B.P.Ed.

1. What will you do as a teacher if the students do not attend your class?
A) Ignore the facts
B) Punish the students
C) Try to make teaching effective and interesting
D) Complaints to their parents

2. Which gland is known as Master gland?
A) Adrenal gland
B) Pituitary gland
C) Thyroid gland
D) Parathyroid gland

3. What is the order of five interlocking rings known as "Olympic rings" in Olympic flag
A) Blue, yellow, black, green, and red
B) Yellow, black, blue, green and red
C) Black, green, yellow, blue and red
D) Yellow, green ,black blue and red

4. Treatment is to……. as Education is to Teacher?
A) Doctor
B) Hospital
C) Clinic
D) Chemist

5. Moto of 2018 Commonwealth Games:
A) Share the dream
B) Share the energy
C) Share the space
D) Share the emotions

6. Which one of the following enzymes is found in human saliva?
A) Trypsin
B) Ptyalin
C) Pepsin
D) Rennin

7. 'Wind pipe' is scientifically known as:
A) Trachea
B) Bronchi
C) Larynx
D) Pharynx

8. In which part of the human body the smallest bone found?
A) Wrist
B) Ear
C) Palm
D) Nose

9. Where did the YMCA established in the year 1920?
A) Delhi
B) Madras
C) Patiala
D) Gwalior

10. White Blood Cells (WBC) scientifically are known as:
A) Thrombocytes
B) Leukocytes
C) Erythrocytes
D) Crythrocytes

11. What is the average weight of human heart?
A) 150-200 grams
B) 360-450 grams
C) 250-360 grams
D) 100-150 grams

12. Total number of nations participated in 2018 Commonwealth Games :
A) 72
B) 73
C) 70
D) 71

13. 'Bama Belleck Cup' associated with:
A) Hockey
B) Football
C) Squash
D) Table tennis

14. Where 2022 commonwealth games will be scheduled at?
A) Gold coast, Australia
B) Moscow, Russia
C) Birmingham, England
D) Berlin, Germany

15. Which edition of Sultan Azlan Shah Cup 2018 was held at Ipoh, Perak, Malaysia?
A) 26 th
B) 25th
C) 24th
D) 27th

16. 2022 Winter Olympics Will be held at:
A) Queens land, Australia
B) Pyeongchang, South Korea
C) Beijing, China
D) Jakarta, Indonesia

17. 'Vijay Hazare' trophy is also known as:
A) Santosh Trophy
B) Ranji Trophy
C) ICC Trophy
D) B C Roy Trophy

18. Which edition of 2018 Men's Hockey World Cup going to be held at Kalinga Stadium in Bhubaneswar, India?
A) 12
B) 13
C) 14
D) 15

19. The Sports Authority of India (SAI) was established on:
A) 25th January 1984
B) 16th January 1984
C) 22nd January 1984
D) 21st January 1984

20. Study of joints is called:
A) Anatomy
B) Arthrology
C) Physiology
D) Psychology

21. What will be the motto of 2018 Asian games?
A) Energy of All
B) Energy of Asia
C) Dream of All
D) Dream and Share

22. Instrument used to measure blood pressure:
A) Sphygmomanometer
B) Stadiometer
C) Spirometer
D) Peak flow

23. Who won FIFA 2014 Men's World Cup?
A) Germany
B) Argentina
C) Brazil
D) Netherlands

24. Pointing to a man, a woman said, "He is the only son of my mother's mother." How is the woman related to the man?
A) Aunt
B) Daughter
C) Niece
D) Sister

25. Which of the following disease caused by bacteria:
A) Leprosy
B) Mumps
C) Small pox
D) Polio

26. Overweight or underweight may be manifestation of:
A) Aches and pains
B) Glandular disturbance
C) Mental trauma
D) Emotional instability

27. 'Chikungunya' is caused by:
A) Virus
B) Bacteria
C) Fungi
D) Protozoa

28. If SPORTS is coded in a certain manner as TOPQUR, then TENNIS will be coded as:
A) SFMOJT
B) UFONHT
C) SDOMJR
D) UDOMJR

29. 'Blood fluke disease' is caused by:
A) Flatworms and roundworms
B) Virus
C) Bacteria
D) Protozoa

30. The saddle joint is found in the:
A) Carpal bones
B) Knee joint
C) Neck bones
D) Shoulder joints

31. In artistic Gymnastics the mat area for floor exercise is:
A) 10m X 10m
B) 12m X 12m
C) 11m X 11m
D) 13m X 13m

32. In men Artistic Gymnastics total number of events are:
A) 04
B) 05
C) 06
D) 07

33. The red blood cells are produced in the:
A) Heart
B) Bone marrow
C) Spinal column
D) Cerebrum

34. The term 'Cannons' associated with:
A) Tennis
B) Wrestling
C) Billiards
D) Judo

35. 2019 South Asian Games going to be held at
A) Kathmandu, Nepal
B) Guwahati, India
C) Jakarta, Indonesia
D) Davao City, Philippines

36. The flat bones are found in:
A) Skull
B) Wrist
C) Legs
D) Arms

37. Who was the flag bearer of Indian contingent during the closing ceremony at 2018 commonwealth games?
A) Sania nehwal
B) Sushil kumar
C) P.V. Sindhu
D) Mary Kom

38. In which of the following game the term 'waza-ari' is associated:
A) Billiards
B) Table tennis
C) judo
D) Softball

39. Total number of medals won by India at 2018 common wealth games:
A) 66
B) 64
C) 65
D) 67

40. Salt Lake Stadium is situated at:
A) Delhi
B) Mumbai
C) Kolkata
D) Bangalore

41. Name the order of strokes in 200 meters individual medley in swimming:
A) Butterfly,backstroke, breaststroke and freestyle
B) Backstroke, breaststroke, and freestyle, Butterfly

C) Freestyle Butterfly, backstroke, and breaststroke
D) Breaststroke, Butterfly, backstroke, and freestyle

42. 'Black September' associated with which Olympics:
A) 1972 Munich Olympics
B) 1976 Munich Olympics
C) 1980 Munich Olympics
D) 1984 Munich Olympics

43. What is the official weight of table tennis ball?
A) 2.9grams
B) 2.10 grams
C) 2.7 grams
D) 2.4 grams

44. If EDUCATION is written as DECUTAOIN, then COLLEGE will be written as::
A) OCLLGEE
B) OCLGEEL
C) COELLEG
D) EOLCGLE

45. The primary function of which system is to support and protect the body:
A) Digestive system
B) Skeleton system
C) Muscular system
D) Respiratory system

46. Who developed the interval training method?
A) Morgan and Adamson
B) Woldemar Gerschler
C) Herbert Spencer
D) C.A. Bucher

47. Who coined the term "oxygen debt"?
A) A.V. Hill
B) A.C. Hill
C) A.B. Hill
D) A. P. Hill

48. Find the next number in the series: 40, 15, 30, 25, 20, 35_
A) 10
B) 45
C) 05
D) 40

49. A person who abstains from eating meat and eggs are called:
A) Lacto vegetarian
B) lacto-ovo-vegetarians
C) Ovo-vegetarians
D) Ovo- lacto-vegetarians

50. The term 'cager' associated with:
A) Basketball
B) Doge ball
C) Handball
D) Boxing

51. Who among the following credited for introducing and popularizing 'Continuous Training Method'?
A) Ernst Van Aaken
B) Woldemar Gerschler
C) A.V. Hill
D) R.E. Morgan

52. Fartlek is a Swedish term which means:
A) Speed play
B) Therapeutic
C) Ploymetrics
D) Flexibility

53. The exponent of 'Recapitulation Theory' of play are:
A) G. Stanley Hall
B) Karl Groos
C) Lazarus
D) Herbert Spence

54. The most abundant single constitute of muscle is:
A) Protein
B) Water
C) Inorganic salt

D) Carbohydrates

55. Systematic weight training may lead to tremendous development in:
A) Reaction time
B) Speed of movement
C) Muscular strength
D) Strength endurance

56. Speed of a movement in most of the skills greatly depends on:
A) Conditioning of reflexes
B) Speed training workouts
C) Skill repetition
D) Warming up exercises

57. Flat back is a body deformity connected with:
A) Shoulder region
B) Chest
C) Thoracic region
D) Lumber part of spine

58. Which of the following is chemically known as lipids?
A) Fats
B) Amino acids
C) Proteins
D) Sugar

59. An efficient coach is he who:
A) Tells
B) Tells and demonstrate
C) Tells, demonstrate and explains
D) Tells, demonstrate, explains and inspires

60. Health is primarily a responsibility of the:
A) Community
B) State
C) Individual
D) Parents

61. A person considered to be in an obese category, if he/she has:
A) BMI upto 29 kg/m^2
B) BMI upto and above 30 kg/m^2
C) BMI upto 25 kg/m^2
D) BMI upto and above 15 kg/m^2

62. Who is the current president of IOA?
A) Mr. Narinder Dhruv Batra
B) Virendra D. Nanavati
C) Dr. Akhilesh Das Gupta
D) Mr. N. Ramachandran

63. Which of the following athletic events reflects cardiovascular endurance?
A) 100 m sprint
B) Pole vault
C) Marathon race
D) Javelin throw

64. Who was the founder of volleyball game?
A) William G. Morgan
B) Willian J. Morgan
C) William H. Morgan
D) William M. Morgan

65. Which of the following element is contained only in protein?
A) Carbon
B) Hydrogen
C) Oxygen
D) Nitrogen

66. Maximum participation of students is possible in teaching through:
A) Discussion method
B) Lecture method
C) Text book method
D) Audio visual aids

67. What is considered worst in case of muscles?
A) Disuse
B) Overuse
C) Under use
D) Misuse

68. Which of the following disease does the housefly not potentially cause?
A) Hydrophobia
B) Typhoid

C) Dysentery
D) Trachoma

69. Contaminated food is a major cause of:
A) Cholera
B) Headache
C) Constipation
D) Muscle pain

70. The disease called 'conjunctivitis' is disease of the:
A) Eyes
B) Lungs
C) Spleen
D) Trachea

71. What is the distance between two stumps in cricket?
A) 20.12 m
B) 21.12 m
C) 22.12 m
D) 23.12 m

72. The term 'Cox' is associated with which game:
A) Boat Race
B) Gymnastics
C) Boxing
D) Wrestling

73. 'Aruna Budda Reddy' is associated with which sports:
A) Wrestling
B) Gymnastics
C) Table tennis
D) Fencing

74. The main function of RBC is to:
A) Carry oxygen
B) Remove dead cells
C) Fight against bacteria
D) Remove waste from body

75. The term 'Gambit' is associated with which sports:
A) Chess
B) Judo
C) Billiards
D) Squash