

TGT PHYSICAL EDUCATION

1. Who launched the 90-day campaign 'Azadi Se Antyodaya Tak'?

- (A) Amit Shah
- (B) Piyush Goyal
- (C) Kiren Rijiju
- (D) Giriraj Singh

Correct Answer: (D)

2. Which country signed agreements on training staff and IT cooperation to deepen railway cooperation In Sep 2022?

- (A) Russia-India
- (B) Ukraine-Turkey
- (C) India-Bangladesh
- (D) America-India

Correct Answer: (C)

3. The “Donbas War” is currently being fought in

- (A) Serbia
- (B) Ukraine
- (C) Syria
- (D) Lebanon

Correct Answer: (B)

4. Pedagogy is the study of

- (A) education
- (B) learning process
- (C) teaching methods
- (D) guiding students

Correct Answer: (C)

5. Dyslexia is associated with

- (A) mental disorder
- (B) mathematical disorder
- (C) reading disorder
- (D) behavioural disorder

Correct Answer: (C)

6. Which government organizations will develop guidelines for the education of gifted children?

- (A) NCERT and NCFCS
- (B) NCERT and NCTE
- (C) NCERT and NTA
- (D) NCERT and SCERT

Correct Answer: (B)

7. The sequence of the phases in triple jump is _ _ _?

- (A) Hop Phase – Jump Phase – Step Phase
- (B) Step Phase – Hop Phase – Jump Phase
- (C) Hop Phase – Step Phase – Jump Phase
- (D) Jump Phase – Step Phase – Hop Phase

Correct Answer : (C)

8. CPR stand for ...

- (A) Cardiac Pulse Rescue
- (B) Cardio Pulmonary Resuscitation
- (C) Cardio Pressure and Respiratory
- (D) Cardiac Plus Respiratory

Correct Answer : (B)

9. Match List-A with List-B

List – A

- I. Weight of Handball (men)
- II. Weight of Football
- III. Circumference of cricket ball
- IV. Circumference of hockey ball

List – B

- 1. 22.4 cm to 22.9 cm
- 2. 425 g to 475 g
- 3. 22.4 cm to 23.5 cm
- 4. 410 g to 450 g

Codes:

- (A) I-2, II-4, III-3, IV-1
- (B) I-4, II-2, III-1, IV-3
- (C) I-4, II-2, III-3, IV-1
- (D) I-2, II-4, III-1, IV-3

Correct Answer : (D)

10. In gymnastics, Distance between pommels in pommel horse shall be

- (A) Minimum ≤ 45 cm and Maximum ≥ 48 cm
- (B) Minimum ≤ 40 cm and Maximum ≥ 45 cm
- (C) Minimum ≤ 40 cm and Maximum ≥ 43 cm
- (D) Minimum ≤ 40 cm and Maximum ≥ 50 cm

Correct Answer : (B)

11..... is not a properties of human muscles.

- (A) Contractility
- (B) Excitability
- (C) Agility
- (D) Elasticity

Correct Answer : (C)

12. Match List – A with List – B

List – A

- I. Deltoid
- II. Gastrocnemius
- III. Hamstrings
- IV. Pectoralis

List – B

- 1. Shoulder
- 2. Calf
- 3. Back of the thigh
- 4. Chest

Codes:

- (A) I-3, II-2, III-1, IV-4
- (B) I-4, II-2, III-1, IV-3
- (C) I-1, II-2, III-3, IV-4
- (D) I-2, II-1, III-3, IV-4

Correct Answer : (C)

13. When the School Game Federation of India was founded?

- (A) November 1953
- (B) December 1953
- (C) November 1954
- (D) December 1954

Correct Answer : (D)

14. The red muscle fibers contains

- I. High content of glycogen.
- II. Higher myoglobin content.
- III. Better for aerobic work.
- IV. Better for anaerobic work

Codes:

- (A) I and II
- (B) I and III
- (C) II and III
- (D) II and IV

Correct Answer : (C)

15. is not a technique of supervision.

- (A) Workshop
- (B) Conference
- (C) Visitation
- (D) Get-together

Correct Answer : (D)

16. Find the right combination of Russel Launge volleyball test items.

- I. Serving ability
- II. Spiking ability
- III. Blocking ability
- IV. Volleying ability

Codes:

- (A) I & IV
- (B) I & III
- (C) I & II
- (D) II & IV

Correct Answer : (A)

17. Match List-A with List-B

List – A	List – B
I. Vitamin D	1. Scurvy
II. Vitamin B2	2. Anemia
III. Vitamin B12	3. Skin disease
IV. Vitamin C	4. Rickets

Codes:

(A) I-4, II-3, III-2, IV-1

(B) I-4, II-2, III-3, IV-1

(C) I-4, II-1, III-2, IV-3

(D) I-4, II-3, III-1, IV-2

Correct Answer : (A)

18. Match List – A with List – B

List – A	List – B
I. Inverted U hypothesis	1. Achievement
II. Aggression	2. Autocratic style
III. Leadership	3. Anxiety
IV. Motivation	4. Instrumental

Codes:

(A) I-4, II-3, III-1, IV-2

(B) I-3, II-4, III-2, IV-1

(C) I-1, II-2, III-3, IV-4

(D) I-2, II-1, III-4, IV-3

Correct Answer : (B)

19. Which of the following pair is not rightly matched?

(A) Research — Scientific

(B) Informed consent — Ethics

(C) Alternate — Hypotheses

(D) Chi Square — Parametric test

Correct Answer: (D)

CASE STUDY BASED QUESTIONS

With the aim of promoting physical fitness and a healthy lifestyle amongst students, the Physical education Teacher at XYZ School plans to organize intramural competitions at school. For conducting the event he has given this assignment to the students of class XII who have taken up Physical Education subject so that they can get first-hand experience of organizing events. On the basis of the given information answer the following questions:

20. The work of committees is divided into_____

- (A) Pre, during and post
- (B) Pre and post
- (C) Pre and during
- (D) During and Post

Correct Answer: (A)