

Physical education Test-9.

- The term “Crease and clash” is associated with_____
a)Hockey b)Football
c)Badminton d)Tennikoit
- The type of transfer of learning which learn one that interfere to learn another is called
a)Negative b)Positive
c)Zero d)None
- In Kabaddi, what is the symbol of “Time Out” ?
a) — b) /
c) Δ d) T
- In Kabaddi, what is the symbol of “Lona Point” ?
a) — b) /
c) Δ d) T
- The total number of official for Kabaddi games ?
a) 4 b) 6
c) 5 d) 2
- In which Olympic Games, was the Kho-Kho game played as a Demonstration game ?
a) 1904 b) 1896
c) 1908 d) 1964
- The First Asian Kho-Kho Championship was started in
a)1996 b)1975
c)1998 d)1980
- Where was the first Asian Kho-Kho Championship held ?
a)Calcutta b) Chennai
c)China d) Pune

9. The term “Active Defender” is associated with_____

- a)Hockey
- b)Kho-Kho
- c)Badminton
- d) Foot ball

10. The term “To Recede” is associated with_____

- a)Hockey
- b)Kho-Kho
- c)Badminton
- d) Foot ball

11.In Kho-Kho, the Width of Entry zone is ?

- a) 50 cm
- b) 40 cm
- c) 30 cm
- d) 60 cm

12.How long distance to full stagger for 400 m track from first lane?

- a) 0 m
- b) 7.04 m
- c) 7.67 m
- d) 3.52 m

13. Carbohydrate is

- a) $C_{12}H_6O_{12}$
- b) $C_{12}H_6O_{12}$
- c) $C_{12}H_6O_{12}$
- d) $C_6H_{12}O_6$

14. Abbreviate “ TENS”

- a)Transcutaneous Electrical Nerve Stimulation
- b) Transcutaneous Electrical Nerve System
- c) Transverse Electrical Nerve Stimulation
- d)Transcutaneous Electrical Nerve System

15. Abbreviate “ RICE”

- a)Rest, Ice, Compression, Elevation
- b) Rest, Ice, Comfort, Elevation
- c) Rest, Immune, Compression, Elevation
- d) Restart, Ice, Comfort, Elevation

16. How long distance to full stagger for 400 m track from Second lane?

- a) 0 m b) 7.04 m
- c) 7.67 m d) 14.71 m

17. How long distance to Half stagger for 200 m track from Second lane?

- a) 3.54 m b) 7.04 m
- c) 7.36 m d) 3.52 m

18. What is Duration of IOC President?

- a) 4 Years b) 8 years
- c) 10years d) 6 years

19. The term "LET" is associated with _____

- a) Hockey b) Kho-Kho
- c) Table Tennis d) Foot ball

20. Which color of the warning card showed by the Throw ball Umpire?

- a) Yellow & White b) Yellow & Green
- c) Yellow & Red d) Red & Green

21. Abbreviate " AKKF"

- a) Asian Kho-Kho Federation b) Asian Kho-Kho Foundation
- c) All India Kho-Kho Federation d) All India Kho-Kho Foundation

22. Which of the Following types of cells are not contained in plasma?

- a) Phagocytes b) Leukocytes
- c) Erythrocytes d) Platelets

23. Which component of blood carries oxygen to the body cells?

- a) Red blood cells b) White blood cells
- c) Plasma d) Platelets

24.If an Offensive player is fouled in the box, the result is a _____ kick.

- a)Direct
- b)Penalty
- c)Corner
- d)Penalty shot

25.Which one of the following is not the test of Muscular strength ?

- a)Kraus Weber Test
- b)Roger's Test
- c)Phillips JCR Test
- d)Tuttle pulse ratio Test

26.Exercise related stress fractures occur in bones

- a)In the Spinal column
- b)Above the neck
- c)Below the knee
- d) In the arm

27.Internal bleeding can be caused by

- a)Injury
- b)Illness
- c)Medication
- d)All of the above

28.Heat Stroke _____

- a)Causes very high body temperature
- b)Hot red or dry skin
- c)Rapid weak pulse,shallow breathing
- d)All of the above

29.When Performing adult CPR you give _____

- a) 2 slow breaths & 15 chest compressions
- b) 2 slow breaths & 10 chest compressions
- c) 1 slow breaths & 15 chest compressions
- d) 2 slow breaths & 20 chest compressions

30. In Which Team ,played for the first “ Ranji cup” is?

- a)Madras,Mysore
- b)Madras,Bombay
- c)Bombay,Baroda
- d)Madras,Calcutta

31. When Performing CPR on a child you give _____
- a) 1 slow breaths & 5 chest compressions
 - b) 2 slow breaths & 10 chest compressions
 - c) 1 slow breaths & 15 chest compressions
 - d) 2 slow breaths & 20 chest compressions
32. In Which Team ,played for the first “ One day International Cricket ” is?
- a)Australia,England
 - b) Australia,West Indies
 - c) Australia,India
 - d) Newzealand,England
33. In Which Team ,played for the first “ Day-Night International Test Cricket ” is?
- a)Australia,England
 - b) Australia,West Indies
 - c) Australia,India
 - d) Newzealand,Australia
34. In Which Team ,Won for the first “ Santhosh Trophy” is?
- a)Madras
 - b)Bombay
 - c)Kerala
 - d)Calcutta
- 35.The Oldest Football Cup is.....?
- a) FA Cup
 - b)Santhosh Trophy
 - c)Nehru Cup
 - d)Durand Cup
- 36.In Which year ,Indian Football (Men) Team Qualify For “ FIFA World Cup” is ?
- a)1950
 - b)1930
 - c)1934
 - d)1954
37. In Which year ,Indian Football (Men) Team Qualify For “ Olympic Games” is ?
- a)1928
 - b)1932
 - c)1936
 - d)1948

38. The First Asian Kho-Kho Federation was started in
- a)1996 b)1975
c)1998 d)1987
39. The First Women World Kabaddi Championship was started in
- a)1996 b)1975
c)1995 d)1980
40. The First Men World Kabaddi Championship was started in
- a)2004 b)1975
c)1998 d)1983
41. The First Asian Kabaddi Championship was started in
- a)1980 b)1975
c)1998 d)1987
42. Choose the Wrongly matched pair
- 1) P K Banargee- Football
2) Ritu Rani - Cricket
3) Gowswami- Hockey
4) Sara Taylor - Cricket
- a) 1 Only b) 3 & 4 Only c) 3 Only d) 2&3 Only
43. In Which year ,Indian Hockey (Men) Team Won the “ Hockey World Cup” ?
- a)1975 b)1970
c)1971 d)1984
44. The First World T20 Cricket (Women) Championship was started in
- a)1996 b)2008
c)2009 d)2007

45. Tennikoit Net Height is.....?

- a)1.80 m b)180 cm
c) 1.90 m d) Both A &B

46. In Tennikoit,(Sub Junior) Net Height is.....?

- a)1.60 m b)180 cm
c) 1.67 m d) 1.76 m

47. In Tennikoit, Who is responsible for the Service order in Deciding set ?

- a)First Refree b)Second Refree
c) Umpire d) Coach

48. The First World Hockey (Women) Championship was started in

- a)1974 b)2008
c)1976 d)2007

49. 2018 World cup Hockey (Women) Tournament will be held in

- a)Germany b) Argentina
c)Bhubaneswar d)Netherland

50. Hockey took place in the Common Wealth Games in the year _____?

- a) 1900 b) 1994
c) 1980 d) 1998

_____ALL THE BEST_____

You want more Details please contact :

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PHYSICAL EDUCATION TEST-9, ANSWER KEY.

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

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