

TGT Physical Education

Q 1). Recently, President Droupadi Murmu has renamed the Durbar Hall of Rashtrapati Bhawan. What is the new name of the Durbar Hall?

- (A) Kirti Mandap
- (B) Prasad Mandap
- (C) Ganatantra Mandap
- (D) Gandhi Mandap

Correct Answer: (C)

Q 2). Recently, 4th Capacity Building Program for the Civil Servants of the Socialist Republic of which country has commenced at NCGG, Mussoorie?

- (A) Sri Lanka
- (B) Mauritius
- (C) Madagascar
- (D) Seychelles

Correct Answer: (A)

Q 3). Recently, which of the following typhoons has pummeled Japan?

- (A) Biparjoy
- (B) Yagi
- (C) Shanshan
- (D) Mocha

Correct Answer: (C)

Q 4). Students identify the sub concepts from the generalization in which of the following phases of concept mapping?

- (A) Propositional Phase
- (B) Application Phase
- (C) Closure Phase
- (D) Presentation of Abstraction

Correct Answer: (D)

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). In which year did Milkha Singh win the first National title in the 400 m race?

- (A) 1955
- (B) 1956
- (C) 1957
- (D) 1970

Correct Answer : (C)

Q 8). According to principle of specificity of load a cyclist should do ____.

- (A) weight training
- (B) cycling
- (C) plyometric training
- (D) high altitude training

Correct Answer : (A)

Q 9). Bones in human body are classified on the basis of which of the following?

- (A) Structure and Functions
- (B) Location and Attachment
- (C) Size and Shape
- (D) Joint and Movement

Correct Answer : (C)

Q 10). 'Fosbury Flop' is a term related to which of the following athletic events?

- (A) High Jump
- (B) Long Jump
- (C) Shot Put
- (D) Javelin Throw

Correct Answer : (A)

Q 11). Which one of the followings is not the part of Hydrotherapy?

- (A) Wax bath
- (B) Cryotherapy
- (C) Whirlpool bath
- (D) Contrast bath

Correct Answer : (B)

Q 12). Which of the following is a water sports?

- (A) River Rafting
- (B) Skateboarding
- (C) Trekking
- (D) Sky diving

Correct Answer : (A)

Q 13). Find out the name of disease which is categorized as NCD disease.

- (A) Chickenpox
- (B) Smallpox
- (C) Tuberculosis
- (D) Diabetes

Correct Answer : (D)

Q 14). Which mineral is essential for controlling heart rate?

- (A) Sodium
- (B) Sulfur
- (C) Potassium
- (D) Iron

Correct Answer : (C)

Q 15). Removal of undigested food is known by which name?

- (A) Ingestion
- (B) Digestion
- (C) Conversion
- (D) Egestion

Correct Answer : (D)

Q 16). The fastest period of growth in human beings is which among the following?

- (A) Childhood
- (B) Adolescent
- (C) Infancy
- (D) Puberty

Correct Answer : (B)

Q 17). Golf player Vijay Singh belongs to which country?

- (A) USA
- (B) Fiji
- (C) India
- (D) UK

Correct Answer : (B)

Q 18). Match the Four folds of astang yoga with following Theories of Play.

List A	List B
1. Yama	i. Process of controlling the mind through meditation
2. Niyam	ii. Systematic and rhythmic control of breathing performed to improve the internal functioning of the body.
3. Pranayam	iii. Personal observations and self-purification by discipline
4. Dhyana	iv. Universal commandments or morality for good behavior in society

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

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

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

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

Correct Answer : (A)

Q 19). Which is not the quality of a supervisor?

(A) Professional Enthusiasm

(B) Skilled in the syllabus

(C) Sympathetic Understanding

(D) Democratic in Rules

Correct Answer : (D)

Q 20). Identify the first president of the Sports Authority of India (SAI).

(A) Rajiv Gandhi

(B) Karna Singh

(C) Indira Gandhi

(D) C.V. Narayanan

Correct Answer : (A)
