

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

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Sukhmanjot K.



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