

Q.1. Alcohol Stimulate the—

- (a) Muscular system
- (b) Digestive system
- (c) Nervous system.
- (d) Excretory system

Q.2. Woman who take _____ tend to masculinize?

- (a) Beta-blockers
- (b) Amphetamines
- (c) Diuretics
- (d) Steroids.

Q.3. Which of the physical method of doping is—

- (a) Stimulants**
- (b) Steroids**
- (c) Gene doping.**
- (d) None of the above**

4. Which of the following is/are the signs of overload?

- (a) fatigue
- (b) decline in performance
- (c) loss of appetite
- (d) All of these.

5. What is defined as the amount of work done by an individual's body?

- (a) Load.
- (b) Stress
- (c) Fatigue
- (d) Fracture point

6. Which of the following is not a disadvantage of Doping in females?

- (a) Deepening of the voice
- (b) Abnormal Menstrual cycles
- (c) impotence.
- (d) Growth of hair on the face

Q.7. What is the full form of 'NADA'

- (a) National Auto doping Agency**
- (b) Natural Anti doping Academy**
- (c) National Anti drugs Agency**
- (d) National Anti doping Agency.**

Q.8. What is the full form of 'WADA'?

- (a) White Anti doping Agency**
- (b) Wide Anti doping Academy**
- (c) World Anti doping Agency.**
- (d) None of the above**

Q.9. “Taking of prohibited or banned substances is called_____”

- (a) Steroids
- (b) Alcohol
- (c) Doping.
- (d) Autologous doping

Q.10. Which is a short term activity carried out prior to any severe activity?

- (a) Skill**
- (b) Technique**
- (c) Limbering down**
- (d) Warming-up.**

Q.11. Which is the short term activity carried out after the severe activity?

- (a) Technique**
- (b) Warming-up**
- (c) Limbering down.**
- (d) None of the above**