## 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 Beiling 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 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**

**N Colangelo** 

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