

500 MCQs OF HEALTH & PHYSICAL EDUCATION

Here, you will find five hundred MCQs of Health and Physical education for FPSC, KPPSC, PPSC, SPSC, NTS, PTS, UTS, OTS and competitive exams of Pakistan.



Frequently asked questions logo of CSSMCQs

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- 1 2004 Olympic games held in _____ Greek
- 2 Athletics are also called the base of _____ Olympic Games
- 3 Duration of SarkalKabadi match _____ 40 min
- 4 First President of Pakistan Golf Federation _____ Justice A R Karnees
- 5 For winning the game lead is required _____ 2



- 6 Height of Nanga Parbat _____ 8125 m
- 7 How many lanes on track _____ 8
- 8 How many substitute players in Valley Ball team _____ 6
- 9 How many umpires in Base Ball _____ 4
- 10 In 100 m women hurdles competition distance between hurdles _____
8.5 m
- 11 In 110 meter men hurdle race the height of hurdles _____ 1.067 m
- 12 In 2006 Asian Games how many countries participated in Kabadi _____
12
- 13 In which year Pakistan won ODI world cup _____ 1992
- 14 Judo is introduced in Olympic game _____ 1964
- 15 Old name of Pakistan Golf Federation _____ Pakistan Golf Union
- 16 The game of Chess started from _____ 3000 BC
- 17 The stick which is used to hit the ball in Golf is called _____ Club
- 18 Total height of K-2 _____ 8516 m
- 19 Total number of player in Cricket team _____ 11
- 20 Total Number of players in Beach Volley Ball Game _____ 2
- 21 Total weight of Table Tennis Ball _____ 2.7
- 22 Weight of Valley Ball ball is _____ 9 to 10 ounce
- 23 What is the lowest score in in ODI cricket record _____ 43 runs
- 24 When Asian Kabadi Federation is established _____ 1978
- 25 When Base Ball started in Pakistan _____ 1992
- 26 When first Asian Kabadi Championship held _____ 1980
- 27 When first FIFA World Cup held _____ 1930
- 28 When first time Basketball introduce in Olympic Games _____ 1940
- 29 When International Polo Federation was established _____ 1983
- 30 When Pakistan first time participate in Davis Cup _____ 1948
- 31 Which Country first of all introduce Chess _____ Hindustan
- 32 Which device used to measure the wind velocity _____ The wind gauge
- 33 Which is the biggest race in Olympic games _____ Marathon Race
- 34 Which is the highest mountain in Pakistan _____ K-2
- 35 Which player won more titles of Tour de France _____ France
- 36 Which team won First FIFA world Cup _____ Uruguay
- 37 Which team won the world cup 2007 _____ Australia
- 38 Width of Valley Ball courts lines _____ 5 cm
- 39 _____ Tendon located in the posterior side of the lower leg. Achilles
- 40 _____ The main mass of nervous tissue, typing between sensory receptors,

- which acts as an integrating centre. Central nervous system
- 41 _____ The term used to describe an aggregation of body cells with specialized structure and function. Tissue
- 42 _____ is psychological study of moral principles? Axiology
- 43 _____ Is the residual fluid of blood left after removal of the cellular elements. Plasma
- 44 _____ Is the science, which deals with the description of the structure of cells, tissues, organs and organisms. Anatomy
- 45 'Pele' is related to which game? Swimming
- 46 'Stimulus Response Theory' was given by? E. L. Thorndike
- 47 18.29 M Triple jump record is of Jonathan Adword
- 48 2008 Olympic games held in which country _____ China
- 49 2011 world cup held in which country _____ All of these
- 50 2nd name of athletics is _____ Track and Field Exercises
- 51 400 meter race was included inOlympic 1912
- 52 4th Asian Games held in which Country _____ Pakistan
- 53 9th Asian Games held in which Country _____ Pakistan
- 54 A long distance runner must consume more quantity of? Carbohydrate
- 55 A muscle fibre relaxes when: The nerve stimulus is removed
- 56 A perfect food, known as nutritious is one that? Contains all nutritious elements of food
- 57 A rich source of Vitamin a is: Apricot
- 58 A stress situation which grabs a person completely in-very shour time is? Acute
- 59 A typical fiber in the adult man may have a diameter of 50-70 mm
- 60 Abdominal muscles are best developed from: Abdominal crunch
- 61 Abdominal muscles are best developed from? Playing
- 62 According to rules, the colour of football goal post is? White
- 63 Aerobic power can be enhanced by? Circuit training
- 64 After calcium ions have been released from the sarcoplasmic reticulum they: Bind to troponin
- 65 After emulsion, the digestion of fat is done by an enzyme called? Lipase
- 66 Against which country 'Maradona' scored the goal of the century? England
- 67 Age measured in days, months and years is called? Birth Age
- 68 Agility may be needed in speed, balance, coordination and ____? Strength
- 69 All of the following are excitable tissues except: Miniscule cartilage
- 70 All the following factors add to instability of shoulder joint except? Organ of

long head of biceps

71 An example of injury caused by macrotreuma is: Sprain

72 An immediate emotional state of apprehension & tension in response to a specific situation is called? Trait Anxiety

73 An offensive play that is commonly used in basketball for a set shot is the? Pivot

74 Anaerobic metabolism refers to the generation of ATP: Without the use of oxygen

75 Angle of javelin through _____ 29

76 Apparatus to measure fat percentage in body is? Skinfold Meter/Caliper

77 Appendix is helpful in Digestive system of human being for? Not helpful in digestive process

78 Appropriateness, usefulness, meaningfulness of any inference a researcher draws refers to data? Validity of the data

79 Approximately, what percentage of heart is generated by muscle tissue? 0.85

80 Are heavy exercises good for sound sleep? No

81 Artery carries the supply of blood towards heart? Pulmonary artery

82 Asian Games are also known as _____ Asia

83 Asian Games took place after every _____ 4 years

84 At what score ends will be changed in the Tie break game in Tennis? 42741

85 Athlete's foot is caused by Virus

86 Automatic nervous system controls the _____ function of the body.
Involuntary

87 Balanced diet contains All of the above

88 Ball and Socket types of Joint is? Tri-axial Joint

89 Base Ball is the national game of which country _____ America

90 Bearden and hungry the Javelin Throw was considered regular game in 1870

91 Before the Shot Put competition all the players are given tums 42768

92 Bhartiya was conducted to promote? Mass rhythmic activities

93 Blood gets de oxygenated in: Nerves

94 Blood gets de-oxygenated in? Heart

95 Blood is purified in the human body by? Oxygen

96 Blood plasma also circulates _____ and contains several of the components essential for the formation of blood clots. Immune bodies

97 Blood transport waste products to _____ for elimination from the body.
Excretory organs

98 Brachial artery lies on the anterior aspect of all the following structures

except? Terse Major

99 By which hormone High Blood Sugar level can be controlled in stomach?

Insulin

100 Carbohydrates are converted into sugar in the: Digestive tract

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