

Visvesvaraya Technological University

Department of Physical Education and Sports

Model Multiple choice questions for Physical Education and Sports

Course Code: BPEK359/459/559/659

CIE: 50 Marks

1. what should be the lifestyle of a common man?
a. Hard work & perseverance b. well being c. personal growth **d. All three**
2. As per WHO, what is health?
a. Not merely away from disease b. Physical, Mental well being c. Social & emotional well being **d. all three**
3. What is fitness in physical education?
a. Ability to carry out daily tasks with energy b. Routine physical activities without fatigue. c. Routine physical activities with fatigue **d. a and b**
4. Why warm up exercise is necessary before the game?
a. To prevent injury b. To enhance performance c. To prepare your body for physical activity **d. all these**
5. What are the exercises to build muscular strength?
a. Squat b. Push up c. Dead lift **d. All three**
6. In kabaddi game how many players will be there on the ground during the game from each team?
a. 14 b. 9 **c. 7** d. 12
7. Name the skills in kabaddi
a. Hand touch b. Toe touch c. Ankle catch **d. All these**
8. What is Kho Kho ground measurement?
a. 22 m x 12 m **b. 27 m x 16 m** c. 23 m x 16 m d. 24 m x 12 m
9. What is the importance of ethics in sports?
a. Fostering fair play b. Promoting respect c. Ensuring the integrity of competitions **d. All these**
10. what are the moral values in sports and games?
a. Respect b. Integrity c. Responsibility **d. All these**
11. A player can jump and hit the ball behind the attack line in volleyball?
a. Yes, he can b. No, he can't c. May be d. none of the above

12. In Volleyball, Libero players known as
a. An attacker b. Passer c. Defense player **d. Defensive specialist**
13. Athletic includes
a. Track events b. Field events c. Road races **d. both a & b**
14. Track events includes
a. all running events b. Hurdle events c. Marathon event **d. both a & b**
15. Long Jump is a track event
a. True **b. False** c. May be true d. May be false
16. Standard track of athletics is
a. 200 mts b. 800 mts **c. 400 mts** d. None of these
17. Throwing events in athletic comes under
a. Track events **b. Field events** c. both a & b d. None of these
18. An example for cardiovascular endurance is
a. Sit and Reach b. Shuttle Run **c. Long distance run** d. Push up
19. These are the skills of badminton play
a. Low service b. drop c. smash **d. All these**
20. Passing and shooting are the skills of Basketball
a. True **b. False** c. May be true d. May be false
21. Jump and smash skill comes under
a. Volleyball b. Badminton **c. both a & b** d. None of these
22. What are the main causes for stress?
a. Major life changes b. Work-related issues c. Financial
difficulties, and health concerns **d. All these**
23. How to recover from stress?
a. Incorporate relaxation techniques b. Prioritize sleep and a balanced diet
c. Engage in activities you enjoy **d. All these**
24. Throwball is a
a. Contact ball sport **b. Non contact ball sport** c. both a & b d. None
25. Trademarked name of Table Tennis is
a. Ping Pong b. Pong c. Ping d. None of these