

## Physical education Test-6

1.Sports Talent Search Scholarship scheme was introduced in the year is ?

- a)1992-93    b)1961-62    c)1984-85    d)1970-71

2.In which year LNCPE Gwalior became a separate “Deemed University” is?

- a)1995    b)1977    c)1947    d)1983

3.Battery of Tests was introduced in the year is ?

- a)2003-04    b)1977-78    c)1999-2000    d)2001-02

4. In Kabaddi, “Bonus line” was introduced in the year is ?

- a)2003    b)1978    c)1999    d)1983

5. 2015 World Rugby Cup conducted country

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

6.How many years after India won the test series against the srilanga cricket team ?

- a)25 years    b)23 years    c)22 years    d)17 years

7.In Basketball, the Jersey number is ?

- a)00-99    b)04-16    c)04-15    d)None of these

8. In Hockey, the Jersey number is ?

- a)01-99    b)01-16    c)01-32    d)01-18

9. “ISL” was introduced in the year is ?

- a)2008    b)2014    c)1999    d)2013

10. “IPL” was introduced in the year is ?

- a)2008    b)2014    c)1999    d)2013

11. Diameter of Women Javelin is ?

- a)25-30 mm    b)20-25 mm    c)15-20 mm    d)30-35 mm

12. Color of Volley ball is ?

- a) Royal blue/ Yellow   b) Blue/ Yellow   c) Yellow only   d) Yellow/ White

13. Who is the Runner(men) of Korean open Badminton series 2015 ?

- a) Ajay Jayaram   b) Srikanth   c) Ajay ram   d) Gopi santh

14. In Tennikoit, the Jersey number is ?

- a) 01-99   b) 01-16   c) 01-06   d) 01-03

15. The Harvard step test of the Heart rate “ Good” is

- a) 83-96   b) 96-125   c) Below 54   d) 73-125

16. The Volleyball all line width shall be

- a) 7.5cm   b) 6cm   c) 8cm   d) 5cm

17. In Shotput the Tie for the first place is resolved by

- a) Considering the second best performance   b) Considering one additional attempt  
c) Considering total fouls committed   d) All this above

18. In Volley ball, the distance of the attack line from centre line is

- a) 1 meter   b) 2 meter   c) 3 meter   d) 6 meter

19. In Kabaddi, the distance of the Baulk line from Bonus line is

- a) 1 meter   b) 2 meter   c) 1.75 meter   d) 2.75 meter

20. Fartlek training develops

- a) Endurance   b) Speed   c) Strength   d) Agility

21. The first step in the treatment of Sports Injuries is

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

22. Bicep muscle attached on the forearm acts as

- a) First class lever   b) Second class lever   c) Third class lever   d) None of these

23. Active site of energy production in the cell is

- a) Mitochondria   b) Chromosomes   c) Nucleus   d) Golgi Apparatus

24. Digestive part of the cell is ?

- a) Mitochondria   b) Chromosomes   c) Nucleus   d) Golgi Apparatus

25. The muscles at the back of the thigh are called

- a) Quadriceps   b) Hamstrings   c) Gastronominus   d) Soleus

26. Kreb's cycle takes place in

- a) Mitochondria   b) Muscles   c) Liver   d) Kidney

27. All reflex activity is controlled by

- a) Pons   b) Spinal cord   c) Cerebellum   d) Cerebrum

28. The length of basketball's basket net is

- a) 35-40 cm   b) 40-45 cm   c) 45-55 cm   d) 40-50 cm

29. In basket ball, a substitute report before entering the game is

- a) To Scorer   b) To Umpire   c) To Referee   d) To Coach

30. The color of the iron ring is backboard is

- a) Black   b) White   c) Orange   d) Yellow

31. "Konica cup" is associated with game of

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

32. The Badminton all lines width shall be

- a) 4cm   b) 4mm   c) 2cm   d) 5cm

33. In Which year the federation de chess was founded in ?

- a) 1924   b) 1944   c) 1937   d) 1976

34. How many skin fold are taken for measurement of fat in human body ?

- a) 2   b) 3   c) 4   d) 6

35. Which of the following is the measles vaccine ?

- a) MMR b) OPT c) Quinine d) TIG

36. Which is the following minerals form bones and teeth ?

- a) Potassium & Calcium b) Potassium & Iron c) Phosphorus & Calcium d) None

37. In Johnson basketball test, the distance between floor and outer rectangle in throw for accuracy

- a) 12 inches b) 14 inches c) 40 inches d) 24 inches

38. In McDonald football test, the distance between floor and restraining line ?

- a) 3 feet b) 9 feet c) 5 feet d) 10 feet

39. Which of the following is a law of learning ?

- a) Law of Readiness b) Law of exercise c) Law of Effect d) All this above

40. "Yonex cup" is associated with game of

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

41. The Duty of the marshal in athletic meet is

- a) Conduct the meet b) Maintain discipline  
c) Assist the manager d) Drive away the unwanted people out of the area

42. Venue of world's most famous lawn tennis tournament is

- a) Wimbledon b) England c) Both of these d) None of these

43. The measurement of corner area of football circle is

- a) 1.5 m radius b) 1.00 m radius c) 2.00 m radius d) 3.00 m radius

44. In Fartlek method, the heart rate must be between

- a) 140-180 beat per minute b) 140-160 beat per minute  
c) 160-180 beat per minute d) 110-120 beat per minute

45. Time duration of Harvard step test for college level men

- a) 5 minutes   b) 3 minutes   c) 1 minutes   d) 30 minutes

46. French Badminton test measures

- a) Short service   b) Long service   c) Smash   d) Quick service

47. How many total services allowed to serving test in Russell Volleyball test ?

- a) 10   b) 20   c) 6   d) 12

48. The term somatonia is associated with \_\_\_\_\_

- a) Mesomorph   b) Ectomorph   c) Entomorph   d) Dyplastic

49. The outer covering long bone is called \_\_\_\_\_

- a) Periosteum   b) Epiphysis   c) Diaphysis   d) None of these

50. The bone marrow produced

- a) Cell   b) Ligment   c) Cartilages   d) Bloodcells

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**PHYSICAL EDUCATION TEST-6, ANSWER KEY.**

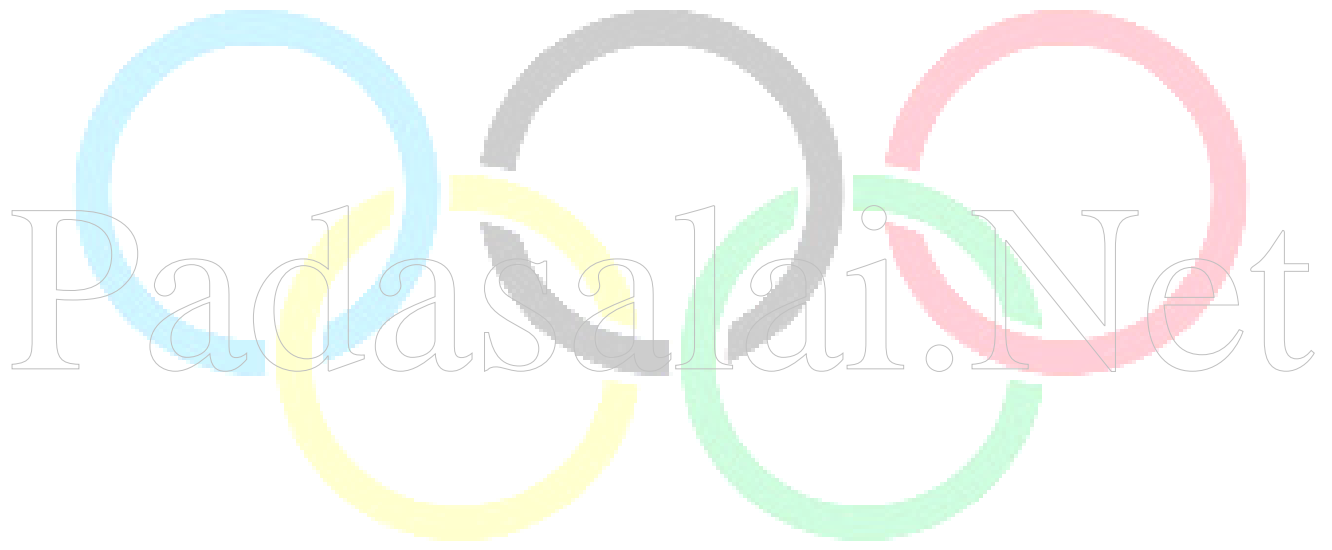
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2	A	27	B
3	A	28	B
4	B	29	A
5	C	30	C
6	C	31	C
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8	C	33	A
9	B	34	C
10	A	35	A
11	B	36	A
12	A	37	B
13	A	38	B
14	C	39	D
15	A	40	C
16	D	41	D
17	A	42	A
18	C	43	B
19	A	44	A
20	A	45	A
21	C	46	A
22	A	47	B
23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

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