

PGT Physical Education

Q 1). Which Indian state is planning to launch a massive jungle safari project in the Aravalli Hills, aimed at promoting eco-tourism and sustainable development?

- (A) Rajasthan
- (B) Gujarat
- (C) Madhya Pradesh
- (D) Haryana

Correct Answer: (D)

Q 2). Prime Minister Modi had accorded a ceremonial welcome during his recent visit to Croatia at _____.

- (A) St. Mark's Church
- (B) Croatian Parliament
- (C) Banski Dvori Palace
- (D) Zagreb City Hall

Correct Answer: (C)

Q 3). Which of the following countries were recently elected to serve as a non-permanent member of the UN Security Council for a two-year term starting in January 2026?

1. Bahrain, Colombia, Latvia
2. Indonesia, Sri Lanka, Vietnam
3. Liberia, The Democratic Republic of Congo

- (A) 1, 2 & 3
- (B) 1 & 3
- (C) Only 2
- (D) 1 & 2

Correct Answer: (B)

Q 4). "How many characters are there in the story?" This question is of _____ level as per the revised Bloom's Taxonomy.

- (A) remembering
- (B) evaluation
- (C) understanding
- (D) application

Correct Answer: (A)

Q 5). Which of the following is an example of positive reinforcement as per child psychology?

- (A) Giving a child a time-out for misbehavior.
- (B) Praising a child for completing homework.
- (C) Removing TV privileges for poor grades.
- (D) Ignoring a child's tantrum.

Correct Answer: (B)

Q 6). As per NEP 2020, what is the proposed bagless period for students in Grades 6-8 in a year?

- (A) 5 days
- (B) 10 days
- (C) 15 days
- (D) 20 days

Correct Answer: (B)

Q 7). “The neuromuscular relationship of nerve or nerve fibre to the one that connects the central nervous system with muscles” refers to which of the following?

- (A) Motor Development
- (B) Mental Development
- (C) Emotional Development
- (D) Social Development

Correct Answer: (A)

Q 8). The human heart is about the size of ____.

- (A) average size apple
- (B) hen’s egg
- (C) man’s closed fist
- (D) big almond

Correct Answer: (C)

Q 9). Uber cup is associated with which sport?

- (A) Ball badminton
- (B) Baseball
- (C) Badminton
- (D) Softball

Correct Answer: (C)

Q 10). What provides utility to physical education as an academic discipline?

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

Correct Answer: (A)

Q 11). There are how many goals in Global Goals for Sustainable Development?

- (A) 7
- (B) 10
- (C) 17
- (D) 20

Correct Answer: (C)

Q 12). What is the standard height of the hurdles for men?

- (A) 0.762 mt
- (B) 0.838 mt
- (C) 0.900 mt
- (D) 0.914 mt

Correct Answer: (D)

Q 13). What percent of a human body weight is made up of mineral elements?

- (A) 5-6 %
- (B) 3-4 %
- (C) 8-10 %
- (D) 10-15 %

Correct Answer: (A)

Q 14). Olympic motto comprises three Latin words – citius, altius, fortius. What is the meaning of the word “citius”?

- (A) Higher
- (B) Stronger
- (C) Faster
- (D) Swifter

Correct Answer: (C)

Q 15). What is measured by Sphygmomanometer?

- (A) Heart Rate
- (B) Blood Pressure
- (C) Respiratory Rate
- (D) Respiratory Volume

Correct Answer: (B)

Q 16). Which of the following is the most influential factor to determine a sprinter's maximum velocity?

- (A) Reaction Time
- (B) Stride Length
- (C) Leg Length
- (D) Stride Frequency

Correct Answer: (D)

Q 17). Internship programme of teacher education provides which of the following?

- (A) Content Courses
- (B) Practical Courses
- (C) Theoretical Framework
- (D) Research Courses

Correct Answer: (B)

Q 18). Which of the following are events in “Power Lifting”?

- (A) Squat, Bench press, Dead lift
- (B) Squat, Pullovers, Curis
- (C) Dead life, Bench press, Chin ups
- (D) Pullups, Bench press, Dead lift

Correct Answer: (A)

Q 19). Warming Up and Swarming Down help exercisers and athletes for which of the following?

- (A) Improve their performance
- (B) Avoid being ill and sick
- (C) Prevent injury and enhance Performance
- (D) Keep their body and mind Relax

Correct Answer: (C)

Q 20). **Read the following passage carefully and answer the question.**

Doping in sports is like a curse. Doping started back to the ancient Olympics. There are many such players who accept even in ancient Olympics that they used to make juice of herbs or rotten fruits and consume them which increased his playing ability. But even in modern Olympics, in order to increase such artificial sports ability, players consume banned drugs before the competition or during the competition and these wrong practices are increasing day by day, now the players are also doing blood doping.

Which of the following reflects the central concern regarding doping in sports across both ancient and modern Olympics?

- (A) Doping is a recent problem that started only in modern Olympics.
- (B) Athletes have historically used substances, natural or artificial, to enhance performance, raising ongoing ethical issues.
- (C) Only ancient athletes used herbal juices, while modern athletes avoid any performance enhancers.
- (D) Blood doping was practiced extensively in ancient Olympics but is now banned.

Correct Answer: (B)