

PGT Physical Education

Q 1). Who among the following has become the world's youngest and fastest female para swimmer to swim solo across the English Channel Successfully recently?

- (A) Shivani Kataria
- (B) Dolly Nazir
- (C) Devanshi Satija
- (D) Jiya Rai

Correct Answer: (D)

Q 2). Recently, an Indian-origin lecturer named Prasanthi Ram at Nanyang Technological University has won Singapore Literature Prize for English fiction for her short story named _____.

- (A) Nine Yard Sarees
- (B) House of Cards
- (C) Dollar Bahu
- (D) The Very Expensive Coconut

Correct Answer: (A)

Q 3). Recently, WHO has declared Dhulikhel Municipality as the second healthiest city in Asia. This Dhulikhel Municipality is in which of the following countries?

- (A) India
- (B) Bhutan
- (C) Nepal
- (D) Myanmar

Correct Answer: (C)

Q 4). If a teacher first explains the rule and then gives examples. Which type learning style is this?

- (A) Inductive
- (B) Deductive
- (C) Indo-Deductive
- (D) Illustration

Correct Answer: (B)

Q 5). In which stage, children are able to think about things in terms of consistent physical features?

- (A) Sensory Motor
- (B) Concrete Operational
- (C) Pre-Operational
- (D) Formal Operational

Correct Answer: (C)

Q 6). Which of the following is not the main feature of RTE Act?

- (A) Free Elementary Education for all children in age group 6-14 years in a neighbourhood school.
- (B) Completion of Elementary Education even after fourteen years of age.
- (C) Private Tuitions by teachers is not prohibited.
- (D) No child is denied admission due to lack of age certificate.

Correct Answer: (C)

Q 7). Where did India play its 1st One Day International cricket match?

- (A) Headingley in Leeds
- (B) Lords
- (C) The Oval
- (D) Taunton

Correct Answer: (A)

Q 8). The terms 'crease and clash' are associated with which of the following sports?

- (A) Softball
- (B) Badminton
- (C) Baseball
- (D) Basketball

Correct Answer: (B)

Q 9). What is the dimension of balancing beam in gymnastics?

- (A) 500 cm × 10 cm
- (B) 500 cm × 5 cm
- (C) 400 cm × 5 cm
- (D) 500 cm × 20 cm

Correct Answer: (A)

Q 10). India participated in Olympic Games for the first time in which year?

- (A) 1896
- (B) 1900
- (C) 1904
- (D) 1924

Correct Answer : (B)

Q 11). What provides utility to physical education as an academic discipline?

- (A) Scientific principles
- (B) Philosophical backup
- (C) Humanistic approach
- (D) Sports-oriented curriculum

Correct Answer: (A)

Q 12). Adolescent period ranges between which age gap?

- (A) 18-22 years
- (B) 11-15 years
- (C) 12-19 years
- (D) 16-19 years

Correct Answer: (C)

Q 13). Name the asana in which waist and arms look like a cobra.

- (A) Bhujangasana
- (B) Ardhashakrasana
- (C) Vakrasana
- (D) Shavasana

Correct Answer: (A)

Q 14). As per this World Health Organization (WHO), a person is considered obese if his Body Mass Index (BMI) is ____.

- (A) equal to 30 or more
- (B) equal to 25
- (C) less than 25
- (D) equal to 20

Correct Answer: (A)

Q 15). Where was the first FIFA World Cup held?

- (A) Uruguay
- (B) France
- (C) Canada
- (D) Brazil

Correct Answer: (A)

Q 16). Kraus weber test is used to measure which of the following?

- (A) Physical Fitness
- (B) Motor Educability
- (C) Minimum muscular strength
- (D) Skill ability in a sport

Correct Answer: (C)

Q 17). Which of this statement is not true?

- (A) Principles and Theories of Sports Psychology are scholarly as they are churned out of research.
- (B) Sports Psychology is essentially an educational endeavor involving learning, teaching and coaching.
- (C) Sports Psychology is marked by practicability and applicability.
- (D) Sports Psychology is confined to only Elite Athletic Behavior.

Correct Answer: (D)

Q 18). Which of the following drugs is not banned by the International Olympic Committee?

- (A) Cocaine
- (B) Marijuana
- (C) Alcohol
- (D) Ephedrine

Correct Answer: (C)

Q 19). Find the correct combination for micronutrients.

- I. Carbohydrate
 - II. Minerals
 - III. Vitamins
 - IV. Fat
- (A) I and II
 - (B) II and III
 - (C) III and IV
 - (D) IV and I

Correct Answer: (B)

Q 20). Match the yoga kriyas in List-I with the effect of theirs on Human body with List-II.

List I	List II
1. Neti	i. Cleans Lower respiratory tract nostril to lungs
2. Nauli	ii. Abdominal muscles and internal organs
3. Kapal Bhati	iii. Cleans digestive tract up to stomach
4. Dhauti	iv. Cleans Upper nasal from throat to nostrils

- (A) 1-iv, 2-iii, 3-ii, 4-i
- (B) 1-iii, 2-i, 3-iv, 4-ii
- (C) 1-iv, 2-ii, 3-i, 4-iii
- (D) 1-i, 2-ii, 3-iii, 4-iv

Correct Answer: (C)