

## Physical education Test-7

1. Which of the Kretchmer's body type classification means "Thick" in Greek?  
a) Pyknic b) Athletic c) Asthenic d) Dyplastic
2. The Name of collar bone  
a) Deltoid b) Ribs c) Clavicle d) Scapula
3. The study of Muscle is  
a) Histogy b) Cyctogy c) Myology d) Arthrology
4. Synovial joint is enclosed by \_\_\_\_\_  
a) Proteins b) Fat c) Both A&B d) Fibrous capsule
5. At which of the following sites can we feel our pulse (Heart beat)?  
a) Arterial site b) Chest c) Palm d) Venal site
6. The Volleyball Federation of India was formed in ?  
a) 1951 b) 1950 c) 1947 d) 1948
7. In Volleyball, when was the rotation method introduced?  
a) 1912 b) 1915 c) 1947 d) 1951
8. When was Indian Kabaddi Federation formed?  
a) 1950 b) 1951 c) 1932 d) 1928
9. In Kabaddi, the distance of the Baulk line from Centre line in men's court is ?  
a) 1 meter b) 2 meter c) 3.75 meter d) 2.75 meter
10. In Kabaddi, the distance of the Baulk line from Centre line in women's court is ?  
a) 1.00 meter b) 3.00 meter c) 3.75 meter d) 2.75 meter
11. In Kabaddi, the distance of the Lobby from Side line of the court ?  
a) 1 meter b) 2 meter c) 3.75 meter d) 2.75 meter

12. In Kabaddi, how many points will be awarded by the referee for dangerous play ?  
a) 1 point b) 2 points c) 3 points d) warning only
13. In Kho-Kho, in which place a chaser can change direction ?  
a) Free zone b) Entry zone c) Centre zone d) None of these
14. In which direction the Kho-Kho field should be laid out?  
a) East-West b) North-South c) East-South d) North-East
15. How much time an athlete can delay after he is called ?  
a) 60 seconds b) 30 seconds c) 90 seconds d) 15 seconds
16. Who won the 10<sup>th</sup> Cricket World Cup ?  
a) England b) India c) Pakistan d) Australia
17. Which Country won the 2010 Football World Cup?  
a) Spain b) Brazil c) Germany d) Netherland
18. Who is the highest wicket taker in Test Cricket?  
a) Muralitharan b) Shan Warne c) Wasim Akram d) Anil Kumle
19. Who is the highest wicket taker in One day Cricket?  
a) Muralitharan b) Shan Warne c) Wasim Akram d) Anil Kumle
20. Yogeswar Dutt got "Rajiv Gandhi Khel Ratna" award in the year....?  
a) 2012 b) 2010 c) 1996 d) 2014
21. Yuvaraj Singh got Arjuna award in the year....?  
a) 2009 b) 2010 c) 2015 d) 2012
22. Who is President of "Indian Super League" 2015....?  
a) Neitha Ambani b) Mukesh Ambani c) Sachin Tendulkar d) Ravi Sasthri
23. The Cervical region vertebra's consists  
a) 6 vertebrae's b) 8 vertebrae's c) 7 vertebrae's d) 5 vertebrae's

24. The Ball badminton was played as early as \_\_\_\_\_ in Tanjore(India)  
a) 1856    b) 1954    c) 1866    d) 1956
25. The life span of blood platelets is  
a) 5-9 days    b) 120 days    c) 110 days    d) 3-12 days
26. The pace maker is located in  
a)Right atrium    b)Left atrium    c)Right ventricle    d)None of these
27. The proteins present in the blood plasma are  
a)Fibrinogen    b)Albumin    c)Globulin    d)All of these
28. Over production of WBC is called as  
a)Polycythemia    b)Leukaemia    c) Beri-Beri    d)None of these
29. Carbohydrate from the major part of diet for  
a)Endurance dominating sports    b) Strength dominating sports  
c)Both A&B    d) None of these
30. The study of the Heart is  
a)Cardiology    b)Cytogy    c)Myology    d)Arthrology
31. What is the distance of penalty shoot in Handball?  
a) 11 M    b) 7 M    c) 9 M    d) 10 M
32. Example of the Isometric Contraction is \_\_\_\_\_  
a) Bending the Knee    b) Pushing wall    c) Wrestling    d) Both B & C
33. Example of the Isotonic Contraction is \_\_\_\_\_  
a) Bending the Knee    b) Pushing wall    c)Tread mill    d)Wrestling
34. The Isometric Contraction is otherwise name as  
a)Static Contraction    b) Dynamic Contraction    c) Standard Contraction    d)None
35. Which Indian was the first to win the world title in badminton ?  
a)Prakash Padukon    b)Syed modi    c)P.Gopichand    d)Srikaanth

36. "Blitz" is a term used in

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

37. "Arbiter" is a term used in

- a) Golf b) Carrom c) Chess d) Badminton

38. When was First world chess Championship started ?

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

39. Origin of " Fartlek Training" was in

- a) England b) Germany c) France d) Sweden

40. Which organ is called as "Chemical Factory" in our body?

- a) Kidney b) Skin c) Heart d) Liver

41. In High jump, the runway radius is.....?

- a) 15-20 meter b) 20-25 meter c) 10-15 meter d) 25-30 meter

42. How many Square of the Russel volleyball Service test is?

- a) 5 b) 8 c) 7 d) 4

43. Thickness of Carrom men is.....?

- a) 70-90 mm b) 50-60 mm c) 60-70 mm d) 80-90 mm

44. Abbreviate ADP.

- a) Adhinocin Di Phosporous                      b) Adhicial Di Phosporous  
c) Adhinocin Di Phospate                        d) Adhicanal Di Phosporous

45. The First National Conference of Sports Psychology conducted the place ?

- a)LNCPE-Gwalior-1986                              b) NIS-Patalia-1986  
c) LNCPE-Gwalior-1985                            d) Chennai University-1986

46. How many pertange of water in our body ?

- a) 75 %    b) 70 %    c) 21 %    d) 90 %

47. Which type of Cholestrol is called as “Good Cholestrol”?

- a) HDL      b) LLD      c) LDL      d) DLD

48. Causes of Chicken Box is.

- a) Variyola Virus      b) Variyola Bacteria  
c) Typhoid Virus      d) None of these

49. “White slam” is a term used in

- a) Golf    b) Carrom    c) Chess    d) Badminton

50. “Birdie” is a term used in

- a) Golf    b) Carrom    c) Chess    d) Badminton

**You want more Details please contact :**

**G.SARAVANAN, PET.**

**CELL No-98431-75552 .**

**ALL THE BEST**

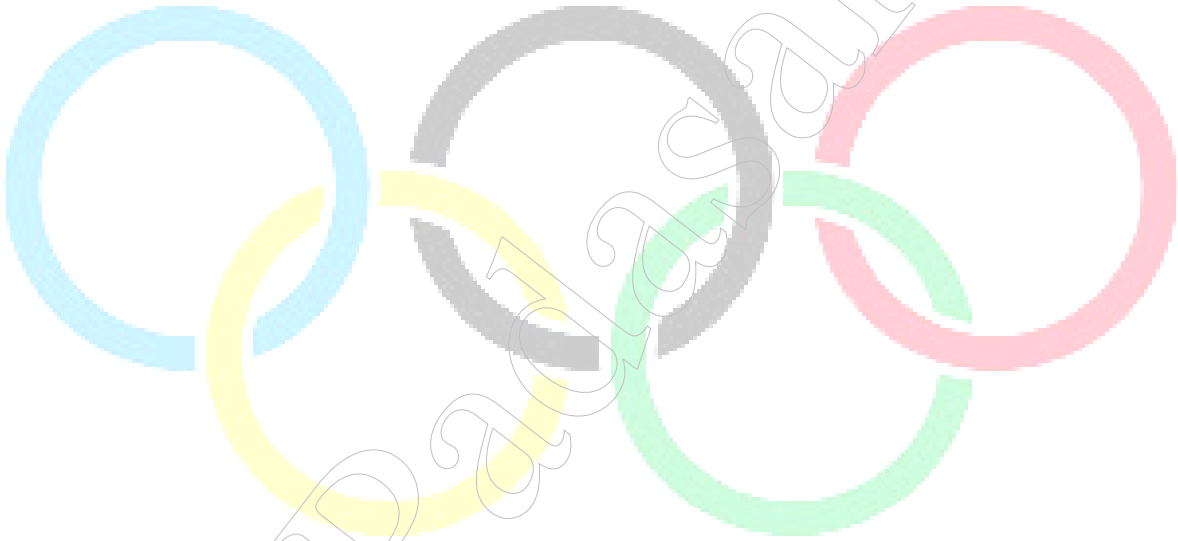
**PHYSICAL EDUCATION TEST-7, ANSWER KEY.**

1	A	26	A
2	C	27	D
3	C	28	B
4	D	29	A
5	A	30	A
6	A	31	B
7	A	32	D
8	A	33	A
9	C	34	A
10	B	35	A
11	A	36	C
12	A	37	C
13	A	38	A
14	A	39	D
15	A	40	D
16	B	41	A
17	A	42	C
18	A	43	A
19	A	44	C
20	A	45	A
21	D	46	A
22	A	47	A
23	C	48	A
24	A	49	B
25	A	50	D

You want more Details please contact :

G.SARAVANAN, PET.

CELL No-9843175552.



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