

## **TGT Physical Education**

Q 1). In June 2025, at which of the following places Shri Amit Shah has inaugurated the National Turmeric Board headquarters?

- (A) Nizamabad, Telangana
- (B) Meerut, Uttar Pradesh
- (C) Indore, Madhya Pradesh
- (D) Raipur, Chhattisgarh

Correct Answer: (A)

Q 2). The World Health Organization (WHO) has recently praised India for

- (A) Launching the first AI-Powered vaccine distribution network.
- (B) Creating a global database of all herbal medicines used in India.
- (C) Using Artificial Intelligence (AI) to modernize traditional medicine.
- (D) Implementing nationwide AI automated hospital administration.

Correct Answer: (C)

Q 3). The World Games 2025 took place in which country in August 2025?

- (A) India
- (B) China
- (C) Brazil
- (D) USA

Correct Answer: (B)

Q 4). PPT with pictures and description is which type of teaching aid?

- (A) Audio
- (B) Visual
- (C) Audio-Visual
- (D) Non-Projected

Correct Answer: (B)

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). Night blindness is associated with the deficiency of which vitamin?

- (A) Vitamin A
- (B) Vitamin C
- (C) Vitamin D
- (D) Vitamin K

Correct Answer: (A)

Q 8). Where did India play its 1<sup>st</sup> one day international match?

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

Correct Answer: (A)

Q 9). The BA/B.Sc. Courses in Physical Education launched by the UGC were \_\_\_\_\_.

- (A) Academic-oriented
- (B) Activity-oriented
- (C) Sports-oriented
- (D) Fitness-oriented

Correct Answer: (C)

Q 10). The aspect of maturity which helps you to have an attractive and charming personality is called \_\_\_\_\_.

- (A) Intellectual maturity
- (B) Social maturity
- (C) Emotional maturity
- (D) Physical maturity

Correct Answer: (C)

Q 11). Which of the following is a biological process that plays an important role in the transmission of physical and social attributes from parents to their children?

- (A) Heredity
- (B) Transformation
- (C) History
- (D) Socio-cultural

Correct Answer: (A)

Q 12). In the question below, there are two statements marked as Assertion (A) and Reason (R). Read the both statements carefully, which of the following is correct?

**Assertion (A):** Intolerant foods cannot be properly processed by our digestive system

**Reason (R):** Absence of certain enzyme do not let the food be properly processed

- (A) Both (A) and (R) are correct and (R) is correct explanation for (A).
- (B) Both (A) and (R) are correct, but (R) is not correct explanation for (A).
- (C) (A) is correct, but (R) is false.
- (D) Both (A) and (R) are false.

Correct Answer: (A)

Q 13). Which of these is an example of saddle joint?

- (A) Between the carpals
- (B) Knee joints
- (C) Between the carpal and metacarpal of the thumb
- (D) Between atlas and axis

Correct Answer: (C)

Q 14). Find out the name of disease which is categorized as NCD disease.

- (A) Chicken Pox
- (B) Small pox
- (C) Tuberculosis
- (D) Diabetes

Correct Answer: (D)

Q 15). \_\_\_\_\_ is a super tonic for psychosomatic illnesses.

- (A) Pranayama & Dhyana
- (B) Asana & Surya Namaskar
- (C) Mudra & Posture
- (D) Aerobics Exercises

Correct Answer: (A)

Q 16). Match the following Scope of Physical Education with the given Statement.

<b>List-I</b>	<b>List-II</b>
1. Mechanical Aspects	a. Study of areas regarding individual differences, personality development.
2. Biological Aspects	b. To correctly identify a developing athlete with the potential to become a successful elite performer.
3. Psycho- Social Contest	c. Concepts regarding laws of motion, lever, force and its generation, maintenance of equilibrium.
4. Talent Identification and Training	d. Areas of heredity and environment, growth and development, organs and systems.

- (A) 1-a, 2-b, 3-c, 4-d
- (B) 1-c, 2-d, 3-a, 4-b
- (C) 1-b, 2-a, 3-d, 4-c
- (D) 1-d, 2-c, 3-b, 4-a

Correct Answer: (B)

Q 17). In Kabaddi Each team must have a minimum of how many players?

- (A) 12 Players
- (B) 14 Players
- (C) 11 Players
- (D) 10 Players

Correct Answer: (D)

Q 18). Which of the following is a personality trait not included in the 'Big Five Theory'?

- (A) Agreeableness
- (B) Neuroticism
- (C) Introversion
- (D) Conscientiousness

Correct Answer: (C)

Q 19). What is the principle of progressive overload?

- (A) Gradually increasing exercise intensity
- (B) Decreasing exercise frequency
- (C) Increasing exercise duration
- (D) Maintaining exercise consistency

Correct Answer: (A)

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

Injuries of soft tissue are known to be very common sports injuries. This injury can occur in all popular sports that can be treated. These types of injuries are prone to injury to the muscles, ligaments and tendons etc. In Sports Medicine it is told about in very brief. Our player Mr. Sachin Tendulkar has also faced such injuries but soft tissue injuries can be treated in a very simple way.

Which of the following best describes a soft tissue injury as mentioned in the case study?

- (A) Injury to bones and joints
- (B) Injury caused only by falling from height
- (C) Injury to muscles, ligaments, and tendons
- (D) Injury that cannot be treated

Correct Answer: (C)

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