MPEd

Section Id : 54310740
Section Number : 1
Section type : Online
Mandatory or Optional: Mandatory
Number of Questions: 120
Number of Questions to be attempted: 120
Section Marks: 360
Display Number Panel: Yes
Group All Questions: No

Sub-Section Number: 1
Sub-Section Id: 54310740
Question Shuffling Allowed : Yes

Question Number : 1  Question Id : 5431074051  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question
Training ranging from 7 months to 12 months is known as :
सात महीने से बारह महीने तक चलने वाला प्रशिक्षण चक्र कहलाता है :
Options :
Meso cycle
1. मेसो चक्र

Micro cycle
2. माइक्रो चक्र

Cardiac cycle
3. कार्डियक चक्र

Macro cycle
4. मैक्रो चक्र

Question Number : 2  Question Id : 5431074052  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
Sports Authority of India was established in the year:
भारतीय खेल प्राधिकरण की स्थापना हुई:
Options:
1. 1974
2. 1978
3. 1951
4. 1984

Question Number : 3  Question Id : 5431074053  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
The Highest Award for player in India is:
भारत में खिलाड़ियों के लिए सर्वोच्च खेल पुरस्कार है:
Options:
Dronacharya Award
प्रोणाचायी पुरस्कार
Padmashri Award
पदमश्री पुरस्कार
3. Arjuna Award

Rajiv Gandhi Khel Ratna Award

4.

Question Number : 4  Question Id : 5431074054  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

When a Badminton player begins to learn Tennis, the transfer effect in this process is:

Options :
1. ऋणाल्पक
2. धनाल्पक
3. न्यूट्रल
4. तीनों में से कोई नहीं

Question Number : 5  Question Id : 5431074055  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

State of anaemia occurs when there is a decrease in :

Options :
1. रक्त प्लेटलेट्स
2. रक्त प्लाज्मा
Blood sugar
रक्त शक्रा

Haemoglobin
हीमोग्लोबिन

Question Number: 6  Question Id: 5431074056  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes  Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes  Correct Marks: 3  Wrong Marks: 1

Which disease is also called "Lockjaw"?
किस बीमारी को "लॉकज" के नाम से जाना जाता है?

Options:

1. Tetanus  
2. Rabies  
3. Leprosy  
4. Measles

Question Number: 7  Question Id: 5431074057  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes  Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes  Correct Marks: 3  Wrong Marks: 1

The receptors lying in joint and muscles are:
रिसेप्टर्स जो जोड़े तथा मांसपेशियों में होते हैं, वे हैं:

Options:

1. Exteroceptors  
2. Interoceptors
Proprioceptors

Distance receptors

**Question Number : 8  Question Id : 5431074058  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes**

Correct Marks : 3  Wrong Marks : 1

**Question : Match the following and choose correct answer :**

निम्न को सही उत्तर चुनने हुए मिलान करें :

(a) Mechanical यात्रिकी
(b) Psychological मनोविज्ञानिक
(c) Pharmacological औषधिक
(d) Nutritional पोषिक

(i) Hypnosis मोहनित्रा
(ii) Carbohydrate Loading कार्बोहाइड्रेट लोडिंग
(iii) Equipments उपकरण
(iv) Caffeine कैफीन

Options :

(a) (b) (c) (d)
(iii) (i) (iv) (ii)

1.

(a) (b) (c) (d)
(ii) (iv) (i) (iii)

2.

(a) (b) (c) (d)
(iii) (i) (ii) (iv)

3.

(a) (b) (c) (d)
(i) (ii) (iii) (iv)

4.

**Question Number : 9  Question Id : 5431074059  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes**

Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question
Carry over of habits and learning from one situation to another situation is:
एक स्थिति में सीखी गयी सीख एवं आदतों का दूसरी स्थिति में वहन करना कहलाता है:

Options:
1. Learning curve
सीखने का वक्र
2. Negative learning
ऋणाल्पक सीख
3. Transfer of learning
सीखने का स्थानान्तरण
4. Plateau
पटार

Question Number : 10  Question Id : 5431074060  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes
Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No
Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question
Sliding filament theory of muscle contraction was given by:
मांसपेशी संकुचन का स्लाइडिंग फिलामेंट सिद्धांत दिया गया था:

Options:
1. Pythagoras
पाइथागोरस
2. Darwin
दार्विन
3. Huxley
ह्यूसले
4. Newton
न्यूटन

Question Number : 11  Question Id : 5431074061  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes
Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No
Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question
Hyper extension occurs when the angle of extension is beyond:
किसी कोण के परावर्त अतिरिक्त खिंचाव प्राप्त होता है?

Options:
Match List-I with List-II and select correct answer:

List-I
(a) Hamstrings
(b) Gluteus
(c) Lettismus Dorsi
(d) Gastrocnemius

List-II
(i) Hips
(ii) Laterally in the back
(iii) Back of the thigh
(iv) Calf

Options:
(a) (b) (c) (d)
(i) (ii) (iii) (iv)
Question Number : 13  Question Id : 5431074063  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

For a good test the decreasing sequence of importance of its components is:

**Options:**

1. Validity, Reliability, Objectivity, Administrability
   वैधता, विश्वसनीयता, वस्तुनिष्ठता, प्रशासनिकता

2. Reliability, Validity, Objectivity, Administrability
   विश्वसनीयता, वैधता, वस्तुनिष्ठता, प्रशासनिकता

3. Validity, Objectivity, Reliability, Administrability
   वैधता, वस्तुनिष्ठता, विश्वसनीयता, प्रशासनिकता

4. Administrability, Validity, Reliability, Objectivity
   प्रशासनिकता, वैधता, विश्वसनीयता, वस्तुनिष्ठता

Question Number : 14  Question Id : 5431074064  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

The State of Balance and Equilibrium in interval physiological conditions is known as:

**Options:**

1. Metabolism
   चयापचयी

2. Hypokinetics
   हाइपोकाइनेटिक्स

3. Homeostasis
   होमियोस्टेसिस

4. Anabolism
   एनाबॉलिज्म

Question Number : 15  Question Id : 5431074065  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question
The range of coefficient of correlation between two variables extends from:

Options:

1. 0 to 1.0
2. 0 से 1.0
3. 0.1 to 1.0
4. 0.1 से 1.0
5. -1.0 to +1.0
6. -1.0 से +1.0
7. -0.1 to +0.1
8. -0.1 से +0.1

Select the correct sequence of training cycles:

Options:

2. Execution of Training – Evaluation – Feedback – Goal setting

Aim of Sports Training is:

Options:
Improvement of physical fitness
1. शारीरिक दक्षता की वृद्धि

Improvement of tactical efficiency
2. रणनीतिक योग्यता की वृद्धि

Improvement of sports performance
3. खेल प्रदर्शन की वृद्धि

Improvement of technical skills
4. तकनीकी कोशिल की वृद्धि

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**Question Number : 18**  Question Id : 5431074068  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

Arrange the following sequence for first aid management in Sprain:

मोच के लिए निम्नलिखित प्राथमिक चिकित्सा को सही क्रम में सजाएँ:

(i) Elevation  
उपर उठाना  

(ii) Compression  
दबाना  

(iii) Rest  
आराम देना  

(iv) Ice  
चट्टा लगाना

Options:

1. i, iii, ii, iv
2. i, ii, iii, iv
3. iv, ii, i, iii
4. iii, iv, ii, i

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**Question Number : 19**  Question Id : 5431074069  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

In periodisation, which phase is known as phase of base creation?

गिरिजोडाइसेसन में कौन-सा चरण आधार निर्माण करने का चरण भी माना जाता है?

Options:
Pre-competition phase
स्वाभाविक चरण

Transitional phase
सांप्रदायिक चरण

Competition phase
स्पष्ट चरण

Preperatory phase
तैयारी चरण

Question Number : 20  Question Id : 5431074070  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  
Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  
Control Enable : Yes  
Correct Marks : 3  Wrong Marks : 1  
Question Label : Multiple Choice Question  
In which year Winter Olympic Games were introduced ?  
किस वर्ष में शीत ओलिंपिक खेलों की शुरुआत हुई ?  
Options :  
1. 1920  
2. 1922  
3. 1924  
4. 1926

Question Number : 21  Question Id : 5431074071  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  
Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  
Control Enable : Yes  
Correct Marks : 3  Wrong Marks : 1  
Question Label : Multiple Choice Question  
The inborn general psychological tendency is :  
पैदावार्षी सामान्य मनोवैज्ञानिक आदत है :  
Options :  
Conflict  
1. संघर्ष  
Trait anxiety  
2. व्यक्तित्व चिंता
Match the following physical fitness components with their respective tests:

<table>
<thead>
<tr>
<th>List-I</th>
<th>List-II</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Strength</td>
<td>(i) 50 mt. Dash</td>
</tr>
<tr>
<td>(b) Flexibility</td>
<td>(ii) Standing Broad Jump</td>
</tr>
<tr>
<td>(c) Speed</td>
<td>(iii) 12 Minute Run &amp; Walk</td>
</tr>
<tr>
<td>(d) Endurance</td>
<td>(iv) Sit &amp; reach test</td>
</tr>
</tbody>
</table>

Options:

1. (a) (b) (c) (d) (i) (ii) (iv) (iii)
2. (a) (b) (c) (d) (ii) (iv) (i) (iii)
3. (a) (b) (c) (d) (iii) (ii) (iv) (i)
4. (a) (b) (c) (d) (i) (iii) (ii) (iv)
Question Number : 23  Question Id : 5431074073  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  Question Label : Multiple Choice Question  The total number of matches in a single league tournament of 7 teams will be : सात टीमों की एकल लीग प्रतियोगिता में कुल मैच होंगे :

Options :
1. 21
2. 18
3. 6
4. 15

Question Number : 24  Question Id : 5431074074  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  Question Label : Multiple Choice Question  Most reliable measure of variability is : विचलन का अति विश्वसनीय नाम है :

Options :
1. Mean मध्य
2. Quartile Deviation चतुर्थीय विचलन
3. Mode बहुमूल्य
4. Standard Deviation मानक विचलन

Question Number : 25  Question Id : 5431074075  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  Question Label : Multiple Choice Question  'Kraus-Weber' test measures : 'क्रौस-वेरर' परीक्षण मापता है :

Options :
Motor ability
1. गामक योग्यता

Minimum muscular strength
न्यूनतम मांसपेशीय शक्ति
2. Motor fitness
गामक दक्षता

Physical fitness
शारीरिक दक्षता
3. 

Question Number : 26 Question Id : 5431074076 Question Type : MCQ Option Shuffling : Yes Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical Allowed Progression : Yes Number of Replay : 999 Play On Load : No Control Enable : Yes Correct Marks : 3 Wrong Marks : 1 Question Label : Multiple Choice Question The psychomotor domain of physical education is concerned with : शारीरिक शिक्षा के मनोग्रस्तक्षेत्र अनुक्रेन्त संबंधित है : Options :
1. Knowledge
ज्ञान

Motor skills
गामक कौशल
2. 

Attitude
प्रवृत्ति
3. 

Values
नृत्य
4.

Question Number : 27 Question Id : 5431074077 Question Type : MCQ Option Shuffling : Yes Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical Allowed Progression : Yes Number of Replay : 999 Play On Load : No Control Enable : Yes Correct Marks : 3 Wrong Marks : 1 Question Label : Multiple Choice Question The "Olympic Motto" Citius, Altius, Fortius was coined by :
“ओलंपिक मोटो” सीटियस, अल्टियस, फोर्टियस किसने दिया था :
Options :
Barron Piare De Coubertin 
बरोन पियर डे कुबर्टिन
1. 


2.

Juan Antonio Samaranch

3.

Father Henry Didden

4.

Question Number : 28  Question Id : 5431074078  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

Two major branches of mechanics are :

Options :

1. Dynamics & kinetics

2. Kinetics & kinematics

3. Kinematics & statics

4. Statics & dynamics

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Question Number : 29  Question Id : 5431074079  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

Vasoconstriction around a wound is initiated by :

Options :

1. Cryotherapy

2. Diapulse
Diathermy
3. डायथर्मी

Electrotherapy
4. इलेक्ट्रोथरपी

Question Number : 30  Question Id : 5431074080  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

Which of the following apparatus measures range of motion?
निम्न में से कौन-सा उपकरण गति सीना का मापता है?

Options :

1. Goniometer
   गोनियोमीटर

2. Dynamometer
   डायनामोमीटर

3. Sphygmomanometer
   स्फिंगमोनोमीटर

4. Stethoscope
   स्टेथस्कोप

Question Number : 31  Question Id : 5431074081  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

"Extensive Interval" methods improve:
"एक्सटेंशन्स इंटरवल" विधि वृद्धि करता है:

Options :

1. Strength
   शक्ति

2. Speed
   गति

3. Endurance
   सहनसीलता
Question Number : 32  Question Id : 5431074082  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
Factors influencing growth are:
बृद्धि के प्रभावित करने वाले कारक हैं:
Options:
1. Heredity
2. Nutrition
3. Exercise
4. All of the three

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Question Number : 33  Question Id : 5431074083  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
Which organ is responsible for speech?
निन्ना में कौन सा अंग बोलने के लिए उपयुक्त है?
Options:
1. Trachea
2. Nasal cavity
3. Pharynx
4. Larynx
Question Number : 34  Question Id : 5431074084  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1

**Question Label : Multiple Choice Question**

When a part of body has a friction against anything, it results in:

जब शरीर का कोई भाग किसी वीज से रगड़ खाता है तो उसका परिणाम होता है:

**Options :**

1. Cut
   कटना

2. Burning sensation
   जलन

3. Bleeding
   रक्त बहना

4. Shock
   झटका

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Question Number : 35  Question Id : 5431074085  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1

**Question Label : Multiple Choice Question**

First 'Common Wealth Games' was held in:

प्रथम 'राष्ट्रीय खेलों' का आयोजन हुआ था:

**Options :**

1. Canada, 1930
   कनाडा, 1930

2. Australia, 1934
   ऑस्ट्रेलिया, 1934

3. India, 1935
   भारत, 1935

4. Pakistan, 1943
   पाकिस्तान, 1943

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Question Number : 36  Question Id : 5431074086  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
Saddle joint in the human body is in:
मानव शरीर में सेडल संधि कहाँ है?
Options:
1. Toe of the Foot
पैर के अंगूठे में
2. Little Finger
छोटी अंगूली में
3. Wrist
कलाई में
4. Thumb
अंगूठे में

Question Number : 38  Question Id : 5431074088  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3 Wrong Marks : 1
Question Label : Multiple Choice Question
Top spin on volleyball causes:
वॉलीबॉल पर टॉप स्पीन का परिणाम होगा:
Options:
1. Higher Bounce
ऊँची उछाल
2. Shorter Bounce
नीची उछाल
3. Lower angle of rebound
रिबाउंड का न्यूनतम कोण
4. Less roll
कम लुढकना
Question Number : 39  Question Id : 5431074089  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

How many calories does one gram of carbohydrate provide?
एक ग्राम कार्बोहाइड्रेट से कितनी कैलोरी मिलती है?

Options :

1. 
2. 
3. 
4. 5

Question Number : 40  Question Id : 5431074090  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

"Conditioned response" theory was put forward by:
कंडिशनेड रिस्पोन्स सिद्धांत प्रतिपादित की गई:

Options :

1. Thordike
2. Thoendalk
When muscle contract but no movement takes place, it is known as:
जब पेशी संकुचित होती है, परन्तु कोई गति नहीं होती है, तो इसे कहा जाता है:

Options:
1. Isotonic contraction
2. Isokinetic contraction
3. Isogenic contraction
4. Isometric contraction

Plato is referred to as the father of:
प्लाटो को जनक के रूप में जाना जाता है:

Options:
1. Idealism
Naturalism
प्रकृतिवाद

Pragmatism
यथार्थवाद

Essentialism
अनिवार्यतावाद

Question Number: 43  Question Id: 5431074093  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes  Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes
Correct Marks: 3  Wrong Marks: 1
Question Label: Multiple Choice Question
The test of significance used for comparing two mean scores is:
दो माध्य अंकों की तुलना में प्रयोग की जाने वाली सार्थक विधि है:

Options:
1. F-test
2. $\chi^2$-test
3. t-test
4. ANOVA test

Question Number: 44  Question Id: 5431074094  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes  Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes
Correct Marks: 3  Wrong Marks: 1
Question Label: Multiple Choice Question
Match the List-I with List-II and select the correct answer:

<table>
<thead>
<tr>
<th>List-I</th>
<th>List-II</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Hinge joint</td>
<td>(i) Knee</td>
</tr>
<tr>
<td>(b) Saddle joint</td>
<td>(ii) Thumb</td>
</tr>
<tr>
<td>(c) Ball &amp; socket joint</td>
<td>(iii) Neck</td>
</tr>
<tr>
<td>(d) Pivot joint</td>
<td>(iv) Shoulder</td>
</tr>
</tbody>
</table>

Options:
(a) (b) (c) (d)
(iv) (i) (iii) (ii)
Demonstration, Correction, Practice, Evaluation

Practice, Correction, Evaluation, Demonstration

Demonstration, Practice, Correction, Evaluation

Question Number : 46  Question Id : 5431074096  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

Number of matches in first round of Knock-Out Tournament of 23 teams will be :

23 टीमों के नौक आउट प्रतियोगिता के प्रथम चक्र में कुल मैचों की संख्या होगी :

Options :

1. 9
2. 8
3. 7
4. 6

Question Number : 47  Question Id : 5431074097  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

School Health Program does not include :

विद्यालयीय स्वास्थ्य कार्यक्रम में सम्मिलित नहीं है :

Options :

1. Health instructions
   स्वास्थ्य संबंधित अनुदेश
2. Health supervision
   स्वास्थ्य पर्यवेक्षण
3. Health services
   स्वास्थ्य सेवाएं
Health research

4. स्वास्थ्य अनुसंधान

Question Number : 48  Question Id : 5431074098  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  Question Label : Multiple Choice Question  First step in sports management is : खेल प्रबंधन में प्रथम चरण होता है :

Options :

1. Budgeting  बजट निर्माण
2. Planning  नियोजन
3. Coordinating  समन्वय
4. Directing  निर्देशन

Question Number : 49  Question Id : 5431074099  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  Question Label : Multiple Choice Question  Which of the following is considered as genetic endowment ? निम्न में से कौन-सा अनुवांशिक धरोहर है ?

Options :

1. Endurance  सहनशीलता
2. Flexibility  लचीलापन
3. Speed  गति
4. Strength  शक्ति
Question Number : 50  Question Id : 5431074100  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  
Question Label : Multiple Choice Question

In long jump wind velocity is measured for a period of :

लंबी झुण्ड प्रतियोगिता में वायु का वेग कितने समय के लिए नापा जाता है ?

Options :
1. 10 sec.
2. 5 sec.
3. 15 sec.
4. 20 sec.

Question Number : 51  Question Id : 5431074101  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  
Question Label : Multiple Choice Question

Which is the most reliable measure to know the central tendency ?

केंद्रीय प्रवृत्ति जानने हेतु सबसे विश्वसनीय माप क्या है ?

Options :
1. Mean
2. Median
3. Mode
4. Range

Question Number : 52  Question Id : 5431074102  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  
Question Label : Multiple Choice Question

If research can be defined in one single term then research is :

यदि शोध को एक शब्द के द्वारा परिभाषित करना है तो शोध है :

Options :
Discover
1. खोज

Invention
2. आविकार

New Knowledge
3. नया ज्ञान

All of the three
4. तीनों में सभी

Question Number: 53  Question Id: 5431074103  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes
Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes
Correct Marks: 3  Wrong Marks: 1
Critical thinking is the necessary part of which kind of research?
जटिल विचार किस प्रकार की शोध का आवश्यक अंग है?
Options:
1. Historical Research
2. Basic Research
3. Action Research
4. Philosophical Research

Question Number: 54  Question Id: 5431074104  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes
Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes
Correct Marks: 3  Wrong Marks: 1
Critical thinking is the necessary part of which kind of research?
जटिल विचार किस प्रकार की शोध का आवश्यक अंग है?
Options:
1. Mean
2. ماैन
2. माध्यक

3. बहुलांक

All of the three

4. तीनों में सभी

Question Number: 55  Question Id: 5431074105  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes  Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes  Correct Marks: 3  Wrong Marks: 1

Question Label: Multiple Choice Question

Which of these is *not* treated as a 'Variable'?  
निम्न में से कोन-सा 'चर' नहीं माना जाएगा?

Options:

1. Name
   नाम

2. New Delhi
   नई दिल्ली

3. Mobile Number
   मोबाइल संख्या

4. Gender
   लिंग

Question Number: 56  Question Id: 5431074106  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes  Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes  Correct Marks: 3  Wrong Marks: 1

Question Label: Multiple Choice Question

Which of these is called measure of variability?

निम्न में से कोन-सा विवलन का मानक है?

Options:

1. Percentile
   प्रतिशत

2. Range Deviation
   विस्तार विवलन
The types of research are:

1. Action Research, Positive Research, Basic Research
3. Basic Research, Action Research, Associated Research
4. Basic Research, Action Research, Applied Research

Measure of central tendency helps to know:

1. Nature of a group
2. Status of a group
3. Variation of a group
Question Number : 59  Question Id : 5431074109  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  

**Question Label : Multiple Choice Question**

A research proposal means :
एक शोध प्रस्ताव का मतलब है :

**Options :**

1. Research work done  
किया गया शोध कार्य

2. A research report  
एक शोध प्रवेंद

3. Blue print of research work to be completed  
भविष्य में पूर्ण किया जाने वाले शोध प्रस्ताव की रूपरेखा

4. Research suggestions  
शोध सुझाव

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Question Number : 60  Question Id : 5431074110  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  

**Question Label : Multiple Choice Question**

Which of the following is an intrinsic reward of sports ?  
निम्न में से कौन-सा खेल का आत्मानिक नाम है ?

**Options :**

1. Recognition  
पहचान

2. Money  
पैसा

3. Status  
रूतबा

4. Self-esteem  
आत्म सम्मान
Question Number : 61  Question Id : 5431074111  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
Dr. Kenneth Cooper is the exponent of:
डॆर्कनीच उड़ंग कूपर किसा परीक्षण के प्रतिपादक थे?

Options :
1. Harvard Step Test
हार्वर्ड स्टेप परीक्षण
2. 12 Minutes run/walk test
12 मिनट दौड़/चाल परीक्षण
3. J. C. R. test
जी सी आर परीक्षण
4. F.Y.T. test
एफी वी टी परीक्षण

Question Number : 62  Question Id : 5431074112  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
In the year 2020 Olympic games will be held in:
2020 में ओलंपिक खेल कहाँ आयोजित होंगे?

Options :
1. New Delhi
नई दिल्ली
2. Sydney
सिडनी
3. Tokyo
टोकियो
4. London
लंदन

Question Number : 63  Question Id : 5431074113  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1
Question Label: Multiple Choice Question
The time elapsed between the movement of application of stimulus and first response is:
किसी उद्देश्य क्रिया के होने तथा उसके फलस्वरूप प्रथम प्रक्रिया के बीच का अंतराल है:
Options:
1. Response Time
   प्रतिक्रिया समय

2. Movement Time
   हलचल समय

3. Speed Time
   गति समय

4. Reaction Time
   प्रतिक्रिया समय

Question Number: 64  Question Id: 5431074114  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes
Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes
Correct Marks: 3  Wrong Marks: 1

Question Label: Multiple Choice Question
Pre-schools children learn things by:
पूर्व प्राथमिक उम्र के बच्चे चीजें सीखते हैं:
Options:
1. Imitation
   अनुकरण से

2. Demonstration
   प्रदर्शन से

3. Practice
   अभ्यास से

4. Repetition
   दोहराने से

Question Number: 65  Question Id: 5431074115  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes
Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes
Correct Marks: 3  Wrong Marks: 1
Hosting of Olympic games is awarded to: 
निन्होंकिएिं में से किस ओलंपिक खेलों की मेजबानी दी जाती है?

Options:
1. City 
   नगर को
2. Country 
   देश को
3. District 
   जिला को
4. Capital 
   राजधानी को

Question Number : 66  Question Id : 5431074116  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Frost-bite to a medical problem occurs in: 
अत्यधिक झुष्टना होनें एक चिकित्सकीय समस्या है:

Options:
1. High Temperature 
   उच्च तापमान में
2. Low Temperature 
   कम तापमान में
3. High Altitude 
   ऊँचाई पर
4. High Pressure Area 
   अधिक दबाव क्षेत्र में
What is an athlete heart?
एथलीट हृदय क्या है?

Options:

1. A pathological condition of heart
   हृदय की रोगाल्पक स्थिति
2. A hypotrophic condition of heart
   हृदय की हाइपोट्रोफिक स्थिति
3. An abnormal condition of heart
   हृदय की असामान्य स्थिति
4. A normal condition of heart
   हृदय की सामान्य स्थिति

Question Number : 68  Question Id : 5431074118  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Professional preparation of Physical Education Teachers is governed by:
शारीरिक शिक्षा अध्यापक के पेशे की तैयारी नियंत्रित की जाती है:

Options:

1. UGC
   यू.जी.सी.
2. AICTE
   एआईसीटीई
e
3. NCTE
   एनसीटीई
e
4. NAAC
   एनएएसी
Muscle biopsy is used to diagnose:

Options:

1. Fiber type
2. Vital capacity
3. Body composition
4. BMI

Double periodization has:

Options:

1. No transition period
2. Three transition periods
3. Two transition periods
4. One transition period
The term 'kneading' is concerned with:
‘नींदिंग’ शब्द किससे संबंधित है?

Options:
1. Training
   प्रशिक्षण से
2. Coaching
   कोचिंग से
3. Exercising
   व्यायाम से
4. Massaging
   मसांग से

Question Number : 72  Question Id : 5431074122  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label: Multiple Choice Question

Spirimeter is used for measuring:
स्पीरिमेटर निम्न में से किसे मापने के लिए प्रयोग किया जाता है:

Options:
1. Blood pressure
   रक्त चाप
2. Pulse rate
   नाडी संदर्भ
3. Vital capacity
   प्राण धारिता
4. Stroke volume
   स्पन्द रक्तायतन

Question Number : 73  Question Id : 5431074123  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Question Label: Multiple Choice Question
Which is the best activity to promote self confidence in the students?

निम्न में से कौन-सी क्रिया विद्यार्थियों में आत्मविश्वास विकसित करने हेतु उत्तम मानी जाती है?

Options:
1. Combative skills
   युद्ध कौशल
2. Technical sports
   तकनीकी खेल
3. Traditional sports
   पारंपरिक खेल
4. Recreational activities
   मनोरंजनात्मक खेल

In which year the Sydney Olympic Games were held?

सिडनी ऑलिंपिक खेल किस वर्ष आयोजित किए गये थे?

Options:
1. 2004
2. 2000
3. 2012
4. 1996

Which one comes under the command method of teaching?

निम्न में से कौन-सी शिक्षण की आदेशात्मक विधि को अन्तर्गत आएगी?

Options:
Blowing the whistle
1. सीटी बजाना

Drum beat
2. ढोल बजाना

Gun shot
3. गोली चागना

All of the three
4. तीनों में सभी

---

Which of these do not belong to the category of dope?
निम्न में से कौन सा प्रोड के अंतर्गत नहीं आता है?

Options:
1. Ergogenic aid
2. Caffeine
3. Nicotine
4. All of the three

---

Horizontal plane moves around:
क्षेत्र के समक्ष कार्य करता है:

Options:
1. Samaksh aksh ke dhaar
Transverse Axis
अनुप्रस्थ अक्ष के द्वारा

Vertical Axis
वर्तमान अक्ष के द्वारा

Sagittal Axis
सममितिक अक्ष के द्वारा

Question Number: 78  Question Id: 5431074128  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes  Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes  Correct Marks: 3  Wrong Marks: 1

How many sports events were introduced in First Modern Olympic Games?
प्रथम आयुर्वेदिक ओलंपिक खेलों में कितने खेलों की प्रतिस्पर्धा की गई थी?

Options:
1. 7
2. 9
3. 11
4. 13

Question Number: 79  Question Id: 5431074129  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes  Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes  Correct Marks: 3  Wrong Marks: 1

When did the women wrestling competition was introduced in Olympic Games?
ओलंपिक खेलों में सर्वप्रथम महिला कुश्ती को किस वर्ष प्रारंभ किया गया?

Options:
1. 1904
2. 1908
3. 1968
Question Number : 80  Question Id : 5431074130  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Name the only woman wrestler who won a medal in Olympic Games:

Options:
1. Gita Phogat
2. Marry Com
3. Babita Phogat
4. Shukshi Malik

Question Number : 81  Question Id : 5431074131  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

Name the first women weight lifter who won the medal for India in Olympic Games:

Options:
1. Sarita Rani
2. Saikhom Merabai Chanu
3. Karnam Mallela
4. Kunjumani Devi
Question Number : 82  Question Id : 5431074132  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

**Question Label : Multiple Choice Question**

**The science that studies motion is :**

**गति का अध्ययन करने वाला विज्ञान है :**

**Options :**

1. Bio-chemistry

2. Bio-mechanics

3. Movement Science

4. Anatomy

---

Question Number : 83  Question Id : 5431074133  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

**Question Label : Multiple Choice Question**

**According to new rules of FIH how many quarters are there in a Hockey Match ?**

एक उप-भूमि एक० के नये नियम के अनुसार हॉकी मैच में कितने चतुर्थांश होंगे ?

**Options :**

1. 6

2. 2

3. 4

4. 8

---

Question Number : 84  Question Id : 5431074134  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1

**Question Label : Multiple Choice Question**
Sargent jump measures:
सार्जेंट जंप मापता हैः

Options:
- Explosive strength
- विस्फोटक शक्ति
- Speed
- गति
- Maximum strength
- अधिकतम शक्ति
- Agility
- चपलता

Question Number : 85  Question Id : 5431074135  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  Question Label : Multiple Choice Question
Cluster sampling is a type of:
समूह प्रतिच्छयन किसका प्रकार हैः

Options:
1. Non-probability sampling
   अपरसमान्यता प्रतिच्छयन
2. Purposive sampling
   स्पष्टचिन्तन प्रतिच्छयन
3. Probability sampling
   संभाव्यता प्रतिच्छयन
4. Non-random sampling
   नैसर्विक चिन्तन प्रतिच्छयन

Question Number : 86  Question Id : 5431074136  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1  Question Label : Multiple Choice Question
Origin of 'SUMO' wrestling:
'सूमो' कुश्ती का उद्गम हुआः

Options:
China
1. चीन में

Mongolia
2. मंगोलिया में

Korea
3. कोरिया में

Japan
4. जापान में

Question Number : 87  Question Id : 5431074137  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes
Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
A score to which an obtained score is compared:
यह अंक जिसके साथ प्राप्त अंक की तुलना की जाती है:

Options :
1. Data
2. Norm
3. Primary score
4. Grade

Question Number : 88  Question Id : 5431074138  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes
Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
In order to train abdominal muscles we need to flex:
उदार की मांसपेशियों को प्रशिक्षित करने के लिए नोडना पड़ेगा:

Options :
1. Knee joint
2. घुटने की साधि
Shoulder joint
2. कंधों की संधि

Hip joint
3. कमर की संधि

None of the three
4. तीनों में से कोई नहीं

Question Number : 89  Question Id : 5431074139  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
How many number of holes are in a full length Golf field?
पूर्ण आकार के गोल्फ के मैदान में कुल कितने गहरे होते हैं?
Options :
1. 20
2. 25
3. 30
4. 18

Question Number : 90  Question Id : 5431074140  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
"Russel Lounge" Volleyball test items:
"रसल लौन्ज" वॉलीबॉल परीक्षण में निम्नलिखित परीक्षण हैं:
(i) Serving ability  
(ii) Spiking ability  
(iii) Blocking ability  
(iv) Volleying ability
Options :
Code:
\( f \)

1. (i) & (iv)

Code:
\( f \)

2. (i) & (iii)

Code:
\( f \)

3. (ii) & (iv)

Code:
\( f \)

4. (i) & (ii)

School health services in India started in the year:
भारत में पाठशाला स्वास्थ्य सेवाएं शुरू हुई:

Options:
1. 1949 में
2. 1909 में
3. 1962 में
4. 1968 में

Which of the following somatotype has not been mentioned by 'Sheldon'?
निम्न में से किस सोमेटोटाइप का उल्लेख शेल्डन द्वारा नहीं किया गया है?

Options:
1. Omomorph
2. Ectomorph
3. Endomorph
4. Mesomorph

Alveoli is the part of :
अल्वोलिया अंग है :

Options :
1. Circulatory system
   रक्त परिसंचरण तंत्र
2. Nervous system
   तंत्रिका तंत्र
3. Respiratory system
   श्वसन तंत्र
4. Digestive system
   पाचन तंत्र

"Single Nelson" term is associated with which of the following? 
“सिंगल नेल्सन” शब्द संबंधित है :

Options :
1. Boxing
2. Rugby

3. Judo

4. Wrestling

Question Number : 95  Question Id : 5431074145  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question

"Ramanujan Cup" is associated with :
‘रामानुजन कप’ संबंधित है :
Options :
1. Squash
2. Table Tennis
3. Lawn Tennis
4. Badminton

Question Number : 96  Question Id : 5431074146  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question

Structural and functional unit of life is known as :
जीवन की संरचना एवं कार्य संबंधित इकाई कहलाती है :
Options :
1. Tissues
2. Muscles
Cells
कोशिका

Ligaments
लिगामेंट

Question Number : 97  Question Id : 5431074147  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
Dengue fever is caused by :
डेंगू बुखार का कारण है :
Options :
1. Virus  वायरस
2. Parasites  पैरासाइट्स
3. Bacteria  बैक्टीरिया
4. Fungus  फंगस

Question Number : 98  Question Id : 5431074148  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
Which of the following is theory of aggression ?
निम्न में से कौन-सा उत्तेजना का सिद्धान्त है?
Options :
1. Insitiful learning theory  अन्तर्दृष्टि सीखने का सिद्धान्त
2. Play theory  खेल सिद्धान्त
3. Conditioned response theory  अनुकूलित प्रतिक्रिया सिद्धान्त
Instinct theory

प्रृवति सिद्धान्त

Question Number : 99  Question Id : 5431074149  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
Presenting the task through Introduction → Presentation → Practice → Correction comes under :
विषयवस्तु का परिचय → प्रदर्शन → अभ्यास → त्रुटि सुधार के नामय से पढ़ाना है :
Options :

Inductive Teaching Procedure
विवेचनात्मक शिक्षण प्रक्रिया

1.

Deductive Teaching Procedure
निगमनात्मक शिक्षण प्रक्रिया

2.

Random Teaching Procedure
आचरणीय शिक्षण प्रक्रिया

3.

Corrective Teaching Procedure
दोष निवारक शिक्षण प्रक्रिया

4.

Question Number : 100  Question Id : 5431074150  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
Which is not a performance factor ?
कौन-सा प्रदर्शन का कारक नहीं है ?
Options :

Technical ability
तकनीकी योग्यता

1.

Tactical ability
युक्ति योग्यता

2.

Teaching ability
शिक्षण योग्यता

3.

Conditional ability
अनुकूलन योग्यता

4.
Sixteen personality factor questionnaire was developed by:

Options:
1. Raymond B. Cattell
   रेमांड बी वाटल
2. Charles Spearman
   चार्ल्स स्पीरमैन
3. H. J. Eysenck
   एच जी ईसेन्क
4. Carl G. Jung
   कार्ल जी जूंग
Question Number : 104  Question Id : 5431074154  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Options :
1. Mouse

2. Excel

3. Monitor

4. Pen Drive

Question Label : Multiple Choice Question

The best method of teaching physical activities is:

Options:
1. Explanation method
2. Command method
3. Lecture method
4. Demonstration method

Which of the following is a software?

Options:
1. Mouse
2. Excel
3. Monitor
4. Pen Drive

Question Number : 105  Question Id : 5431074155  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Options :
1. Mouse

2. Excel

3. Monitor

4. Pen Drive

Question Label : Multiple Choice Question
The software used for performance evaluation in volleyball game is:

Options:
1. Soft Volley
2. Volley Evaluator
3. Data Volley
4. Games League

The maximum sweat glands are situated at:

Options:
1. Palm
2. Sole
3. Arm Pit
4. Forehead

The main role of physical education teacher is identified as:

Options:
1. शारीरिक शिक्षा के शिक्षक की प्रमुख भूमिका की पहचान किस रूप में की जाती है:
Question Number : 108  Question Id : 5431074158  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  
Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  
Correct Marks : 3  Wrong Marks : 1  
Question Label : Multiple Choice Question  
As per FIFA rules, how many players can be substituted in a FIFA Football match? 
फीफा के नियमानुसार, फीफा फुटबॉल मैच में कितने खिलाड़ी स्थानांतरित किए जा सकते हैं?

Options :  
1. 2  
2. 7  
3. 5  
4. 3

Question Number : 109  Question Id : 5431074159  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  
Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes  
Correct Marks : 3  Wrong Marks : 1  
Question Label : Multiple Choice Question  
Reactive method is also called as: 
प्रतिक्रियात्मक विधि को यह भी कहते हैं: 

Options :  
1. Eccentric  
2. हेसेंट्रिक
Plyometric

Concentric

Isometric

Question Number : 110  Question Id : 5431074160  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes

Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

Speedometer measures:

Options:

1. Distance covered
   दूरी की गयी दूरी

2. Kicking ability
   किंग क्षमता

3. Speed of referee
   निर्णायक की गति

4. Speed of player
   खिलाड़ी की गति

Question Number : 111  Question Id : 5431074161  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes

Correct Marks : 3  Wrong Marks : 1

Question Label : Multiple Choice Question

Isotonic muscular endurance is measured by:

Options:

1. Push-ups
   पुश-अप

2. Pull-ups
   पुल-अप
Sit-ups
सिट-अप

All of the three
तीनों में सभी

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**Question Number : 112**  
**Question Id : 5431074162**  
**Question Type : MCQ**  
**Option Shuffling : Yes**  
**Display Question Number : Yes**  
**Single Line Question Option : No**  
**Option Orientation : Vertical**  
**Allowed Progression : Yes**  
**Number of Replay : 999**  
**Play On Load : No**  
**Control Enable : Yes**

**Correct Marks : 3**  
**Wrong Marks : 1**  

**Question Label : Multiple Choice Question**  
**Tactile function is associated with :**  
**स्पर्शीय कार्य का संबंध है :**

**Options :**  
1. **Taste**  
स्वाद से

2. **Special sense organ**  
विशिष्ट ज्ञानन्द्रिय अंग से

3. **Touch**  
खूने से

4. **Vision**  
दृष्टि से

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**Question Number : 113**  
**Question Id : 5431074163**  
**Question Type : MCQ**  
**Option Shuffling : Yes**  
**Display Question Number : Yes**  
**Single Line Question Option : No**  
**Option Orientation : Vertical**  
**Allowed Progression : Yes**  
**Number of Replay : 999**  
**Play On Load : No**  
**Control Enable : Yes**

**Correct Marks : 3**  
**Wrong Marks : 1**  

**Question Label : Multiple Choice Question**
Match the List-I with List-II and select correct answer:

List-I

(a) Source of energy during sprint
(b) Oxygen deficiency
(c) Storage of oxygen in muscle
(d) Rest between exercises

List-II

(i) Anaerobic metabolism
(ii) Myoglobin
(iii) Recovery period
(iv) O₂ Debt

Options:

(a) (b) (c) (d)
(i) (iv) (ii) (iii)

1.

(a) (b) (c) (d)
(i) (ii) (iii) (iv)

2.

(a) (b) (c) (d)
(iv) (i) (iii) (ii)

3.

(a) (b) (c) (d)
(iii) (iv) (ii) (i)

4.

The work to promote and motivate people is known as:

Options:

Evaluation

मूल्यांकन
Leadership

Public Relation

Direction

The laws of learning have been derived from the study of:
सीखने के नियमों को प्रलिपित किया गया है:

Options:
1. Bio-chemistry
2. Human Anatomy
3. Human Behaviour
4. Biology

Kinesiology is the study which is related to:
किनेसियोलॉजी अध्ययन का संबंध है:

Options:
1. Body structure
Disease

Body function

Motion

Question Number : 117  Question Id : 5431074167  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
A good source of Iron is :
लोहे का अच्छा स्रोत है :
Options :

Sweet Potato
शाकाहारी
1.

Green Vegetable
हरी सब्जी
2.

Turmeric
हल्दी
3.

Whole wheat
गेहूँ
4.

Question Number : 118  Question Id : 5431074168  Question Type : MCQ  Option Shuffling : Yes  Display Question Number : Yes  Single Line Question Option : No  Option Orientation : Vertical  Allowed Progression : Yes  Number of Replay : 999  Play On Load : No  Control Enable : Yes
Correct Marks : 3  Wrong Marks : 1
Question Label : Multiple Choice Question
Isokinetic testing measures :
आइसिकॉनिकल परीक्षण मापता है :
Options :

Joint Movement
जोड़ों की गति
1.
Question Number: 119  Question Id: 5431074169  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes  Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes  Correct Marks: 3  Wrong Marks: 1

Question Label: Multiple Choice Question

Approximate glycogen stored in the lever of sportsman is about:

Options:
1. 30-50 gm
2. 160-180 gm
3. 70-100 gm
4. 100-120 gm

Question Number: 120  Question Id: 5431074170  Question Type: MCQ  Option Shuffling: Yes  Display Question Number: Yes  Single Line Question Option: No  Option Orientation: Vertical  Allowed Progression: Yes  Number of Replay: 999  Play On Load: No  Control Enable: Yes  Correct Marks: 3  Wrong Marks: 1

Question Label: Multiple Choice Question

Which is not true for the "research"?

Options:
1. शोध क्रमबद्ध है
Research contains problems
शोध समस्याओं के आधार पर होता है

Research is an art
शोध एक कला है

Research is scientific
शोध वैज्ञानिक है