

Physical education Test-12.

1. Who is the Highest wicket taker in “Ranji Cup” Cricket?

- a) Anil Kumle b) Harbajan Singh
c) Rajinder Goel. d) Kapil Dev

2. Who is the Highest Run Scorer in “Ranji Cup” Cricket?

- a) Sachin Tendulkar b) Rabin Singh
c) Wasim Jaffer d) V.V.S.Laxman

3. In Which Team , Won for the first “Ranji Cup Cricket” is?

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

4. Ranji Trophy was started in the year

- a) 1934 b) 1927
c) 1947 d) 1943

5. Hambledon Cricket Club was started in the year

- a) 1765 b) 1627
c) 1847 d) 1943

6 . Irani Trophy was started in the year

- a) 1959-60 b) 1965-66
c) 1947 -48 d) 1943-44

7. Oriental Cricket club was started in the year

- a) 1848 b) 1928
c) 1747 d) 1943

8. Marylebone Cricket Club was started in the year

- a) 1787 b) 1777
c) 1847 d) 1971

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9. " FA Cup" was started in the year

- a)1888 b)1827
c)1917 d)1943

10. " Durand Cup" was started in the year

- a)1893 b)1900
c)1905 d)1940

11. In Which year ,Indian Foot ball (Men) Team Won the " Nehru Cup" ?

- a)1975 b)1970
c)2007 d)1984

12. Choose the Wrongly matched pair

- 1) Rangaswamy Cup- Football
2) Ashes Cup - Cricket
3) Narang Cup- Badminton
4) Durand Cup - Foot ball

- a) 1 Only b) 3 & 4 Only
c) 3 Only d) 2&3 Only

13. In Cricket, How Long Distance to standing the Square leg Umpire?

- a) 10 -15 meter b) 5 -8 meter
c) 15 -20 meter d) 1 -3 meter

14. In Hockey, " Champion Trophy (Men)" was started in the year

- a)1893 b)1978
c)1947 d)1943

15 In Hockey, " Champion Trophy (Women)" was started in the year

- a)1893 b)1978
c)1987 d)1943

16. 2017 Under-17 ,FIFA World Cup Football Tournament will be held in

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

17.In Throwball,Junior Net Height (SGFI rules) is

- a) 1.60 m b) 2.00 m
- c) 2.10 m d) 2.20 m

18.In Hockey,Shape of the Green Warning Card is

- a) Square b)Rectangle
- c)Tri angular d) Circle

19.What is the eligible age to play the “Sultan Ibrahim Ismail Hockey Tournament is.....?

- a) Under-17 b) Under-21
- c) Under-19 d) Under-24

20.Dressing and bandages are used to

- a) Help control bleeding and prevent infection
- b) Reduce the victim’s pain
- c) Reduce internal bleeding
- c) None

21.Breathing emergencies may be caused from.....

- a)Asthma or Allergic reaction b)Hyperventilation
- c)Injury to a muscle or bone in the chest d)All this above

22.Which is the not symptom of heart attack.?

- a)Chest pain b)Red, hot or dry skin
- c)Pale or bluish in color d)Profuse sweating

23.What is more serious ?

- a)Heat stroke b)Heat rash
- c)Heat Cramps d)Heat Exhaustion

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24. Elastic bandages are used.....

- a) Control swelling and support injuries such as sprains or strains
- b) To control bleeding
- c) To allow circulation to a severed limb
- d) When applying a splint

25. What is the CPR Procedure for a 6 year old baby ?

- a) 1 breath, 5 compressions, 12 cycles in 1 minute
- b) 2 breath, 5 compressions, 12 cycles in 1 minute
- c) 1 breath, 15 compressions, 4 cycles in 1 minute
- d) 2 breath, 10 compressions, 20 cycles in 1 minute

26. The first stage in memory is

- a) Recall
- b) Recognition
- c) Learning
- d) Retention

27. The word intelligence Quotient was introduced by

- a) Stren
- b) Binet
- c) Terman
- d) Plato

28. Santosh Trophy is a/an

- a) State level Tournament
- b) National level Tournament
- c) International level Tournament
- d) District level Tournament

29. How many Spinal nerves are there in our body

- a) 31 pairs
- b) 33 pairs
- c) 12 pairs
- d) 14 pairs

30. Tympanic membrane is responsible for

- a) Hearning
- b) Seeling
- c) Digestion
- d) Circulation

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31. Inspiration is a.....

- a) Active process
- b) Passive process
- c) Dull process
- d) None

32. Expiration is a.....

- a) Active process
- b) Passive process
- c) Dull process
- d) None

33. During gas exchange, which substance moves from the alveoli into the blood?

- a) CO₂
- b) O₂
- c) NO₂
- d) H₂O

34. Heart is controlled by

- a) ANS
- b) SNS
- c) Spinal cord
- d) Brain

35. Split-half method is used for measuring

- a) Reliability
- b) Norms
- c) Validity
- d) Objectivity

36. What is the time duration of field goal speed test in Johnson test ?

- a) 1 minute
- b) 5 minute
- c) 30 seconds
- d) 2 minute

37. How many Hurdles used of Dribble test in Johnson test ?

- a) 4
- b) 3
- c) 6
- d) 10

38. Shape of the pectoralis major muscle is

- a) Fan shape
- b) Spindle shape
- c) Cylindrical shape
- d) None

39. The diameter of the ball badminton ball is.....?

- a) 5 cm- 5.5 cm
- b) 5 cm- 5.40 cm
- c) 4.74 cm - 5.5 cm
- d) 4.73 cm- 5.5 cm

40. Which of the Following bone is lower side of Skull ?

- a) Temporal
- b) Frontal
- c) Parietal
- d) Occipital

41. The trophy awarded to men's team in National Hockey Champion is named as

- a) Nehru Trophy
- b) Rangaswamy Cup
- c) Ramaswamy Cup
- d) Dhyan Chand Trophy

42. Which the following countries won the far Asian Handball Championship among men ?

- a) India
- b) China
- c) Japan
- d) Korea

43. A treadmill is used for measuring

- a) Speed
- b) Power
- c) Work done in running
- d) Force

44. Which of the following hormone is stimulated to blood platelets ?

- a) Thrombopoietin
- b) Erythropoietin
- c) Haematoposis
- d) None

45. The donor of "AB" group can donate blood to

- a) A group
- b) AB group
- c) B group
- d) O group

46. Which is the following is a largest & strongest bone in the face ?

- a) Mandible
- b) Maxillary
- c) Femur
- d) Zygomatic

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47. The first member of IOC from India was

- a) Sir Dorabji Tata b) G.D. Sondhi
c) H.C. Buck d) Raja Bhalalinder singh

48. A child's C.A is 10. And M.A is 9. The IQ is?

- a) 9 b) 90
c) 100 d) 0.9

49. The blood vessel carries blood to the left auricle

- a) Pulmonary veins b) Pulmonary artery
c) Aorta d) Mitral valve

50. The Stroke volume in an adult individual about.....per minute.

- a) 120 ml b) 80 ml
c) 150 ml d) 175 ml

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ALL THE BEST

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

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