

English

1. Adaptation to training load at high altitudes is known as

- (A) Acclimatization
- (B) Stabilization of performance
- (C) Recreation
- (D) Thermoregulation

Correct Option(s): A

English

2. Super compensation means

- (A) Fatigue
- (B) Second wind
- (C) Adaptation to load
- (D) Oxygen dept

Correct Option(s): C

English

3. Physical ability which enables a person to rapidly change body position and direction in a precise manner is called

- (A) Speed
- (B) Coordination
- (C) Balance
- (D) Agility

Correct Option(s): D

English

4. The ability to use the senses sight and hearing together with body parts in performing motor tasks smoothly and accurately is

- (A) Balance
- (B) Coordination
- (C) Reaction time
- (D) Endurance

Correct Option(s): B

English

5. Speed play' is also known as

- (A) Continuous training
- (B) Fartlek training
- (C) Interval training
- (D) Repetition training

Correct Option(s): B

English

6. Best method to develop flexibility is

- (A) Ballistic method
- (B) Dynamic stretching
- (C) Static stretching
- (D) Slow stretching and holding method

Correct Option(s): D

English

7. Increase of muscle mass due to weight training is called

- (A) Muscular atrophy
- (B) Muscular hypertrophy
- (C) Muscular hypotrophy
- (D) Haematoma

Correct Option(s): B

English

8. Principle of training that states that the body requires recovery periods between exercise training sessions in order to adapt to the exercise stress is the:

- (A) Overload Principle
- (B) Progression Principle
- (C) Specificity Principle
- (D) Recuperation Principle

Correct Option(s): D

English

9. Which term is used to describe the amount of weight that can be lifted or moved only once?

- (A) Endurance point
- (B) Single maximum capacity
- (C) One repetition maximum
- (D) Maximum load

Correct Option(s): C

English

10.

Micro cycle involves training of

- (A) One year
- (B) One month
- (C) One week
- (D) Six weeks

Correct Option(s): A

English

11. Product of mass and velocity is

- (A) Momentum
- (B) Acceleration
- (C) Force
- (D) Weight

Correct Option(s): D

English

12. Working beyond your comfort zone in training to force an adaptation is a definition of which principles of training?

- (A) Progression
- (B) Specificity
- (C) Intensity
- (D) Overload

Correct Option(s): B

English

13. Transition period aims at

- (A) Stabilization of performance
- (B) Recovery
- (C) Super compensation
- (D) Recreation

Correct Option(s): A

English

14. Muscular endurance is best developed by

- (A) Increasing the number of repetitions
- (B) Increasing the speed of movements
- (C) Increasing the amount of weight lifted or resistance used.
- (D) Increasing the time between sets.

Correct Option(s): B

English

15. Isometric exercise is the one in which muscle length is

- (A) Shortened
- (B) Constant
- (C) Lengthens
- (D) Lengthening and shortening

Correct Option(s): A

English

16. Lower body flexibility is measured by which test?

- (A) Sit & Reach Test
- (B) Harvard Step Test
- (C) 600-metre run
- (D) Push-up

Correct Option(s): D

English

17. Which of the following test is used to measure explosive power?

- (A) Shuttle run
- (B) Pull-ups
- (C) 50m run
- (D) Sarjent jump

Correct Option(s): B

English

18. Test-retest method is used to establish

- (A) Validity
- (B) Reliability
- (C) Objectivity
- (D) Norms

Correct Option(s): D

English

19. Following which test measures the cardio respiratory endurance?

- (A) Bent-knee Sit-up test
- (B) Vertical jump test
- (C) Running Based Anaerobic Sprint Test
- (D) Cooper's 12 Minutes Run / Walk Test

Correct Option(s): C

English

20. Which of the following is not part of the health related physical fitness components

- (A) Muscular strength
- (B) Muscular endurance
- (C) Speed
- (D) Flexibility

Correct Option(s): A

English

21. The measurement of the size and proportion of the human body is called

- (A) Anthropometry
- (B) Motor fitness
- (C) Anthropology
- (D) Astronomy

Correct Option(s): C

English

22. Harvard Step Test is used to measure which of the following

- (A) Physical Fitness
- (B) Bio-motor Abilities
- (C) Aerobic Fitness
- (D) Psycho-motor Abilities

Correct Option(s): B

English

23. Which test is commonly used to assess anaerobic power?

- (A) Cooper 12-minute run test
- (B) RAST
- (C) 1.5-mile run test
- (D) Sit-and-reach test

Correct Option(s): D

English

24. A sprain is defined as which of the following?

- (A) Acute pain in muscle, tendon, or ligament after injury
- (B) Tendon tear
- (C) Muscle tear
- (D) Ligament tear

Correct Option(s): B

English

25. ABC of first aid stands for

- (A) Airway, bandage and call medical emergencies
- (B) Airway, breathing and circulation
- (C) Ambulance, bandage and circulation
- (D) Airway, breathing and call medical emergencies

Correct Option(s): A

English

26. The principle FITT means

- (A) Frequency, intensity, time, type
- (B) Frequency, intensity, time, test
- (C) Full range motion, intensity, time, test
- (D) Full range motion, intensity, time, type

Correct Option(s): C

English

27. Elevation helps in injury by

- (A) Allowing white blood cells to be released to fight against infection
- (B) Helping to support the weight of the limb
- (C) Reducing blood flow to the area
- (D) Increasing blood flow to the area

Correct Option(s): D

English

28. Muscle cramp is treated by

- (A) Hot application
- (B) Cold application
- (C) Passive and Active stretching exercise.
- (D) Alternate Hot and Cold application

Correct Option(s): A

English

29. Expand APA

- (A) American Psychological Association
- (B) American Philosophical Association
- (C) Asian Psychological Association
- (D) American Psychological Agency

Correct Option(s): B

English

30. The nutrient that mostly used to build and repair muscles is

- (A) Carbohydrate
- (B) Protein
- (C) Fat
- (D) Vitamin

Correct Option(s): C

English

31. What role do antioxidants play in sports nutrition?

- (A) Enhance muscle growth
- (B) Improve hydration
- (C) Protect cells from oxidative damage
- (D) Increase energy levels directly

Correct Option(s): B

English

32. Which of these forms most of our body weight?

- (A) Fats
- (B) Water
- (C) Carbohydrates
- (D) Proteins

Correct Option(s): A

English

33. Which vitamin is crucial for bone health and often associated with sunlight exposure?

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

Correct Option(s): D

English

34. Which macronutrient is the primary source of energy during high-intensity exercise?

- (A) Proteins
- (B) Vitamins
- (C) Fats
- (D) Carbohydrates

Correct Option(s): B

English

35. What is the recommended daily protein intake for an athlete looking to build muscle?

- (A) 0.8 grams per kilogram of body weight
- (B) 1.2-1.7 grams per kilogram of body weight
- (C) 2.0-2.5 grams per kilogram of body weight
- (D) 3.0 grams per kilogram of body weight

Correct Option(s): C

English

36. Which of the following is considered a good source of electrolytes for athletes

- (A) Apples
- (B) Spinach
- (C) Bananas
- (D) Almonds

Correct Option(s): B

English

37. What is the primary cause of muscle fatigue during high-intensity exercise?

- (A) Depletion of muscle glycogen
- (B) Accumulation of lactic acid
- (C) Depletion of ATP stores
- (D) Accumulation of calcium ions

Correct Option(s): C

English

38. What is the role of hemoglobin in exercise physiology?

- (A) Transporting carbon dioxide in the blood
- (B) Breaking down glucose for energy
- (C) Carrying oxygen to working muscles
- (D) Maintaining blood pH balance

Correct Option(s): A

English

39. Which of the following best defines VO₂ Max?

- (A) Maximum amount of oxygen the body can utilize during exercise
- (B) Maximum volume of air the lungs can inhale
- (C) The ability of the muscles to perform continuous activity
- (D) The rate at which the heart pumps blood

Correct Option(s): D

English

40. Which of the following is the primary muscle responsible for breathing?

- (A) Pectoralis major
- (B) Sternocleidomastoid
- (C) Rectus abdominis
- (D) Diaphragm

Correct Option(s): C

English

41. What is the term used to describe the maximum amount of air that can be exhaled after a maximum inhalation?

- (A) Tidal Volume (TV)
- (B) Residual Volume (RV)
- (C) Vital Capacity (VC)
- (D) Inspiratory Reserve Volume (IRV)

Correct Option(s): A

English

42. Which chamber of the heart pumps oxygenated blood to the rest of the body?

- (A) Left ventricle
- (B) Left atrium
- (C) Right atrium
- (D) Right ventricle

Correct Option(s): D

English

43. What is the primary purpose of the cardiovascular system's response to exercise?

- (A) To improve bone density
- (B) To speed up digestion
- (C) To increase flexibility in joints
- (D) To enhance oxygen delivery to muscles

Correct Option(s): B

English

44. Which type of muscle contraction occurs when the muscle lengthens while producing force?

- (A) Concentric
- (B) Eccentric
- (C) Isometric
- (D) Isokinetic

Correct Option(s): C

English

45. Flexion and extension come under _____ movement.

- (A) Gliding
- (B) Rotation
- (C) Angular
- (D) Circumduction

Correct Option(s): A

English

46. What does the term "proprioception" refer to?

- (A) The awareness of body position and movement
- (B) The ability to maintain balance
- (C) The process of learning new motor skills
- (D) The perception of external stimuli

Correct Option(s): C

English

47. What does "dynamic balance" refer to in physical education?

- (A) Balance maintained while stationary
- (B) Balance maintained while moving
- (C) The ability to control body weight
- (D) The ability to adjust to sudden movements

Correct Option(s): B

English

48. Which of the following describes the study of forces and their effects on the body?

- (A) Kinematics
- (B) Dynamics
- (C) Kinetics
- (D) Statics

Correct Option(s): C

English

49. What term describes the mental practice technique where athletes visualize themselves performing a skill?

- (A) Goal Setting
- (B) Self-Talk
- (C) Relaxation Techniques
- (D) Imagery

Correct Option(s): D

English

50. Which concept refers to the mental toughness needed to overcome adversity in sports?

- (A) Resilience
- (B) Stress Management
- (C) Motivation
- (D) Concentration

Correct Option(s): A