

Physical education Test

1. The name of thigh bone

- a)Tibia b)Radius c)Femur d)Fibula

2. The smallest bone in the human body

- a)Carpal b)Stirrup c)Tarsal d)Finger bone

3. Author of "ATLAS OF MEN"

- a)Thorndike b)Sheldon c)Skinner d)Kretschmer

4. The first cervical vertebra is called

- a)Dorsal b)Axis c)Atlas d)Centrum

5. Tibia bone is otherwise name as

- a)Shinbone b)Long bone c)Tarsal d)None of this

6. The Second cervical vertebra is called

- a)Dorsal b)Axis c)Atlas d)Centrum

7. Number of Face bone

- a)7 b)12 c)8 d)14

8. Number of Vertebra bone

- a)33 b)30 c)31 d)32

9. How many bone in Human body

- a)204 b)205 c)300 d)206

10. Knee joint is an example of

- a)Gliding joint b)Hinge joint c)Ball and jacket joint d)Saddle joint

11. Shoulder joint is an example of

- a)Gliding joint b)Hinge joint c)Ball and jacket joint d)Saddle joint

12. Example of Synovial joint

- a)suture b)Fixed joint c)Inter vertebra disc d)Shoulder joint

TOTAL MARKS ___ 190.

TIME ___ 2.30 HOURS



13. Ball badminton federation of India was founded in

- a)1934 b)1954 c)1956 d)1955

14. Badminton federation of India was founded in

- a)1934 b)1944 c)1936 d)2006

15. All India Football federation was founded in

- a)1934 b)1944 c)1937 d)1996

16. 2015 junior World football Cup conducted country

- a)Newzealand b)Canada c)India d)Brazil

17. 2015 Women World football Cup conducted country.

- a)Newzealand b)Canada c) America d)Brazil

18. The animal used for Pavlov's experiment is

- a)Dog b)Cat c)Rat d)Chimpanzee

19. The animal used for Thorndike experiment is

- a)Dog b)Cat c)Rat d)Chimpanzee

20. "Stale mate" is a term used in

- a)Golf b)Carrom c)Chess d)Sepak Takraw

21. "Illegal" is a term used in

- a)Golf b)carrom c)chess d)sepak Takraw

22. Rangaswamy cup is associated with game of

- a)Hockey b)Football c)Cricket d)Kabaddi

23. Durand cup is associated with game of

- a)Hockey b)Football c)Cricket d)Kabaddi

24. Sultan Azlan Shah cup is associated with game of

- a)Hockey b)Football c)Cricket d)Kabaddi



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25. Nehru cup is associated with game of

a)Hockey b)Football c)Cricket d)Kabaddi

26.uber cup is associated with game of

a)Hockey b)Badminton(Men) c)Cricket d)Badminton (Women)

27. Murugappa Trophy is associated with game of

a)Hockey b)Football c)Cricket d)Basketball

28. Castling “is a term used in

a)Table tennis b)Basket ball c)chess d)Sepak Takraw

29.The food guide pyramid was put forth by USDA in

a)1992 b)1991 c)1993 d)1996

30.The school of Gymnastics is called in Athens as

a)Greece b)Grammar school c)Palaestra d)Diadascalam

31.When was Ancient Olympic games stopped?

a)390 A.D b)394 A.D c)396 A.D d)398 A.D

32. When was Modern Olympic games started?

a)1896 A.D b)1894 A.D c)1886 A.D d)1898 A.D

33.Bharathiyar day sports were conducted for

a)High school student b)Middle school student c)Higher secondary school student d)college student

34. Weight of carrom striker not more than

a)25g b)15g c)5g d)23g

35.The duration of Handball (men) match is

a)10-20-10 M b)30-10-30M c)25-10-25M d)30-5-30M

36. Name of test to determine the Cardio-respiratory endurance

- a) Margarida step test b) Coopers test c) AAHPER test d) Rogger's test

37. The smallest Training is

- a) Meso-cycle b) Macro-cycle c) Micro-cycle d) General-cycle

38. Shuttle run' is measured

- a) Endurance b) Agility c) speed d) power

39. Fartlek is a Swedish term, meaning

- a) Spiriting b) Hollow spriting c) Speedplay d) none

40. The total time limit in Kho-Kho is

- a) 45 m b) 55m c) 49m d) 59m

41. .Vital capacity' is measured

- a) Spiro meter b) Gonio meter c) Skin fold meter d) Dyna meter

42. The length of the cricket pitch is

- a) 20.12m b) 20.22m c) 20.23m d) 3.05m



43. The total distance of Marathon race is?

- a) 41.195km b) 42.195km c) 42.915km d) 42.519km

44. The weight of javelin for women is

- a) 600g b) 800g c) 700g d) 500g

45. The amount of Blood comes out from ventricle, per minute is called ?

- a) Cardiac cycle b) Cardiac output c) Cardiac volume d) Ventricle volume

46. A long distance must consume more quantity of ?

- a) fat b) protein c) carbohydrate d) minerals

47. The weight of the Basketball is

- s) 250-556gm b) 567-650gm c) 500-600gm d) 567-650 ounce

48. Name of the first Indian women who won the Gold medal in Asian games-

a) P.T. Usha b) Sunitha Rani c) Shani Abraham d) Kamajit Sandhu

49. How many Muscles in Human body ?

a) 636 b) 639 c) 693 d) 206

50. During the Muscle contraction, if there is no change in the size of Muscle, this contraction is said-

a) Isometric b) Isotonic c) Isokinetic d) Kinetic

51. After emulsin, the digestion of fat is done by one enzyme called ?

a) Renin b) Amylase c) Trypsin d) Lipase

52. Genio meter is measured

a) Endurance b) Agility c) Speed d) Flexibility

53. How many varieties in Johnson Basketball test ?

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

54. Aerobic power can be enhanced by ?

a) Swimming b) Circuit Training c) Short sprints d) Long distance running

55. The Highest Sports Award of India is

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

56. In normal Air, the percentage of oxygen is ?

a) 21% b) 22% c) 20% d) 25%

57. 1 gm of protein in the body yields ?

a) 4.1 kilocalories of energy b) 4.0 kilocalories of energy c) 9.3 kilocalories of energy d) None

58. Insulin is produced in ?

a) Sex glands b) Pancreas c) Thyroid d) Spleen

59. The number of Hurdles in 110 Hurdle race are ?

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



60. The deficiency of which vitamin causes Rickets ?

- a) vitamin A b) vitamin B c) vitamin D d) vitamin C

61. Vitamin A is another name known as

- a) Thiamin b) Retinol c) Bolic Acid d) Niacin

62. Normal Heart rate of stroke volume is

- a) 5.04 liter/minute b) 5.5 liter/minute c) 6.00 liter/minute d) 4.50 liter/minute

63. Where was the first World cup Football held ?

- a) Uruguay b) France c) Brazil d) Canada

64. Where was the first Winter Olympic held ?

- a) Italy b) France c) America d) Athens

65. The National Sports Festival for Women was started in

- a) 1940 b) 1975 c) 1970 d) 1980

66. Cardio-respiratory is measured

- a) Treadmills test b) diameter c) tens meter d) cyber

67. Biceps is an example of

- a) Flexion muscle b) Extension muscle c) Adduction muscle d) All this above

68. Smooth muscle is under control of

- a) ANS b) CNS c) PNS d) PPNS

69. Autonomic nervous system is under control of

- a) Brain b) Hypothalamus c) Cerebellum d) Spinal cord

70. The Strongest muscle is

- a) Sartorius b) Biceps c) Rectus Femoris d) Triceps

71. Skeletal is another name known as

- a) Striped muscle b) visceral muscle c) Heart muscle d) Involuntary muscle

72. The liquid part of the blood is known as

- a) Plasma b) Sucrose c) Protein d) Blood cells

73. In skeletal muscle light band is called

- a) A Band b) H Band c) I Band d) Myosin

74. The last stage in memory is

- a) Retention b) Learning c) Recall d) Recognition

75. Weight of the Ball for Ball Badminton is

- a) 22-24g b) 23-22g c) 20-23g d) None of this

76. Colour of Ball Badminton Net ?

- a) Double color b) Tri-color c) white color d) Black color

77. The weight of the Football is

- a) 450-550gm b) 410-450gm c) 400-450gm d) 440-650gm

78. When was Hockey introduced in the Asian Games ?

- a) 1951 b) 1954 c) 1958 d) 1962

79. SAI was formed in ?

- a) 1982 b) 1938 c) 1984 d) 1985

80. "Synthetic track" in athletics was used for first time in

- a) 1948 b) 1968 c) 1956 d) 1980

81. The height of human being is measured by ?

- a) Vernier scale b) Stadiometer c) Weighting scale d) Dynamometer

82. The duration of meso-cycle is

- a) 7-10 days b) 4-6 weeks c) 1-15 days d) 14 days

83. Pre-School stage children need Diet rich in

- a) fat b) protein c) carbohydrate d) minerals



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84."Altius" meaning is

a)Muscle b)Faster c)Higher d)Stronger

85. Irani Trophy is associated with game of

a)Hockey b)Football c)Cricket d)Kho-Kho

86.Gluteus Maximums muscle is situated in

a)Thigh b)Arms c)Lower leg d)Hip

87."Bhartiyam" was conducted to promote ?

a)Indigenous games b)Danda and Baithaks c)Freehand exercises d)Mass rhythmic activities

88.Schiller and Spencer are associated with

a)Anticipation theory b)Recreation theory c)Surplus energy theory d)Play theory

89.In the technical terms, muscle pull is known as ?

a)Sprain b)Strain c)Abrasion d)Contusion

90.A test is considered to be reliable if it has ?

a)Norms b)Consistency c)Continuity d)Comparability

91.How many major salivary glands are there in the Human body ?

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

92.In which game you can see Antenna ?

a)Volleyball b)Football c)Cricket d)Kho-Kho

93.How many events are there in Decathlon ?

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

94.The main source of vitamin C' is ?

a)Egg b)Orange c)Milk d)Banana

95.The height of a hurdle in women 100 meter hurdle race is ?

a)0.80 meter b)1.06 meter c)0.91meter d)0.84 meter

96.The aim of Physical Education is

a)To gain strength b)To gain knowledge c)to perform better d)To develop Physical movement

97.Inner diameter of shot-put circle is ?

a)2.50 meter b)2.135 meter c)2.315meter d)1.25meter

98.The measurement of Kabaddi (men) court is ?

a)13×10 meter b)12×10 meter c)12×8 meter d)10×8 meter

99.What does the rings in Olympic Flag intigate ?

a)Colors b)Countries c)Continents d)Rivers

100.Which company was the official time keeper of the London Olympics 2012 ?

a)Casio b)Omega c)Seiko d)Swatch

101.Number of Water jump in Steeplechase is

a)28 b)7 c)8 d)10

102.Miller wall volley test is associated with game of

a)Volleyball b)Football c)Cricket d)Badminton

103.Round Robin is another name known as

a)Knock-out b)League c)Intramural d)Elimination

104.The width of a lane in an athletic track is ?

a)1.21mt b)1.22mt c)1.19mt d)1.20mt

105.What is the resting stroke volume per beat of heart ?

a)20-40ml b)40-50ml c)60-80ml d)80-100ml

106.The length of Trachea ?

a)156cm b)10cm c)15cm d)20cm

107.The Average life span of RBC ?

a)110days b)120days c)125month d)150days

108."Pele" is related to which game ?

a)Handball b)Football c)Cricket d)Chess

109. ICC was formed in ?

a)1882 b)1909 c)1904 d)1900

110. BCCI was formed in ?

a)1982 b)1938 c)1928 d)1925

111. Stimulus Response Theory” was given by ?

a)Pavlov b)E.L.Thorndike c)Dr.Radhakrishnan d)John Dewey

112. The father of School Psychology ?

a)John Dewey b)Plato c)Sigmund Freud d)Kames

113. The total number of official for volleyball games ?

a)5 b)6 c)4 d)2

114. Of the given ,which protein filament is 50to55% in the muscle ?

a)Actin b)Myosin c)Tropomyosin d)Actomyosin

115. The Handball goal line width shall be

a)4cm b)6cm c)8cm d)5cm

116. The dimension of badminton single's is

a)13.40×5.16m b)13.48×5.18m c)13.40×5.18m d)13.40×6.10m

117. The radius of 400m standard track shall be

a)36.50m b)36.80m c)84.39m d)39.60m

118. The length of the 4×100m relay acceleration zone's marking is

a)0.60m b)10m c)20m d)30m

119. Arjuna award was instituted in the year

a)1965 b)1961 c)1985 d)1964

120. Low back pain injuries are

a)Chronic injuries b)Acute injuries c)Sub-Acute injuries d)Our use injuries

121.The first stage in learning is called

a)Cognitive b)Associative c)Autonomous d)None of this

122.Adolescence is not a special age said by

a)Woodsworth b)Stanly Hall c) Watson d)Crow and Crow

123.Childhood stage is also called as

a)Plastic age b)Formative age c)Gang age d)Mental age

124.Awareness of the body is

a)Kinesthetic sense b)Kinetic movement c)Movement d)Depth jumping

125.The jury an appeal committee shall consist of

a)3 persons b)4 persons c)3 or5 or7 persons d)6persons

126.John Dewey is referred to as the father of

a)Pragmatism b)Realism c)Idealism d)Naturalism

127.Fast twitch muscle fibers are better suited in sports in

a)Cycling race b)Weight lifting c)Rowing d)Swimming

128. The food guide pyramid was introduced by

a)VSDA b)UDSA c)VDSA d)USDA

129.The base of the food pyramid consists of

a)Vegitables&fruits b)Bread &Cereals c)Fats&Oils d)Milk

130.Glucose+Glucose =

a)Lactose b)Sucrose c)Fructose d)Maltose

131.What are the Fat soluble Vitamins ?

a)A,B,C,D b)A,B,D,K c)A,D,E,K d)B Complex &C

132.The psychologist who got the Nobel prize is

a)Skinner b)Pavlov c)Thorndike d)Kohler

133. Which is the blind learning ?

a)Insight b)Classical conditioning c)Trail and error d)Operant conditioning

134. The formula for calculating full stagger for standard track distance is

a) $W(N-1)-0.10 \times \pi$ b) $W(N-1)-0.10 \times 2\pi$ c) $W(N-1)-0.10 \times 3\pi$ d) $W(N-1) \times 2\pi$

135. The blood gets oxygenated in

a)Lungs b)Heart c)Liver d) Muscle

136. How many Registers maintain the physical education dept in school of Tamilnadu

a)12 b)16 c)15 d)10

137. What will done after snake bite ?

a)Sucking b)Use of crepe bandage c) Use of crepe antiseptic d) Use of two-nicket bandage

138. AAHPER Youth Fitness Test measures

a)Motor Fitness b)Motor Ability c)Physical Fitness d)All this above

139. The number of bones in the Cranium is ?

a)6 b)8 c)12 d)10

140. An individual who does moderate work needs ?

a)1700-2000 calories b))2500-3000 calories c))4000-4500 calories d))3000-3500 calories

141. Yellow flag will be raised in field events for

a)Remaining time b)Warning c)Foul indicator d)Dis qualification

142. The birth place of Basketball is

a)Holyoake b)Manchester c)Springfield d)New York

143. The richest source of protein is ?

a)Pules b)Groundnut c)Soya bean d)Egg

144. Salivary gland produces

a)Ptyalin b)Adrenal c)Pepsin d)Renin

145.The landing area of High jump will be

a)5×4 mts b) 5×3 mts c) 5×5 mts d) 5×6 mts

146.Fatigue comes during training due to ?

a)Lactic acid b)Adrenal c)Carbon Di Oxide d)pH-Factors

147.Are heavy exercises good for sound sleep ?

a)Yes b)No c)Sometimes d)Never

148.How many Floating ribs in thoracic cage ?

a)2 pairs b))3 pairs c))5 pairs d)12 pairs

149.The trained Athletic Cardiac output ?

a)35-45 liter b) 30-40 liter c) 45-55 liter d) 55-75 liter

150.The term “persona “means

a)Mark b)Mask c)Thinking d)Dress

151.The term “Psychology” is derived from

a)Latin b)French c)English d)Greek

152.Name the best to determine the cardio-vascular efficiency

a)Harvard test b)Coopers test c)Bench test d)Margarida test

153.”Rani Laxmi Award” is given for outstanding performance in the sports of

a)Kabaddi(women) b)Throwball c)Kho-Kho d)Tae- Kwando

154.Who is current sports minister of India ?

a)Smiti Rani b)Sarbanatha Sonowal c) Sivaraj patel d)Y.S.Patel

155.The official time out duration for volleyball ?

a)30 second b) 60 second c)45 second d)15 second

156. Law of Exercise is another name known as



a) . Law of Training b) Law of Readiness c) Law of Frequency d)None of this

157.How many type of “ out” in cricket ?

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

158.”Bharathiyar day games” was started in ?

a)1954 b)1984 c)1978 d)1968

159.The skill “Forward Defense “is related to the game of ?

a) Cricket b)Throwball c)Kho-Kho d)Tae- Kwando

160.One of the method of Teaching is ?

a)Writing b)Writing story c)Demonstration d)Search

161.”Pen hold grip” is associated with game of

a)Hockey b)Teini koit c)Cricket d)Table tennis

162.Formula for the total number of matches to be played in a single knockout tournament ?

a)N-1 b)N+1 c)N+1/2 d) N-1/2

163.Dimension for Hockey Field?

a)91.4×55m b) 91.44×55m c)91.40×55m d) 90.14×55m

164.Radius of centre circle for Football Field ?

a)9.51m b)9.15m c)1.80m d)9.55m

165.First world cup Athletics Championship was held at ?

a)America b)Pusan c)Helsinki d)Germany

166.The first IOC meeting conducted the year ?

a)1894 b)1896 c)1886 d)1906

167.” Marathon Race” is introuceted in the Olympic ?

a)1966 b)1896 c)1908 d)1964

168.National sports day of India ?



a)August29 b)August15 c)September29 d)August20

169.BCCI Head Quarter ?

a)Mumbai b)Chennai c)Bangalore d)Delhi

170."Birdie" is related the game is?

a)Ball badminton b)Badminton c)Throw ball d)Teinikoit

171.What is the symbol of "Lona" ?

a) _ b) / c) Δ d) O

172. .The total number of official for Basketball games ?

a)5 b)6 c)7 d)8

173."Media Time out" for Basketball games ?

a)45 seconds b)15 seconds c)150 seconds d)None of this

174."Systole" means

a)Contraction of Ventricle b) Relaxation of Ventricle c) Contraction of Artium d) Relaxations of Artium

175. Dimension for Throw ball Court?

a)18.20×12.20m b) 18.20×12.20m c)18.30×12.20m d) 18.20×12.30m

176.The height of the Volleyball (men) net at center ?

a)2.44 m b)2.43 m c)2.24 m c)2.42 m

177."Wobbing" is related the game is?

a)Carrom b)Badminton c)Throw ball d)Teinikoit

178.The useful method of teaching for games and sports is

a)Pictures b)Poster c)Drawing d)Audio visual aids

179. Skin fold caliper measure

a)Height of the body b)Body fat c)Weight of the body d)Heart Rate of the body

180.Who is "Hollonadai" ?

a)The king of Athens b)The Athlete c)The chief judge d)Herald

181. Who is "Eiren" ?

a)A group leader b)Leader c)A troop leader d) The friend of Zeus

182. Treatment using of Ice is called

a)Thermo therapy b)Hydro therapy c)Cryo therapy d)Friction

183. Constrath bath is recommended by

a)Treatment of wood b)Reducing of Swelling c) Reducing of blood d)All this above

184. Duration of Cardiac cycle ?

a)0.6 sec b)0.8 sec c)0.5 sec d)0.7 sec

185. The width of the hurdle shall be

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

186. The weight of the Table tennis ball ?

a)2.75 g b)2.7g c)2.50g d)2.285g

187. The chemical name of Vitamin B1 ?

a)Calciferal b)Beriberi c)Thiamin d)Ascorbic acid

188. A team played straight way to quarterfinal or semifinal is

a) Bye method b)Seeding method c)Special seeding method d)None of this

189. O'Brien technique is associated with

a)High jump b)Shot put c)Long jump d)Triple jump

190. The Intelligence Quotient means

a)A.A/ C.A×100 b) M.A/ C.A×100 c) C.A/ M.A×100 d) M.A/ P.A×100

PHYSICAL EDUCATION TEST-1, ANSWER KEY.															
1	c	26	b	51	d	76	b	101	b	126	a	151	d	176	b
2	b	27	a	52	d	77	b	102	d	127	b	152	b	177	d
3	b	28	c	53	a	78	c	103	b	128	d	153	c	178	d
4	c	29	a	54	b	79	c	104	b	129	b	154	b	179	b
5	a	30	c	55	c	80	b	105	c	130	d	155	b	180	c
6	b	31	b	56	a	81	b	106	b	131	c	156	b	181	c
7	d	32	c	57	b	82	b	107	b	132	b	157	b	182	c
8	a	33	c	58	b	83	b	108	b	133	c	158	c	183	b
9	d	34	b	59	b	84	b	109	b	134	b	159	a	184	b
10	b	35	b	60	c	85	c	110	c	135	a	160	c	185	b
11	c	36	b	61	b	86	d	111	a	136	b	161	d	186	b
12	d	37	c	62	c	87	d	112	c	137	d	162	a	187	c
13	b	38	b	63	a	88	c	113	b	138	a	163	c	188	c
14	a	39	c	64	b	89	b	114	b	139	b	164	b	189	b
15	c	40	b	65	b	90	b	115	c	140	b	165	c	190	b
16	a	41	a	66	a	91	c	116	c	141	a	166	a		
17	b	42	a	67	a	92	a	117	b	142	c	167	b		
18	b	43	b	68	a	93	d	118	b	143	c	168	a		
19	b	44	a	69	b	94	b	119	b	144	a	169	a		
20	c	45	b	70	c	95	c	120	a	145	b	170	a		
21	c	46	c	71	a	96	d	121	a	146	a	171	c		
22	a	47	b	72	a	97	b	122	a	147	b	172	d		
23	b	48	d	73	c	98	a	123	c	148	a	173	d		
24	a	49	b	74	c	99	c	124	a	149	a	174	a		
25	b	50	a	75	d	100	b	125	c	150	b	175	c		

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