

**COMBO - ଓଡ଼ିଶା**  
**32,000- PYQ**  
**ପୂର୍ବ ବର୍ଷ ପ୍ରଶ୍ନ**  
 ପୂର୍ବ 5 ବର୍ଷର OSSSC, OSSC, OPSC, ପୋଲିସ, CT, B.ED, ଅନ୍ୟ ସବୁ ପ୍ରଶ୍ନ  
**GK, ODIA, ENGLISH, , MATH, COMPUTER, Reasoning, Pedagogy**

**GK- ଓଡ଼ିଶାର**  
**ସମସ୍ତ ପୂର୍ବ ବର୍ଷ ପ୍ରଶ୍ନ**  
**11,685- PYQ**  
**ଓଡ଼ିଆ ଓ ଇଂରାଜୀ ରେ**  
**EXPLANATION**  
 OSSSC, OSSC, OPSC, Police SI /Constable, PEO, RI, Battalion, Fireman, B.ED, JT, RHT, CT, OAVS, OSSTET, OTET & Other

**ଓଡ଼ିଆ ବ୍ୟାକରଣ**  
**ସମସ୍ତ ପୂର୍ବ ବର୍ଷ ପ୍ରଶ୍ନ**  
**4,343- PYQ**  
**75- TEST**  
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**ସମସ୍ତ ପୂର୍ବ ବର୍ଷ ପ୍ରଶ୍ନ**  
**4,582- PYQ**  
**ଓଡ଼ିଆ ଓ ଇଂରାଜୀ ରେ**  
**EXPLANATION**  
 OSSSC, OSSC, OPSC, Police SI /Constable, PEO, RI, Battalion, Fireman, B.ED, JT, RHT, CT, OAVS, OSSTET, OTET & Other Exam

**କୋମ୍ପ୍ୟୁଟର- ଓଡ଼ିଶାର**  
**ସମସ୍ତ ପୂର୍ବ ବର୍ଷ ପ୍ରଶ୍ନ**  
**2,353- PYQ**  
**ଓଡ଼ିଆ ଓ ଇଂରାଜୀ ରେ**  
**EXPLANATION**  
 OSSSC, OSSC, OPSC, Police SI & Constable, Battalion, PEO, RI, AMIN, JT, RHT & Other Exams

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**ସମସ୍ତ ପୂର୍ବ ବର୍ଷ ପ୍ରଶ୍ନ**  
**4,000- PYQ**  
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**OSSC Main Written Examination for Regular Teacher 25th Sep 2023 S2  
Tentative Score**

Participant ID	
Participant Name	
Test Center Name	Vignan Institute Of Technology & Management MAC Center
Test Date	25/09/2023
Test Time	12:30 PM - 2:30 PM
Subject	Physical Education Teacher
Marks Obtained	

Section : Pedagogy

**Q.1 The function of reception committee is physical education program is to:**

- Ans  A. Make announcements about time schedule of various activities.
- B. Look after advertisements and press releases.
- C. Welcome guests, players, and other dignitaries.
- D. Register personal and institutional details of participants.

Question Type : MCQ

Question ID : 4906394818

Option 1 ID : 49063919269

Option 2 ID : 49063919272

Option 3 ID : 49063919270

Option 4 ID : 49063919271

Status : Answered

Chosen Option : C

Marks : 1

**Q.2 The instrument used for counting steps taken as a part of an exercise is known as:**

- Ans  A. Metre scale
- B. Step counter.
- C. Speedometer
- D. Pedometer

**Q.3 Which of the following tests is used for assessment of motor fitness in physical education?**

- Ans
- A. Sit and reach test.
  - B. Push ups test
  - C. Standing broad jump
  - D. Rockport test

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**Q.4 Which of the following describes a characteristic feature of lecture method of teaching?**

- Ans
- A. Active participation of learners.
  - B. Healthy discussion among learners
  - C. Teacher as a facilitator of learning
  - D. Sender transfers information to receiver

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**Q.5 Which of the following methods is most effective in teaching physical education?**

- Ans
- A. Story-telling method
  - B. Discussion method
  - C. Demonstration method
  - D. Assignment method



**Q.9 Which of the following is NOT an essential requirement for a teaching aid?**

- Ans**  A. Ready availability in the school
- B. Related to learners' environment.
- C. Relevance to the subject-content
- D. Attractive enough to draw attention.

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**Q.10 The success of a physical education mainly depends on:**

- Ans**  A. Maximum utilisation of available resources.
- B. The location for organizing the programme.
- C. Academic/professional qualification of leaders.
- D. Level of interest of the participants.

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**Q.11 Which of the following is LEAST IMPORTANT component of school health education program?**

- Ans**  A. Physical exercises
- B. Regular health check
- C. Nutritional services
- D. Parent-teacher meetings



**Q.6 The first basic step in planning a physical education programme is:**

- Ans
- A. Making necessary resources available.
  - B. Formation of committees with different duties.
  - C. Establishing a set of goal and objective.
  - D. Orientation of participant for activities.

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**Q.7 When a physical exercise skill is taught through demonstration and explanation and then practiced as a whole, it is called:**

- Ans
- A. Discussion method.
  - B. Deductive method.
  - C. Co-operative method.
  - D. Whole method.

Ques  
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Chose

**Q.8 The psychological role of teaching aids is to:**

- Ans
- A. Enhance learner motivation.
  - B. Activate sense organs of learner.
  - C. Dramatize teaching work of the teacher.
  - D. Simplify teacher's teaching job.

Q.12 An accelerometer is NOT useful for getting information about:

- Ans
- A. Intensity of a physical activity.
  - B. Type of physical activity being undertaken.
  - C. Frequency of a physical activity
  - D. Duration/time of a physical activity.

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Q.13 Which of the following is NOT a characteristic feature of project method of teaching?

- Ans
- A. Learning by direct experience
  - B. Minimum mutual collaboration
  - C. A group-based learning situation
  - D. Instructor as a guide and supervisor

Question  
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Q.14 A competition in a particular physical activity held among different teams according to a fixed schedule is known as:

- Ans
- A. Tournament
  - B. Encounter.
  - C. Combat
  - D. Match

**Q.15** The qualitative and quantitative development of a physical education programme basically depend on:

- Ans
- A. Availability of financial resources
  - B. Dedication of participants.
  - C. Effective planning of the programme.
  - D. Leadership qualities of organizers

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**Q.16** Which of the following factors DOES NOT affect the implementation of a physical education program?

- Ans
- A. Time limit for completion of the program.
  - B. Basic facilities like ground and equipment
  - C. Number of participants and teams
  - D. Distance of the venue from institution

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**Q.17** Which of the following are the characteristics of whole-part-whole method of teaching in physical education?

- Ans
- A. Demonstration of the skill as a whole
  - B. Learning the skill part by part.
  - C. Lot of verbal interaction among learners
  - D. Practicing the skill as whole for mastery



**Q.18** A method of teaching in physical education in which the skill to be learnt is logically divided into parts and each part mastered separately is known as:

- Ans  A. Reciprocal method.  
 B. Part method.  
 C. Inductive method  
 D. Part-whole method.

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Chose

**Q.19** A heart rate monitor is used for measurement of:

- Ans  A. Fatigue resulting from exercise.  
 B. Running speed of a runner.  
 C. Energy loss after exercise  
 D. Intensity of a physical activity\*

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Chose

**Q.20** Which of the following DOES NOT describe the correct relationship between teaching method and teaching aid?

- Ans  A. Teaching aids are secondary to teaching method.  
 B. Teaching aids are used for enriching teaching method.  
 C. Teaching aids cannot replace teaching method.  
 D. Teaching method is ineffective without teaching aids.

Q.21 When is sports day celebrated?

- Ans
- A. 27 August
  - B. 28 August
  - C. 30 August
  - D. 29 August

Q.22 In Kho-Kho, the central squares occupied by the chasers measure:

- Ans
- A. 40x40cm.
  - B. 20x 20cm.
  - C. 35x 30cm
  - D. 24x 25cm.

Q.23 What is the diameter of the ball used in field hockey?

- Ans
- A. 7 cm
  - B. 6 cm
  - C. 9 cm
  - D. 8 cm

Q.24 When a hockey referee shows a yellow card to a player for rule violation it means:

- Ans  A. a caution.  
 B. temporary suspension play.  
 C. an ejection  
 D. a warning.

Quest

Q1

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Q.25 A player who bowls right handed can also bowl left handed. what type of transfer is this?

- Ans  A. Bilateral  
 B. lateral  
 C. Positive  
 D. Negative

Quest

Q1

Chos

Q.26 In a single knockout tournament how many byes need to be given if 17 teams are participating

- Ans  A. 14  
 B. 15  
 C. 16  
 D. 17



Q.27 Who is considered the father of Modern Physical Education?

- Ans  A. Charles Beck  
 B. Johann Bernhard Basedow  
 C. Friedrich Ludwig Jahn  
 D. Pierre de Coubertin

Question  
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Optic  
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Q.28 In Long Jump take off is to be made from a Board one meter away from pit. What is the width of this Board?

- Ans  A. 20 cm  
 B. 30 cm  
 C. 25 cm  
 D. 15 cm

Question  
Ques  
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Optic  
Optic  
Chosen

Q.29 Which of the following attaches skeletal muscles to bones?

- Ans  A. Actin.  
 B. Ligament.  
 C. Tendons.  
 D. Myosin

Q.30 Who proposed the " Play is life " theory?

- Ans
- A. Shiller
  - B. S.Manas
  - C. Patrick
  - D. John Dew

Q.31 Endomorphic, Mesoporphic and Ectomorphic are the types of:

- Ans
- A. Muscles
  - B. Personality
  - C. Joints
  - D. Bones

Q.32 Which technique involves spinning in the throwing circle before releasing the shot put?

- Ans
- A. Spine technique
  - B. Rotational technique
  - C. Glide technique
  - D. Angular technique

Q.33 During a match, each Kabaddi team in each half, shall be allowed two timeouts of:

- Ans  A. 15 seconds each.  
 B. 30 seconds each.  
 C. One and half minutes each  
 D. One minute each.

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Q.34 Strike rate is the average number of runs a batter makes per:

- Ans  A. innings.  
 B. 100 deliveries  
 C. hour.  
 D. over.

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Q.35 According to which budgeting principle, the income from selling the grass and trees in the Play ground and leasing the Play ground is recorded in the table:

- Ans  A. Matching principle  
 B. Cost principle  
 C. Full disclosed principle  
 D. Revenue principle.



**Q.36** The table tennis table is 9 feet long and 5 feet wide, and the height of its playing surface is:

- Ans  A. 36 inches.  
 B. 34 inches.  
 C. 30 inches  
 D. 32 inches.

Question  
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**Q.37** Which of the following events is not included in Women's Gymnastics competition at the Olympic games?

- Ans  A. Uneven bars.  
 B. Vaulting  
 C. Floor exercise.  
 D. Pommel horse.

Question  
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**Q.38** Where were the first modern Olympic games held?

- Ans  A. Anterwap.  
 B. Barcelona  
 C. Olympia.  
 D. Athens

Q.39 'Yoga Sutra' was compiled by:

- Ans  A. None of the above  
 B. Patanjali  
 C. Gheranda  
 D. Swatmarama

Q.40 Which of the following joints is immovable?

- Ans  A. Lower jaw and upper jaw  
 B. Knee and joint  
 C. Shoulder and arm  
 D. Upper jaw and skull

Q.41 In intramurals prefix "Intra" means

- Ans  A. Against  
 B. Outside.  
 C. Within  
 D. Away.

Q.42 During the hypertension state, which chamber of heart has to exert much more than others:

- Ans
- A. right atrium
  - B. left atrium
  - C. right ventricle
  - D. left ventricle

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Q.43 Which type of yoga is kapalbhati?

- Ans
- A. None Of These
  - B. Asana
  - C. Pranayam
  - D. Meditation

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Q.44 In high jump competition with eight or fewer athletes, the number of jumps each jumper gets is:

- Ans
- A. 8
  - B. 4
  - C. 6
  - D. 10



Q.45 Cardiac Output is

Ans  A. Heart rate X Stroke volume.

B. Stroke volume/ Heart rate.

C. Heart rate/ Stroke volume

D. Tidal volume X Heart rate

Q.46 Which test is also known as an aerobic fitness test?

Ans  A. 4 × 10 M shuttle Run

B. Harvard step test

C. Modified push-ups

D. Rockport test

Q.47 All free throws in Basketball must be attempted within

Ans  A. 5 sec.

B. 10 sec.

C. 7 sec.

D. 3 sec

Q.48 The final event in decathlon is always

- Ans
- A. Javelin throw.
  - B. 800m run
  - C. 1500 m.run.
  - D. Discuss throw.

Quest  
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Q.49 Who introduced circuit training?

- Ans
- A. Gruchalar & Randell.
  - B. Fredrick Yan.
  - C. Johnson
  - D. Morgan & Adamson.

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Chose

Q.50 Artery that is directly connected with a chamber of the heart and carrying oxygenated blood is:

- Ans
- A. Pulmonary artery
  - B. Renal artery
  - C. Aorta
  - D. Coronary artery

Q.51 Bear hug is related to

- Ans  A. Handball.  
 B. Kabaddi.  
 C. Wrestling  
 D. Boxing.

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Q.52 The champion athletes who have a greater capacity for transferring oxygen across the alveoli are:

- Ans  A. cricketers and baseball players  
 B. golfers and gymnasts  
 C. archers and shooters  
 D. swimmers and long distance runners

Question  
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Optior  
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Chosen C  
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Q.53 Rockport One Mile Test is conducted to measure:

- Ans  A. Vital capacity  
 B. Cardiovascular fitness  
 C. Muscular strength  
 D. Senior citizen's fitness

Q.54 Which country has won the most Olympic gold medals in men's field hockey?

- Ans  A. Germany  
 B. India  
 C. Australia  
 D. Netherlands

Q.55 Which of the following parts of our body help us in movement?

- (i) Bones  
(ii) Skin  
(iii) Muscles  
(iv) Organs

Choose the correct answer from the option below.

- Ans  A. (i) and (iii)  
 B. (i) and (iv)  
 C. (iii) and (ii)  
 D. (ii) and (iv)

Q.56 Who defined " Sports Psychology explores one's behaviour in athletics"

- Ans  A. Woodworth  
 B. Clark and Clark  
 C. Singer.  
 D. Watson



Q.57 Which alkaloid is found in the tobacco?

- Ans
- A. Caffeine.
  - B. Cocaine.
  - C. Morphine
  - D. Nicotine.

Q.58 Radius of the center circle in football field is

- Ans
- A. 13 yards
  - B. 10 yards.
  - C. 8 yards.
  - D. 12 yards.

Q.59 What is the Diameter of discus circle?

- Ans
- A. 2 meter
  - B. 3 meter
  - C. 2.5 meter
  - D. 1.5 meter

**Q.60** What type of training transfer is it called when a skill learned in a sport becomes a barrier to new experience :

- Ans**
- A. Zero transfer
  - B. Positive transfer
  - C. Negative transfer
  - D. lateral transfer

**Q.61** Match list- I and List- II and select the correct option from the options provided below:

List-I	List-II
I. Ranji trophy.	1. Cricket
II. Durand cup	2. Hockey
III. Abedullah gold cup.	3. Tennis
IV. Davis cup.	4. Football

Options:

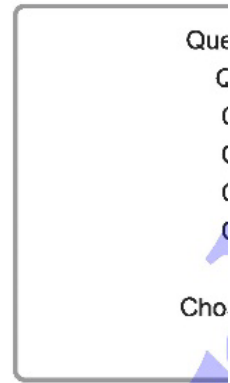
- Ans**
- A. I-3, II-1, III-4, IV-2
  - B. I-1, II-2, III-3, IV-4
  - C. I-4, II-3, III-1, IV-2
  - D. I-1, II-4, III-2, IV-3

**Q.62** Who established " Bharat scout association"?

- Ans**
- A. Andul Kalam Azad.
  - B. Nehru
  - C. Annie Besant.
  - D. Baden Powell

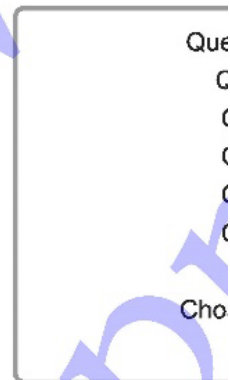
Q.63 Not to be confused with pathologically enlarged heart, the "athletic heart" is bigger due to:

- Ans
- A. Psychological pressure
  - B. Hard training conditions
  - C. Physiological hypertrophy
  - D. Competitive stress.



Q.64 NCC motto is :

- Ans
- A. Duty and Unity
  - B. Unity and Discipline
  - C. Duty and Discipline
  - D. Duty, Unity and Discipline



Q.65 'International Day of Yoga' is celebrated on:

- Ans
- A. June 23
  - B. June 22
  - C. June 21
  - D. June 20

Q.66 Body Mass Index is used to measure:

- Ans  A. Body fat  
 B. Body healthy weight  
 C. Body strength  
 D. Body endurance

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Q.67 What is the study of human mobility, which includes the athlete's Sports Equipment and the exercise environment?

- Ans  A. Physical education  
 B. Sports education  
 C. Biomechanics  
 D. Kinesiology

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Q.68 what chemical is used to purify water in swimming pool?

- Ans  A. Copper Sulphate  
 B. Chlorine  
 C. Bleaching Powder  
 D. Sulphur



**Q.69** The strength development exercises specific to the joint angle stimulated during training are:

- Ans
- A. Isotonic
  - B. Isokinetic
  - C. Isometric.
  - D. Plyometric

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Optio  
Chosen C

**Q.70** The following are all defensive plays in Volleyball, except for:

- Ans
- A. Block.
  - B. Spike
  - C. Save.
  - D. Dig.

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Optio  
Chosen C

**Q.71** Match the List-A with List-B and select the correct answer from the option given below:

List-A		List-B	
1.	Colour compound	A	Lack of water during dieting
2.	Dryness	B	Deficiency of vitamin A
3.	Night Blindness	C	Make food appealing
4.	Decreased bone density	D	Deficiency of Calcium

Option

- Ans
- A. 1-C, 2-A, 3-B, 4-D
  - B. 1-B, 2-C, 3-D, 4-A
  - C. 1-D, 2-C, 3-B, 4-A
  - D. 1-A, 2-B, 3-C, 4-D

Q.72 Fartlek means

- Ans  A. Fast play.  
 B. Long play  
 C. Short play.  
 D. Speed play.

Q.73 Abduction and adduction take place at which body plane:

- Ans  A. Oblique  
 B. Sagittal or anteroposterior  
 C. Frontal or mediolateral  
 D. Longitudinal or vertical

Q.74 Physical Education teaches us how to develop certain ability. Which among the following is not one of them.

- Ans  A. Arithmetics  
 B. Endurance  
 C. Speed  
 D. Strength

Q.75 "Preparation for future adult activities " theory of play was advanced by

- Ans
- A. Mc dougell
  - B. Aristotle.
  - C. Plato
  - D. Gross.

Q.76 Heparin is found in:

- Ans
- A. bone.
  - B. cartilage.
  - C. blood.
  - D. tendon

Q.77 Radius of Pitcher circle in Softball game is:

- Ans
- A. 3.34m.
  - B. 2.54m.
  - C. 3.54m
  - D. 2.44m.

Q.78 Who advised sportspersons as well as people's of the world " Play the game in the spirit of the game"?

- Ans  A. Lal Bahadur Shastri  
 B. Nehru.  
 C. Subhas Chandra Bose  
 D. Mahatma Gandhi.

Q.79 Turning the sole of the foot inward is known as

- Ans  A. Inversion.  
 B. Eversion  
 C. Pronation  
 D. Supination

Q.80 What is the maximum length of a field hockey stick?

- Ans  A. 100 cm  
 B. 120 cm  
 C. 90 cm  
 D. 110 cm



Q.81 Regular participation in graded physical exercise enhances Oxygen supply to:

- Ans  A. in-action muscles  
 B. resting muscles  
 C. fatigued muscles.  
 D. inactive muscles

Q.82 How many meter is the baton exchange area in relay events?

- Ans  A. 30 meter  
 B. 25 meter  
 C. 20 meter  
 D. 15 meter

Q.83 The maximum weight of the hockey ball is:

- Ans  A. 165gm.  
 B. 163 gm  
 C. 160gm.  
 D. 150gm.

Q.84 Which of following does not contribute to good mental health?

Ans  A. Planning games and sports

B. Taking alcohol/drugs

C. Getting enough sleep

D. Eating healthy food

Q.85 How many players are there on a standard softball team?

Ans  A. 9

B. 10

C. 7

D. 11

Q.86 Where are the next Olympics games of 2024 proposed to be held?

Ans  A. Brisbane

B. Paris

C. Los angels

D. Moscow

Q.87 "Physical Education is that phase of the whole field of education that deals with the bid muscles activities and their related responses" is defined by

- Ans
- A. Butcher
  - B. Irwin
  - C. J.F.Williams
  - D. J.B.nash

Q.88 In the Olympic flag, the colour of the ring to extreme left is

- Ans
- A. Blue
  - B. Red
  - C. Yellow
  - D. Black

Q.89 Who is known for introducing modern dance as a form of artistic expression in physical education?

- Ans
- A. Martha Graham
  - B. Ruth St. Denis
  - C. Doris Humphrey
  - D. Isadora Duncan

**Q.90** Match the List-I with list-II and select the correct answer from the option given below:

List-I		List-II	
1	Motor Fitness Test	A	Computation of fitness index
2	General Motor Fitness Test	B	Chair stand test
3	Cardiovascular Fitness Test	C	Standing broad jump
4	Rikli and Jones Fitness Test	D	4X10 m Shuttle Run

Options

- Ans**
- A. 1-A, 2-B, 3-C,4-D
  - B. 1-D, 2-C, 3-B, 4-A
  - C. 1-D, 2-C, 3-A, 4-B
  - D. 1-C, 2-D, 3-B,4-A

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**Q.91** " Individual learns from his own mistake" this statement is based on which learning theory:

- Ans**
- A. Trial and Error
  - B. Conditioned
  - C. Insight.
  - D. Imitation

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**Q.92** In Kho-Kho, an attacker shall take the direction to which he turns his or her:

- Ans**
- A. shoulder line
  - B. waist line.
  - C. his feet.
  - D. torso line

Q.93 Which one of the following asana is not a remedial asana for treating obesity?

- Ans  A. Chakrasana  
 B. Trikonasana  
 C. Ardhamatseyendrasana  
 D. Vajrasana

Q.94 The principles of physical education emphasizes:

- Ans  A. Skill development and competition  
 B. Social interaction and teamwork  
 C. Regular exercise and overall fitness  
 D. Intellectual growth and academic achievement

Q.95 Vitamin K is essential for

- Ans  A. providing nourishment to body  
 B. prevention of disease.  
 C. metabolism of the body  
 D. normal coagulation of blood.



Q.96 The food component present in sugar is:

- Ans  A. Vitamins  
 B. Fats  
 C. Proteins  
 D. Carbohydrates

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Q.97 In Kho Kho, how many players from the defending team sit in the central area called the "chor" at a time?

- Ans  A. 1  
 B. 4  
 C. 2  
 D. 3

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Q.98 The dimension of backboard in Basketball game is

- Ans  A. 1.80x1.20m.  
 B. 1.85x1.20 m.  
 C. 1.80x1.05m.  
 D. 1.85x1.05m

Q.99 Identify the correct sequence of four swimming strokes in an individual medley:

- Ans
- A. backstroke - freestyle - breaststroke- butterfly
  - B. freestyle - breaststroke - backstroke - butterfly
  - C. butterfly - backstroke - breaststroke - freestyle
  - D. breaststroke - butterfly - backstroke - freestyle

Q.100 The ability to make successive movements in different directions efficiently and rapidly refers to

- Ans
- A. Agility.
  - B. Balance.
  - C. Coordination.
  - D. Power

Q.101 The main source of protein are:

- Ans
- A. Fish, meat and eggs
  - B. Wheat and rice
  - C. Sunlight and water
  - D. Green vegetables

Q.102 In Hockey, penalty strokes are marked in front of the centre of each goal at a distance of

- Ans  A. 6 yards.  
 B. 7 yards.  
 C. 9 yards.  
 D. 5 yards

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Q.103 Which of the following measures ability?

- Ans  A. Push-ups.  
 B. Long jump  
 C. High jump.  
 D. Shuttle run

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Q.104 Which of the following dribbles in hockey is also known as speed dribble:

- Ans  A. Indian dribble.  
 B. Sprint dribble  
 C. Forehand dribble.  
 D. Power dribble.

Q.105 What is the standard weight of a men's shot put?

- Ans  A. 8 kg  
 B. 4 kg  
 C. 6 kg  
 D. 2 kg

Q.106 Which of the following is not a source of Protein?

- Ans  A. Meat.  
 B. Eggs.  
 C. Oil.  
 D. Milk

Q.107 Hunch back is also known as

- Ans  A. Kyphosis  
 B. Scoliosis  
 C. Lardosis  
 D. Kypholordosis

Q.108 Which one of the following types of muscular contraction takes place while performing exercise on multigymn?

- Ans  A. Isotonic  
 B. Ecentric  
 C. Isokinetic  
 D. Isometric

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Q.109 Which among following macro-minerals helps in hydro balance in the body?

- Ans  A. Phosphorus  
 B. Sodium  
 C. Calcium  
 D. Potassium

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Q.110 The SGFI was established in the year

- Ans  A. 1954  
 B. 1955  
 C. 1952  
 D. 1953



Q.111 Which formula is used to find the total number of matches in a single league tournament

- Ans
- A.  $N+1/2$ .
  - B.  $N(N+1)/2$
  - C.  $N-1/2$ .
  - D.  $N(N-1)/2$ .

Q.112 In Table Tennis, the expedite system is put into effect if a game exceeds

- Ans
- A. 8 min.
  - B. 10min.
  - C. 15 min.
  - D. 12 min

Q.113 Which of the following is a micro-nutrient?

- Ans
- A. Calcium
  - B. Magnesium
  - C. All of These
  - D. Potassium

Q.114 What is the duration of a standard game of Kho Kho?

- Ans  A. 40 minutes  
 B. 30 minutes  
 C. 60 minutes  
 D. 20 minutes

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Q.115 The system of physical training developed in Sweden (based on a graduated series of exercises) is known as:

- Ans  A. Plyometrics  
 B. Pilates  
 C. Yoga  
 D. Calisthenics

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Q.116 Which communicable disease is also known as Hansen's disease?

- Ans  A. Leprosy  
 B. Tuberculosis  
 C. Hepatitis  
 D. Rabies

Q.117 Which vitamin is easily destroyed by heat and air?

- Ans
- A. K.
  - B. A
  - C. C
  - D. D

Q.118 What is the weight of the javelin for women?

- Ans
- A. 700 gm
  - B. 500 gm
  - C. 800 gm
  - D. 600 gm

Q.119 League tournament is also known as:

- Ans
- A. Combination
  - B. Consolation
  - C. Knock-out
  - D. Round Robin

Q.120 Gluteus maximus muscle is situated in

- Ans
- A. upper arm
  - B. lower leg.
  - C. upper back
  - D. hip.

Q.121 Which of the following is an example of Hinge joint?

- Ans
- A. Elbow joint.
  - B. Ankle joint
  - C. All of the above
  - D. Hip joint

Q.122 Which one of the following is not a result of regular exercise?

- Ans
- A. Strong immune system
  - B. Increased cholesterol level
  - C. Increased bone density
  - D. Increased longevity

Q.123 Softball Slugger weight is:

- Ans  A. 1166 gms.  
 B. 1210 gms  
 C. 988 gms.  
 D. 1077 gms.

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Q.124

Match list- I and List- II and select the correct option from the options provided below:

List-I	List-II
I. Hitch kick.	1. Discus throw
II. Fosbury flop	2. Relay races
III. Exchange zone.	3. High jump
IV. Glide technique.	4. Long jump

Options:

- Ans  A. I-4, II-3, III-2, IV-1  
 B. I-1, II-4, III-2, IV-3  
 C. I-1, II-2, III-3, IV-4  
 D. I-3, II-1, III-4, IV-2

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Q.125 In a knockout tournament, if 31 teams are participating then how many teams will be in the fourth quarter.

- Ans  A. 6  
 B. 7  
 C. 8  
 D. 5



Q.126 Which disease is also called lock Jaw

- Ans  A. Measles  
 B. Tetanus.  
 C. Rabies.  
 D. Leprosy.

Q.127 Which Activity is related to fine motor development:

- Ans  A. Running  
 B. Speaking  
 C. Hopping  
 D. Swimming

Q.128 In which direction should the Kho- Kho court be built:

- Ans  A. South- West  
 B. East-South  
 C. East- West  
 D. South- North.

Q.129 From out of the following muscles, identify the primary muscle of respiration:

- Ans  A. Pectoralis.  
 B. Diaphragm  
 C. External intercostals  
 D. Andominals

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Q.130 Resistance ability against fatigue is called:

- Ans  A. Endurance  
 B. Speed  
 C. Strength  
 D. Agility

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Q.131 In a Kabaddi match, during a tie- breaking if a rider crosses the Baulk line and returns to home court:

- Ans  A. Technical point  
 B. Successful ride.  
 C. Successful ride and one point.  
 D. Rider is out.

Q.132 What is the standard weight of a women's shot put?

- Ans
- A. 3 kg
  - B. 2 kg
  - C. 5 kg
  - D. 4 kg

Q.133 The length and width of a Handball court is

- Ans
- A. 20X40 m.
  - B. 40x 20m.
  - C. 30X40m.
  - D. 40x 30m

Q.134 Which of following is not a method of warm up for games/sports?

- Ans
- A. Massage
  - B. Hot water bath
  - C. Cold water bath
  - D. Exercise

Q.135 What should be coated to preserve synthetic and Rubber balls?

- Ans
- A. Grease
  - B. Kerosene.
  - C. Paint.
  - D. Chalk powder.

Q.136 Which among the following is not a long distance run?

- Ans
- A. 1500 meter
  - B. 10,000 meter
  - C. 5000 meter
  - D. 3000 meter

Q.137 Which one is the Water-soluble vitamin?

- Ans
- A. Vitamin-A
  - B. Vitamin-D
  - C. Vitamin-K
  - D. Vitamin-C

Q.138 What is meaning of the Olympic motto: Citius, Altius, Fortius:

- Ans
- A. Stronger, Higher, Faster
  - B. Higher, Stronger, Faster
  - C. Faster, Higher, Stronger
  - D. Higher, Faster, Stronger.

Q.139 Apart from badminton, the technique called flick is also used in:

- Ans
- A. squash
  - B. table tennis.
  - C. tennis.
  - D. golf

Q.140 For men's 110m hurdles races the height of the hurdle is

- Ans
- A. 1.067 m.
  - B. 0.920m.
  - C. 1.11m
  - D. 0.840m.



Q.141 Which of the following diseases occurs due to deficiency of Vitamin A:

- Ans
- A. Diarrhoea
  - B. Fatigue
  - C. Nausea
  - D. Night Blindness

Q.142 Saddle joint is :

- Ans
- A. None of above
  - B. Amphiarthrosis
  - C. Synoarthrosis
  - D. Diarthrosis

Q.143 Which one of the following is not a macro-mineral?

- Ans
- A. Phosphorous
  - B. Calcium
  - C. Iron
  - D. Sodium

Q.144 Sequence of penalty corner in hockey is

1. Goal. 2. Pushing. ,3. Passing. 4. Hitting. 5. Stopping

Ans  A. 2-5-3-4-1

B. 2-4-5-3-1

C. 1-4-5-3-2

D. 4-2-3-1-5.

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Q.145 Which player can use their feet and kick the ball intentionally in field hockey?

Ans  A. Defender

B. Midfielder

C. Goalkeeper

D. Forward

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Q.146 Which of the following is not an effect of cooling down

Ans  A. Helps avoid fainting or dizziness, which can result when vigorous activity is stopped suddenly.

B. Helps remove metabolites from muscles, such as lactic acid

C. Helps heart rate and breathing to return towards resting level

D. Tidal volume (volume of air inspired or expired per breath) increases

Q.147 Which nutrition keeps our bodies warm?

- Ans  A. Fat  
 B. Vitamin  
 C. Protein  
 D. Carbohydrate

Q.148 The main postural deformity among young girls is :

- Ans  A. Arousal  
 B. Kyphosis  
 C. Scoliosis  
 D. Lordosis

Q.149 Height of the Volleyball net for women is

- Ans  A. 2.22 m.  
 B. 2.23m.  
 C. 2.21 m.  
 D. 2.24m

Q.150 What is the formula to determine number of matches in League fixture for even number of teams?

Ans  A.  $C.N(N-1)/2$

B.  $A.N+1/2$

C.  $B.N-1/2$

D.  $D.N(N+1)/2$