

Topic:- DU_J19_MPED

1) A substance needed by the body for growth, energy, repair, and maintenance is called a

[Question ID = 633]

1. Nutrient [Option ID = 2529]
2. Fatty acid [Option ID = 2532]
3. Calorie [Option ID = 2531]
4. Carbohydrate [Option ID = 2530]

Correct Answer :-

- Nutrient [Option ID = 2529]

2) In 2018 Winter Olympic Games which country won the maximum medals.

[Question ID = 671]

1. United States of America [Option ID = 2683]
2. Norway [Option ID = 2684]
3. Germany [Option ID = 2681]
4. Canada [Option ID = 2682]

Correct Answer :-

- Norway [Option ID = 2684]

3) Hockey India League started in the year -

[Question ID = 695]

1. 2011 [Option ID = 2778]
2. 2013 [Option ID = 2780]
3. 2010 [Option ID = 2777]
4. 2012 [Option ID = 2779]

Correct Answer :-

- 2013 [Option ID = 2780]

4) Which of the following muscle groups is a prime mover for extension of the knee :

[Question ID = 705]

1. Quadriceps Femoris [Option ID = 2819]
2. Gastocnemius [Option ID = 2817]
3. Soleus [Option ID = 2818]
4. Biceps brachii [Option ID = 2820]

Correct Answer :-

- Quadriceps Femoris [Option ID = 2819]

5) Which of the following catabolic processes only occur in the presence of oxygen?

[Question ID = 649]

1. Glycolysis [Option ID = 2594]

2. Phosphocreatine hydrolysis [Option ID = 2595]
3. Hydrolysis of ATP [Option ID = 2596]
4. Fatty acid catabolism [Option ID = 2593]

Correct Answer :-

- Fatty acid catabolism [Option ID = 2593]

6) Which of the following hormones regulate fluid balance?

[Question ID = 625]

1. Angiotensin [Option ID = 2499]
2. Erythropoietin [Option ID = 2497]
3. Anti-diuretic hormone [Option ID = 2498]
4. Estrogen [Option ID = 2500]

Correct Answer :-

- Anti-diuretic hormone [Option ID = 2498]

7) Which of the following is true for an average healthy, normal male aged 20 years?

[Question ID = 646]

1. Body fat about 30% of total body weight [Option ID = 2581]
2. Heart rate during maximal exertion is about 200 beats per minutes [Option ID = 2583]
3. Skinfold thickness is higher than in a female [Option ID = 2582]
4. Maximal oxygen consumption is about 10 ml/kg/minutes [Option ID = 2584]

Correct Answer :-

- Heart rate during maximal exertion is about 200 beats per minutes [Option ID = 2583]

8) Which of the following is true regarding maximum possible metabolic rate during exercise

[Question ID = 647]

1. Reduced by about half if the hemoglobin levels falls by half [Option ID = 2588]
2. Reached when the respiratory exchange rate starts to falls [Option ID = 2586]
3. Reached when the blood lactate levels starts to fall [Option ID = 2585]
4. Reached when ventilation reaches the maximum breathing capacity [Option ID = 2587]

Correct Answer :-

- Reduced by about half if the hemoglobin levels falls by half [Option ID = 2588]

9) Which of the following is known as relay station

[Question ID = 659]

1. Medulla [Option ID = 2636]
2. Cerebrum [Option ID = 2633]
3. Hypothalamus [Option ID = 2635]
4. Thalamus [Option ID = 2634]

Correct Answer :-

- Thalamus [Option ID = 2634]

10) Which of the following is not related to over nutrition

[Question ID = 639]

1. Anorexia [Option ID = 2556]
2. Cardio vascular disease [Option ID = 2555]

3. Type 2 diabetes [Option ID = 2554]

4. Obesity [Option ID = 2553]

Correct Answer :-

- Anorexia [Option ID = 2556]

11) Which of the following is the most rapidly available source of energy within a muscle cell?

[Question ID = 648]

1. Glycogen [Option ID = 2589]
2. Creatine kinase [Option ID = 2592]
3. Phosphocreatine [Option ID = 2591]
4. Adenylate Kinase [Option ID = 2590]

Correct Answer :-

- Phosphocreatine [Option ID = 2591]

12) Which of the following pairs is incorrectly matched?

[Question ID = 683]

1. Piaget - Moral Development [Option ID = 2729]
2. Maslow - Hierarchy of Needs [Option ID = 2730]
3. Skinner - Programmed Learning [Option ID = 2732]
4. Thorndike - Theory X and Y [Option ID = 2731]

Correct Answer :-

- Thorndike - Theory X and Y [Option ID = 2731]

13) Which of the theories of motivation has biological orientation?

[Question ID = 677]

1. Instinct Theory [Option ID = 2708]
2. Drive Theory [Option ID = 2706]
3. Humanistic Theory [Option ID = 2707]
4. Need Theory [Option ID = 2705]

Correct Answer :-

- Instinct Theory [Option ID = 2708]

14) Which of the phenomenon of sports training is correct

[Question ID = 662]

1. Super compensation lasts for few hours [Option ID = 2645]
2. Super compensation is only achieved under competition phase [Option ID = 2648]
3. Super compensation is only achieved by weight training method [Option ID = 2647]
4. Super compensation is permanently established [Option ID = 2646]

Correct Answer :-

- Super compensation lasts for few hours [Option ID = 2645]

15) Which one of it is not the commission of International Olympics Committee?

[Question ID = 652]

1. Refugee commission [Option ID = 2606]
2. Sport and Active Society Commission [Option ID = 2605]
3. Press Commission. [Option ID = 2608]

4. Marketing Commission. [Option ID = 2607]

Correct Answer :-

- Refugee commission [Option ID = 2606]

16) Which one of the following countries has failed to qualify for the first time in 60 years for the FIFA World Cup held in Russia in the year 2018?

[Question ID = 696]

1. Italy [Option ID = 2784]
2. Saudi Arabia [Option ID = 2783]
3. Iran [Option ID = 2782]
4. Mexico [Option ID = 2781]

Correct Answer :-

- Italy [Option ID = 2784]

17) Which one of the following is not one of the Big Five Personality Factors?

[Question ID = 679]

1. Extraversion [Option ID = 2715]
2. Neuroticism [Option ID = 2716]
3. Agreeableness [Option ID = 2714]
4. Submissiveness [Option ID = 2713]

Correct Answer :-

- Submissiveness [Option ID = 2713]

18) Which is not the source of elastic response of the body?

[Question ID = 668]

1. Contractile protein [Option ID = 2669]
2. Lean body mass [Option ID = 2672]
3. Non-contractile protein [Option ID = 2670]
4. Connective tissue [Option ID = 2671]

Correct Answer :-

- Lean body mass [Option ID = 2672]

19) Which system is responsible for Muscle contraction :

[Question ID = 702]

1. Circulatory system [Option ID = 2806]
2. Digestive system [Option ID = 2807]
3. Nervous system [Option ID = 2805]
4. Endocrine system [Option ID = 2808]

Correct Answer :-

- Nervous system [Option ID = 2805]

20) Which Statement is incorrect about Anatomy of Heart

[Question ID = 698]

1. The Atria Lie Superior to the Ventricle [Option ID = 2790]
2. The inter-ventricular sulcus marks the boundary between the left and right ventricles [Option ID = 2792]
3. The Ventricles have thicker muscular walls [Option ID = 2791]

4. The Apex is superiorly located at top of the heart [Option ID = 2789]

Correct Answer :-

- The Apex is superiorly located at top of the heart [Option ID = 2789]

21) Which one factor is not appropriate for effecting pace of recovery?

[Question ID = 664]

1. Sleep and rest [Option ID = 2656]
2. Listening music [Option ID = 2655]
3. Volume of load [Option ID = 2654]
4. Intensity of load [Option ID = 2653]

Correct Answer :-

- Listening music [Option ID = 2655]

22) Which one is not to be considered as appropriate causes of over load?

[Question ID = 666]

1. Honesty factors [Option ID = 2663]
2. Faulty training method [Option ID = 2661]
3. Health factors [Option ID = 2664]
4. Life style factors [Option ID = 2662]

Correct Answer :-

- Honesty factors [Option ID = 2663]

23) Which one from the list below is not the Element of Sports Conditioning :

[Question ID = 704]

1. Endurance & Injury prevention [Option ID = 2813]
2. Speed and explosiveness [Option ID = 2814]
3. Core strength [Option ID = 2816]
4. Injury Rehabilitation [Option ID = 2815]

Correct Answer :-

- Injury Rehabilitation [Option ID = 2815]

24) Abraham Maslow divided social motives into four specific groups, including all of the following except.

[Question ID = 656]

1. Avoidance [Option ID = 2623]
2. Love [Option ID = 2621]
3. Self-actualization [Option ID = 2624]
4. Esteem [Option ID = 2622]

Correct Answer :-

- Avoidance [Option ID = 2623]

25) A neurological disorder characterized by sleep at inappropriate times is called-

[Question ID = 657]

1. Sleep Apnea [Option ID = 2626]
2. Hypersomnia [Option ID = 2628]
3. Insomnia [Option ID = 2625]
4. Narcolepsy [Option ID = 2627]

Correct Answer :-

- Narcolepsy [Option ID = 2627]

26) 2018 Asian Games was held at :

[Question ID = 693]

1. Indonesia [Option ID = 2769]
2. Maldives [Option ID = 2772]
3. Singapore [Option ID = 2771]
4. Thailand [Option ID = 2770]

Correct Answer :-

- Indonesia [Option ID = 2769]

27) The worldwide accepted definition of health is given by:

[Question ID = 613]

1. UNICEF [Option ID = 2450]
2. Central Health Education Bureau [Option ID = 2452]
3. Red Cross [Option ID = 2451]
4. World Health Organization [Option ID = 2449]

Correct Answer :-

- World Health Organization [Option ID = 2449]

28) Sprain possibly Occurs in :

[Question ID = 707]

1. Bones [Option ID = 2827]
2. Tendon [Option ID = 2826]
3. Ligament [Option ID = 2825]
4. Muscles [Option ID = 2828]

Correct Answer :-

- Ligament [Option ID = 2825]

29) An increase in the cross section of the muscle fiber is referred as

[Question ID = 673]

1. Myasthenia Gravis [Option ID = 2692]
2. Hyperplasia [Option ID = 2690]
3. Muscle Atrophy [Option ID = 2689]
4. Muscle Hyper trophy [Option ID = 2691]

Correct Answer :-

- Muscle Hyper trophy [Option ID = 2691]

30) When performing CPR you give

[Question ID = 629]

1. 30 chest compression and 2 slow breaths [Option ID = 2513]
2. 10 chest compression and 3 slow breaths [Option ID = 2514]
3. 15 chest compression and 3 slow breaths [Option ID = 2515]
4. 5 chest compression and 5 slow breaths [Option ID = 2516]

Correct Answer :-

- 30 chest compression and 2 slow breaths [Option ID = 2513]

31) When lactate accumulate in the muscle cell, which of the following effect is observed?

[Question ID = 650]

1. Increased PH of muscle [Option ID = 2599]
2. Increased muscle contractility [Option ID = 2597]
3. Slowing of enzymatic reactions [Option ID = 2598]
4. Accumulation of lactate dehydrogenase [Option ID = 2600]

Correct Answer :-

- Slowing of enzymatic reactions [Option ID = 2598]

32) When was the National Adult Education Programme (NAEP) launched?

[Question ID = 686]

1. 1978 [Option ID = 2743]
2. 1986 [Option ID = 2744]
3. 1972 [Option ID = 2742]
4. 1964 [Option ID = 2741]

Correct Answer :-

- 1978 [Option ID = 2743]

33) In Tennis, if the ball gets broken during play then :

[Question ID = 688]

1. A point will be awarded to receiver [Option ID = 2752]
2. A point will be awarded to each player/team [Option ID = 2749]
3. A point will be awarded to server [Option ID = 2751]
4. The point will be replayed [Option ID = 2750]

Correct Answer :-

- The point will be replayed [Option ID = 2750]

34) In Badminton, if a service court error is discovered the error shall be corrected and :

[Question ID = 689]

1. A point will be awarded to server [Option ID = 2755]
2. Point will be awarded to receiver [Option ID = 2754]
3. The service will change [Option ID = 2756]
4. The existing score shall stand [Option ID = 2753]

Correct Answer :-

- The existing score shall stand [Option ID = 2753]

35) Oxygen delivery to exercising skeletal muscle increases due to?

[Question ID = 622]

1. Decrease in arterial blood pressure [Option ID = 2487]
2. Decrease in resting heart rate [Option ID = 2488]
3. Decrease cardiac output [Option ID = 2485]
4. Redistribution of blood flow [Option ID = 2486]

Correct Answer :-

- Redistribution of blood flow [Option ID = 2486]

36) During prolonged (90 or more minutes) exercise, the preferred energy source of skeletal muscle is

[Question ID = 645]

1. Plasma fatty acids [Option ID = 2578]
2. Plasma glucose [Option ID = 2577]
3. Muscle triglycerides [Option ID = 2579]
4. Muscle glycogen [Option ID = 2580]

Correct Answer :-

- Plasma fatty acids [Option ID = 2578]

37) In athletics, starting blocks shall be used in all the following races except :

[Question ID = 687]

1. First leg of Medley race [Option ID = 2745]
2. First leg of 4x 100 m [Option ID = 2748]
3. 400 m [Option ID = 2746]
4. 800m [Option ID = 2747]

Correct Answer :-

- 800m [Option ID = 2747]

38) In a post exercise diet one should preferably replace with in 1 hour of exercise

[Question ID = 624]

1. Vitamins [Option ID = 2496]
2. Proteins [Option ID = 2494]
3. Carbohydrates [Option ID = 2495]
4. Fats [Option ID = 2493]

Correct Answer :-

- Carbohydrates [Option ID = 2495]

39) Cellular respiration refers to.

[Question ID = 628]

1. Oxygen utilization and carbon dioxide production at the tissues [Option ID = 2510]
2. Pulmonary respiration [Option ID = 2511]
3. The exchange of gases at the lungs [Option ID = 2509]
4. The ability of the alveoli to exchange gases at the lungs [Option ID = 2512]

Correct Answer :-

- Oxygen utilization and carbon dioxide production at the tissues [Option ID = 2510]

40) Without using external force, an exercise can be made harder by increasing its

[Question ID = 682]

1. Duration or Intensity [Option ID = 2727]
2. Venue or equipment [Option ID = 2728]
3. Volume or Density [Option ID = 2725]
4. Form or Format [Option ID = 2726]

Correct Answer :-

- Duration or Intensity [Option ID = 2727]

41) Within Skeletal muscle fiber, large amount of calcium are stored in the :

[Question ID = 700]

1. Myosin [Option ID = 2800]
2. Nuclei [Option ID = 2798]
3. Mitochondria [Option ID = 2797]
4. Sarcoplasmic reticulum [Option ID = 2799]

Correct Answer :-

- Sarcoplasmic reticulum [Option ID = 2799]

42) Weight Lifters have large percentage of which type of Muscle Fibers :

[Question ID = 697]

1. Fast-twitch fibers [Option ID = 2787]
2. Slow-twitch fibers [Option ID = 2786]
3. Ultra-twitch fibers [Option ID = 2785]
4. Medium-twitch fibers [Option ID = 2788]

Correct Answer :-

- Fast-twitch fibers [Option ID = 2787]

43) The state of positive health implies the nation of [Question ID = 614]

1. Perfect functioning of the body, mind and soul [Option ID = 2455]
2. Adaption to one's environment [Option ID = 2454]
3. Freedom from illness [Option ID = 2453]
4. Active participation in health programmes [Option ID = 2456]

Correct Answer :-

- Perfect functioning of the body, mind and soul [Option ID = 2455]

44) If a boys somatotype designation is 2-2-7 who is fifteen years of age. He could be designated as

[Question ID = 680]

1. Dominant Mesomorph [Option ID = 2719]
2. Dominant Endomorph [Option ID = 2717]
3. Dominant Ectomorph [Option ID = 2718]
4. Mid Type [Option ID = 2720]

Correct Answer :-

- Dominant Ectomorph [Option ID = 2718]

45) Along with the nervous system, which other system contrast the internal environment (Homeostasis)

[Question ID = 623]

1. Digestive [Option ID = 2492]
2. Endocrine [Option ID = 2490]
3. Respiratory [Option ID = 2491]
4. Muscular [Option ID = 2489]

Correct Answer :-

- Endocrine [Option ID = 2490]

46) Who stood second in election bidding process as host city of the 2020 Olympics Games?

[Question ID = 665]

1. Istanbul [Option ID = 2658]
2. Tokyo [Option ID = 2659]
3. Madrid [Option ID = 2657]
4. New Delhi [Option ID = 2660]

Correct Answer :-

- Istanbul [Option ID = 2658]

47) Who was the first women to win the an Olympic medal?

[Question ID = 653]

1. Siana Nehwal [Option ID = 2611]
2. Karnam Malleshwari [Option ID = 2609]
3. Mary Kom [Option ID = 2610]
4. P.T.Usha [Option ID = 2612]

Correct Answer :-

- Karnam Malleshwari [Option ID = 2609]

48) Food passes through the stomach to

[Question ID = 635]

1. The pancreas [Option ID = 2540]
2. The heart [Option ID = 2539]
3. The small intestine [Option ID = 2538]
4. The large intestine [Option ID = 2537]

Correct Answer :-

- The small intestine [Option ID = 2538]

49) How many sub variables are there in Eysneck Personality questionnaire

[Question ID = 667]

1. Three [Option ID = 2666]
2. Two [Option ID = 2665]
3. Five [Option ID = 2668]
4. Four [Option ID = 2667]

Correct Answer :-

- Four [Option ID = 2667]

50) How many lanes are used for finals in an Olympic/world level swimming competition?

[Question ID = 692]

1. 10 [Option ID = 2768]
2. 7 [Option ID = 2766]
3. 8 [Option ID = 2767]
4. 6 [Option ID = 2765]

Correct Answer :-

- 8 [Option ID = 2767]

51) How many different Asana does Surya Namaskar comprises of?

[Question ID = 690]

1. 10 [Option ID = 2759]

2. 12 [Option ID = 2760]
3. 8 [Option ID = 2758]
4. 6 [Option ID = 2757]

Correct Answer :-

- 12 [Option ID = 2760]

52) How many events will be held during 2020 Summer Olympics?

[Question ID = 712]

1. 339 in 33 sports [Option ID = 2847]
2. 330 in 30 Sports [Option ID = 2845]
3. 412 in 30 sports [Option ID = 2848]
4. 335 in 33 sports [Option ID = 2846]

Correct Answer :-

- 339 in 33 sports [Option ID = 2847]

53) How many number of nations participated in 2016 Summer Olympic at Rio de Janeiro, Brazil?

[Question ID = 710]

1. 206 [Option ID = 2838]
2. 200 [Option ID = 2840]
3. 205 [Option ID = 2837]
4. 207 [Option ID = 2839]

Correct Answer :-

- 207 [Option ID = 2839]

54) In DRBACH, B stands for

[Question ID = 630]

1. Blocking [Option ID = 2519]
2. Bleeding [Option ID = 2517]
3. Breathing [Option ID = 2518]
4. Beating [Option ID = 2520]

Correct Answer :-

- Breathing [Option ID = 2518]

55) CPR stands for

[Question ID = 631]

1. Chest Pulmonary Ratio [Option ID = 2521]
2. Cardio Pulmonary Respiration [Option ID = 2524]
3. Cardio Pulmonary Resuscitation [Option ID = 2523]
4. Cardio Pulmonary Ratio [Option ID = 2522]

Correct Answer :-

- Cardio Pulmonary Resuscitation [Option ID = 2523]

56) Phyllouinone, Menaquinone, Menadione and Napthoquinone deficiency leads to

[Question ID = 644]

1. Problem in blood coagulation [Option ID = 2574]
2. Problem in digestion [Option ID = 2573]

3. Problem in respiration [Option ID = 2576]
4. Problem in calcium metabolism [Option ID = 2575]

Correct Answer :-

- Problem in blood coagulation [Option ID = 2574]

57) Cardiac output Q is the sum of :

[Question ID = 703]

1. $Q = HR \times BV$ [Option ID = 2809]
2. $Q = HR \times EF$ [Option ID = 2811]
3. $Q = HR \times SV$ [Option ID = 2812]
4. $Q = HR \times ESV$ [Option ID = 2810]

Correct Answer :-

- $Q = HR \times SV$ [Option ID = 2812]

58) Lactate accumulate at the end of glycolysis, under which of the following condition

[Question ID = 651]

1. If lactate dehydrogenase is present [Option ID = 2603]
2. If oxygen is not available [Option ID = 2604]
3. If $NADH+H^+$ is present [Option ID = 2601]
4. If too much pyruvate is present [Option ID = 2602]

Correct Answer :-

- If oxygen is not available [Option ID = 2604]

59) Activity lasting more than 10 Sec, the fuel that muscle use is

[Question ID = 699]

1. Glycogen & glucose [Option ID = 2793]
2. ATP [Option ID = 2794]
3. Fat [Option ID = 2795]
4. ADP [Option ID = 2796]

Correct Answer :-

- Glycogen & glucose [Option ID = 2793]

60) This mineral is essential for the healthy red blood cells and a deficiency might cause anemia

[Question ID = 637]

1. Iodine [Option ID = 2547]
2. Magnesium [Option ID = 2546]
3. Iron [Option ID = 2545]
4. Chromium [Option ID = 2548]

Correct Answer :-

- Iron [Option ID = 2545]

61) Before Exercise as an source of energy which is majorly consumed :

[Question ID = 708]

1. BCAA [Option ID = 2832]
2. Proteins [Option ID = 2831]
3. Carbohydrate [Option ID = 2829]

4. Fats [Option ID = 2830]

Correct Answer :-

- Carbohydrate [Option ID = 2829]

62) Division of the nervous system initiates a response known as fight or flight

[Question ID = 620]

1. Mesenteric nervous system [Option ID = 2480]
2. The parasympathetic nervous system [Option ID = 2478]
3. The sympathetic nervous system [Option ID = 2477]
4. The somatic nervous system [Option ID = 2479]

Correct Answer :-

- The sympathetic nervous system [Option ID = 2477]

63) EEG recording of the REM sleep is characterized by

[Question ID = 658]

1. Delta waves only [Option ID = 2631]
2. Theta waves only [Option ID = 2629]
3. Theta and Beta waves [Option ID = 2632]
4. Alpha and Beta waves [Option ID = 2630]

Correct Answer :-

- Theta and Beta waves [Option ID = 2632]

64) Imaginary line passing laterally from one side to other is called

[Question ID = 672]

1. Sagittal axis [Option ID = 2685]
2. Sagittal plane [Option ID = 2686]
3. Lateral axis [Option ID = 2688]
4. Vertical axis [Option ID = 2687]

Correct Answer :-

- Lateral axis [Option ID = 2688]

65) Vector borne communicable disease are spread through

[Question ID = 616]

1. Mosquitoes [Option ID = 2462]
2. Water [Option ID = 2463]
3. Food [Option ID = 2464]
4. Inanimate objects [Option ID = 2461]

Correct Answer :-

- Mosquitoes [Option ID = 2462]

66) Low body fat, long limb and lightly muscle is an attribute of which body Type?

[Question ID = 706]

1. Mesomorph [Option ID = 2824]
2. Endomorph [Option ID = 2821]
3. Ectomorph [Option ID = 2822]
4. Muscular [Option ID = 2823]

Correct Answer :-

- Ectomorph [Option ID = 2822]

67) All of the following are needed for strong bones

[Question ID = 636]

1. Magnesium [Option ID = 2543]
2. Cholecalciferol [Option ID = 2544]
3. Thiamin [Option ID = 2541]
4. Calcium [Option ID = 2542]

Correct Answer :-

- Thiamin [Option ID = 2541]

68) What does the term mortality refers to?

[Question ID = 643]

1. Death [Option ID = 2569]
2. Health [Option ID = 2571]
3. Illness [Option ID = 2570]
4. morbidity [Option ID = 2572]

Correct Answer :-

- Death [Option ID = 2569]

69) Principles of learning can be used to

[Question ID = 676]

1. Produce Stronger transfer- effects [Option ID = 2704]
2. Provide happy learning experiences to students [Option ID = 2702]
3. Understand, analyze and manage human behaviour [Option ID = 2703]
4. Facilitate learning in a big way [Option ID = 2701]

Correct Answer :-

- Understand, analyze and manage human behaviour [Option ID = 2703]

70) Uncertainty about duties and responsibilities is called

[Question ID = 661]

1. Weak organizational culture [Option ID = 2641]
2. Occupational stress [Option ID = 2642]
3. Role ambiguity [Option ID = 2643]
4. Role overload [Option ID = 2644]

Correct Answer :-

- Role ambiguity [Option ID = 2643]

71) Physical dimension of health pertains to the

[Question ID = 618]

1. Ability to have control over emotions [Option ID = 2472]
2. Ability of a person to see oneself as a member of a society [Option ID = 2469]
3. Perfect functioning of the body [Option ID = 2470]
4. Feeling of a sense of enlightenment [Option ID = 2471]

Correct Answer :-

- Perfect functioning of the body [Option ID = 2470]

72) Hypoxia refers to

[Question ID = 674]

1. Sufficient oxygen reaching to tissues [Option ID = 2696]
2. Sufficient oxygen reaching to cells [Option ID = 2694]
3. Inadequate oxygen reaching to tissues [Option ID = 2695]
4. Inadequate oxygen reaching to cells [Option ID = 2693]

Correct Answer :-

- Inadequate oxygen reaching to tissues [Option ID = 2695]

73) Amylases in saliva begin the breakdown of carbohydrate into

[Question ID = 634]

1. Simple sugars [Option ID = 2536]
2. Polypeptides [Option ID = 2534]
3. Amino acids [Option ID = 2535]
4. Fatty acids [Option ID = 2533]

Correct Answer :-

- Simple sugars [Option ID = 2536]

74) The duration of Olympics Games shall not exceed

[Question ID = 681]

1. 10 days [Option ID = 2724]
2. 16 days [Option ID = 2722]
3. 14 days [Option ID = 2723]
4. 12 days [Option ID = 2721]

Correct Answer :-

- 16 days [Option ID = 2722]

75) The theory that frustration –the perception that you are being prevented from attaining a goal-increases the probability of an aggressive response

[Question ID = 660]

1. Frustration Aggression Theory [Option ID = 2639]
2. Instrumental Aggression [Option ID = 2637]
3. Fundamental attribution error [Option ID = 2638]
4. Misattribution of Arousal [Option ID = 2640]

Correct Answer :-

- Frustration Aggression Theory [Option ID = 2639]

76) The measurement of the circle at the mid-point of halfway line of Foot Ball field is :

[Question ID = 691]

1. 9.25 M [Option ID = 2763]
2. 9.10 M [Option ID = 2761]
3. 10.0 M [Option ID = 2764]
4. 9.15M [Option ID = 2762]

Correct Answer :-

- 9.15M [Option ID = 2762]

77) The most important requirement of a vaccine is

[Question ID = 642]

1. Ability to stimulate an immune response [Option ID = 2567]
2. Ability to stimulate antibody production [Option ID = 2566]
3. Safety [Option ID = 2565]
4. The proportion of infections prevented [Option ID = 2568]

Correct Answer :-

- Safety [Option ID = 2565]

78) The component of personality that is a vast reservoir of basic biological urges is the

[Question ID = 655]

1. Ego [Option ID = 2619]
2. Id [Option ID = 2618]
3. Libido [Option ID = 2617]
4. Superego [Option ID = 2620]

Correct Answer :-

- Id [Option ID = 2618]

79) The Big Five Model of Personality involves :

[Question ID = 711]

1. Openness, Conciuousness, Extraversion, Agreeableness, Neuroticism [Option ID = 2841]
2. Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism [Option ID = 2842]
3. Openness, Conscientiousness, Extroversion, Psychotiscim, Angerness [Option ID = 2844]
4. Openness, Conscientiousness, Psychotism, Extroversion, Agreeableness [Option ID = 2843]

Correct Answer :-

- Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism [Option ID = 2842]

80) The most appropriate definition of health services is to

[Question ID = 615]

1. Take care of women, children and elderly [Option ID = 2457]
2. Provide treatment of disease, prevention of illness, and promotion of health [Option ID = 2459]
3. Implements health technologies in health care centers [Option ID = 2458]
4. Open hospitals in rural areas [Option ID = 2460]

Correct Answer :-

- Provide treatment of disease, prevention of illness, and promotion of health [Option ID = 2459]

81) The Immediate source of energy for muscle contraction is

[Question ID = 701]

1. Phospho Creatine [Option ID = 2801]
2. Adinosine Triphosphate [Option ID = 2802]
3. Glucose [Option ID = 2803]
4. Carbohydrate [Option ID = 2804]

Correct Answer :-

- Adinosine Triphosphate [Option ID = 2802]

82) The concept of psychological adequacy refers to

[Question ID = 663]

1. An individual's sense of self-efficacy [Option ID = 2649]
2. How successfully people adjust to and cope with their environment [Option ID = 2650]
3. Whether a person is mentally competent to stand trial [Option ID = 2651]
4. The criteria for release of an individual from a mental institution [Option ID = 2652]

Correct Answer :-

- How successfully people adjust to and cope with their environment [Option ID = 2650]

83) The leading cause of poor health globally is

[Question ID = 638]

1. Poverty [Option ID = 2549]
2. Smoking [Option ID = 2550]
3. Cardiovascular disease [Option ID = 2552]
4. Infectious Disease [Option ID = 2551]

Correct Answer :-

- Poverty [Option ID = 2549]

84) The primary objective of immunization programs is to

[Question ID = 641]

1. Prevent infection [Option ID = 2562]
2. Prevent further transmission of disease agents [Option ID = 2563]
3. Prevent complications [Option ID = 2564]
4. Prevent disease [Option ID = 2561]

Correct Answer :-

- Prevent disease [Option ID = 2561]

85) The cardiovascular route that runs from the digestive tract to the liver is called

[Question ID = 626]

1. Coronary circulation [Option ID = 2504]
2. Pulmonary circulation [Option ID = 2503]
3. Hepatic portal circulation [Option ID = 2501]
4. Systemic circulation [Option ID = 2502]

Correct Answer :-

- Hepatic portal circulation [Option ID = 2501]

86) The award given for outstanding performance in sports is:

[Question ID = 694]

1. Bharat Ratna [Option ID = 2773]
2. Padma Shri Award [Option ID = 2774]
3. Dronacharya Award [Option ID = 2776]
4. Arjuna Award [Option ID = 2775]

Correct Answer :-

- Arjuna Award [Option ID = 2775]

87) The Attribution Theory incorporates cognition, and a social influence was advocated by

[Question ID = 669]

1. Albert Bandura [Option ID = 2675]
2. Vealey R.S [Option ID = 2676]
3. Carl Jung [Option ID = 2674]
4. Fritz Heider [Option ID = 2673]

Correct Answer :-

- Fritz Heider [Option ID = 2673]

88) The earliest model to explain the relationship between athletic performance and arousal is explained by:

[Question ID = 678]

1. Inverted U hypothesis [Option ID = 2711]
2. Drive Theory [Option ID = 2710]
3. IZOF [Option ID = 2709]
4. Big Five Model [Option ID = 2712]

Correct Answer :-

- Inverted U hypothesis [Option ID = 2711]

89) The scheme of Restructuring and Re-organization of Teachers was approved in the year?

[Question ID = 684]

1. 1986 [Option ID = 2733]
2. 1962 [Option ID = 2735]
3. 1987 [Option ID = 2734]
4. 1965 [Option ID = 2736]

Correct Answer :-

- 1987 [Option ID = 2734]

90) The amount of air left in the lungs following a maximal exhalation is called :

[Question ID = 709]

1. Vital Capacity [Option ID = 2835]
2. Residual Volume [Option ID = 2836]
3. Expiratory reserve volume [Option ID = 2833]
4. Inspiratory reserve volume [Option ID = 2834]

Correct Answer :-

- Residual Volume [Option ID = 2836]

91) The process of taking food into the digestive system is known as:

[Question ID = 627]

1. Ingestion [Option ID = 2505]
2. Digestion [Option ID = 2507]
3. Propulsion [Option ID = 2506]
4. Elimination [Option ID = 2508]

Correct Answer :-

- Ingestion [Option ID = 2505]

92) The major mode of HIV transmission globally is

[Question ID = 640]

1. Injecting drug use [Option ID = 2558]
2. unsafe blood [Option ID = 2559]
3. Male to male sex [Option ID = 2557]
4. male to female sex [Option ID = 2560]

Correct Answer :-

- male to female sex [Option ID = 2560]

93) The Reversal theory of arousal is presented as

[Question ID = 670]

1. Levels of arousal on performance depends on the athlete's interpretation of the arousal. [Option ID = 2679]
2. Levels of arousal on performance depend on low arousal. [Option ID = 2677]
3. Levels of arousal on performance depend on high arousal. [Option ID = 2678]
4. Levels of arousal low, low performance. [Option ID = 2680]

Correct Answer :-

- Levels of arousal on performance depends on the athlete's interpretation of the arousal. [Option ID = 2679]

94) The action potential relies upon the movement of which of these ions into out of the cell?

[Question ID = 621]

1. Iron and iodine [Option ID = 2482]
2. Sodium and magnesium [Option ID = 2484]
3. Sodium and potassium [Option ID = 2483]
4. Calcium and magnesium [Option ID = 2481]

Correct Answer :-

- Sodium and potassium [Option ID = 2483]

95) The major function of the ligament in the body is to

[Question ID = 675]

1. Act as levers [Option ID = 2699]
2. Prevent joint dislocation [Option ID = 2697]
3. Reduce friction in joints [Option ID = 2698]
4. Coordinate Movements [Option ID = 2700]

Correct Answer :-

- Prevent joint dislocation [Option ID = 2697]

96) The main purpose of health education is to

[Question ID = 619]

1. Give information about fitness and wellbeing [Option ID = 2473]
2. Teach health related topics in schools [Option ID = 2475]
3. Educate rural population about sanitation and hygiene [Option ID = 2476]
4. Bring down behaviour induces incidence of disease and promotion of health [Option ID = 2474]

Correct Answer :-

- Bring down behaviour induces incidence of disease and promotion of health [Option ID = 2474]

97) Head quarter of International Olympic Academy is situated at

[Question ID = 654]

1. Olympia [Option ID = 2616]
2. Paris [Option ID = 2613]
3. Monaco [Option ID = 2615]
4. London [Option ID = 2614]

Correct Answer :-

- Olympia [Option ID = 2616]

98) You want to develop cooperation and team spirit in students? Which activities would you propose?

[Question ID = 685]

1. Quiz [Option ID = 2740]
2. Project work [Option ID = 2739]
3. Debate [Option ID = 2738]
4. Art [Option ID = 2737]

Correct Answer :-

- Project work [Option ID = 2739]

99) You should ice a soft tissue injury for

[Question ID = 632]

1. 5 minutes after it has occurred [Option ID = 2525]
2. 20 minutes every 2 hours for 24-48 hours [Option ID = 2527]
3. 10 minutes after it has occurred [Option ID = 2526]
4. Apply heat only, no ice [Option ID = 2528]

Correct Answer :-

- 20 minutes every 2 hours for 24-48 hours [Option ID = 2527]

100) One of the major causes of non-communicable diseases is

[Question ID = 617]

1. Mosquito bite [Option ID = 2465]
2. Flies [Option ID = 2468]
3. Exposure to cold [Option ID = 2467]
4. Physical inactivity [Option ID = 2466]

Correct Answer :-

- Physical inactivity [Option ID = 2466]