



Health & Physical EDUCATION MCQs Bank



Usman Umar
Gold Medalist Punjab University

Advanced Health & Physical Education MCQs Bank

Usman Umar
Lecturer

Advanced Publishers

**17-2nd Floor, Muslim Centre, Chatter Jee Road,
Urdu Bazaar. Lahore (Pakistan).**

Ph (042) 37360555, advancedpublisherspks@gmail.com
www.advancedpublisherspks.com

Advanced Health & Physical Education MCQs Bank

By: Usman Umar

© Advanced Publishers

17-2nd Floor, Muslim Centre, Chatter Jee Road,
Urdu Bazaar. Lahore (Pakistan).

ISBN 978-969-588-576-5

Rs. 1100.00

All rights reserved under the Copyright Act. No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, without permission in writing from the authors. All inquiries should be addressed to the authors and the publishers.

CONTENTS

	<i>Page #</i>
1. Philosophy of Physical Education and Sports	1
(A) Introduction of Physical Education	1
(B) Philosophy of Physical Education and Sports	2
(C) Philosophy of Recreation and Leisure Programme	5
(D) Leadership	7
(E) Camping	9
(F) Hiking and Tracking	9
(G) Girl Guiding	10
(H) History of Scouting	10
2. Sports Medicine	12
(A) Climatic Stress and its Management	12
(B) Doping	16
(C) Training and Conditioning in Sports	18
(D) Sports Injuries	21
(E) Training Principle	23
3. Bio-Mechanics	26
(A) Biomechanics in Sports and Athletics	26
(B) Forms of Motion	26
(C) Kinetics	27
(D) Kinematics	34
(E) Fluid Mechanics	35
Important Terms of Biomechanics	39
4. Sports Psychology	43
(A) Introduction of Sports psychology	43
(B) Nervous System and Glandular System	50
(C) Personality and Sports	51
(D) Motivation and Performance	52
(E) Stress and Sports	54
(F) Aggression	55
(G) Goal Setting	56
(H) Concentration	57

(I) Self Confidence	58
(J) Sports Cohesion	58
(K) Cognitive and Behavioural Interventions to Improve Sports Performance	59
5. Administration and Management in Physical Education	62
(A) Administration	62
(B) Organizational and Administrative Setup in Physical Education	64
(C) Personal Administration in Physical Education	66
(D) Fiscal Management	66
(E) Office Management	68
(F) Public Relation	69
(G) Planning Facilities in Physical Education / Sports	70
Check List	70
6. Research Methodology in Physical Education	73
(A) Hypothesis	73
(B) Research Methodology in Physical Education	74
(C) Scientific Methods in Research	74
(D) Concepts and Variables	75
(E) Selection and Formulation of Research Problems	76
(F) Research Design	76
(G) Tools of Research	79
(H) Measurement, Scaling And Analysis Of Data	81
(I) Writing of Research Report	83
7. Measurement and Evaluation in Physical Education	84
(A) Measurement and Evaluation	84
(B) Evaluation and Administration of Tests	85
(C) Measurement of Physical Fitness	86
(D) General Motor Ability	88
(E) Cardio-Vascular Fitness	89
(F) Classification and Grading in Physical Education	90
(G) Rating Scale in Physical Education	90
8. Philosophy of Physical Education and Recreation	92
(A) Introduction of Physical Education	92
(B) Selection from Great Educators and Sages of the Ages On the Importance of Health and Physical Education	93

9. Sports Injuries	103
(A) Introduction of Sports Injuries	103
(B) Classification of Injuries	105
(C) Corrective Physical Education	108
(D) Massage	110
(E) Resistance Training	115
(F) Philosophy of Warm Up and Cool Down	118
(G) List of Warm Up Exercises	119
(H) List of Cool Down Exercises	119
(I) List of Injuries	119
(J) Prevention of Injuries during Warm up and Cool Down	120
(K) Treatment of Injuries through Exercise	121
(L) Adapted Physical Education	123
10. Health and Food Nutrition	125
11. Movement Education in Physical Education	129
12. Track and Field Events	131
(A) History of Olympic Movement	131
(B) Rules of Track and Field Events Pole Vault	131
(C) Triple Jump	133
(D) High Jump	135
(E) History of Long Jump	138
(F) History of Throwing the Discus	141
(G) Shot Put	143
(H) Javelin Throw	144
(I) History of Hammar Throw	146
(J) Track and Field Events	147
(K) Steeple Chase	152
(L) History of Steeple Chase	153
(M) Races: 400 Meter Race	154
(N) Relay Races 4 × 100 M Relay Race	155
(O) 4 × 400 Relay Race	157
(P) Combined Events	158
(Q) Sports Training, Coaching and Officiating	159
(R) Heptathlon	160

(S) Pentathlon	160
(T) Race Walking	161
13. Rules of Games	162
(A) Tournaments	162
(B) Rules of A.V Aids in Sports Skills Development	164
(C) Planning Facilities in Physical Education / Sports	166
14. Anatomy	168
(A) Bones	169
(B) Skeletal Muscle	173
(C) Joints	176
(D) Body Systems	177
(i) Nervous system	178
(ii) Circulatory System	180
(iii) Excretory System	183
(iv) Respiratory System	184
(v) Digestive System	184
(E) Basic Anatomy and Physiology	186
(F) Endocrinology	192
15. Pedagogy MCQs	194
(A) General Methods of Teaching	217
(B) School and Class Room Management	222
(C) Teaching Skills	226
(D) Introduction to Educational Research	231
16. Games	239
(1) Cricket	239
Internal Cricket Council	253
ICC Men's Cricket World Cup 2019	287
ICC Men's T20 World Cup	288
Asia Cup	290
T20Is	291
ICC Champions Trophy	292
Women's Cricket (ODIS)	297
ICC Women's Cricket World Cup	298
ICC Women's T20 World Cup	300

2020 ICC Women's T-20 World Cup	302
Pakistan Super League (PSL)	303
(2) FOOT BALL	311
(3) HOCKEY	323
(4) ICE HOCKEY	339
(5) TABLE TENNIS	340
(6) LAWN TENNIS	341
(7) NET BALL	349
(8) VOLLEY BALL	350
(9) BASKET BALL	355
(10) BASEBALL	358
(11) BADMINTON	359
(12) HAND BALL	361
(13) KABADDI	362
(14) GOLF	364
(15) BOXING	366
(16) SQUASH	368
(17) RUGBY	370
(18) WEIGHTLIFTING	371
(19) WRESTLING	372
(20) YATCHING	373
(21) Gymnastics	373
(22) ROWING	374
(23) CROQUET	375
(24) POLO	375
(25) SHOOTING	376
(26) HORSE RACING	377
(27) CURLING	378
(28) SWIMMING	379
(29) CHESS	381
(30) CYCLING	382
(31) BILLIARDS	383
(32) BOWLING	387
17. Other Famous Games	389
(A) Olympic Games	389
(B) History of Olympic Movement	396
The 2020 Summer Olympics (Japanese)	400

(i) Summer Olympics Games	400
WINTER OLYMPIC GAMES	400
2018 WINTER OLYMPICS	401
(ii) Winter Olympics	401
SOUTH ASAIN GAMES (SAF GAMES)	402
Asian Games	403
Venues	404
Asian Games 2018	404
Commonwealth Games	405
AFRO-Asian Games	406
18. National Sports	407
19. General MCQS of Physical Education	410
Exercise No. 1	410
Exercise No. 2	412
Exercise No. 3	414
Exercise No. 4	416
Exercise No. 5	421
20. Glossary of Physical Education	443
Sports Vocabulary	445
Sports and Their Terms	447
Popularity of Sports Around The World	448
Famous Trophies and Associated Sports	448
National Sports of the Countries	449
Explanation of Sport Terms	449
Trophies Associatited with Sports	449
Important Places Associated with Sports and Games	449