

Multiple-Choice Questions



— A TEXTBOOK OF —
Physical Education

Class XI

**On
Board!**

BOOKS

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Chapter 1: CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION

- Physical education leads to _____ development of the students.
 - partial
 - impractical
 - biased
 - holistic
- How we live each day is determined by the entire _____ ability to function as a whole.
 - mind
 - body
 - limbs
 - none of these
- What is the primary goal of physical education?
 - Increase productivity
 - Decrease productivity
 - Improve academic scores
 - Improve professional relationships
- The aims and objectives of physical education include:
 - Social aspect of development
 - Neuro-muscular aspect of development
 - Organic aspect of development
 - All of these
- “Physical education is a process through which an individual claims optimal physical, mental and social skills and fitness through physical activity.” The quote was given by
 - Irwin
 - Jesse Feiring Williams
 - Lumpkin
 - Charles A Bucher
- “Physical education is education through physical activities for the development of the total personality of the child to its fullness and perfection in _____, _____ and _____.”

– Central Advisory Board of Physical Education and Recreation

 - body, mind, spirit
 - social, mental, physical
 - emotional, spiritual, cultural
 - brain, limbs, heart
- What is one of the objectives of physical education?
 - To build up a good citizen
 - To build up a good student
 - To build a sports prodigy
 - None of these
- How can the body, as can be seen from the eyes, kept in shape?
 - By exercising
 - By maintaining correct posture
 - By eating a healthy diet
 - All of these
- The strengthening of the internal organs leads to
 - playing games professionally.
 - boosting the immune system.
 - prevention against degenerative diseases.
 - both (b) and (c)
- What kind of a system do sports and games rely on and why?
 - Two systems for coordination
 - Two systems for balance
 - Two systems for concentration
 - Two systems for endurance
- Sports and games require _____ and _____.
 - agility, pace
 - mental alertness, concentration
 - challenges, self-reliance
 - development, well-being

12. How is adolescence portrayed in literature and movies?
- A smooth period
 - A confusing period
 - A rough period
 - An emotional period
13. Which of the following positive outcomes of physical education may not be immediately visible?
- Growth of social skills
 - Growth of mental skills
 - Growth of emotional skills
 - Growth of physical skills
14. What sort of values does physical education help us develop?
- Team spirit and cooperation
 - Team leading and cooperation
 - Personal development and non-cooperation
 - Personal coordination and cooperation
15. What are the courses offered in physical education?
- BA or BSc in Physical Education
 - Bachelor of Physical Education and Sports (BPES)
 - Bachelor in Physical Education (BPEd)
 - All of the above
16. Physical education has been made mandatory for classes ____ to ____ by the CBSE.
- VI to X
 - I to V
 - I to XII
 - X to XII
17. Teaching physical education is a science in its own right, entailing a number of duties such as:
- training and coaching students in physical activities and specific sports
 - organising sporting events
 - maintaining sports equipment, gymnasiums, fields, pools, etc.
 - all of the above
18. In what ways does effective coaching helps students?
- Development of skills and performance improvement
 - Development of personality and performance improvement
 - Development of mental peace and security
 - Development of physique and agility improvement
19. Job opportunities in the field of physical education are available in _____ and _____.
- corporate offices, hospitals
 - religious institutions, schools
 - schools, colleges
 - none of these
20. _____ has led to more people taking out time from their daily routine to devote to physical fitness.
- Appreciation for community development
 - Appreciation for physical development
 - Appreciation for healthier lifestyle
 - Appreciation for mental well-being
21. Which of the following is an important criteria for being a successful trainer?
- Being honest
 - Being socially fit
 - Being physically fit
 - All of these

22. Who of the following is an Indian sports personality?
 a. Novak Djokovic b. Rafael Nadal c. Leander Paes d. Roger Federer
23. What all sports has India excelled in?
 a. Cricket b. Badminton c. Boxing d. All of these
24. Which of these is a traditional Indian sport?
 a. Cricket b. Kabbadi c. Boxing d. Tennis
25. Which of the following is a duty of a person working at Sports Authority of India?
 a. Training people in various sports b. Appointing a coach for Indian Cricket team
 c. Publishing sports literature d. All of these
26. What is a trained professional who helps an athlete recover from sporting injuries called?
 a. Sports radiologist b. Sports doctor
 c. Sports physiotherapist d. Sports nurse
27. Which of the following are sub-disciplines on which books may be written and published as a part of sports publication and authorship?
 a. Sports physiology, psychology and sociology b. Sports medicine
 c. Sports management d. All of these
28. Archery as a game is available in which international level competition?
 a. Syed Modi Championship b. Summer Olympics
 c. FIBA World Cup d. IAAF Continental Cup
29. Which of the following is a national-level badminton competition?
 a. Mayor's Cup b. Sudirman Cup
 c. Syed Modi Championship d. IBF Meet
30. ISSF World Cup is an international championship for which sport?
 a. Skating b. Swimming c. Shooting d. Skiing
31. Which two games have an international competition named Champion's Trophy?
 a. Cricket and Hockey b. Hockey and Soccer
 c. Soccer and Cricket d. Football and Soccer
32. Which game is played in FIBA AmeriCup?
 a. Badminton b. Basketball c. Baseball d. Boxing
33. National Games of India is commonly known as _____.
 a. Indian Championships b. Indian Olympics
 c. Indian League d. Indian Champion's Trophy
34. Khelo-India is an initiative of _____.
 a. Government of India b. Aero Club of India
 c. State Board of India d. Sports Association of India

35. How many objectives are there of the Khelo-India Programmae?
 a. 6 b. 10 c. 15 d. 12
36. _____ has been revamped after the merger of Rajiv Gandhi Khel Abhiyan, Urban Sports Infrastructure Scheme and National Talent Search Scheme.
 a. Khelo-India Programme b. Indian Olympics
 c. Play-India Programme d. Indian Championships Programme
37. Which of the following are the objectives of Khelo-India Programme?
 a. Play Field Development b. Annual Sports Competition
 c. Sports for Women d. All of these
38. Khelo-India strives to promote _____.
 a. 'Sports for one' as well as 'Sports for all'
 b. 'Sports for all' as well as 'Sports for excellence'
 c. 'Sports for one' as well as 'Sports for many'
 d. 'Sports for development' as well as 'Sports for excellence'
39. How many features are there of the Khelo-India Programme?
 a. 12 b. 15 c. 10 d. 2
40. The Khelo-India Programme also aims at creating _____.
 a. an active population with healthy lifestyle b. a strong population with rich lifestyle
 c. a healthy population with active lifestyle d. an active lifestyle with healthy population

ANSWER KEY

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. d | 2. b | 3. a | 4. d | 5. c |
| 6. a | 7. a | 8. d | 9. d | 10. a |
| 11. b | 12. c | 13. a | 14. a | 15. d |
| 16. c | 17. d | 18. a | 19. c | 20. c |
| 21. c | 22. c | 23. d | 24. b | 25. c |
| 26. c | 27. d | 28. b | 29. a | 30. c |
| 31. a | 32. b | 33. b | 34. a | 35. d |
| 36. a | 37. d | 38. b | 39. a | 40. a |

Chapter 2: Olympic Value Education

1. What was the very first Olympic venue?
- Olympic, a valley in Elis on the Peloponnese Peninsula
 - Greece, a valley in Elis on the Peloponnese Peninsula
 - Italy, a valley in Elis on the Peloponnese Peninsula
 - France, a valley in Elis on the Peloponnese Peninsula

2. Which was the very first event in Olympics?
 - a. A single stadium footrace
 - b. A single court handball tournament
 - c. A double court football
 - d. A double stadium baseball
3. Who won the first ever event at the first ever Olympics?
 - a. A driver named Harris
 - b. A cook named Coroebus
 - c. A shepherd named Lucas
 - d. A pilot named Copernicus
4. Where can the ruins of the birthplace of Olympic games be found?
 - a. Florence, Italy
 - b. Paris, France
 - c. Olympia, Greece
 - d. Berlin, Germany
5. What events were added with the passage of time?
 - a. Hoplitodrome
 - b. Chariot Races
 - c. Pentathlon and Pankration
 - d. All of these
6. The Olympic Games were actually just one of the four ancient _____ games held at an interval of two or four years.
 - a. Pythian
 - b. Nemean
 - c. Panhellenic
 - d. Isthmian
7. The myths of _____, _____ and _____ are some of the several myths to which the origin of the Olympics has been attributed.
 - a. Pythian, Nemean, Isthmian
 - b. Zeus, Heracles, Hippodamia
 - c. Hoplitodrome, Pentathlon, Pankration
 - d. Olympia, Hercules, Gracia
8. Who could participate in the ancient Olympic Games?
 - a. Bonded Greeks
 - b. Freeborn Greek Males
 - c. Freeborn Greek Females
 - d. Bonded Greek Males
9. Who all could not take part or were barred from entering the stadium in the ancient Olympic Games?
 - a. Married women
 - b. Slaves and Convicts
 - c. Professionals
 - d. All of these
10. What were the participants required to do before coming to Olympia?
 - a. Participate in their state games
 - b. Practice for six months in their state
 - c. Train for ten months in their state
 - d. Participate in mini-Olympics
11. What was the other name of the Olympic Truce?
 - a. Ekecheiria
 - b. Elecheiria
 - c. Elkcheiria
 - d. Emcheiria
12. Who were the Spondophoroi?
 - a. Four runners who spread the message to the other nation states
 - b. Three runners who spread the message to the other nation states
 - c. Four runners who announced the results in the other nation states
 - d. Three runners who announced the results in the other nation states

13. Where was the torch lit during the ancient Olympic games?
 - a. At the altar of Zeus
 - b. At the altar of Pythian
 - c. At the altar of Heracles
 - d. At the altar of Hippodamia
14. How were the winners felicitated during the ancient Olympic games?
 - a. With a wreath of leaves of the sacred olive tree in the Zeus temple
 - b. With a wreath of leaves of the sacred basil tree in the Zeus temple
 - c. With a wreath of leaves of the sacred oak tree in the Zeus temple
 - d. With a wreath of leaves of the sacred pine tree in the Zeus temple
15. Who won three different footraces in four consecutive olympics?
 - a. Milo Croton
 - b. Leonidas of Rhodes
 - c. Cynisca of Sparta
 - d. Macedonia Bilistiche
16. How could women participate in Olympics?
 - a. By presenting a marriage certificate
 - b. By nominating their male heir
 - c. By hiring athletes
 - d. By nominating their husbands
17. What were the four-horse and two-horse races called?
 - a. Spondophoroi and Ekecheiria
 - b. Spondophoroi and Tethrippon
 - c. Ekecheiria and Synoris
 - d. Tethrippon and Synoris
18. When were the Olympic Games abolished and by whom?
 - a. In 394 CE by the Roman emperor Theodosius I
 - b. In 349 CE by the Roman emperor Theodosius I
 - c. In 394 CE by the Roman emperor Theodosius II
 - d. In 349 CE by the Roman emperor Theodosius II
19. How was Zeus' statue destroyed?
 - a. In a lake in Constantinople
 - b. In a fire in Constantinople
 - c. In a lake in Greece
 - d. In a fire in Greece
20. The starting of the modern Olympic Games can be credited to _____.
 - a. Baron de Coubertin, a Parisian
 - b. Carlton de Bourbon, a Greek
 - c. Theodus de Hercules, an Olympian
 - d. Zeus de Olympus, a French
21. When were the first modern Olympics held?
 - a. 1982
 - b. 1882
 - c. 1896
 - d. 1892
22. "He who is not courageous enough to take risks will accomplish nothing in life." Who gave the following statement?
 - a. Muhammad Ali
 - b. Muhammad Ibrahim
 - c. Muhammad Sheikh
 - d. Muhammad Faruqui
23. The hoisting of Olympic flag is preceded by _____.
 - a. Charity and cultural programmes

- b. Fund raising and charity programmes
 - c. Cultural and entertainment programmes
 - d. Charity and entertainment programmes
24. How many anthems are played at the closing ceremony?
- a. Two
 - b. Three
 - c. One
 - d. Five
25. Whose closing speech marks the end of the closing ceremony?
- a. The Vice-President of the IOC
 - b. The President of the IOC
 - c. The Chancellor of the IOC
 - d. The Chairman of the IOC
26. Which of the following is not a rule for competitors in the Olympic games?
- a. They should be the citizen of a participating country by law
 - b. Previously professionals were not allowed. This was eventually rectified.
 - c. There is an age limit and members of both sexes may participate.
 - d. None of the above
27. How many rings are there in the Olympic Games symbol?
- a. Two
 - b. Three
 - c. Five
 - d. Seven
28. What do the words '*Citius, Altius, Fortius – Communiter*' stand for?
- a. Faster, Higher, Stronger – Together
 - b. Serious, Attentive, Friendly – Together
 - c. Healthy, Happy, Alive – Together
 - d. Keen, Calm, Focussed – Together
29. The Olympic motto was borrowed from _____.
- a. Baron de Coubertin, a Greek poet
 - b. Henry Didon, a Dominican priest and a sports enthusiast
 - c. Pierre de Coubertin, a Greek athlete and a philosopher
 - d. Baron de Coubertin, a Parisian emperor
30. When and where was the first modern Olympic games' flag hoisted?
- a. At the Olympic Games, Greece in 1920
 - b. At the Euro League, England in 1920
 - c. At the Antwerp Games, Belgium in 1920
 - d. At the Summer Olympics, Paris in 1920
31. Which of the following is not an objective of the Olympic Games?
- a. The development of team spirit, sense of loyalty and honour among humanity.
 - b. To promote competitive sports and preserve them for future generations.
 - c. To bring national communities closer and call for peace and harmony.
 - d. To highlight the importance of Physical Education and its positive impact.
32. Which of the following values are a part of Olympic values?
- a. Friendship and Solidarity
 - b. Peace and Equality
 - c. Fair Play
 - d. All of these
33. _____ is India's first sportsperson to compete in the sport of luge at Winter Olympics.
- a. Shiva Keshavan
 - b. Mary Kom
 - c. Vijendra Singh
 - d. Milkha Singh

34. What is the meaning of the word 'Paralympics'?
- Games following the Olympics
 - Parallel games to the Olympics
 - The games preceding the Olympics
 - None of these
35. When were special Olympics introduced and by whom?
- In 1968 by Eunice Kennedy Shriver
 - In 1986 by Eunice Kennedy Shriver
 - In 1968 by John F Kennedy
 - In 1986 by John F Kennedy
36. Special Olympics is for _____.
- everyone including people with physical disabilities
 - everyone including people with intellectual disabilities
 - everyone except people with intellectual disabilities
 - everyone except people with physical disabilities
37. In which years were the Olympic Games cancelled in the 20th century due to World War?
- 1940
 - 1916
 - 1944
 - All of these
38. What was the name given to the Olympic Games of 1948?
- Austerity Games
 - Paralympic Games
 - Special Olympics
 - Winter Olympics
39. When were Germany and Japan finally allowed to be a part of the games after the world war?
- 1936
 - 1948
 - 1952
 - 1932
40. When did women participate in the games for the first time?
- 1900
 - 1880
 - 1904
 - 1888
41. Who brought a team of disabled people to the games parallel to the Olympics?
- Sir Henry Goldsmith
 - Sir Ludwig Guttmann
 - Sir John Kennedy
 - Sir Jesse Owens
42. When was basketball introduced in the Olympic Games?
- 1932
 - 1928
 - 1936
 - 1924
43. What happened to the games in 1980?
- Boycotted by 61 nations
 - Boycotted by 15 communist block countries
 - Boycotted by the Soviet Union
 - Boycotted by African countries
44. How many countries participated in the Olympic Games of 2000?
- 165
 - 199
 - 200
 - 250
45. What was special about the 2004 Olympic Games?
- The Games returned to Athens after a century.
 - The parallel Olympic games were introduced.

- c. Women were finally allowed to participate.
d. Players with intellectual disabilities were allowed to participate.
46. How many Olympic records were broken during the 2008 games?
a. 142 b. 152 c. 132 d. 162
47. IOC stands for _____.
a. International Olympia Committee b. International Olympous Committee
c. International Olympic Committee d. None of these
48. Who was the first President of IOC?
a. Demetrios Vikelas b. Pierre de Coubertin
c. Sir Ludwig Guttmann d. Norman Pritchard
49. When did India participate in the Olympics for the first time?
a. 1800 b. 1900 c. 2000 d. 1950
50. Where were the first Summer Olympics held?
a. Athens, Greece in 1896 b. Chamonix, France in 1924
c. Tokyo, Japan in 1964 d. Paris, France in 1924
51. Where were the first Winter Olympics held?
a. Athens, Greece in 1896 b. Chamonix, France in 1924
c. Tokyo, Japan in 1964 d. Montreal, Canada in 1976
52. The first Summer Youth Olympics were hosted by _____ in _____.
a. Barcelona, 1992 b. Tokyo, 1964
c. Sydney, 2002 d. Singapore, 2010
53. The first Winter Youth Olympics were hosted by _____ in _____.
a. Barcelona, 1992 b. Athens, Greece, 1904
c. Chamonix, France, 1924 d. Innsbruck, Austria, 2012
54. What are some of the main functions of the Indian Olympic Association?
a. To ensure the regular celebration of the Olympic Games.
b. To act against any form of discrimination affecting the Olympic Movement.
c. To lead the fight against doping in sports.
d. All of the above
55. What is Indian Olympic Association also known as?
a. Antarashtriya Olympic Sangh b. Bharatiya Olympic Sangh
c. Bharatiya Khel Sangh d. Hindustani Khel Sangh
56. Who established the Bharatiya Olympic Sangh?
a. Sir Dorabji Tata b. Dr A G Noehren
c. Norman Pritchard d. Both (a) and (b)

57. When was the Bharatiya Olympic Sangh established?
 a. 1927 b. 1972 c. 1872 d. 1987
58. The official year of the IOA lasts from _____ to _____.
 a. 1 April, 31 March b. 1 January, 31 December
 c. 1 July, 30 June d. 1 May, 30 April
59. The IOA elections are held every _____ years.
 a. 4 b. 10 c. 12 d. 5
60. Which of the following are the positions in the IOA board for which the elections are held?
 a. President and Senior Vice President
 b. Secretary General and Treasurer
 c. One representative elected out of the Athletes Commission
 d. All of the above

ANSWER KEY

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. a | 2. a | 3. b | 4. c | 5. d |
| 6. c | 7. b | 8. b | 9. d | 10. c |
| 11. a | 12. b | 13. a | 14. a | 15. b |
| 16. c | 17. d | 18. a | 19. b | 20. a |
| 21. c | 22. a | 23. c | 24. b | 25. b |
| 26. c | 27. c | 28. a | 29. b | 30. c |
| 31. c | 32. d | 33. a | 34. b | 35. a |
| 36. b | 37. d | 38. a | 39. c | 40. a |
| 41. b | 42. c | 43. a | 44. b | 45. c |
| 46. c | 47. c | 48. a | 49. b | 50. a |
| 51. b | 52. d | 53. d | 54. d | 55. b |
| 56. d | 57. a | 58. a | 59. a | 60. d |

Chapter 3: PHYSICAL FITNESS, WELLNESS AND LIFESTYLE

1. “Physical fitness is a state of well-being with low risk of premature health problems and energy to participate in a variety of physical activities.” The statement was given by _____.
 a. Kirchner b. Thomas A Edison
 c. Don Hoskin d. Hawley and Frank
2. Complete the statement: “Physical fitness is the capacity to meet the _____ and the _____ physical challenges of life with success.” – David R Lamb
 a. present, potential b. present, future
 c. existing, unexplored d. existing, capacity
3. What is wellness?
 a. It is the state of being healthy and free of diseases.
 b. It is the state of being healthy and happy.

- c. It is the state of being happy and fit.
d. It is the state of being fit and content.
4. Life goals can be pursued fruitfully only when _____ parts are in sync.
a. auditory, kinaesthetic, visual, olfactory and gustatory
b. physical, mental, emotional, spiritual and environmental
c. mental, physical, auditory, visual and olfactory
d. auditory, mental, visual, olfactory and gustatory
5. State whether the two statements are true or false: Wellness is not restricted to treating diseases. It is not the culmination of a way of living which keeps illness and adverse health conditions at a distance.
a. True; True b. False; True c. True; False d. False; False
6. State whether the two statements are true or false: Processing wellness is akin to processing great wealth. It renders life balanced, more wholesome and enjoyable.
a. True; True b. False; True c. True; False d. False; False
7. How do physical fitness and wellness play an important role in our lives?
a. By improving organ efficiency and reduced risk of ailments
b. By improving posture and balance of the body
c. By boosting immune system and keeping fatigue away
d. All of the above
8. How can physical fitness and wellness be cultivated?
a. By exercising for at least 30 minutes a day
b. By eating a balanced diet
c. Spending time in clean and calming environment
d. All of the above
9. Complete the statement: Lifestyle is a _____.
a. way of looking at life b. way of performing occasional functions
c. way of living life d. all of these
10. "Lifestyle is a set of attitudes, habits or possessions associated with a particular person or group." What is the source of the given statement?
a. Business Dictionary b. Harper Collins Dictionary
c. Encyclopaedia of Public Health d. American Heritage Dictionary
11. Lifestyle is an _____.
a. outward representation of one's self-image
b. inward representation of one's self-image
c. mental representation of one's self-image
d. spiritual representation of one's self-image
12. Why is a positive lifestyle necessary?
a. For a dissatisfactory life b. For a satisfactory life
c. For a fit life d. For a good social life

13. What is a healthy and a positive lifestyle capable of doing?
 - a. Helping in getting good grades
 - b. Winning races
 - c. Producing mood regulating hormones
 - d. None of these
14. It is a popular notion that physically active are blessed with _____ brains.
 - a. normal
 - b. quicker
 - c. slow
 - d. special
15. Dynamic and static are types of _____.
 - a. abilities
 - b. flexibility
 - c. speed
 - d. strength
16. Dynamic strength can be divided into _____ parts.
 - a. three
 - b. two
 - c. four
 - d. five
17. Which of the following are components of physical fitness?
 - a. Strength, Endurance, Speed, Flexibility and Well-being
 - b. Strength, Endurance, Speed, Flexibility and Coordinative Abilities
 - c. Speed, Flexibility, Well-being, Environment and Stress
 - d. Speed, Flexibility, Well-being, Mental Strength and Agility
18. What are the two types of Endurance?
 - a. Reaction and Acceleration
 - b. Short-term and Long-term
 - c. Maximum and Explosive
 - d. Active and Passive
19. What are the two types of Flexibility?
 - a. Reaction and Acceleration
 - b. Short-term and Long-term
 - c. Maximum and Explosive
 - d. Active and Passive
20. What are the types of Speed?
 - a. Reaction, Acceleration, Locomotor and Movement Ability
 - b. Speed Endurance
 - c. Both (a) and (b)
 - d. None of the above
21. Which type of strength is applied to accomplish tasks of short duration and heavy resistance such as weightlifting?
 - a. Maximum Strength
 - b. Explosive Strength
 - c. Static Strength
 - d. Muscular Strength
22. Activities like high jump, long jump, pole vault, sprint starts, etc. require _____.
 - a. Maximum Strength
 - b. Explosive Strength
 - c. Static Strength
 - d. Muscular Strength
23. What are the activities that require strength endurance?
 - a. Running
 - b. Cycling
 - c. Combative sports
 - d. All of these
24. What is the other name for isometric strength?
 - a. Dynamic Strength
 - b. Strength Endurance
 - c. Static Endurance
 - d. Static Strength

25. _____ is determined by the working capacity of the individual's muscles, the degree of resistance against fatigue and environmental conditions and their pace of recovery after exhaustion.
- Speed
 - Endurance
 - Strength
 - Flexibility
26. The ability to perform motor movements quickly under conditions of fatigue. What does the given statement define?
- Locomotor Ability
 - Movement Ability
 - Speed Endurance
 - None of these
27. The ability to respond quickly and correctly to a stimulus, as needed and observed in combative sports. What does the given statement define?
- Locomotor Ability
 - Movement Ability
 - Speed Endurance
 - Reaction Ability
28. Which type of flexibility does not require external help?
- Passive Flexibility
 - Active Flexibility
 - direct Flexibility
 - Indirect Flexibility
29. How many components are there of wellness?
- Six
 - Five
 - Eight
 - Nine
30. Which of the following is not a component of wellness?
- Nutritional Wellness
 - Personal Wellness
 - Financial Wellness
 - Environmental Wellness
31. The ability to maintain equilibrium of the body in both dynamic and static positions is called _____.
- Balance Ability
 - Combinatory Ability
 - Adaptation Ability
 - Rhythm Ability
32. What is a key component of social wellness?
- Balanced engagement with one's spiritual surroundings
 - Active engagement with one's spiritual surroundings
 - Passive engagement with one's social surroundings
 - Healthy engagement with one's social surroundings
33. Does physical and intellectual wellness assure emotional wellness?
- Yes
 - No
 - Always
 - None of these
34. How can we reduce our stress and frustration to a large extent?
- By developing money management goals
 - By spending after saving
 - By focusing on the principle of 'waste not, want not'
 - All of the above
35. To keep one's thinking, learning and judgement skills sharp with growing age, it is important to perform _____.
- practice a sport
 - gymnastics
 - regular physical activities
 - meditation

36. _____ deals with short duration muscle contraction involved in anaerobic activities.
- Arm Strength
 - Muscular Strength
 - Physical Strength
 - Anaerobic Strength
37. What is affected by joint structure, muscle length, tendons, ligaments, etc.?
- Flexibility
 - Speed
 - Endurance
 - Strength
38. Flexibility can be improved by practising _____.
- music
 - yoga
 - study
 - law
39. What does good cardiovascular endurance imply?
- Heart, lungs and vascular system are in perfect working condition.
 - Heart and mind are in perfect working condition.
 - Respiratory and nervous system are in perfect working condition.
 - Brain, heart and sensory system are in perfect working condition.
40. Which of the following is true about body composition?
- It is the same for all individuals.
 - It differs from males to mammals.
 - It is the same for all women and vertebrates.
 - It differs from individual to individual.

ANSWER KEY

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. d | 2. a | 3. a | 4. b | 5. c |
| 6. a | 7. d | 8. d | 9. c | 10. b |
| 11. a | 12. b | 13. c | 14. b | 15. d |
| 16. a | 17. b | 18. b | 19. d | 20. c |
| 21. a | 22. b | 23. d | 24. d | 25. b |
| 26. c | 27. d | 28. b | 29. c | 30. b |
| 31. a | 32. d | 33. b | 34. d | 35. c |
| 36. b | 37. a | 38. b | 39. a | 40. d |

Chapter 4: PHYSICAL EDUCATION AND SPORTS FOR CWSN

- What is the full form of CWSN?
 - Common Wealth Special Needs
 - Children With Special Needs
 - Common Wealth Sports Needs
 - Children With Sports Needs
- Physical education helps students attain _____, _____, _____ and _____ prowess.
 - physical, emotional, mental, social
 - national, international, local, personal
 - muscular, mental, spiritual, social
 - personal, public, national, international

3. Which of the following disability makes it difficult for children to compete with their abled peers on the same level?
 - a. Poverty
 - b. Illiteracy
 - c. Autism
 - d. Casteism
4. What was introduced as a sub-discipline to include children with disabilities?
 - a. Adaptive physical education
 - b. Aggressive physical education
 - c. Sedentary physical education
 - d. Specialised physical education
5. What is the objective of adaptive physical education?
 - a. To cater to special needs and create a safe space for them to play
 - b. To cater to special needs and create a space for them to realise physical and mental well-being
 - c. To cater to special needs and create a competitive space for them
 - d. To cater to special needs and create a space for them to test their physical strength
6. The Persons with Disabilities (Equal Opportunity Protection of Rights and Full Participation) Act was given in _____.
 - a. 2001
 - b. 2016
 - c. 1994
 - d. 1995
7. Which of the following does not broadly define disability?
 - a. Blindness and low-vision
 - b. Leprosy-cured
 - c. Mental retardation and illness
 - d. Leukoderma-cured
8. The Individuals with Disabilities Education Act was introduced in _____.
 - a. 1992
 - b. 1990
 - c. 1993
 - d. 1998
9. Adaptive physical education aims to:
 - a. help students to improve their balance, coordination and posture
 - b. make them realise healthy self-esteem through increased physical independence
 - c. reduce health complications
 - d. all of the above
10. Apart from sufficient knowledge and experience, what are the other qualities required in a trainer?
 - a. Patience, empathy, strong communication skills and ethical pedagogical approach
 - b. Awareness of the neurological motor behaviours and development patterns
 - c. Both (a) and (b)
 - d. None of the above
11. Name the organisations which promote adaptive sports.
 - a. Special Olympics Bharat
 - b. Paralympics
 - c. Deaflympics
 - d. All of these
12. When was Special Olympic Bharat founded?
 - a. 1988
 - b. 1987
 - c. 1985
 - d. 1986
13. Special Olympic Bharat is authorised for conducting Special Olympics for _____.
 - a. sportspersons with physical disabilities in India
 - b. sportspersons with intellectual disabilities in India
 - c. sportspersons with social disabilities in India
 - d. sportspersons with personal disabilities in India

14. Special Olympic Bharat was formerly known as _____.
- Special Olympics India
 - Special Paralympics Bharat
 - Special Olympics Hindustan
 - Special Paralympics India
15. 'It is now a National Sports Federation registered under the Indian Trust Act 1882 and the official nodal agency for all disabilities.' Which organisation is being referred to here?
- Special Olympic Bharat, 1987
 - Special Olympic Bharat, 2001
 - Special Olympics India, 2001
 - Special Olympics India, 1882
16. 'People with intellectual disabilities can also learn, enjoy and benefit from participation in sports, with the right help and encouragement.' The given statements is one of the three _____ of Special Olympic Bharat.
- values
 - missions
 - beliefs
 - visions
17. 'Involve the community at large for understanding and accepting people with intellectual disabilities and encourage local people to volunteer.' The given statements is one of the six _____ of Special Olympic Bharat.
- values
 - missions
 - beliefs
 - visions
18. Special Olympic Bharat aims to provide _____ sports training and athletic competition.
- bi-annual
 - primary
 - year-round
 - monthly
19. Which of the following statements is the oath of Special Olympic Bharat?
- "Let me win. But if I cannot win, let me be brave in the attempt."
 - "Let me play. But if I cannot win, let me be brave in the attempt."
 - "Let me win. But if I cannot play, let me be brave in the attempt."
 - "Let me play. But if I cannot play, let me be brave in the attempt."
20. Which of the following competitions have been organised by Special Olympic Bharat?
- National Games
 - National Floor Hockey and Table Tennis Championship
 - National Volleyball and Basketball Championship
 - All of the above
21. How many medals in total have Indian athletes from Special Olympic Bharat won at World Summer and World Winter Games?
- 1405
 - 1135
 - 1175
 - 1255
22. How many sportspersons participated in the first Regional Asia Pacific Games, 2013 and how many medals did they win?
- 387; 353
 - 423; 359
 - 23,750; 1135
 - 400; 387
23. The athletes participating in the Paralympics are affected by which of the following disabilities?
- Mobility disabilities
 - Amputation and blindness
 - Short stature and cerebral palsy
 - All of these
24. Which committee oversees the organisation of Paralympic games?
- International Paralympic Committee (IPC)
 - Indian Paralympic Committee (IPC)

- c. National Paralympic Committee (NPC)
 - d. Olympic Paralympic Committee (OPC)
25. Who started the Paralympic movement?
- a. Stoke Mandeville
 - b. Sir Ludwig Guttmann
 - c. Trischa Zorn
 - d. Martina Navratilova
26. Who were the participants in the first games for the disabled in 1948?
- a. British World War II veteran patients with spinal cord injuries
 - b. British World War I veteran patients with spinal cord injuries
 - c. German World War I veteran patients with spinal cord injuries
 - d. German World War II veteran patients with spinal cord injuries
27. What were the games of 1948 called?
- a. 1984 International Wheelchair Games
 - b. 1984 International Paralympic Games
 - c. 1948 International Wheelchair Games
 - d. 1948 International Paralympic Games
28. Which games were held after Rome Olympics of 1960?
- a. Mandeville Games
 - b. Paralympics
 - c. Special Olympics
 - d. Sweden Games
29. In which year(s) were visually impaired sportspersons and athletes with cerebral palsy allowed to participate?
- a. In 1976 and 1980, respectively
 - b. In 1980 and 1976, respectively
 - c. In 1976
 - d. In 1980
30. When was the term 'Paralympic' used officially for the first time?
- a. In 1988, Summer Paralympics in Britain, United Kingdom
 - b. In 1988, Summer Paralympics in Athens, Greece
 - c. In 1988, Summer Paralympics in Seoul, South Korea
 - d. In 1988, Summer Paralympics in Olympia, Greece
31. What was the governing body formed in 1982 called?
- a. International Coordination Company of World Sports Authorities for the Disabled (ICC)
 - b. International Coordination Committee of World Sports Organisations for the Disabled (ICC)
 - c. International Coordination Committee of World Sports Authorities for the Disabled (ICC)
 - d. International Coordination Company of World Sports Organisations for the Disabled (ICC)
32. When and where was the first Winter Paralympics held?
- a. Rome, Italy in 1976
 - b. Seoul, South Korea in 1988
 - c. Ornskoldsvik, Sweden in 1992
 - d. Ornskoldsvik, Sweden in 1977
33. ICC was replaced by _____ in 1989.
- a. IOC
 - b. IPC
 - c. INC
 - d. ISC
34. What does IPC consist of?
- a. 176 National Paralympic Committees (NPC) and 4 disability-specific international sports federations

- b. 186 National Paralympic Committees (NPC) and 4 disability-specific international sports federations
 - c. 196 National Paralympic Committees (NPC) and 6 disability-specific international sports federations
 - d. 176 National Paralympic Committees (NPC) and 6 disability-specific international sports federations
35. What is the motto of Paralympic Games?
- a. Winning is an Emotion.
 - b. Winning is Motion.
 - c. Spirit is Motion.
 - d. Spirit is an Emotion.
36. What are the colours of crescents in the Paralympics logo?
- a. Red, blue, green
 - b. Yellow, white, black
 - c. Red, blue, yellow
 - d. Red, blue, black
37. Who composed the 'Anthem of the Future'?
- a. Trischa Zorn
 - b. Martina Navratilova
 - c. Sir Ludwig Guttmann
 - d. Thierry Darnis
38. The opening ceremony of the Paralympics is similar to that of _____.
- a. Special Olympics
 - b. Ancient Olympics
 - c. Modern Olympics
 - d. Deaflympics
39. Who has the maximum number of medals to his/her credit in Summer Paralympic Games?
- a. Murlikant Petkar, a swimmer with 55 medals
 - b. Trischa Zorn, a swimmer with 55 medals
 - c. Trischa Zorn, a swimmer with 65 medals
 - d. Murlikant Petkar, a swimmer with 85 medals
40. Who has the maximum number of medals to his/her credit in Winter Paralympic Games?
- a. Ragnhild Myklebust, a skier with 27 medals
 - b. Ragnhild Myklebust, a skier with 29 medals
 - c. Deepa Malik, an ice-skater with 23 medals
 - d. Deepa Malik, an ice-skater with 32 medals
41. Deepa Malik won a silver medal in which game?
- a. Shooting
 - b. Shot put
 - c. Volleyball
 - d. Handball
42. Who won India's first gold medal in Paralympics?
- a. Murlikant Petkar, a swimmer
 - b. Deepa Malik, a shooter
 - c. Arunima Sinha, a swimmer
 - d. Shiva Keshavan, a swimmer
43. What marks the conclusion of the Games officially?
- a. Flag being taken down
 - b. Anthem of the host nation being played
 - c. Extinguishing the flame
 - d. All of these
44. What are the categories of disability recognised by the IPC for participation in the Paralympic Games?
- a. 8 physical impairment types, visual impairment types and spiritual disability

- b. 8 physical impairment types, auditory impairment types and mental disability
 - c. 8 physical impairment types, auditory impairment types and intellectual disability
 - d. 8 physical impairment types, visual impairment types and intellectual disability
45. Impaired passive range of movement, loss of limb or limb deficiency, leg length difference, impaired muscle power, etc. are the types of _____.
- a. visual impairment
 - b. physical impairment
 - c. intellectual impairment
 - d. none of these
46. Arunima Sinha is the first female amputee to _____.
- a. climb the Mount Everest
 - b. climb the K2 peak
 - c. climb the Kangchenjunga
 - d. climb the Doddabetta peak
47. Which of the following are categorised under physical impairment types by IPC?
- a. Ataxia
 - b. Athetosis
 - c. Hypertonia
 - d. All of these
48. What all does visual impairment include?
- a. Total blindness
 - b. Partial vision
 - c. Poor enough vision to be judged legally blind
 - d. All of the above
49. Who are eligible for receiving medals in the visual impairment category apart from the winning athletes?
- a. Sighted guides of athletes
 - b. Country representatives of the athletes
 - c. Coaches/trainers of athletes
 - d. None of these
50. What is the condition in the case of athletes with intellectual disability?
- a. The athletes have the disability by birth.
 - b. The athletes are diagnosed before the age of 18.
 - c. The athletes have developed the condition as a result of an injury.
 - d. The athletes are diagnosed after the age of 18.
51. When was the first Deaflympics held?
- a. 1942
 - b. 1984
 - c. 1924
 - d. 1948
52. What is the frequency of Deaflympics?
- a. Every four years
 - b. Every two years
 - c. Every year
 - d. None of these
53. What were Deaflympics known as before 2001?
- a. International Games for the Deaf
 - b. World Games for the Deaf
 - c. World Silent Games
 - d. All of these
54. Which committee is responsible for the organisation of Deaflympics?
- a. CISS, 'The International Committee for Sports for the Deaf'
 - b. ICSD, 'The International Committee for Sports for the Deaf'
 - c. ICFSFD, 'The International Committee for Sports for the Deaf'
 - d. None of the above

55. When was CISS inducted into IOC?
 a. 1955 b. 1995 c. 1959 d. 1999
56. Which of the following is not a characteristic of Deaflympics?
 a. Participating athletes must have a hearing loss of at least 55 decibels in their 'better ear'.
 b. Hearing aids and cochlear implants are allowed during the competition.
 c. The athletes cannot be guided by sounds such as bullhorns.
 d. Visual tactics such as waving flags, flashing lights, etc. are used for commencing and refereeing the games.
57. Deaflympics enforces a drug-free sports environment in collaboration with _____.
 a. World Against Drugs Agency (WADA) b. World Against Doping Agency (WADA)
 c. World Anti-Drug Agency (WADA) d. World Anti-Doping Agency (WADA)
58. Which of the following is not an event in the Summer Deaflympics?
 a. Cycling b. Curling c. Shooting d. Orienteering
59. When and where was the matter of inclusive education first adopted?
 a. World Education Forum: Access and Quality (Salamanca Statement, Spain, 1994)
 b. World Conference on Special Needs Education: Process and Possibility (Salamanca Statement, Spain, 1994)
 c. World Conference on Special Needs Education: Access and Quality (Salamanca Statement, Spain, 1994)
 d. World Education Forum: Process and Possibility (Salamanca Statement, Spain, 1994)
60. At the Jomtein World Conference in Thailand, 1990, education was recognised as a _____.
 a. fundamental human right b. natural human right
 c. moral human right d. legal human right
61. What are the two goals relevant to inclusive education adopted by the delegates at JWC, 1990?
 a. Universal access to learning and a focus on equity
 b. Universal access to games and a focus of equality
 c. Universal access to learning and a focus on equality
 d. Universal access to games and a focus of equity
62. Project Integrated Education for Disabled Children (PIED) was launched by?
 a. UGC in 1987 b. ICSE in 1987
 c. CBSE in 1987 d. NCERT in 1987
63. Which of the following measures laid stress on the integration of students with special needs into the mainstream?
 a. The National Policy on Education (1986)
 b. The District Primary Education Programme (1997)
 c. Sarva Shiksha Abhiyan (2001)
 d. All of the above
64. Integrated Education for Disabled Children (IEDC) Scheme was replaced by?
 a. Project Integrated Education for Disabled Children (PIED)

- b. Inclusive Education of the Disabled at the Secondary Stage (IEDSS)
 - c. The Programme of Action (PoA)
 - d. None of the above
65. What are the reasons for need of inclusion?
- a. To let them enjoy the fundamental human right of education
 - b. To produce skilled individuals and capable citizens
 - c. To reduce discrimination and enhance social skills and emotional intelligence
 - d. All of the above
66. What are the measures for implementation of inclusion?
- a. A proper realisation of RTE Act and its provisions
 - b. Specialised training programmes for teachers
 - c. Developing curricula and instructional designs for students with disability
 - d. All of the above
67. Why is it important to adopt and execute frameworks like the Dakar Framework for Action?
- a. For implementation of inclusion b. For conceptualising inclusion
 - c. For hiring special education counsellor d. For training as an occupational therapist
68. What was the objective of the Saksham Scholarship Scheme (2014)?
- a. To provide support and encouragement to 1000 differently abled students to pursue physical education in a year
 - b. To provide support and encouragement to 1000 differently abled students to pursue dental education in a year
 - c. To provide support and encouragement to 1000 differently abled students to pursue technical education in a year
 - d. To provide support and encouragement to 1000 differently abled students to pursue medical education in a year
69. What is the role of a special education counsellor for children?
- a. To hold sessions with students on a one-on-one or group basis
 - b. To figure out the best ways of bringing a strong and productive relationship between the students and their teachers
 - c. To expand the social skills of the students and identify their aptitudes, and intervene in cases of trauma
 - d. All of the above
70. Occupational therapists are important for children with _____.
- a. difficulties in hearing and viewing
 - b. difficulties in coordination and sensory processing
 - c. difficulties in coordination and walking
 - d. difficulties in hearing and sensory processing
71. Which one of the following is not a responsibility of an occupational therapist?
- a. To help students perfect their fine motor and visual skills, as well as take care of themselves
 - b. To assess the abilities of the students and encourage them to participate in the activities of the classroom and playgrounds

- c. To devaluate the needs of students individually and as a group, provide intervention along with evaluation
 - d. To bring about improvement in the instructional methods, such as modification of the classroom equipment and facilities
72. A physiotherapist is usually well-versed in related disciplines such as _____.
- a. anatomy, physiology, biomechanics, kinesiology and neuroscience
 - b. psychology, anatomy, biomechanics, kinesiology and neurology
 - c. anatomy, physiology, psychology, kinesiology and neurology
 - d. psychology, anatomy, biomechanics, physiology and neurology
73. Who is responsible for designing programmes and activities that involve promotion of balance, strength and coordination?
- a. Special Education Counsellor
 - b. Occupational Therapist
 - c. Physiotherapist
 - d. Special Educator
74. What is a speech therapist also known as?
- a. Speech Language Perfectionist (SLP)
 - b. Speech Language Pathologist (SLP)
 - c. Speech Language Practitioner (SLP)
 - d. Speech Language Physicist (SLP)
75. A Special Educator with a Registered Professional Certificate is an expert in working with students with _____.
- a. learning, neurological, personal and physical disabilities
 - b. learning, personal, social and physical disabilities
 - c. learning, neurological, social and physical disabilities
 - d. learning, mental, emotional and physical disabilities

ANSWERS

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. b | 2. a | 3. c | 4. a | 5. b |
| 6. d | 7. d | 8. b | 9. d | 10. c |
| 11. d | 12. b | 13. b | 14. a | 15. b |
| 16. c | 17. d | 18. c | 19. a | 20. d |
| 21. b | 22. d | 23. d | 24. a | 25. b |
| 26. a | 27. c | 28. a | 29. a | 30. c |
| 31. b | 32. d | 33. b | 34. a | 35. c |
| 36. a | 37. d | 38. c | 39. b | 40. a |
| 41. b | 42. a | 43. c | 44. d | 45. b |
| 46. a | 47. d | 48. d | 49. a | 50. b |
| 51. c | 52. a | 53. d | 54. b | 55. a |
| 56. b | 57. d | 58. b | 59. c | 60. a |
| 61. a | 62. d | 63. d | 64. b | 65. d |
| 66. d | 67. a | 68. c | 69. d | 70. b |
| 71. c | 72. a | 73. c | 74. b | 75. d |

Chapter 5: YOGA

- When was 21 June selected as the International Yoga Day?
 - The Indian Prime Minister's UN address of 2015
 - The Indian Prime Minister's UN address of 2014
 - The Indian Prime Minister's UN address of 2017
 - The Indian Prime Minister's UN address of 2019
- Why was 21 June selected as the International Yoga Day?
 - because it is the longest day in the Northern Hemisphere
 - because yoga was discovered on this date
 - because it is the longest day in India
 - because it is an auspicious day as per the Hindu calendar
- The origin of yoga can be traced back to _____.
 - post-Vedic Indian traditions – around fourth and fifth centuries BCE
 - pre-Vedic Indian traditions – around fourth and fifth centuries BCE
 - post-Vedic Indian traditions – around sixth and fifth centuries BCE
 - pre-Vedic Indian traditions – around sixth and fifth centuries BCE
- The 196 *Yoga Sutras* of Patanjali date back to the _____.
 - fourth century CE
 - first century CE
 - fifth century CE
 - sixth century CE
- Who was responsible for taking the art of yoga to the West?
 - Patanjali
 - Swami Vivekananda
 - Maharishi Ved Vyas
 - Kalidas
- Yoga has been derived from the Sanskrit word ____ which means 'to unite/join/add/attach'.
 - 'yuj'
 - 'yug'
 - 'yog'
 - 'yoj'
- What is 'union through love and devotion' called?
 - Atma yoga
 - Paramatma yoga
 - Bhakti yoga
 - Shakti yoga
- What is the 'unification of Atma and Parmatma' called?
 - Yoga
 - Asana
 - Samadhi
 - Pratyahara
- "Skill in actions of efficiency alone is yoga." The statement was given by _____.
 - Patanjali
 - Maharishi Ved Vyas
 - Shri Bharti Krishan Tirth
 - Lord Krishna
- What is the goal of yoga?
 - To help us utilise the mind and body to achieve an awareness of ourselves as a unit
 - To help us utilise the breath and body to achieve an awareness of ourselves as a unit
 - To help us utilise the breath and mind to achieve an awareness of ourselves as a unit
 - To help us utilise the mind and physique to achieve an awareness of ourselves as a unit

11. Which of the following is not a part of Yama?
 - a. Tapa
 - b. Satya
 - c. Brahmacharya
 - d. Aparigraha
12. Which of the following means 'conquering greed and living'?
 - a. Aparigraha
 - b. Ahimsa
 - c. Satya
 - d. Asteya
13. Which of the following means 'compassion for all living beings'?
 - a. Aparigraha
 - b. Ahimsa
 - c. Satya
 - d. Asteya
14. Which of the following means 'commitment to the truth'?
 - a. Aparigraha
 - b. Ahimsa
 - c. Satya
 - d. Asteya
15. Which of the following means 'avoidance of stealing and being happy with what one has'?
 - a. Aparigraha
 - b. Ahimsa
 - c. Satya
 - d. Asteya
16. Which of the following means 'conquering of bodily desires'?
 - a. Brahmacharya
 - b. Ahimsa
 - c. Satya
 - d. Asteya
17. Which of the following means 'cleanliness of body and mind'?
 - a. Swadhyaya
 - b. Tapa
 - c. Saucha
 - d. Santosha
18. Which of the following means 'contentment and modesty'?
 - a. Swadhyaya
 - b. Tapa
 - c. Saucha
 - d. Santosha
19. Which of the following means 'proper use of our body's energy'?
 - a. Swadhyaya
 - b. Tapa
 - c. Saucha
 - d. Santosha
20. Which of the following means 'self-examination'?
 - a. Swadhyaya
 - b. Tapa
 - c. Saucha
 - d. Santosha
21. Which of the following means 'celebration of the spiritual; to surrender to God'?
 - a. Swadhyaya
 - b. Ishwara pranidhana
 - c. Saucha
 - d. Santosha
22. Universal morality and ethics are called _____.
 - a. Samadhi
 - b. Pratyahara
 - c. Niyama
 - d. Yama
23. Asanas refers to _____ while Pranayama refers to _____.
 - a. physical exercises; breathing exercises and control of breath
 - b. body postures; breathing exercises and control of prana (internal energy)
 - c. body movements; mind exercises and control of brain
 - d. control of the senses; union with the divine
24. Control of the senses is called _____.
 - a. Tapa
 - b. Pranayama
 - c. Pratyahara
 - d. Dhyana
25. Dharana refers to _____.
 - a. control of the senses.
 - b. union with the divine
 - c. body postures
 - d. concentration and cultivating inner perceptual awareness

26. What is the difference between Dhyana and Samadhi?
- Dhyana is devotion, meditation on the divine will, whereas, samadhi is union with the divine.
 - Dhyana is union with the divine, whereas, samadhi is devotion, meditation on the divine will.
 - Dhyana is concentration and cultivating inner perceptual awareness, whereas, samadhi is union with the divine.
 - Dhyana is union with the divine, whereas, samadhi is concentration and cultivating inner perceptual awareness.
27. How was the inception of International Yoga Day commemorated by Indian Postal Services?
- By distributing books on yoga
 - By releasing a stamp
 - By releasing a postcard
 - By distributing posters on yoga
28. Which of these asanas does not specifically contribute to reduction of stress and tension?
- Padmasana
 - Makarasana
 - Suptasana
 - Shavasana
29. How many doshas (energies) are there in our body?
- Two
 - Three
 - Seven
 - Five
30. What are the three doshas for?
- Physical purity
 - Mental stability
 - Correction of body posture
 - Spiritual development
31. Which of the following cannot be attained by practicing yoga?
- Cure and prevention of diseases
 - Maintenance of correct body posture
 - Increase in flexibility and attractiveness
 - Improvement in social life
32. Which of the following asana is not for improving body posture?
- Mayurasana
 - Chakrasana
 - Bhujangasana
 - Vajrasana
33. Which of the following asanas is practiced for spiritual development?
- Mayurasana
 - Chakrasana
 - Padmasana
 - Dhanurasana
34. Practice of yama and niyama make an individual more _____ and _____.
- social, spiritual
 - moral, ethical
 - lean, thin
 - emotional, practical
35. What does yama stand for?
- Universal morality and ethics
 - Personal rules
 - Postures and positions
 - Concentration
36. What does niyama stand for?
- Meditation
 - Personal rules
 - Enlightenment
 - Withdrawal from the sense

37. Which of the following is not a sub-discipline of yama?
 a. Ahimsa b. Satya c. Asteya d. Santosh
38. Which of the following is not a sub-discipline of niyama?
 a. Saucha b. Tapa c. Brahmacharya d. Swadhyaya
39. How many sub-disciplines are there of yama?
 a. Five b. Seven c. Three d. Four
40. How many sub-disciplines are there of niyama?
 a. Five b. Seven c. Three d. Four
41. Aparigraha refers to _____.
 a. practicing non-violence and believing in peace
 b. adoption of lifestyle determined by vital needs
 c. denouncement of excessive sexual desires and lust
 d. to speak the truth and not steal
42. Ishwara Pranidhana refers to _____.
 a. having a clean body and mind
 b. upholding modesty as a virtue which brings contentment of mind
 c. disciplined use of energy produced in the body
 d. proximity with the divine; following the will of God and accepting his grace
43. What does not make a part of the rule of tapa?
 a. Healthy diet b. Correct body posture
 c. Vigorous exercise d. Soothing nerves
44. What is Swadhyaya?
 a. Study of the self
 b. Figuring out one's own strengths and weaknesses
 c. Thoughtful reflection on oneself and one's actions
 d. All of the above
45. What does asana stand for?
 a. Yogic postures and positions b. Breathing exercises
 c. Withdrawal from the senses d. Meditation
46. What does pranayama stand for?
 a. Yogic postures and positions b. Breathing exercises
 c. Withdrawal from the senses d. Meditation
47. What does pratyahara stand for?
 a. Yogic postures and positions b. Breathing exercises
 c. Withdrawal from the senses d. Meditation
48. What does dharana stand for?
 a. Yogic postures and positions b. Breathing exercises
 c. Withdrawal from the senses d. Concentration

49. What does dhyana stand for?
 a. Meditation b. Personal rules c. Physical purity d. Enlightenment
50. What does samadhi stand for?
 a. Meditation b. Personal rules c. Physical purity d. Enlightenment
51. prana+ayama refers to _____ + _____.
 a. mind, control b. breath, control
 c. body, control d. posture, control
52. What is samadhi?
 a. Profound contemplation without distraction
 b. The sixth limb of ashtanga yoga
 c. The highest limb in ashtanga yoga
 d. Gaining mastery over external sensory pleasures
53. What is prayahara?
 a. Profound contemplation without distraction
 b. The sixth limb of ashtanga yoga
 c. The highest limb in ashtanga yoga
 d. Gaining mastery over external sensory pleasures
54. What is dharana?
 a. Concentration or single focus b. Profound contemplation without distraction
 c. The seventh limb of ashtanga yoga d. Control of body and breath
55. Which one of the following is not a constituent of pranayama?
 a. Puraka b. Bhastrika
 c. Kumbhaka d. Rechaka
56. Which of the following is not a name of samadhi?
 a. Samprajnata and Sabija b. Savikalpa and Asamprajnata
 c. Nirvikalpa and Nirbija d. Ujjayi and Plavini
57. How does Patanjali describe asana?
 a. Asthiram sukham asanam b. Ashtanga yogam
 c. Sthiram sukham asanam d. Asamprajnata asanam
58. Which of the following is not a category under which asanas can be classified?
 a. Meditative asanas b. Figurative asanas
 c. Relaxative asanas d. Cultural or corrective asanas
59. Which one of the following is not a benefit of performing asanas?
 a. Making practitioner alert to the centre of his being
 b. Improving blood circulation for smoother functioning of internal organs
 c. Reinforcing immunity and resistance, enhancing acuteness of the senses
 d. Increasing fatigue to help the body sleep better

60. There are _____ meditative, _____ relaxative and _____ cultural or corrective asanas, respectively.
- three, four, four
 - four, three, four
 - three, three, four
 - four, three, three
61. Which one of the following is not a mudra in padmasana?
- Chin
 - Chinmayi
 - Sabija
 - Adi
62. Swastikasana is also called _____.
- lotus pose
 - ankle lock pose
 - thunderbolt pose
 - cow pose
63. Which one of the following is not a meditative asana?
- Vajrasana
 - Gomukhasana
 - Swastikasana
 - Matsyasana
64. Which asana is known to stimulate digestion and liver function?
- Swastikasana
 - Makarasana
 - Vajrasana
 - Halasana
65. Hare pose or _____ tones the pelvic muscles, stimulates abdominal organs and stretches and relaxes the spine.
- Shirshasana
 - Shashankasana
 - Makarasana
 - Shavasana
66. Makarasana is the opposite of which asana?
- Shirshasana
 - Shashankasana
 - Sukhasana
 - Shavasana
67. Which of the following is not a stage in cultural asanas?
- Preparing for the position
 - Coming into the position
 - Holding the position
 - Releasing oneself from the position
68. Which of the following is not a benefit of Shirshasana?
- Normalising blood pressure
 - Increase in blood circulation
 - Improving the skin and vision
 - Reducing hair loss
69. People with blood pressure problems, insomnia, migraine and back injuries should avoid _____.
- Halasana
 - Shirshasana
 - Matsyasana
 - Shalabhasana
70. Shalabhasana is practiced to _____.
- toughen back muscles
 - strengthen the spine, wrists, hips, thighs and arms
 - relieving back pain and sciatica
 - all of these
71. How many types of pranayama are there?
- Seven
 - Nine
 - Eight
 - Twelve
72. What are the benefits of suryabhedhi pranayama?
- Increases flow of gall and digestion
 - Provides warmth and purifies the blood
 - Reduces phlegm and gas
 - All of these
73. What are the benefits of ujjayi pranayama?
- Sharpens the mind
 - Lowers the risk of a heart attack

- c. Helps patients cope with respiratory diseases, especially asthma
d. All of the above
74. Which of the following is not a benefit of sheetkari pranayama?
a. Lowering of blood pressure and body temperature
b. Improves metabolism
c. Relieving of stress
d. Enhancement of digestion
75. Sheetli pranayama is also called _____.
a. the sound breath b. the hissing breath
c. the cooling breath d. breath of fire
76. Bhastrika pranayama is not to be practiced by the patients of _____.
a. hypertension b. epilepsy c. seizures d. all of these
77. Which of the following pranayama is also called bee breath?
a. Ujjayi pranayama b. Bhramari pranayama
c. Plavini pranayama d. Kapalbhathi
78. In which pranayama is the practitioner required to balance on the hands?
a. Ujjayi pranayama b. Bhramari pranayama
c. Plavini pranayama d. Kapalbhathi
79. Which pranayama is performed to improve metabolism, blood circulation and functions of the liver and kidneys?
a. Ujjayi pranayama b. Bhramari pranayama
c. Plavini pranayama d. Kapalbhathi
80. Meditation is also called _____.
a. dhyana b. chitta c. vritti d. neti
81. How many yogic kriyas are there?
a. Six b. Five c. Four d. Seven
82. Neti or nasal cleaning can be done using _____.
a. cotton thread b. water c. ghee and milk d. all of these
83. What are the two types of neti?
a. Sutra neti b. Jal neti c. Bhat neti d. Both (a) and (b)
84. What is kapalbhathi also known as?
a. The front brain bellowing b. Colon cleansing
c. Detox breath d. Both (a) and (c)
85. What are the benefits of trataka?
a. Strengthen abdominal organs and muscles
b. Trains the eyes and helps the mind to focus, improves concentration
c. Cleanses the large intestine
d. Strengthens the liver and eases the process of digestion and ejection

86. What does vasti refer to?
 a. Mind cleansing b. Body cleansing c. Colon cleansing d. None of these
87. Which of the following is not a type of dhauti?
 a. Jala dhauti b. Sutra dhauti c. Kapal dhauti d. Vastara dhauti
88. How is nauli practiced?
 a. By churning or shaking the belly b. By breathing heavily
 c. By balancing on hands and head d. By meditating with eyes closed
89. "Yoga is the silencing of the modifications of the mind." This translation was given by _____.
 a. Patanjali b. I K Taimni c. B K S Iyenger d. Shri Bharti Krishan Tirth
90. How many steps are there in Sukhasana?
 a. Five b. Four c. Seven d. Ten
91. Which of the following is not a benefit of Sukhasana?
 a. Stretching the spine b. Gives overall sensation of peace
 c. Makes buttocks and abdomen firmer d. Opens knees and ankles
92. Tadasana is recommended only _____ hours after taking your meal.
 a. three - five b. four - six c. two - four d. five - seven
93. Which of the following is a benefit of Tadasana?
 a. Stretching the spine b. Gives overall sensation of peace
 c. Makes buttocks and abdomen firmer d. Opens knees and ankles
94. What does padma in Padmasana stand for?
 a. Spine – strength and control
 b. Feet – stability and firmness
 c. Lotus – enlightenment, rebirth and prosperity
 d. Locust – free movement and happiness
95. How many steps and benefits are there respectively of Padmasana?
 a. Seven and five b. Ten and seven
 c. Five and seven d. Seven and ten
96. Which of the following is a benefit of Shashankasana?
 a. It improves circulation of blood. b. It brings emotional stability.
 c. It improves breath and heartbeat. d. It improves muscle stability and strength.
97. How is the body shaped in Naukasana?
 a. Like a bee b. Like a hare c. Like a lotus d. Like a boat
98. How many repetitions of Naukasana should be performed in a day?
 a. Three - five b. Four - seven c. Eight - ten d. Ten - fifteen
99. Which one of the following is not a benefit of Naukasana?
 a. Enhances blood circulation b. Improves confidence and willpower
 c. Reduces fat around abdomen d. Relaxes the spine

100. People with spinal problems should avoid doing _____.
- a. Naukasana b. Vrikshasana c. Garudasana d. Padmasana
101. People with blood pressure and heart diseases should avoid doing _____.
- a. Naukasana b. Vrikshasana c. Garudasana d. Padmasana
102. People with ankle, knee and shoulder problems should avoid doing _____.
- a. Naukasana b. Vrikshasana c. Garudasana d. Padmasana
103. What pose does your body get into when you perform Vrikshasana?
- a. Saint like b. Boat like c. Eagle like d. Tree like
104. Which of the following is not a benefit of Garudasana (eagle pose)?
- a. Strengthens shoulder, hip and thigh muscles
b. Improves confidence and willpower
c. Improves kidney functioning, reduces prostate disorder
d. Strengthens immune system
105. Which of the following is a benefit of yog-nidra?
- a. Awakens creativity, enhances memory retention and increases learning capacity
b. Regulates blood pressure and body temperature
c. Improves body posture and stability
d. Strengthen the spine and lungs

ANSWERS

- | | | | | |
|--------|--------|--------|--------|--------|
| 1. b | 2. a | 3. d | 4. b | 5. b |
| 6. a | 7. c | 8. a | 9. d | 10. b |
| 11. a | 12. a | 13. b | 14. c | 15. d |
| 16. a | 17. c | 18. d | 19. b | 20. a |
| 21. b | 22. d | 23. b | 24. c | 25. d |
| 26. a | 27. b | 28. a | 29. b | 30. a |
| 31. d | 32. d | 33. c | 34. b | 35. a |
| 36. b | 37. d | 38. c | 39. a | 40. a |
| 41. b | 42. d | 43. d | 44. d | 45. a |
| 46. b | 47. c | 48. d | 49. a | 50. d |
| 51. b | 52. c | 53. d | 54. a | 55. b |
| 56. d | 57. c | 58. b | 59. d | 60. b |
| 61. c | 62. b | 63. d | 64. c | 65. b |
| 66. d | 67. a | 68. a | 69. c | 70. d |
| 71. c | 72. d | 73. d | 74. b | 75. c |
| 76. d | 77. b | 78. c | 79. d | 80. a |
| 81. a | 82. d | 83. d | 84. d | 85. b |
| 86. c | 87. c | 88. a | 89. b | 90. a |
| 91. c | 92. b | 93. c | 94. c | 95. a |
| 96. b | 97. d | 98. a | 99. d | 100. a |
| 101. b | 102. c | 103. d | 104. b | 105. a |

Chapter 6: PHYSICAL ACTIVITY AND LEADERSHIP TRAINING

1. Which one of the following do not qualify as an extended meaning of leadership?
 - a. To guide a person or a group
 - b. To direct a group with submissiveness
 - c. To have good control with proper management over a specific action
 - d. To extend a proper supervision to fulfil a definite task
2. Which of the following are the qualities of a leader?
 - a. Clarity of thought and strong commitment
 - b. Effective communication and respect for fellow members
 - c. Sense of humour and strong interpersonal skills
 - d. All of the above
3. Which of the following is not a role of a leader?
 - a. to plan and execute the plan smoothly
 - b. To act as a bridge between management and workforce
 - c. To support everyone during execution of work
 - d. To limit the communication to avoid confusion
4. Which of the following is not taught by physical education and sporting activity?
 - a. Social cohesiveness
 - b. Spirit of competitiveness
 - c. Important characteristics of a follower
 - d. Cooperation
5. Which of the following fall under adventure sports category?
 - a. Rock climbing
 - b. Surfing
 - c. Paragliding
 - d. All of these
6. Which of the following define adventure sports?
 - a. Activities that deliver extraordinary challenges
 - b. Involve high risk of injury
 - c. Exclusively competitive in nature
 - d. Both (a) and (b)
7. Which of the following is not an objective of adventure sports?
 - a. Exposing students to outdoor activities only
 - b. Activities that help a child be self-reliant and independent
 - c. Help develop challenging attitude
 - d. Development of intellectual and cognitive qualities
8. Which of the following a rock climber does not gain during the activity?
 - a. Firmness
 - b. Willpower
 - c. Confidence
 - d. Balance
9. Trekking is best done in a _____.
 - a. group
 - b. pair
 - c. solitude
 - d. none of these
10. River rafting is considered as an _____ sport.
 - a. pleasurable
 - b. extreme
 - c. challenging
 - d. none of these

11. Which of the following does a climber need to climb during mountaineering?
 - a. Rocks
 - b. Glaciers
 - c. Valleys
 - d. All of these
12. Which of the following cannot be developed by indulging in surfing?
 - a. Body balance
 - b. Self-confidence
 - c. Increased flexibility
 - d. Endurance
13. Which of the following is not a pre-activity safety measure?
 - a. Avoiding wrong language
 - b. Readiness and clarity of the activity
 - c. Condition of playground, equipment and environment
 - d. Performing general and specific warm-up
14. Which of the following is a during-activity safety measure?
 - a. Avoiding stress or pain
 - b. Gradual and progressive stretching
 - c. Cooling down of the body muscles
 - d. Proper nutrition to rejuvenate the body
15. Proper hydration of the body is a _____ safety measure.
 - a. pre- and during activity
 - b. pre- and post-activity
 - c. during- and post activity
 - d. none of these

ANSWER KEY

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. b | 2. d | 3. d | 4. c | 5. d |
| 6. d | 7. a | 8. a | 9. a | 10. b |
| 11. d | 12. b | 13. a | 14. a | 15. b |

Chapter 7: TEST, MEASUREMENT AND EVALUATION

1. A _____ may be defined as a tool, a question or an examination which is used to measure a particular characteristic of an individual or a group of individuals.
 - a. measurement
 - b. test
 - c. evaluation
 - d. both (b) and (d)
2. "A test is a tool to evaluate the skill, knowledge, capacities or aptitudes of an individual or a group." Who gave this statement?
 - a. John F Kennedy
 - b. H M Barrow
 - c. Webster Dictionary
 - d. Jack Nelson
3. Which of the following is not a testing method used in physical education and sports?
 - a. Miller Poolball Test
 - b. Kraus Weber Test
 - c. Fitness Gram
 - d. National Physical Efficiency Test
4. Which act or process involves the assignment of numerical values to whatever is being tested?
 - a. Assessment
 - b. Evaluation
 - c. Test
 - d. Measurement

5. "Measurement refers to the process of administering a test to obtain quantitative data." Who gave this statement?
 - a. John F Kennedy
 - b. H M Barrow
 - c. Webster Dictionary
 - d. Jack Nelson
6. BMI is the ratio of _____.
 - a. body weight and square of height
 - b. body mass and square of height
 - c. body fat and square of weight
 - d. body height and square of weight
7. What is the systematic assessment of information using criteria governed by a set of standards that provides useful feedback about the performance of a sportsperson called?
 - a. Assessment
 - b. Evaluation
 - c. Test
 - d. Measurement
8. For which of the following are tests, measurements and evaluation in the field of sports and physical education important?
 - a. Motivation
 - b. Goal setting
 - c. Research
 - d. All of these
9. Who invented BMI?
 - a. Adolphe Quetelet
 - b. W H Sheldon
 - c. Barry L Johnson
 - d. McGee
10. If a woman's WHR is more than 0.85, then she is _____.
 - a. perfectly fit
 - b. lean
 - c. at health risk
 - d. healthy
11. WHR is the measurement of the _____.
 - a. wrist circumference divided by height circumference
 - b. waist circumference divided by height circumference
 - c. waist circumference divided by hip circumference
 - d. wrist circumference divided by hip circumference
12. Which of the following is not a somatotype?
 - a. Endomorphy
 - b. Mesomorphy
 - c. Physiomorphy
 - d. Ectomorphy
13. What does somatotype mean?
 - a. Body type
 - b. Body shape
 - c. Body structure
 - d. Body height
14. Which of the following is not a characteristic of endomorphs?
 - a. Difficulty in losing weight
 - b. Prone to knee and feet problems
 - c. Underdeveloped muscles
 - d. Thick bones and muscles
15. Which of the following is not a characteristic of mesomorphs?
 - a. Lean, muscular and with flat abdomen
 - b. Broad shoulders with proportionate arms and legs
 - c. Low body fat and good metabolism
 - d. Tall and slender with fast metabolism
16. What are scores plotted in a shield diagram also called?
 - a. Ectomorphy
 - b. Somatography
 - c. Mesomorphy
 - d. Endomorphy
17. Which of the following are health related fitness components?
 - a. Muscular strength
 - b. Flexibility
 - c. Body composition
 - d. All of these

18. Which of the following test is conducted to determine flexibility?
- VO₂ Max test
 - Harvard step test
 - V-sit test
 - 12 minute Cooper test
19. What is skinfolds measurement?
- Manual technique of measuring body fat
 - Manual technique of measuring body composition
 - Manual technique of measuring body mass
 - Manual technique of measuring body weight
20. An ectomorph's diet should be rich in _____.
- calories and fat
 - fibre and fat
 - protein and minerals
 - vitamins and fibre

ANSWER KEY

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. b | 2. c | 3. a | 4. d | 5. b |
| 6. a | 7. b | 8. d | 9. a | 10. c |
| 11. c | 12. c | 13. a | 14. d | 15. d |
| 16. b | 17. d | 18. c | 19. b | 20. a |

Chapter 8: FUNDAMENTALS OF ANATOMY, PHYSIOLOGY AND KINESIOLOGY

- The study of the structure of living organisms is called _____.
 - anatomy
 - physiology
 - kinesiology
 - biology
- The study of how living systems function is called _____.
 - psychology
 - physiology
 - kinesiology
 - radiology
- Which of the following is not a scope for practice of kinesiology?
 - Neuroplasticity
 - Motor redundancy
 - Adaptation through exercise
 - Reflexive capability
- Why are anatomy and physiology important?
 - To obtain knowledge of our body
 - For selection of sports
 - For preparing training programme
 - Mental and psychological correction
- Who all should have the know-how of the relationship between anatomy and sports?
 - Coaches
 - Trainers
 - Athletes
 - All of these
- How many bones are there in the axial skeleton?
 - 60
 - 80
 - 40
 - 20
- What does appendicular skeleton consist of?
 - Upper and lower limbs
 - Pectoral and pelvic girdles
 - Vertebral bones
 - Both (a) and (b)

8. Which of the following is not a function of the skeletal system?
 - a. Locomotion
 - b. Symphysis
 - c. Calcium storage
 - d. Endocrine regulation
9. Which of the following is not a classification of bones?
 - a. Long bones
 - b. Flat bones
 - c. Round bones
 - d. Irregular bones
10. What are immovable joints also called?
 - a. Synarthrosis
 - b. Amphiarthrosis
 - c. Synchrondrosis
 - d. Diarthrosis
11. What are the two sub-categories of amphiarthrosis?
 - a. Diarthrosis and synchrondrosis
 - b. Symphysis and synchrondrosis
 - c. Diarthrosis and symphysis
 - d. Symphysis and synarthrosis
12. Condyloid joints are an example of _____.
 - a. immovable joints
 - b. slightly movable joints
 - c. freely movable joints
 - d. gliding joints
13. Which of the following is not a property of muscles?
 - a. Excitability
 - b. Contractility
 - c. Elasticity
 - d. Protectivity
14. Regulating body temperature is a function of _____.
 - a. skeletal muscles
 - b. immune system
 - c. respiratory system
 - d. cardiovascular system
15. Pharynx, larynx and diaphragm are a part of which system?
 - a. Skeletal system
 - b. Cardiovascular system
 - c. Respiratory system
 - d. Circulatory system
16. Which of the following is not a function of respiration?
 - a. To produce energy inside the body
 - b. To produce sound through the vibration of the vocal chords
 - c. To enable olfaction, the detection of smell
 - d. None of the above
17. Which part of the human body can cover the distance around the earth twice, if laid end to end two times?
 - a. Skin cells
 - b. Blood vessels
 - c. Epicardium
 - d. Atriums
18. Which of the following is not a function of the heart?
 - a. Pulmonary circulation
 - b. Structural circulation
 - c. Systematic circulation
 - d. Coronary circulation
19. Which of the following are the types of capillaries?
 - a. Continuous capillaries
 - b. Denestrated capillaries
 - c. Sinusoidal capillaries
 - d. All of these
20. Removal of waste products and boosting immune system is a function of which system?
 - a. Excretory system
 - b. Cardiovascular system
 - c. Respiratory system
 - d. Circulatory system

21. What are the two sub-categories of equilibrium based on the position of centre of gravity?
- Static and dynamic
 - Stable and potential
 - Physical and mental
 - Unstable and neutral
22. Which of the following factors influence the degree of stability?
- Area of base of support
 - Weight of the body
 - Friction
 - All of these

ANSWER KEY

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. a | 2. b | 3. d | 4. d | 5. d |
| 6. b | 7. d | 8. b | 9. c | 10. a |
| 11. b | 12. c | 13. d | 14. a | 15. c |
| 16. d | 17. b | 18. b | 19. d | 20. d |
| 21. a | 22. d | | | |

Chapter 9: PSYCHOLOGY AND SPORTS

- What does psychology mean?
 - Study of the soul
 - Science of the soul
 - Science of the mind
 - Study of the thought
- “Sports psychology explores one’s behaviour in athletics.” Who gave this statement?
 - Singer
 - John Lauther
 - Clark and Clark
 - K M Burns
- How can a sports psychologist discover and interpret the psychological factors involved in a players performance?
 - By observing and analysing a player’s mental and physical wellbeing
 - By observing and analysing a player’s chain of thought
 - By observing and analysing a player’s response to demands and pressure
 - By observing and analysing a player’s body and mind balance
- The mental aspects used in sports psychology are:
 - energy, balance, focus, flow and motivation.
 - imagery, focus, simulation and stability.
 - energy, balance, focus, simulation and stability.
 - imagery, focus, simulation, flow and motivation.
- Which of the following is not a mental aspect used in sports psychology?
 - Imagination
 - Focus
 - Simulation
 - Flow
- Sports psychology is not important for which of the following reason(s)?
 - Development of social and interactive skills
 - Development of physiological capacities
 - Aiding the learning of motor skills
 - Understanding the behaviour of players

7. Which of the following can be perceived but not measured?
 - a. Development
 - b. Growth
 - c. Performance
 - d. All of these
8. Which of the following is not a characteristic of growth and development?
 - a. Continuity
 - b. Orderly sequence
 - c. Heredity and environment
 - d. Behavioural moderations
9. Which of the following is not a stage in growth and development?
 - a. Infancy
 - b. Childhood
 - c. Middle-age
 - d. Adolescence
10. Adolescence refers to the people belonging to _____ years of age.
 - a. 13 – 19
 - b. 13 – 18
 - c. 12 – 18
 - d. 12 – 19
11. At what age does human eyes become mature?
 - a. 6 months
 - b. 18 months
 - c. 75 years
 - d. 60 years
12. The word adolescence means _____.
 - a. to become an adult
 - b. to grow up
 - c. to gain legal rights
 - d. both (a) and (b)
13. Which of the following is not a problem faced by adolescents?
 - a. Physiological changes
 - b. Social and psychological instability
 - c. Hero worship
 - d. Peer pressure
14. Developing healthy eating and exercise habit at adolescence age are a foundation for _____ in adulthood.
 - a. good health
 - b. emotional wellbeing
 - c. sexual development
 - d. emotional challenges
15. Which of the following does not help in managing the problems faced by adolescents?
 - a. Involvement in physical activities
 - b. Encouraging hobbies
 - c. Vocational guidance
 - d. Giving body positivity lectures

ANSWER KEY

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. b | 2. a | 3. c | 4. d | 5. a |
| 6. a | 7. a | 8. d | 9. c | 10. c |
| 11. a | 12. d | 13. b | 14. a | 15. d |

Chapter 10: TRAINING AND DOPING IN SPORTS

1. How many principles are there of sports training?
 - a. 15
 - b. 14
 - c. 12
 - d. 9
2. Which of the following qualify as the points to be considered under the principle of individual differences?
 - a. Smaller muscles take more time to heal as compared to large muscles

- b. Slow twitch muscle fibres have a faster recovery rate than fast twitch muscle fibres
 c. Slow movements lead to faster recovery than fast or vigorous movements
 d. Generally men recover slower than women
3. Principle of Continuity, Principle of Cyclicity and Principle of Specificity fall under Principles of _____.
- a. Development b. Movement c. Warming-up d. Training
4. Warming-up is necessary for preparing the body _____.
- a. physically b. mentally c. emotionally d. Only (a) and (b)
5. Time spent in warming-up and cooling down will _____.
- a. improve an individual's level of performance accelerate the recovery process
 b. improve metabolism and boost confidence
 c. improve muscular flexibility and reduce reflection time
 d. improve appetite and boost immunity
6. Sunbath and steam bath are two types of _____.
- a. detoxifying b. warming-up c. cleansing d. sweating
7. Which of the following are the benefits of _____.
- a. Increased strength b. Increased flexibility
 c. Increased endurance d. All of these
8. Physiological basis of warming-up does not include _____.
- a. increase in metabolic rate b. reduction of blood lactic acid
 c. increase in speed of muscles d. increase in working capacity
9. Guiding principles of warming-up are age and sex specific. Is the given statement valid?
- a. Yes, it is b. No, it isn't c. Can't say d. Seldom
10. Which of the following are common stretches used in limber down?
- a. Hamstrings b. Chest c. Glutes d. All of these
11. Which of the following is not a benefit of limbering down?
- a. Eliminating waste products b. Supply of oxygen
 c. Reduction of tension d. Removal of clots
12. Handspring in gymnastics is an example of _____.
- a. style b. technique c. skill d. all of these
13. Coactive skills involve _____.
- a. direct confrontation b. indirect confrontation
 c. complex movement d. accurate movement
14. _____ defined technique as "The most rational and effective form to perform exercises."
- a. Grosser b. Ozolin c. Jersild d. Sadler
15. Style is the expression of _____ in motor action.
- a. technique b. skill c. movement d. interaction

16. An athlete's use of prohibited drugs or methods to improve training and sporting results is called _____.
- a. addiction b. doping c. doop d. transfusion
17. _____ can lead to infection and overhydration.
- a. Chemical and physical manipulation b. Gene doping
c. Alcohol consumption d. Stimulants
18. Which of the following fall under the category of performance enhancing drugs or substances?
- a. Narcotics b. Cannabinoids c. Gene doping d. Glucocorticoids
19. Which of the following is a substance prohibited at all times or in-and-out-of-competitions?
- a. Narcotics b. Diuretics c. Cannabinoids d. Beta-blockers
20. Which of the following is not a harmful effect of substance abuse?
- a. Physical attributes will be high
b. Person will become addicted
c. Person will become mentally imbalanced
d. Willpower will be low

ANSWER KEY

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. b | 2. c | 3. d | 4. d | 5. a |
| 6. b | 7. d | 8. c | 9. a | 10. d |
| 11. d | 12. c | 13. b | 14. b | 15. a |
| 16. b | 17. a | 18. c | 19. b | 20. a |