

1. The foundation of physical education was laid in

- (a) England
- (b) Greece.
- (c) USA
- (d) Italy

2. Which of the following is **not** the objective of physical education?

- (a) Physical development
- (b) Social development
- (c) Emotional development
- (d) Technical development.

3. Career options through physical education are

- (a) Sports Departments
- (b) Sports Facilities Management
- (c) Sports Journalism
- (d) All of the above.

4. Fit India Movement was launched on
.....?

- (a) August 2020
- (b) February 2019
- (c) August 2019.
- (d) February 2018

5. When Was Cricket World Cup Hosted By India

- (A). 2011.
- (B). 2000
- (C). 2004
- (D). 2007

6. “Physical Education is the sum of changes in an individual caused by experience centering motor activity” Who said this?

- (a) Prince martin
- (b) Millions
- (c) Charls A. Butchar
- (d) Cassidy.

7. “Physical Education is the sum of men’s physical activities selected as to kind and conducted as to outcomes” who said this?

- (a) C.C.Covel
- (b) Charls A Butcha
- (c) J.B. Nash
- (d) Williams.

8. How many objectives of physical Education are there?

- (a) Four
- (b) Five.
- (c) Three
- (d) Six

9. What is the aim of Physical Education?

- (a) Physical development
- (b) Motor development
- (c) Mental Development
- (d) All Round development.

10. For A Reporter what Qualities are desired most?

- (a) Sweet Speaking skills**
- (b) Soft Speaking skills**
- (c) Excellent Speaking skills.**
- (d) Beautiful Personality**

11. The aim of physical education is to improve the physique by activities

- A. Political
- B. Physical.
- C. Psychological
- D. Economic

12. Exercising is important for

- A. Every one.
- B. Children
- C. Youth
- D. Senior citizens

13. Physical education builds

- A. Anger
- B. Revenge
- C. Fear
- D. Cooperation.

14. The word physical is used to describe

- A. Chemistry of a body
- B. Movement of a body.
- C. Weight of a body
- D. Physics of a body

15. Physical education creates _____
between mind and body

- A. Separation
- B. Coordination
- C. Distinction
- D. Weakness

Important Questions