

PGT 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 ___ Agenda for Sustainable Development has highlighted about the needs and issues of 'Persons with disabilities' and 'Persons in vulnerable situation'.

- (A) 2020
- (B) 2025
- (C) 2030
- (D) 2035

Correct Answer : (D)

8. Which of the following refers to the advancement and a progressive series of qualitative changes?

- (A) Growth
- (B) Development
- (C) Heredity
- (D) Environment

Correct Answer : (B)

9. Generally, a match of Badminton consists of best of three games of _____ points each.

- (A) 11
- (B) 15
- (C) 21
- (D) 25

Correct Answer : (C)

10. Which of the following University in India is offering Physical Education Teacher Education Innovative BPEd + MPEd Integrated program?

- (A) NSU, Manipur
- (B) SGSU, Gandhinagar
- (C) LNIPE, Gwalior
- (D) TPESU, Chennai

Correct Answer : (B)

11. Which of the following is the one of the purpose of doing cooling down exercise?

- (A) Increase the muscle strength
- (B) Reduces the muscle strength
- (C) Reduces the risk of muscles soreness
- (D) Increases the skill ability

Correct Answer : (C)

12. The number matches in League or Round Robin Fixture is decided by __

- (A) $n(n-1) / 2$
- (B) $n(n+1) / 2$
- (C) $n \times 2 / (n-1)$
- (D) $n \times 2 / (n+1)$

Correct Answer : (A)

13. All of the following are likely outcomes of pre-adolescent resistance training except increased _____ .

- (A) a resistance to injury
- (B) strength
- (C) hypertrophy
- (D) bone density

Correct Answer : (C)

14. Flexibility of which of these muscle group or body area is assessed during the sit and reach test?

Options:

- I. Hamstrings
- II. Erector spinae
- III. Lumbar spine
- IV. Hip flexors

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

Correct Answer : (C)

15. Which of the following formula for calculating BMI is true?

- (A) $BMI = \text{Weight (kg)} / \text{Height (mt)}^2$
- (B) $BMI = \text{Weight (kg)} + \text{Height (mt)}^2$
- (C) $BMI = \text{Weight (kg)} \times \text{Height (mt)}^2$
- (D) $BMI = \text{Weight (kg)} - \text{Height (mt)}^2$

Correct Answer : (A)

16. During which of the following periods are sports specific activities performed in the greatest volume?

- (A) preparatory
- (B) first transition
- (C) competition
- (D) second transition

Correct Answer : (C)

17. In Hockey, rolling substitution is allowed and ___ number of times a players can be substituted.

- (A) 5
- (B) 7
- (C) 9
- (D) any

Correct Answer : (D)

18. Which of the following phases are commonly used to very workout during the preparatory period?

Options:

- I. Hypertrophy
- II. Cardiovascular
- III. Basic Strength
- IV. Supercompensation

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

Correct Answer : (A)

19. Match List – I with List – II and select the correct answer Options:

List – I

- I. Adapted physical education
- II. Sport sociologist
- III. Sport specialist
- IV. Exercise physiologist

List – II

- 1. Understanding how human body works
- 2. High performance sport
- 3. Special population
- 4. Developing group dynamics

- (A) 1 2 3 4
- (B) 2 1 4 3
- (C) 3 4 2 1
- (D) 4 3 1 2

Correct Answer : (C)

CASE STUDY BASED QUESTIONS:

As Mr. Kiren Rijuju, Sports Minister has ordered to popularize the game of Kabaddi among school students to develop their physical ability, Mr. Gopi, Physical Education Teacher of a reputed CBSE school has decided to conduct an Inter School Kabaddi tournament in his school premises after proper drawing of fixtures. He consulted the Management and the Principal to conduct the Tournament of Pro Kabaddi pattern but the PE teacher was not aware of pro Kabaddi Tournament. So he discussed it with the National Kabaddi Referee Association.

20. Which of the following is the best method to organize this kind of tournament?

(A) Knock out

(B) League

(C) Ladder

(D) Pyramid

Correct Answer : (B)