

## Physical Education Solved MCQ's

- 1) Dyer test is related to which game  
a) Badminton  
b) Athletic  
**c) Tennis**  
d) Football
- 2) Bending of vertebrae column on a side is called  
a) Uneven shoulder  
**b) Kyphosis**  
c) Lordosis  
d) Scoliosis
- 3) The purpose of coopers 12 mint test is  
a) Muscular strength  
b) Balance  
c) Agility  
**d) Cardiac endurance**
- 4) Badminton include in Olympics  
**a) 1992 Barcelona**  
b) 1962 Spain  
c) 1988 Beijing  
d) 1992 Germany
- 5) How many practice trial will be given each athlete before competition  
a) 1  
**b) 2**  
c) 3  
d) 4
- 6) What should be maximum intensity with maximum load  
a) 30-50%  
b) 50-70%  
**c) 70-80%**  
d) None of these
- 7) When a Muscle contracts without changing its length it is considered to be \_\_\_\_\_ contraction.  
**a) Isometric**  
b) Isotonic  
c) Eccentric  
d) None

# Physical Education Solved Mcqs

**D Keegan**



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