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CLASS.....X.....

SUBJECT: Physical Education

TOPIC:.....M.C.Q - .....

TEACHER'S NAME: Ms. Kusum Thakur

Set - I

Q1. Aggressive behaviour of a sports person is influenced by :

- a. Tactical Ability
- b. Goal Orientation
- c. Motivation
- d. Skill level

Q2 \_\_\_\_\_ is the successful adaptation to the stresses of one's life-style.

- a) Social Development
- b) Physical Education
- c) Physical Fitness
- d) None of them

Q3. The ability of the organism to meet the demands of the environment is called :

- |             |              |
|-------------|--------------|
| a. Fitness  | c. Health    |
| b. Wellness | d. Endurance |



Q 4. The objectives of Physical Education are :-

- a. Academic development
- b. Progressive development
- c. Emotional development
- d. Wellness.

Q 5

The stage from birth, to the end of 5 years of age is called \_\_\_\_\_

- a) childhood
- b) Infancy
- c) Old Age
- d) Adulthood

Q 6. The main role of a Physical Education Teacher is identified with a

- a. Leader
- b. Planner
- c. Manager
- d. Motivator

Q 7. Which of the following ability is both conditional and coordinative?

- a. Flexibility
- b. strength
- c) Speed
- d) Endurance



TOPIC:.....Multiple - Choice Questions.....

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Set - I

Q8 It is a amount of blood your heart pumps each minute :-

- a. Tidal Volume
- b. Artificial Respiration
- c. Lean body mass
- d. Cardiac Output

Q9 It is a amount of air exhaled or inhaled in one breathe is :-

- a. Lean body Mass
- b. Cardio Pulmonary Respiration
- c. Tidal Volume
- d. Cardiac output-

Q10 It is characterized by diverse reactions.

- a. Trait anxiety
- b. Stress
- c. Somatic state anxiety
- d. State anxiety

Q11 CNS stands for :-

- a. Central Nervous System
- b. Circle Neuron System
- c. Circle Nervous System
- d. Central Neuron Systematic



Q12 The classification of body types as Endomorphs, Mesomorphs and Ectomorphs is given by

- a) Kretchmer
- b. Sheldon
- c. Plato
- d. Aristotle

Q13 There are primarily four groups of muscles around hip joint. Among them medial group of muscles act for

- a. Flexion
- b. Extension
- c. Abduction
- d. Adduction

Q14 Which of the following is known as the building blocks of the body?

- a. Proteins
- b. Carbohydrates
- c. Minerals
- d. Vitamins

Q15 Which of the following is considered as genetic endowment?

- a. Proteins
- b. Carbohydrates
- c. Speed
- d. Strength



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TOPIC:.....Multiple choice Questions.....

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Set - I

Q16 Prevention from diseases :-

- a. Alcohol
- b. Balance Diet
- c. Smoking
- d. Drugs.

Q17 Acquisition of Motor skill mainly depends on

- a. Coordinative ability
- b. Flexibility
- c. Speed
- d. Endurance

Q18 To develop cognitive ability cognitive skills are:-

- a. Feeling and action
- b. Reading habit
- c. Postive attitude to life situations .
- d. Regulate emotions to manage cognitive stress

Q19 Body composition of a person involves components like -

- a. Body Density
- b. Metabolism
- c. Percent Body Fat
- d. Lean and fat Body Mass



TOPIC:.....Multiple - Choice Questions.....

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Set - I

Q20 Haemoglobin is found in

- a. White Blood Corpuscles (WBC)
- b. Red blood Corpuscles (RBC)
- c. Bone Marrow.
- d. Platelets

Q21 Physical Exercises done with an aim to develop muscle hypertrophy are by nature :

- a. Isokinetic exercises
- b. Anaerobic exercises
- c. Isotonic exercises
- d. Aerobic exercises.

Q22 Stretching exercises influence some of the motor fitness components differently. Select the correct option :-

- a. increase strength and Flexibility.
- b. decrease both flexibility and strength.
- c. increase flexibility but decrease strength
- d. increase flexibility and agility.

Q23 Following is the components of performance related fitness :-

- a. Body composition
- b. Flexibility
- c. Cardio vascular endurance.
- d. All of Above



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Set-I

Q24 Modern Concept of Physical Education is

- a. Education through the physical
- b. Education of the Physical
- c. Education for the society
- d. Education for the disabled.

Q25 Vital Capacity depends on

- a. Max  $VO_2$  requirement of the body
- b. Capillary network surrounding alveolar walls
- c. Alveolar size or strength of inter costal muscle
- d. All of Above

Q26 Which is the correct match of the following ?

- |               |                                |
|---------------|--------------------------------|
| a. Agility    | a. White muscle fibres.        |
| b. Speed      | b. Neuro Muscular coordination |
| c. Max $VO_2$ | c. Cellular metabolism.        |
| d. Endurance  | d. Red Muscle fibres           |

Q27 Exercise done in absence of oxygen

- a. Aerobic exercise
- b. Isometric exercise
- c. Anaerobic exercise
- d. Isotonic exercise

Q28 RICE - 'C' stands for

- a. Cut
- b. Compression
- c. Core
- d. Catch



TOPIC:.....Multiple - Choice Questions.....

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Set - I

Q29 Aim of Sports training is.

- a) improvement of physical fitness
- b) improvement of technical skills
- c) improvement of tactical efficiency
- d) improvement of sports performance

Q30 Sociological foundation of Physical education discuss

- a) Competition and Co-operation
- b) Body Types
- c) Motor learning
- d) All of above

Q31 Motivation types is \_\_\_\_\_

- a) outwards motivation
- b) Systematic motivation
- c) Internal motivation
- d) Performance

Q32 YMCA stands for \_\_\_\_\_

- a) Young Men Christ Association
- b) Young Men Christian Association
- c) Youth men Christian Association
- d) Youth men Christ Association



TOPIC:.....Multiple - Choice Question.....

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Set - I

Q33 Arrange the following sequence for First Aid Management in sprain :-

- a) Rest, Ice, Compression, Elevation
- b) Ice, Compression, Rest, Elevation
- c) Elevation, Compression, Ice, Rest
- d) Compression, Rest, Ice, Elevation.

Q34 The systematic planning of athletic or physical training is called:

- a) Specificity
- b) Frequency
- c) Variance
- d) Periodization

Q35 Factors that influence human growth and Development are :-

- a) Heredity
- b) Environment
- c) Gender
- d) All of the above

Q36 Focus of physical education is

- a) Motion
- b) Fitness
- c) Man in motion
- d) Man



TOPIC:.....Multiple - Choice Question.....

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Set - I

Q37 Metabolism adaptation is

- a) Metabolic rate suspension
- b) Adjustment of metabolic rate to enhanced of work load demand.
- c) Metabolic rate suspension
- d) Adaptation of metabolic ratio

Q38 Biological basis of life includes

- a) Food and Physical Exercise
- b) Motor fitness
- c) Intelligence
- d) None of them

Q39 Development of group cohesion is based on

- a) Team factors
- b) Leadership factors
- c) Environmental factors.
- d) All of the above

Q40 Personal Sources of Stress are

- a) Event importance
- b) Self Esteem
- c) Uncertainty
- d) None of them.



TOPIC:.....Multiple - Choice Questions.....

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Set - I

Q41) Arrange the following courses in Physical Education in Chronological order as they were started in India:-

- a) B.P.Ed, B.P.E, M.Phil, Ph.D
- b) Ph.D, B.P.E, B.P.Ed, M.Phil
- c) B.P.E., B.P.Ed, Ph.D, M.Phil
- d) B.P.Ed, B.P.E, Ph.D, M.Phil

Q42) Benefits of Physical Education which appear to be unprovable due to mismanagement of Physical education programmes are:-

- a) Character Development
- b) Service to education
- c) Physical fitness development
- d) All of the above

Q43) Present leaders of physical education require to be

- a) Healthy
- b) Skillful
- c) Moral and ethical.
- d) Academically strong with communications skill

Q44) To develop readiness for change is essential for education and physical education, because :-

- a) Readiness prepares for future
- b) Readiness prepares for present
- c) Motivation Development.
- d) None of them



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Set-I

Q45 Development of maximum strength should start at the age of

- a) 8-10 years
- b) 16-18 years
- c) 11-13 years
- d) 14-15 years

Q46 Health related fitness doesnot include

- a) Flexibility
- b) Endurance
- c) Speed
- d) Body Composition

Q47 Match the following - Choose which one is correct

- |                |               |
|----------------|---------------|
| a) Flexibility | a) Endomorph  |
| b) Linerality  | b) Goniometry |
| c) Obesity     | c) Ectomorph  |
| d) Muscularity | d) Mesomorph  |

Q48 Flexion and extension occur around

- a) Anterior-posterior axis
- b) Vertical axis
- c) Saggittal axis
- d) Medio-lateral axis

Q49 Rest period immediately after exercise

- a) Recovery Period
- b) Myoglobin
- c) Oxygen debt
- d) Aerobic Metabolism



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Set-I

Q50 Excess oxygen consumed during recovery period.

- a) Recovery Period
- b) Metabolism
- c) Oxygen Debt
- d) Tidal Volume