

Haryana School Teachers Eligibility Test (Master/Mistress),2009

(Held on 24-12-2009)

Physical Education

Paper-II

(Based on memory)

1. The National Game of India is-

1. Cricket
2. Football
3. **Hockey**
4. Badminton

2. The amount of Blood comes out from ventricle, per minute is called-

1. Cardiac Cycle
2. **Cardiac output**
3. Cardiac volume
4. Ventricle volume

3. A long distance runner must consume more quantity of—

1. Fat
2. Protein
3. **Carbohydrate**
4. Minerals

4. Ranga Swami Cup is awarded in—

1. **Hockey**
2. Football
3. Cricket
4. Volleyball

5. How we get injured in games?

1. Precaution habits
2. Long term training without rest
3. **When rules of games are not followed**

4. Over confidence

6. The weight of a Basket Ball is—
 1. 400-500 ounce
 2. 500-600 gm
 3. 567-650 ounce
 4. **567-650 gm**

7. Which of the following food stuff contains almost all ingredients of a balanced diet?
 1. Meat
 2. **Milk**
 3. Chicken
 4. Fish

8. Against which country 'Maradona' scored the goal of the century?
 1. Brazil
 2. Germany
 3. Italy
 4. **England**

9. The length and width of a volley ball court is—
 1. 17 x 9 metre
 2. **18 x 9 metre**
 3. 19 x 10 metre
 4. 20 x 10 metre

10. Which of the following concepts of health is the earliest concept?
 1. The Bio-medical concept
 2. The Psycho-social concept
 3. **The Religious concept**
 4. The Ecological concept

11. The height of human being is measured by-
 1. Vernier scale

2. Weighing scale
3. **Stadio meter**
4. Dynamometer

12. Name the first Indian women who won the Gold medal in Asian games—

1. P.T. Usha
2. Sunita Rani
3. Shayni Abraham
4. **Kamaljit Sandhu**

13. Which of the following game's playground has 'bonus line'?

1. Basketball
2. Hockey
3. **Kabaddi**
4. Volleyball

14. In order age, the common problem in eyes is—

1. **Catarat**
2. Black water
3. Squint eyes
4. Farsightedness

15. Apparatus to measure fat percentage in body is-

1. Anthropometer
2. Tensiometer
3. **Skinfold Meter/Caliper**
4. Flesometer

16. One of the method of Teaching is-

1. Writing story
2. Writing
3. **Demonstration**
4. Search

17. The cause of postural defects/deformities is—
1. Balanced diet
 2. **Malnutrition**
 3. Extra diet
 4. Sickness
18. Jogging at one spot-
1. **Tightens muscles**
 2. Strengthens few muscle
 3. Strengthens all the muscles except the hamstring
 4. Weakens muscle
19. Long bones' work in human body is-
1. To give strength
 2. To give shelter
 3. **To work as lever**
 4. To provide base for muscular joint
20. During muscular contraction, if there is no change in the size of muscle, this contraction is said-
1. **Isometric**
 2. Isotonic
 3. Isokinetic
 4. Kinetic
21. The number of Muscle pairs, found in human body is-
1. 200
 2. **250**
 3. 300
 4. 350
22. The position of India in 1st Asian games was-
1. I
 2. **V**
 3. II

4. IX
23. In one milliliter of blood, the number of platelets is stated to be about-
1. 1,00,000
 2. **2,00,000**
 3. 3,00,000
 4. 4,00,000
24. Davis Cup is associated with—
1. Hockey
 2. Volleyball
 3. Baseball
 4. **Lawn Tennis**
25. The amount of calories required by an adult of average body weight per day is-
1. 1500 calorie
 2. 2000 calorie
 3. **2500 calorie**
 4. 3000 calorie
26. For the good health which type of exercise are necessary?
1. Light
 2. Hard (tough)
 3. Medium type
 4. **Regular**
27. In human body 'Fartlek' develops-
1. Speed
 2. Endurance
 3. Strength
 4. **Agility**
28. The technique to swim fastest is—
1. Breast stroke

2. Butterfly
 3. **Free style**
 4. Back stroke
-
29. In test cricket, how many bouncers can be bowled in one over?
 1. 1
 2. **2**
 3. 3
 4. 4
-
30. After emulsion, the digestion of fat is done by an enzyme called-
 1. Renin
 2. Amylase
 3. Trypsin
 4. **Lipase**
-
31. A perfect food, known as nutritious is one that—
 1. Satisfies our hunger
 2. **Contains all nutritious elements of food**
 3. Has been cooked very well
 4. Is easy to digest
-
32. Who won the World Professional Billiards Championship in 2009?
 1. Geet Sethi
 2. Pramod Adwani
 3. **Pankaj Adwani**
 4. Michael Farera
-
33. Olympic city is situated in which country of the world?
 1. **Greece**
 2. Germany
 3. Italy
 4. China

34. For remaining fit and healthy, what is most important?

1. Aptitudes
2. Attitudes
3. **Routines**
4. Life style

35. 'Set Shot' is situated to-

1. Snooker
2. Squash
3. **Basketball**
4. Golf

36. The weight of Javelin for women is—

1. **600 gm**
2. 800 gm
3. 825 gm
4. 700 gm

37. Strategy 'Fast break' is related with the game-

1. Athletics
2. **Basketball**
3. Swimming
4. Boxing

38. Health is primarily a responsibility of the—

1. Community
2. Individual
3. State
4. **Parents**

39. Appendix is primarily a responsibility of the-

1. Helpful in digestion of food
2. Maintain the temperature during digestion process
3. Helpful in secreting the digestive juice

4. **Not helpful in digestive process**

40. The quality of physical Education teacher is-

1. Civilized
2. **Good performance**
3. Young
4. Smart

41. Why good nutrition is necessary for good health?

1. Postural deformities
2. **Development**
3. Instant replies
4. Good habits

42. Aerobic power can be enhanced by-

1. Swimming
2. **Circuit training**
3. Short sprints
4. Long distance running

43. Blood gets de-oxygenated in-

1. Muscle
2. Nerves
3. Lungs
4. **Heart**

44. Goniometer measures-

1. Agility
2. Strength
3. Speed
4. **Flexibility**

45. The Basal Metabolic Rate may vary from person to person but it is closely related to a person's amount of-

1. Weight of the body

2. **Physical activity**

3. Muscular energy

4. Lean issue

46. The first National Marathon Race was organized at-

1. Allahabad

2. Pune

3. **Kolkata**

4. New Delhi

47. Physical exercise done in presence of oxygen, is called-

1. **Aerobic exercise**

2. Anaerobic exercise

3. Isometric exercise

4. Isokinetic exercise

48. Rovers Cup is associated with the game-

1. Basket Ball

2. Chess

3. Boxing

4. **Football**

49. What is manufactured from the iron that we obtain from our diet?

1. Blood cells

2. **Haemoglobin**

3. Bone Marrow

4. Protoplasm

50. The highest sports award of India is-

1. Arjun Award

2. Dronacharya Award

3. **Rajeev Gandhi Khel Ratan**

4. Padam Vibhushan

51. The maximum quantity in the diet of small children should be of-

1. **Protein**
2. Carbohydrate
3. Minerals
4. Vitamins

52. The term 'Double Fault' is related with-

1. Bridge
2. Golf
3. Cricket
4. **Lawn Tennis**

53. Direct communicable disease is-

1. AIDS
2. Diptheria
3. T.B.
4. **Hookworm**

54. In normal air, the percentage of oxygen is-

1. 20%
2. **21%**
3. 22%
4. 25%

55. 1 gm of carbohydrate (glucose) in the body yields-

1. 10.4 kilo calorie of energy
2. 6.8 kilo calorie of energy
3. **4.2 kilo calorie of energy**
4. 2.6 kilo calorie of energy

56. Which country won football World Cup, the maximum times?

1. Argentina
2. Italy
3. **Brazil**

4. Germany
57. The first Dronacharya Award in wrestling was given to-
1. **Bal Bhagwat**
 2. Udai Chand
 3. K.N. Singh
 4. Satpal
58. In health education, the basic principle is to start from-
1. Ancient to modern
 2. Earlier to the recent
 3. Voluntary to involuntary
 4. **Known to unknown**
59. What is one objective of situps?
1. To develop strength in abdominal muscles
 2. To give proper shape at abdominal area
 3. **To reduce fat**
 4. To reduce weight
60. In ancient time, which games were organized in front of Lord Apollo?
1. Namin games
 2. **Isthiminian games**
 3. Pythain games
 4. Modern Olympic games
61. Strategy 'Double Nelson' related to the game-
1. Hockey
 2. Athletics
 3. **Wrestling**
 4. Kho kho
62. Which of the following aspects of health primarily determines whether or not a person is healthy?
1. Genetic

2. **Biological**

3. Cultural

4. Social

63. The centre controlling points of cell is-

1. Mitochondria

2. **Nucleus**

3. Golgi apparatus/body

4. Cytoplasm

64. Which type of bandage is used on finger injury?

1. **Roller Bandage**

2. Triangular Bandage

3. Two-Niket Bandage

4. Crap Bandage

65. What is 'fitness'?

1. **Capacity of inner power**

2. To be rich

3. Stay healthy

4. Slim body

66. Maulana Azad Trophy is awarded for overall games championship at-

1. State level

2. **Inter-university level**

3. National games level

4. International level

67. School health records to be used-

1. By Medical officer

2. Only nurses

3. **To understand student more only for teacher's help**

4. To cure diseases, by compounder

68. Insulin is produced in-

1. Sex glands
2. **Pancreas**
3. Thyroid
4. Spleen

69. The Part of the respiratory system responsible for speech is-

1. Trachea
2. Nasal cavity
3. **Pharynx**
4. Larynx

70. Which cricketer is known as 'palm tree hitter'?

1. Kapil Dev
2. Hanumant Singh
3. Virendra Sehwaq
4. **Polly Umrigar**

71. The number of bones in vertebral column is-

1. 22
2. **33**
3. 23
4. 36

72. Guru Hanuman received Dronacharya award for the game-

1. Boxing
2. Judo
3. **Wrestling**
4. Taikando

73. Out of the following name, the disease that is not categorized as a communicable disease is-

1. **Diabetes**
2. Leprosy
3. Tuberculosis

4. Whooping-cough

74. What is Physical Education?

1. **All round development of human being**

2. Physical Training

3. Physical Execution

4. Physical Fitness

75. Which of the following is called 'Master gland' in human body?

1. Thyroid

2. Parathyroid

3. **Pituitary**

4. Thalamus

76. The number of Hurdles in 110 m Hurdle race are-

1. Eight

2. Nine

3. **Ten**

4. Twelve

77. Command method is used-

1. During track and field events

2. Hockey

3. **Swimming**

4. March past

78. For which disease, the flies are not the carrier?

1. Typhoid

2. **Yellow fever**

3. Cholera

4. Dysentery

79. Which of the following are chemically known as lipids?

1. **Fats**

2. Sugars
3. Candies
4. Amino Acids

80. The deficiency of which vitamin causes night blindness?

1. **Vitamin A**
2. Vitamin B
3. Vitamin C
4. Vitamin D

81. First National Institute of Physical Education is situated at-

1. Patiala
2. Chandigarh
3. Delhi
4. **Gwalior**

82. Out of the following name the factor which is considered key to good health?

1. Pollution free environment
2. **Nutritious diet**
3. Good life routine
4. Stress free life

83. The length of cricket bat is-

1. **38 inch**
2. 39 inch
3. 37 inch
4. 40 inch

84. Skinfold Calliper measures-

1. Height of a body
2. **Body fat**
3. Respiration level of body
4. Weight of a body

85. An umpire in 'Hockey' Shows green card. He is indicating for-

1. **Warning**
2. Temporary suspension
3. To start the game
4. For medical attention

86. The number of alveoli (air sacs) in our Two lungs is approximately-

1. **700 million**
2. 800 million
3. 900 million
4. 1000 million

87. Radio-ulna bones is situated in the human body at-

1. **Fore arm**
2. Lower leg
3. Foot
4. Upper arm

88. What will be done after snake bite?

1. Sucking
2. **Use of crepe bandage**
3. Use of antiseptic
4. Use of two-niket bandage

89. Normal Heart Rate of stroke volume is-

1. 5.04 litre/minute
2. 5.50 litre/minute
3. **6.00 litre/minute**
4. 4.50 litre/minute

90. In which country World Cup Hockey Championship for men was organized in the year 2010?

1. Holland
2. Australia
3. **India**

4. Spain

91. 'Scapula' bone is situated in-

1. Legs
2. Hips
3. **Upper backs**
4. Hand

92. Hinge Joint is said to be-

1. **Movable joint**
2. Immovable joint
3. Semi movable joint
4. Static joint

93. Learning is based on-

1. Maturity
2. Age
3. **Heredity**
4. Body (types) development

94. Who was the first Indian to win an award in Wimbledon?

1. **Ramnathan Krishnan**
2. Ramesh Krishnan
3. Vijay Amritraj
4. Jaideep Mukherjee

95. Percentage of water in the human body is-

1. 60 per cent
2. 65 per cent
3. **70 per cent**
4. 75 per cent

96. Khajan Singh is associated with-

1. Volleyball

2. Weight lifting
3. **Swimming**
4. Athletics

97. The length and width of Badminton court is-

1. 40×25 feet
2. **44×20 feet**
3. 35×15 feet
4. 44×22 feet

98. Strength is measured by-

1. Manometer
2. **Goniometer**
3. Dynamometer
4. Weight training

99. 'Degree of difficulty' is related with-

1. Archery
2. **Diving**
3. Swimming
4. Fencing

100. In which game you can see Antenna-

1. Basketball
2. Football
3. **Volleyball**
4. Tennis

101. The useful method of teaching for games and sports is-

1. Pictures
2. Poster
3. Drawing
4. **Audio visual aids**

102. Blood is purified in the human body by-

1. Carbon dioxide
2. Nitrogen
3. **Oxygen**
4. Hydrogen

103. Name the vitamin which is water soluble-

1. Vitamin A
2. **Vitamin B**
3. Vitamin E
4. Vitamin K

104. Salivary gland produces-

1. **Ptyalin**
2. Adrenal
3. Pepsin
4. Renin

105. Who is responsible for sanitation/cleanliness in schools?

1. Principle
2. Cleaning worker
3. Teacher and students
4. **All of the above**

106. Name the disease which is water soluble-

1. **Diabetes**
2. Asthma
3. Tuberculosis
4. Small pox

107. According to rules, the colour of football goal is-

1. Light yellow
2. Green
3. Light Blue

4. **White**

108. How much protein a working women must intake every day-

1. 27 gm
2. 46 gm
3. 30 gm
4. **37 gm**

109. Which of the following line is related to volleyball?

1. Bonus line
2. Baulk line
3. Attack line
4. **Service line**

110. The tread mills training is prescribe for the injured athlete for the purpose of improving his/her-

1. Muscle strength
2. Stability of the body
3. Range of motion
4. **Muscle endurance**

111. To which of the following chambers of the heart, is the aorta connected?

1. **Left ventricle**
2. Right ventricle
3. Right auricle
4. Left auricle

112. What will you do, if you burn by fire?

1. Lying down on floor
2. To cover with quilt
3. Will use maximum water
4. **Remove all clothes**

113. What is flexibility?

1. **Isotonic movement**

2. Health
3. Concentration
4. Long life

114. In which place World Class Hockey Academy is proposed to be established by International Hockey Federation?

1. Berlin
2. Sydney
3. Madrid
4. **Dubai**

115. The longest muscle in human body is-

1. **Sartorius**
2. Biceps
3. Deltoid
4. Lattismus Dorsi

116. The Cardio respiratory capacity is related to-

1. Strength
2. Flexibility
3. **Normal physical endurance**
4. Agility

117. Shuttle run 'Test' measures-

1. Explosive strength
2. Speed endurance
3. **Agility**
4. Speed

118. Which of the following game's team consists of both men and women players?

1. Corfball
2. Netball
3. **Softball**
4. Handball

119. 'Stimulus Response Theory' was given by-

1. Frobel
2. **E.L. Thorndike**
3. Dr. Radhakrishnan
4. John Dewey

120. How many types of joints are there in human body?

1. 2
2. **3**
3. 6
4. 9

121. Which of the famous Hockey player has written the book 'Golden Hattrick'?

1. Ajit Pal Singh
2. Dhyan Chand
3. **Balbir Singh**
4. Surjit Singh

122. The types of swimming in competitions are-

1. 10
2. 6
3. **4**
4. 2

123. Which of the following vitamin we get from Sun rays?

1. Vitamin A
2. Vitamin B
3. Vitamin C
4. **Vitamin D**

124. How many entries are allowed per event in Athletics in Olympics?

1. 2
2. **3**
3. 4

4. 5

125. When did Cricket World Cup start?

1. 1970
2. **1975**
3. 1979
4. 1973

126. Reason of constipation is due to-

1. **Less functioning of large intestine**
2. Extra eating
3. Less intake of water
4. More intake of water

127. What was the Mascot of first Asian games held at New Delhi?

1. **Jantar Mantar**
2. Kutub Minar
3. Lotus Flower
4. Appu

128. The weight of a hockey ball approximately is-

1. **5½ ounce 5¼ ounce**
2. 5 ounce 5½ ounce
3. 6 ounce 6½ ounce
4. 5¾ ounce of 6 ounce

129. How many events are there in Heptathlan?

1. 5
2. 6
3. **7**
4. 9

130. In which country Indian women cricket team won the test series first time?

1. **New Zealand**

2. South Africa
3. Australia
4. **England**

131. 'Pele' is related to which game?

1. Cricket
2. Horse Riding
3. Swimming
4. **Football**

132. The normal temperature of a healthy human being is-

1. **98.4° F**
2. 95.5° F
3. 96.6° F
4. 97.4° F

133. The life span of Red Blood corpuscles is not more than-

1. **120 days**
2. 130 days
3. 140 days
4. 150 days

134. What is the resting stroke volume per beat of heart?

1. 20-40 ml
2. 40-60 ml
3. **60-80 ml**
4. 80-100 ml

135. The length of trachea (wind pipe) in an adult person is about-

1. 20 cm
2. 15 cm
3. **10 cm**
4. 05 cm

136. By which hormone high Blood Sugar level can be controlled in stomach-

1. Glucose
2. Insulin
3. **Thyroxin**
4. Non-Apinefreen

137. Are heavy exercises good for sound sleep-

1. Yes
2. **No**
3. Sometimes
4. Never

138. Balanced diet contains-

1. Protein
2. Vitamin
3. Carbohydrates
4. **All of the above**

139. The longest bone in human body is-

1. Ulna
2. Tibia
3. **Femur**
4. Humerus

140. The main source of vitamin 'A' is-

1. Egg
2. Banana
3. **Carrot**
4. Potato

141. Fatigue comes during training due to-

1. Lactic acid
2. Adrenal
3. CO₂

4. pH-Factors

142. What energy do minerals supply to the body?

1. Chemical
2. Electrical
3. Thermal
4. **No energy**

143. The Olympic games in 2016 will be held at-

1. London
2. American
3. Holland
4. **Brazil**

144. The measuring instrument of Blood pressure is-

1. Steadiometer
2. Menometer
3. **Sphygmomanometer**
4. Dynamometer

145. The minimum number of players required in a team to start a Basketball match is-

1. 4
2. **5**
3. 3
4. 12

146. What is Blood?

1. Tissue
2. **Liquid Tissue**
3. Blood Platelets
4. Special Tissue

147. Water Percentage in Plasma is-

1. 60%

2. 70%
3. 80%
4. **90%**

148. Who declares the 'Olympic games close'?

1. **Chairman IOC**
2. President IOC
3. Secretary IOC
4. Prime Minister of the country

149. The width of a lane in an athletic track is-

1. 1.20 mt
2. 1.21 mt
3. 1.19 mt
4. **1.22 mt**

150. During a hockey match, if the ball is stuck in the Goalkeeper's pads then game is restarted-

1. **By Bully**
2. By Centre back pass
3. By hit from outside 'D'
4. By toss

151. Which of the following cricket umpire has been debarred to officiate in the international cricket matched?

1. **Darrell Hair**
2. Steev Buckner
3. Roody Kartjen
4. D. Blair

152. The landing arena of High Jump will be-

1. 5×4 mts
2. 5×5 mts
3. **5×3 mts**
4. 5×6 mts

153. Exercises needed to develop flexibility is-

1. Free hand exercise
2. Load training
3. Bending exercise
4. **Muscle stretching exercise**

154. Who won the Men's Single Wimbledon Championship 2009?

1. Roger Federer
2. Rafael Nadal
3. **Andy Rodrick**
4. Paradarn Sripachan

155. The total time limit in Kho-kho is-

1. 45 minutes
2. 49 minutes
3. **55 minutes**
4. 59 minutes

156. Deficiency of which vitamin causes Rickets disease?

1. Vitamin C
2. **Vitamin D**
3. Vitamin A
4. Vitamin B

157. Hypoglycemia is a condition in which the body has a low level of-

1. Oxygen
2. **Glucose**
3. Body fluid
4. Cholesterol

158. The internal organ where alcohol is absorbed into the capillaries lining. Is-

1. **Liver**
2. Spleen

3. Small intestine
4. Stomach

159. Mitochondria plays an important role in cell respiration and-

1. Metabolic functions
2. **Production of energy**
3. Elimination of carbon dioxide
4. Neuro-transmission

160. Joint in nervous system is called-

1. **Synapse**
2. Mazelin fibre
3. Axon
4. Impulse

161. Vital capacity (or lung capacity) is the amount of air involved in-

1. Deepest inhalation
2. **Ventilation**
3. Complete expiration
4. Pranayama

162. The Association which controls 'track and field activities' in India is-

1. I.O.A
2. G.F.I
3. **A.A.F.I**
4. I.O.C

163. The main source of vitamin 'C' is-

1. Egg
2. **Orange**
3. Milk
4. Banana

164. The Diabetes occurs due to non-functioning of-

1. **Pancreas**

2. Liver

3. Lungs

4. Spleen

165. How much calories we get from 1 gm of fat?

1. 4.2 kcal

2. 4.3 kcal

3. **9.1 kcal**

4. 7.5 kcal

166. Human body requires carbohydrates, proteins and fats in the proportion of-

1. 4 : 2 : 1

2. 3 : 2 : 1

3. 3 : 1 : 1

4. **4 : 1 : 1**

167. Name of the smallest bone in human body is-

1. Tibia

2. Meta tarcel

3. Felengeous

4. **Stapes**

168. How many events are there in Decathlon?

1. 7

2. 8

3. 9

4. **10**

169. The term 'Long Horse' is related with the game-

1. Horse riding

2. **Gymnastics**

3. Polo

4. Show jumping

170. The height of a hurdle in women 100 metre hurdle race is-

1. 0.80 metre
2. 0.91 metre
3. 0.76 metre
4. **0.84 metre**

171. Best procedure to develop flexibility is-

1. Ballistic
2. Slow stretching
3. **Slow stretching and holding**
4. Fast stretching

172. The organisation of Olympic games is given to-

1. **City**
2. Country
3. District
4. Capital

173. After completing any type of Asana, which asana is compulsory to perform?

1. Padmasana
2. Nokasana
3. **Shavasana**
4. Bhujangasana

174. The length of a standard swimming pool is-

1. 60 metre
2. **50 metre**
3. 70 metre
4. 80 metre

175. The skill 'Forward Defence' is relates to the game of-

1. Wrestling
2. Judo

3. **Cricket**

4. Boxing

176. Inner diameter of shot put (Throwing) circle is-

1. 2.50 metre
2. **2.135 metre**
3. 1.067 metre
4. 1.076 metre

177. To control Blood Sugar, the best exercise is-

1. **Walk regularly**
2. Running
3. Exercise with apparatus
4. Free hand exercise

178. Presently who is the coach of Indian (Men) football team?

1. **Bob Hattan**
2. Karlos Roberta Parera
3. Patric Biyara
4. George Mathews

179. The pulse rate of adult human being is-

1. 80-90 beat/minute
2. **70-80 beat/minute**
3. 60-80 beat/minute
4. 90-100 beat/minute

180. The aim of physical Education is-

1. To gain strength
2. To gain knowledge
3. To perform better
4. **D. To develop physical movements**

181. In order for a person to be a universal donor, which of the blood group he should possess?

1. A
2. B
3. AB
4. **D. O**

182. At which of the following sites can we feel our pulse (heart-beat)?

1. **A. Arterial site**
2. Chest
3. Palm
4. Venal site

183. How many times do our kidneys filter blood in the body each hour?

1. Once
2. **B. Twice**
3. Thrice
4. Four times

184. The first women player got Arjun Award is?

1. **A. Merry Stephi D'Souza**
2. Kamaljit Sandhu
3. P.T. Usha
4. Bala Shambha

185. Potassium content of the body is about-

1. **A. 200 gm**
2. 175 gm
3. 150 gm
4. 125 gm

186. The length of a cricket pitch is (App.)-

1. **A. 66 feet**
2. 68 feet
3. 70 feet
4. 72 feet

187. Yeast and Mushrooms are-

1. Algae
2. Gymnosperm
3. **C. Fungi**
4. Tuberous Roots

188. Modern Olympic Games were started in the year-

1. 1886
2. **B. 1896**
3. 1906
4. 1916

189. The main source of getting fat is-

1. Fish
2. Potato
3. Rice
4. **D. Butter**

190. Shivaji Stadium in Delhi is related with the game of-

1. Football
2. Cricket
3. **C. Hockey**
4. Boxing

191. "Sound Mind resides in Sound Body" is said by-

1. Socrates
2. Plato
3. **C. Aristotle**
4. Rousseau

192. The distance of exchange zone in relay race is-

1. 10 metre
2. 15 metre

3. **C. 20 metre**

4. 22 metre

193. Who is the first Indian women cricketer to hit sixer?

1. D.Iduljee

2. Anjali Mehta

3. Asha Agarwal

4. **D. Shanta Rangaswami**

194. The total distance of Marathon race is-

1. 42.260 km

2. 42.105 km

3. **C. 42.195 km**

4. 42.294 km

195. Systolic Blood Pressure is due to-

1. Cardiac muscle pressure

2. Pulse pressure

3. **C. Contraction of arteries**

4. Contraction of veins

196. When was National Anthem adopted first time in Hindi by Constituent Assembly?

1. 1924

2. 1928

3. **C. 1950**

4. 1952

197. Points to keep in Mind to avoid back pain and back injury is/are-

1. Not to lift heavy luggage

2. Do the exercise which stretch back muscle

3. Don't bend forward while sitting

4. **D. All of the above**

198. According to new laws of Volleyball, the maximum points in first four set is-

1. 15
2. 14
3. **C. 25**
4. 24

199. Dronacharya Award is given to-

1. The player
2. The Institute
3. The Umpire
4. **D. The Coach**

200. According to World Health Organisation, concept of Health focuses on-

1. **A. Health as a sense of total wellbeing**
2. Freedom from diseases
3. Physical health
4. Mental health