

**SUBJECT MATTER TEST FOR RECRUITMENT FOR THE POST OF  
ASST. PROFESSOR OF PHYSICAL EDUCATION**

1. The ancient Olympics were abolished in the year?
  - A. 349 A. D
  - B. 350 A. D
  - C. 341 A. D
  - D. 394 A. D
2. Sigmund Freud is known to be the Father of?
  - A. Theory of Motivation
  - B. Theory of Psychoanalysis
  - C. Theory of connectionism
  - D. Theory of parallelism
3. Which Olympics was longest as per their duration in days?
  - A. 1906
  - B. 1908
  - C. 1952
  - D. 1956
4. Which theory of play maintains that “past is the key to play”?
  - A. Instinct or Gross theory
  - B. Self expression theory
  - C. Inheritance or Recapitulation theory
  - D. Recreation theory
5. In which year, National Anthem of India was played for the first time in Olympics?
  - A. 1948
  - B. 1952
  - C. 1928
  - D. 1932
6. What is chronological age?
  - A. Indicated By bones and dentition
  - B. Age in year, months and Days
  - C. Determined by signs of puberty
  - D. Determined by use of intelligence test
7. The city “Olympia” is in
  - A. Rome
  - B. Italy
  - C. Greece
  - D. Korea
8. Which Philosophy of Education defines teacher as role model for students?
  - A. Idealism
  - B. Naturalism
  - C. Realism
  - D. none of the above
9. When was the I O A formed?
  - A. 1925
  - B. 1926
  - C. 1928
  - D. 1927
10. First step of Budget preparation is...
  - A. To search income
  - B. Estimate Expenditure
  - C. Planning
  - D. Facilities and personnel
11. The growth the females is more than boys in...
  - A. 06-10 years
  - B. 13-19 years
  - C. 19-25 years
  - D. above 25 years
12. “Surplus energy theory of play” was propounded by...
  - A. Mc. Dougal
  - B. Lazarus
  - C. Karl Groose
  - D. Herbert Spencer

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13. Which of the following is also called the cognitive learning?  
A. Affective learning  
B. Mental learning  
C. Motor learning  
D. None of the above
14. Which of the following is the basic unit of muscles?  
A. Cells  
B. Nucleus  
C. Myofibrils  
D. Both A and B
15. Choose a specific sequence of growth and development.  
A. Infancy, puberty, adolescence, adulthood and childhood  
B. Infancy, puberty, adulthood, adolescence and childhood  
C. puberty, adulthood, adolescence, Infancy, and childhood  
D. Infancy, childhood, puberty, adolescence and adulthood
16. The number of bones in the Cranium is..  
A. 4  
B. 6  
C. 8  
D. 10
17. Who was the first BCCI president of India (1928)  
A. RE Grant Grovan  
B. JC Mukarjee  
C. Anthony De Mello  
D. Sourav Ganguly
18. Libero is related to which game  
A. Kabbadi  
B. Kho Kho  
C. Basket Ball  
D. Volley Ball
19. Which of the following is called the Master Gland?  
A. Pancreas  
B. Pituitary  
C. Thyroid  
D. None
20. The immediate source of energy is  
A. Protein  
B. Fats  
C. Carbohydrate  
D. Water
21. Which of the following is an example of Hinge joint?  
A. Hip joint  
B. Elbow joint  
C. Ankle joint  
D. None
22. Blood gets de-oxygenated in....  
A. Muscle  
B. Nerves  
C. Lungs  
D. Heart
23. Citrus fruits are rich in  
A. Vitamin C  
B. Vitamin B  
C. Vitamin A  
D. Vitamin D
24. The voluntary muscles are controlled by..  
A. Nerves  
B. Heart  
C. Brain  
D. Muscles

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25. The goal of teaching is..  
A. To give information  
B. To involve pupils in activities  
C. To impart knowledge  
D. Desirable change in behavior
26. What is the main objective in Educational Technology?  
A. Orient  
B. Facilitate  
C. Integrate  
D. Evaluate
27. Obesity does not cause  
A. Infertility  
B. Cancer  
C. Diabetes  
D. Ischemic heart disease
28. The word 'Hygiene' has been derived from  
A. Greek  
B. English  
C. Italic  
D. None
29. Continuous training method was introduced by..  
A. Dr. Ernst Van Aaken  
B. Woldemar Gerschler  
C. Reindell  
D. Morgan
30. Aerobic exercise contribute to the development of  
A. Speed  
B. Flexibility  
C. Strength  
D. Endurance
31. Ergometry is a process by which we measure  
A. Brain activity  
B. Muscle potential  
C. Lung capacity  
D. Cardiac output
32. Maximum strength can be developed with..  
A. Circuit training  
B. Plyometric exercise  
C. Conditioning exercise  
D. Weight training
33. Speed play is also known as  
A. Weight Training  
B. Pressure Training  
C. Fartlek Training  
D. Interval Training
34. What is the duration of hockey Game?  
A. 60min  
B. 70min  
C. 75min  
D. 80min
35. Soccer skill test is measured by  
A. Miller wall volley test  
B. Mc Donald's Test  
C. sports knowledge test  
D. All the above
36. The minimum length of the take off board for men in triple jump is..  
A. 11 mt  
B. 12 mt  
C. 13 mt  
D. 14 mt
37. What is the number of players on court in basket ball match  
A. 5  
B. 6  
C. 7  
D. 8
38. Dyer test is associated with..  
A. Tennis  
B. Badminton  
C. Athletics  
D. Athletics

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39. Distance of Marathon race is-
- A. 43.195km
  - B. 41.15km
  - C. 40.165km
  - D. 42.195km
40. Which of the following is against the principles of organization?
- A. proper decentralization
  - B. proper communication
  - C. overlapping of authority
  - D. delegation of power
41. The longest training cycle is called
- A. Macro cycle
  - B. Micro cycle
  - C. Meso cycle
  - D. None
42. Umpires for the track events in an athletic meet are assistants to the..
- A. Chief Judge
  - B. Referee
  - C. Technical manager
  - D. Secretary
43. Immediate treatment provide to an athlete upon a sports injury is..
- A. Short wave diatherapy
  - B. Whirlpool
  - C. Contrast bat
  - D. Cryo-therapy
44. Which of the following is the first step in a sports programme?
- A. Directing
  - B. Staffing
  - C. Planning
  - D. Budgeting
45. Which of the following factors is considered to be most important in the construction of an indoor gymnasium?
- A. Direction
  - B. Light
  - C. Ventilation
  - D. Floor
46. Getting the right facts to the right people at the right time in the right way it is called...
- A. Game management
  - B. Public relation in group
  - C. Motivation in sports
  - D. Leadership in sports
47. A \_\_\_\_\_ is communication between multiple people
- A. Conversation
  - B. Dialogue
  - C. Speech
  - D. Practical demonstration
48. Which of the following is not a visual -aids?
- A. Slide
  - B. Graphs and charts
  - C. Globes and maps
  - D. Books
49. Dramatization is an example of
- A. Visual aids
  - B. Audio aids
  - C. Both A and B
  - D. Printed aids
50. Rhythmic exercises are the
- A. Anaerobic exercise
  - B. Isotonic exercise
  - C. Aerobic exercise
  - D. Static exercise
51. Somatotyping body types are classified by..
- A. Cozen's
  - B. Sheldons
  - C. Kreschmer
  - D. Y M C A

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52. Which one of the following diseases is a communicable?  
A. Rickets  
B. Amoebiasis  
C. Diabetes  
D. Cancer
53. A feeling of apprehension or tension is..  
A. Frustration  
B. Panic  
C. Anxiety  
D. Fear
54. Which of the following is not a principle of lesson plan?  
A. Continuity  
B. Repetition  
C. Progression  
D. Indefinite objective
55. In a single knock out tournament if there are 10 teams then the number of matches is-  
A. 19  
B. 09  
C. 21  
D. 08
56. When was the Arjuna award was introduced in sports?  
A. 1962  
B. 1959  
C. 2001  
D. 1961
57. Sprain is an injury to  
A. Ligaments  
B. Muscles  
C. Bone  
D. Connective tissues
58. Which of the following is a highest award in the field of sports in India?  
A. Ekalavya  
B. Rajive- Gandhi Khel Ratna  
C. Major Dhyan Chand Khel Ratna  
D. Arjun Award
59. Rehabilitation of sports injuries is done using..  
A. Hydrotherapy  
B. Corrective exercises  
C. Cryotherapy  
D. None
60. How many Barriers & water jumps are in 3,000mts steeplechase Men..  
A. 25 & 5  
B. 28 & 7  
C. 27 & 7  
D. 26 & 7
61. "Kyphosis" is also called as  
A. Hollow back  
B. Back curve  
C. Lateral back  
D. Round back
62. What is the distance of long jump run way?  
A. 40-45mt  
B. 50mt  
C. 30-42mt  
D. 38mt
63. Which of the following is pressure manipulation technique?  
A. Pinching  
B. Clapping  
C. Pounding  
D. Kneading

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64. If you are 400mt runner in the 2<sup>nd</sup> lane, what is the stagger distance?  
A. 8mt  
B. 9.04mt  
C. 8.04mt  
D. 7.04mt
65. Tendonitis is the  
A. Inflammation of tendon  
B. Tearing a tendon  
C. Strain  
D. Muscle full
66. What is the length and width of the long jump?  
A. 9mt x 2mt  
B. 10mt x 3mt  
C. 2.75mt x 7mt  
D. 9mt x 2.75mt
67. Starches are mainly derived from  
A. Green plants  
B. Glycogen  
C. Cellulose  
D. Cereals
68. The Minimum players to start the soccer match  
A. 5  
B. 9  
C. 6  
D. 7
69. The first day of the decathlon events are..  
A. 100 mts, Long Jump, Shot Put, High Jump, & 200 mts  
B. 100 mts, Long Jump, Shot Put, High Jump, & 400 mts  
C. 100 mts, Long Jump, discus Throw, High Jump, & 400 mts  
D. 100 mts, Long Jump, Shot Put, High Jump, & 800 mts
70. The pathogen of the typhoid is directly transmitted through  
A. Urine  
B. Water  
C. Blood  
D. Cerebrospinal fluid
71. Ex Post Facto research means  
A. The research is carried out after the incident  
B. The research is carried out prior to the incident  
C. The research is carried out along with the happening of an incident.  
D. The research is carried out keeping in mind the possibilities of an incident
72. A Good exercise programme to significantly improve flexibility  
A. Plyometrics  
B. Interval training  
C. Body pump  
D. Yoga
73. The concept of adaptation was introduced by  
A. Brown  
B. Helson  
C. Wertheimer  
D. Kohler
74. Perfection is a problem that is most associated with the  
A. Id  
B. Ego  
C. Super Ego  
D. Ego and superego
75. At the baseline of the organizational chart of hierarchy comes a  
A. Athletic club  
B. sports team  
C. Individual players  
D. district Olympic association

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76. In which state the sports university will be established by the central Government
- A. Punjab
  - B. Delhi
  - C. Karnataka
  - D. Manipur
77. The cool down after exercise is important because it:
- A. Improves oxygen uptake
  - B. Regulates breathing
  - C. Speeds the removal of lactic acid
  - D. Decreases adrenaline
78. Trial and error learning is also known as-
- A. Organized learning
  - B. Self learning
  - C. Instinctive learning
  - D. Informal learning
79. Research ethics do not include
- A. Honesty
  - B. Subjectivity
  - C. Integrity
  - D. Objectivity
80. Cryo-therapy refers to
- A. Ultra sound
  - B. TENS
  - C. Cold therapy
  - D. EMS
81. Which state hosting Mens' Hockey world cup 2023?
- A. Odisha
  - B. Karnataka
  - C. Delhi
  - D. Maharashtra
82. Thomas Cup related to which game
- A. Football
  - B. Badminton
  - C. Hockey
  - D. Cricket
83. The 2024 Summer Olympics is scheduled to be host in which city
- A. Paris
  - B. Tokyo
  - C. Beijing
  - D. Delhi
84. FIBA is the global regulatory body of which sports-
- A. Football
  - B. Badminton
  - C. Basketball
  - D. Hockey
85. Who carried the Indian flag during the opening ceremony of Tokyo Olympics 2020
- A. Bajrang Punia
  - B. Abhinav Bindra
  - C. P. V. Sindhu
  - D. Mary Kom & Manpreet Singh
86. Boxer's muscles are
- A. Trapezius
  - B. Sterno cliedo mastoid
  - C. Abdominal
  - D. Deltoid
87. SPSS stands for \_\_\_\_\_
- A. Statistical Packages for the Social Science
  - B. Statistical Packet for the School Science
  - C. Statistical Power for the Social Service
  - D. Statistical Package for the social Service

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88. Which of the following is a motor educability test ?  
A. J C R. test  
B. I O W A test  
C. Fleisman test  
D. Cooper Test
89. Test used to measure cardio-respiratory endurance is  
A. Tread Mill Test  
B. Dynamometer Test  
C. Tensio Meter Test  
D. Cyber test
90. The procedure that helps researchers to organize, summarize and explain observations is known as  
A. Descriptive Statistics  
B. Inferential Statistics  
C. Fundamental Statistics  
D. Correlation Statistics
91. Conducting surveys is the most common method of generating..  
A. Primary data  
B. Secondary data  
C. Qualitative data  
D. None of these
92. The process of drawing a sample from a population is known as..  
A. Sampling  
B. Census  
C. Survey research  
D. None of the above
93. The following is not an example of nonrandom sampling technique  
A. Purposive  
B. Cluster  
C. Convenience  
D. Quota
94. Correlation studies attempt to identify a \_\_\_ between two or more things..  
A. Idea  
B. Practical  
C. Theory  
D. Relationship
95. Which of the following is not an average...  
A. Mean  
B. Mode  
C. Median  
D. Standard Deviation
96. The guide line of research study is called  
A. Research Project  
B. Research Theme  
C. Research Proposal  
D. Abstract
97. Kraus Weber test measures  
A. Motor ability  
B. Motor Fitness  
C. Minimum Muscular fitness  
D. Physical Fitness
98. The third limb of yoga is  
A. Pranayama  
B. Asana  
C. Niyama  
D. Dharana
99. Circuit training is an effective method for developing  
A. Speed  
B. Flexibility  
C. Strength endurance  
D. Agility
100. Which of the following is an intrinsic reward of sports?  
A. Recognition  
B. Status  
C. Attention  
D. Self esteem