

**Question Booklet and Answer Key**

**For Recruitment Test**

**Held on 28.02.2015 (Evening)**

**Post: TGT (Paper-II)**

***Physical Education***

**‘D’ Series**

THE UNIVERSITY OF CHICAGO

DEPARTMENT OF CHEMISTRY

PHYSICAL CHEMISTRY

LECTURE NOTES

BY

PROF. J. H. DILLON

1. National Institute of Sports was established at Patiala in the year :  
 1) 1963                      2) 1966                      3) 1961                      4) 1964
2. Who is the winner of Women's Singles Badminton Commonwealth Games 2010 ?  
 1) P.V. Sindhu              2) Saina Nehwal              3) Lin Dane              4) Meena Shah
3. Citius, Altius and Fortius is motto of :  
 1) Asian Games                      2) Commonwealth Games  
 3) Olympic                      4) None of the above
4. Deuce Terminology is used in :  
 1) Table Tennis              2) Badminton              3) Tennis              4) Ball badminton
5. Santosh Trophy is associated with :  
 1) Basketball              2) Hockey              3) Football              4) Volleyball
6. Which game/sport is held in a velodrome ?  
 1) walking race              2) cycling              3) marathon race              4) bike race
7. Duration of time out in Hand Ball match is :  
 1) 45 sec.              2) 1 min.              3) 2 min.              4) 3 min.
8. Who is known as Hockey Wizard ?  
 1) Trikey              2) Balbir Singh              3) Dhyan Chand              4) Dhanraj Pillay
9. Which of the following is the oldest sport in India ?  
 1) Boxing              2) Wrestling              3) Judo              4) Kick Boxing
10. Remedy for flat foot is :  
 1) Climbing stairs on the toes              2) Wearing loose shoes  
 3) Horse riding              4) None of the above
11. Main cause of bad posture in school children is :  
 1) tight school dress              2) heavy bags  
 3) poor diet              4) bad habits of reading and writing
12. Micro cycle plan is :  
 1) 2 – 4 weeks duration              2) 3 – 6 weeks duration  
 3) 5 – 7 weeks duration              4) 5 – 10 weeks duration
13. Late childhood age is :  
 1) 5 years              2) 6 to 12 years              3) 12 to 18 years              4) 18 to 20 years
14. The Olympics rings represent :  
 1) five countries              2) five mountains              3) five continents              4) five rivers
15. Aim of Sports training is :  
 1) Improvement of technical skills              2) Improvement of sports performance  
 3) Improvement of strength endurance              4) Improvement of physical fitness
16. Sociological foundation of physical education discusses :  
 1) motor learning              2) socio economics  
 3) competition and cooperation              4) none of the above



17. Function of Association of Indian Universities (AIU) is :  
 1) Appointment of Lecturer in Physical Education  
 2) Appointment of Directors for the Universities  
 3) Providing sports equipments to the Universities  
 4) Planning of the inter University Competition
18. Outer boundary of the cell is called :  
 1) Plasma membrane  
 2) Protoplasm  
 3) Cell boundary  
 4) Cytoplasm
19. CABPER stands for :  
 1) Central Advisory Board for Physical Education and Research  
 2) Central Administrative Board for Physical Education and Recreation  
 3) Central Advisory Board for Physical Education and Recreation  
 4) Central Administrative Board for Physical Education and Research
20. Dimensions of Wrestling mat are :  
 1) 12m x 12 m      2) 14m x 14m      3) 16m x 16m      4) 18m x 18m
21. Physical is the ability to  
 1) Carry out the load of books  
 2) measure fundamental skill  
 3) Carry out daily work efficiently  
 4) None of the above
22. Who started the National Discipline Scheme in 1954 ?  
 1) General Bhonsle  
 2) Raj Kumari Amrit Kaur  
 3) H. C. Buck  
 4) G. D. Sondhi
23. Sunlight is the source of  
 1) Vitamin D      2) Vitamin C      3) Vitamin B      4) Vitamin E
24. Freely movable joint is  
 1) Hinge joint      2) Ball & socket joint      3) Gliding joint      4) Pivot joint
25. Throat is also called  
 1) Trachea      2) Larynx      3) Pharynx      4) Mosal
26. Ancient Olympics was a  
 1) competition      2) festival in honour of God Zeus  
 3) tournament      4) None of the above
27. Who won the Malaysia Badminton Grand Prix Gold title in women category ?  
 1) Saina Nehwal      2) Kanwal Thakur Singh      3) P. V. Sidhu      4) None of above
28. Learning is related to  
 1) modification in behaviour      2) physiological development  
 3) increase in body size      4) development in body
29. Arjun Awards were started in the year  
 1) 1956      2) 1961      3) 1985      4) 1991
30. YMCA College of Physical Education at Madras was founded by  
 1) G. D. Sondhi      2) General Bhonsle  
 3) H. C. Buck      4) Raja Balinder Singh
31. 1<sup>st</sup> Asian Games were held at New Delhi in year  
 1) 1953      2) 1961      3) 1959      4) 1950



32. Basic unit of all living organisms is called  
1) cell                      2) oxygen                      3) water                      4) tissue
33. Psychology deals with  
1) functions of brain                      2) functions of body  
3) functions of heart                      4) activities of mind
34. Kyphosis is also known as  
1) Hollow back                      2) curved back  
3) round shoulder                      4) lateral back
35. Circuit training improves  
1) General physical fitness                      2) speed                      3) strength                      4) endurance
36. Types of body according to Sheldon are  
1) Ectomorphy, Mesomorphy & Endomorphy  
2) Atheletic, Pyknic  
3) Short Middle long stouts  
4) None of the above
37. Laxmi Bai College of Physical Education was established in the year  
1) 1957                      2) 1959                      3) 1958                      4) 1960
38. The ability to overcome resistance with high speed is  
1) maximum strength                      2) speed strength                      3) explosive strength                      4) strength
39. Pushing against the wall is  
1) ISO kinetic contraction of exercise                      2) ISO metric contraction of exercise  
3) ISO tonic contraction of exercise                      4) None of these
40. If we drink contaminated water from a pool or from a rusted hand pump, we are liable to contract  
1) malaria                      2) measles                      3) cholera                      4) fever
41. The School Health Services started in India in the year  
1) 1962                      2) 1909                      3) 1949                      4) 1968
42. Hepatitis is an infection of the  
1) duodenum                      2) kidney                      3) stomach                      4) liver
43. Haemoglobin is very rich in  
1) potassium                      2) magnesium                      3) iron                      4) calcium
44. In which track event the athletes or runners do not use starting block ?  
1) 200 mt.                      2) 400 mt.                      3) 800 mt.                      4) 100 mt.
45. In international matches a hockey team consists of  
1) 12 players                      2) 15 players                      3) 16 players                      4) 18 players
46. The course of physical education in B.A./B.Sc. permitted by the University Grants Commission launched in the Degree College was open to  
1) physically fit person                      2) talented boys and girls  
3) good sports person                      4) anyone desirous of it
47. The Sultan Azlan Shah Tournament is related to  
1) football                      2) hockey                      3) volleyball                      4) cricket



48. Balanced diet consists of  
1) vitamin                      2) protein                      3) carbohydrates                      4) all the above
49. Fartlek is known as  
1) ATP and CP                      2) speed play                      3) endurance play                      4) none of these
50. Physical fitness can be developed by  
1) participation in games                      2) weight training  
3) skipping                      4) all of the above
51. Sports & Youth Welfare Department opened by Ministry of Education in the year  
1) 1957                      2) 1959                      3) 1960                      4) 1958
52. Who is eligible for Dronacharya Award?  
1) International Sportsman                      2) Coach  
3) Sports Teacher                      4) None of the above
53. How many lanes are there in International Athletic Track?  
1) Six Lanes                      2) Four Lanes                      3) Eight Lanes                      4) Ten Lanes
54. Size of Badminton Court for doubles is :  
1) 23.77m x 11m                      2) 13.40m x 6.10m                      3) 40m x 20m                      4) 12.50m x 10m
55. Adolescence is the age from  
1) 12 to 18 years                      2) 18 to 25 years                      3) 10 to 18 years                      4) 25 to 30 years
56. The study of human behaviour is known as the :  
1) Study of Anatomy                      2) Study of Mind  
3) Study of Human                      4) Study of Psychology
57. The Uber Cup is related to the game :  
1) Tennis                      2) Badminton                      3) Squash Racket                      4) None of the above
58. Who is the world record holder of Pole Vault in men's section ?  
1) Praveen Kumar                      2) Balwinder Singh                      3) Sergey Bubka                      4) None of these
59. Name of the Indian Long Jumper who has received prestigious Arjun Award is :  
1) Gurmeet Kaur                      2) Suman Rawat                      3) Anju Bobby George                      4) P.T. Usha
60. Davis Cup is related to the game :  
1) Hockey                      2) Football                      3) Tennis                      4) Table Tennis
61. Winner of the Arjuna Award in Tennis in the year 1974 is :  
1) Vijay Amritraj                      2) Anand Amritraj                      3) Leander Paes                      4) Mahesh Bhupati
62. Who among the following should be Chairman of the Intramural Committee at the School / College ?  
1) Director of Tournament                      2) Head of the Institution  
3) The Vice-Principal of School/College                      4) President Students Union
63. A person's posture is most influenced by:  
1) Lifestyle                      2) Movement of the body  
3) Home environment                      4) None of the above
64. The major function of ligaments in the body is to:  
1) Reduce friction in joint                      2) Act as lever  
3) Prevent the joint dislocation                      4) Help in movement



65. The control of Sports development in the country is in the hands of:  
 1) National Sports Federation                      2) Indian Olympic Association  
 3) Ministry of Youth Affairs Sports              4) Colleges and Universities
66. In which game is the title of Bharat Kesri bestowed on the Winning Champion ?  
 1) Judo                      2) Wrestling              3) Boxing              4) None of the above
67. The game Korfball is played by:  
 1) Men Team                      2) Women Team  
 3) Mixed team of men and women              4) Family Team
68. Who is the President of the Sports Authority of India ?  
 1) Minister of Youth Affairs and Sports              2) President of India  
 3) President of Indian Olympic Association              4) Prime Minister of India
69. Who is the Founding Father of the Asian Games ?  
 1) Pt. Jawaharlal Nehru                      2) Prof. G.D. Sondhi  
 3) Raj Kumari Amrit Kaur                      4) None of the above
70. Principles of learning can be used to:  
 1) Provide learning experiences to students  
 2) Produce stronger transfer effects  
 3) Facilitate learning in a big way  
 4) Understand, analyze and manage human behaviour
71. Our hands generally get contaminated with:  
 1) Chemicals                      2) Bacteria                      3) Soil and dirt                      4) None of the above
72. The first Olympic Games were held in:  
 1) England                      2) Athens                      3) America                      4) Sweden
73. Who designed the Olympics Flag?  
 1) G.D. Sondhi                      2) Sir Dorabji Tata  
 3) Baron Pierre de Coubertin                      4) None of these
74. Aerobic Capacity contributes to:  
 1) Agility development                      2) Flexibility development  
 3) Power development                      4) Endurance development
75. The Indian Red Cross Society was established in the year:  
 1) 1863                      2) 1920                      3) 1947                      4) 1876
76. World Anti-Doping Agency (WADA) was established on 10 November in the year:  
 1) 1999                      2) 1987                      3) 2000                      4) None of the above
77. Post Graduation Course in Physical Education was first started in India in the year:  
 1) 1960                      2) 1965                      3) 1963                      4) 1964
78. In 1953 the person who presented the first project for organized coaching in India is:  
 1) Dr. P.M. Joseph                      2) Raj Kumari Amrit Kaur  
 3) Pt. Jawahar Lal Nehru                      4) Sir Dorabji Tata
79. Body Composition of a person involves component like:  
 1) Body Density                      2) Lean Body Mass                      3) Fat Body Mass                      4) None of the above



80. Which of the following is a Combat Sport ?  
1) Football                      2) Cycling                      3) Hockey                      4) Wrestling
81. Which out of these is not the law of learning ?  
1) Law of Effect                      2) Law of Reaction  
3) Law of Readiness                      4) Law of Exercise
82. A sprain is caused by:  
1) Damage of tendon                      2) Dislocation of joint  
3) A head injury                      4) Ligament damage at a joint
83. Synovial joint is:  
1) Freely Movable                      2) Slightly Movable                      3) Both 1) and 2)                      4) None of the above
84. Width of the lane in track is:  
1) 1.25m                      2) 1.10m                      3) 1.23m                      4) 1.22m
85. In which year did Milkha Singh win the First National Title in the 400m Race?  
1) 1955                      2) 1956                      3) 1970                      4) 1957
86. Who had made 9.58 sec world Record in 100 m Race ?  
1) M. Johnson                      2) Milkha Singh                      3) Usain Bolt                      4) None of the above
87. How many attempts does a high jumper get in each height ?  
1) 2                      2) 3                      3) 1                      4) 4
88. Intramurals are not an end but a means to human development in:  
1) Mental Health                      2) Health Spirit  
3) Body, Mind and Spirit                      4) Emotional development
89. The First step in a Sports programme is:  
1) Budgeting                      2) Planning                      3) Directing                      4) None of these
90. The amount of blood pumped from the heart with each beat is called:  
1) Stroke Volume                      2)  $VO_2$                       3) Vital capacity                      4) Cardinal output
91. Normal weight of the human heart is :  
1) 200-230 gms.                      2) 220-260 gms.                      3) 250-300 gms.                      4) 300-350 gms.
92. Hip joints and shoulder joints are the examples of :  
1) Ball and socket joints                      2) Hinge joints  
3) Gliding joint                      4) None of the above
93. The ability to resist fatigue is called :  
1) strength endurance                      2) speed endurance  
3) endurance                      4) None of the above
94. When the duration of micro-cycle is seven days it is called :  
1) weekly phase                      2) seven days cycle                      3) weekly cycle                      4) none of the above
95. Dead ball term is used in :  
1) volleyball                      2) cricket                      3) football                      4) hockey
96. The Central Advisory Board of Physical Education and Recreation was established in the year :  
1) 1950                      2) 1953                      3) 1956                      4) 1961



97. Distance of a Penalty Stroke in Hockey is :  
1) 9 yards      2) 8 yards      3) 7 yards      4) none of the above
98. Nowadays, in our country, Physical Education :  
1) is going to become a curricular subject  
2) has got at par status with academic education  
3) has become a part and parcel of general education  
4) none of the above
99. Identify the one which is not the principle of organisation :  
1) communication      2) planning      3) decentralization      4) overlapping
100. The competition which is organized within the four walls of the institution is called :  
1) extramural competition      2) knock out competition  
3) intra mural competition      4) None of the above

**Key for TGT, Paper-II: Physical Education 28.2.2015(Evening) T-2/12  
Series 'D'**

Q.No.	Ans.	Q.No.	Ans.	Q.No.	Ans.	Q.No.	Ans.
1	3	26	2	51	4	76	1
2	2	27	3	52	2	77	3
3	3	28	1	53	3	78	4
4	3	29	2	54	2	79	1
5	3	30	3	55	1	80	4
6	2	31	1	56	4	81	2
7	3	32	1	57	2	82	4
8	3	33	4	58	3	83	1
9	2	34	3	59	3	84	4
10	1	35	4	60	3	85	4
11	4	36	1	61	1	86	3
12	2	37	1	62	2	87	2
13	2	38	3	63	2	88	3
14	3	39	2	64	3	89	2
15	2	40	3	65	1	90	1
16	3	41	2	66	2	91	2
17	4	42	4	67	3	92	1
18	1	43	3	68	4	93	3
19	3	44	3	69	2	94	3
20	1	45	4	70	4	95	2
21	3	46	4	71	2	96	1
22	2	47	2	72	2	97	3
23	2	48	4	73	3	98	1
24	2	49	2	74	4	99	4
25	1	50	4	75	2	100	3