of Indian legend Hockey player Dhyanchand?

- a) Little Master **b) Hockey Wizard** c) Hockey Jockey d) Hockey Man

23. Which training should be avoided for children with under developed bone?

- a) Circuit training **b) Weight training** c) Interval training d) Fartlek training

24. 'Olympic Bhavan' site is being planned at:-

- a) New Delhi **b) Chennai** c) Bangalore d) Kolkata

25. The National Sports Festival for Women was started in:-

- a) 1974 b) 1976 **c) 1975** d) 1970

26. The term refers to journey of Olympic carried from time, the

Olympic games Started to their present from.

- a) **Olympic flame** b) Olympic ceremony
c) Olympic movement d) sports movement

27. The first modern winter Olympic games held in which year in Chamonix France

- a) **1924** b) 1934 c) 1824 d) 1928

28. In 1896 Athens Olympic games only . How many countries participated

- a) Five b) Nine c) Eleven **d) Fourtine**

29. How many Olympic could not be held owing to the two world wars.

- a) **Three** b) Six c) Four d) Two

30. How many circles are there in Olympic flag.

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

31. Which Trophy instituted as a running trophy in 1956-57, is awarded annually to the University which has given the best all rounder performance during the year of ward.

- A. Maulana Abdul Kalam Ajad b) Duleep c) Irani d) UGC**

32. Which country led a boycott of the 1980 Olympic Games held in Moscow?

- a) Great Britain b) China c) USA d) South Korea

33. The 2023 Cricket World Cup shall be co-hosted by:-

- a) India, Sri Lanka, and Bangladesh**
b) Bangladesh, Pakistan and Sri Lanka
c) Bangladesh, Pakistan and India
d) India, Sri Lanka, Pakistan and Bangladesh

34. First Asian Games was held at:-

- a) New Delhi b) Tokyo c) Bangkok d) Manila**

35. The Marathon race was introduced in the year:-

- a) 1896 b) 1900 c) 1908 d) 1914**

36. Society for National Institute of Physical Education and Sports(SNIPES) was established in the year:-

- a) 1965 b) 1968 c) 1966 d) 1962**

37. Indian Olympic Association was formed in the year:-

- a) 1927 b) 1932 c) 1928 d) 1929**

38. Father of Physical Education in India:-

- a) C.A.Bucher b) H.C.Buck c) G.D Soundhy d) Baron .D. Coubertin**

39. In marathon race, athletes have to run:-

- a) 26miles 325 yards b) 26miles 385 yards**
c) 26 miles 836 yards d) 26 miles 285yards

40. In which Olympic games did the Indian athletes first participate?

- a) 1924 b) 1936 c) 1896 d) 1920**

41. Identify the sequential order of the colors of five rings of the olympic fiag

- a) Blue,Black, Yellow,Green,Red b) Blue, Yellow,Green,Red,Black
c) Blue, Yellow,Black,Green,Red d) Black, Yellow,Green,Red,Blue

42. President of the International Olympic Committee is elected for a term of -

- a) 5 yrs b) 6 yrs c) 8 yrs d) 10 yrs

43. Who has won a silver medal in Beijing Olympic ?

- a) Rajyavardhan Singh RathoFe b) Jaspal Rana
d) Abhinav Bindra **d) None of the above**

44. The father of Swedish massage was :

- a) Guts Muth **b) Per Henrik Ling**
c) John Basedow d) Franz Nachtegall

45. Which type of Swedish Training is also known as speed play?

- a) Circuit training **b) Fartlek**
c) Interval training d) Repetition training

46. FINA is the International Association of
 a) Chess **b) Swimming** c) Billiards d) Polo
47. Which of the following is a Sports Talent Scheme of SA I
 a) National Sports Talent Identification
 b) Sports Talent Contest
 c) **National Sports Talent Search**
 d) National Sports Talent Championship
48. The structure of the sex chromosome of mother is
 a) **XX** b) XY c) Only X d) Only Y
49. In which Olympic did women participated for the first time?
 a) 1896 Athens **b) 1900 Paris** c) 1920 Antwerp d) 1928 Amsterdam
50. John Dewey propounded the philosophy of:
 a) Naturalism b) Realism c) Idealism **d) Pragmatism**
51. Which city host the Olympic Games in 2012
 a) Seoul b) Atlanta **c) London** d) Beijing
52. Award were given to the winner in the ancient Olympic?
 a) Gold Coins b) Caps **c) Wild olive leaf crown** d) Medals
53. Olympia city is situated in which country of the world?
 a) **Greece** b) Germany c) Italy d) China
54. The first National Marathon Race "was organized at :
 a) Allahabad **b) Pune** c) Kolkata d) New Delhi
55. Agoge was in
 a) **Greece** b) Rome c) Iran d) India
56. The position of India in 1 st Asian games was:
 a) I **b) II** c) V d) IX
57. The Dronacharya Award for sports coaches was instituted in the year
 a) 1984 **b) 1985** c) 1987 d) 1988
58. 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.
59. 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
60. Where was the 'School Games Federation of India' (SGFI) formed?
 a) Karnataka b) Mumbai c) Chennai **d) Kolkata.**

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