



# PHYSICS

## BOOKS - SELINA PHYSICS (ENGLISH)

### SAMPLE PAPER 2 (PHYSICAL EDUCATION)

#### Multiple Choice Questions

1. A physical change that a particular individual undergoes may be termed as:

A. Growth

B. Development

C. Progress

D. Improvement

**Answer: A**



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2. Which of the below stages is called as a "Period of storm & stress"?

A. Childhood

B. Adulthood

C. Adolescence

D. Infancy

**Answer: C**



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**3. Physical development involves :**

A. The growth of a child's ability to think and reason

B. Being able to speak in full sentences and have quite a good vocabulary.

C. Eating ice cream with chop sticks.

D. Physical development involves developing control over the body, particularly muscles and physical

**Answer: D**



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4. Choose the best definition of gross motor skills.

A. Gross motor skills involve developing the ability to be able to think about things that happen to you.

B. Gross motor skills are those which require whole body movement, and which involve the large muscles of the

body to perform everyday functions,  
such as standing walking, running

C. Gross motor skills involve the ability to  
understand your emotions and feelings.

D. Gross motor skills involve the  
development of the ability to use  
scissors accurately.

**Answer: B**



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5. Locomotor skills include:

A. The ability to sleep for 8 hours

B. Walking, running and hopping

C. Sharing and tum taking

D. Eating and pencil control

**Answer: B**



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6. Which among these is a not a factor that influences growth and development?

A. Hereditary

B. Nutrition

C. Lifestyle

D. Environmental

**Answer: C**



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7. The ability to use SMALL muscle groups is known as \_\_\_ motor skills.

A. Gross

B. Moral

C. Fine

D. Social

**Answer: C**



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8. The number of times you exercise each week:

A. Frequency

B. Frequent

C. Training Schedule

D. Time

**Answer: A**



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9. How hard the exercise is?

A. Intensity

B. Overload

C. Difficulty

D. Type

**Answer: A**



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**10.** Focusing training on activities and exercises relevant to an individual's sporting goals and needs:

A. Specificity

B. Variation

C. Adaptation

D. Type

**Answer: A**



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**11.** Training at an appropriate intensity and gradually increasing the amount of stress placed on the body:

A. Progressive Overload

B. Adaptation

C. Intensity

D. Type

**Answer: A**



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12. By ensuring that you progressively overload your body you encourage it to adapt to new stresses being placed upon it

A. Adaptation

B. Variation

C. Intensity

D. Specificity

**Answer: A**



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**13.** Simon is 43 years old. Calculate his max heart rate.

A.  $220-43=177$

B.  $200-43=157$

C.  $230-43=187$

D.  $220-53=167$

**Answer: A**



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14. Changes that occur in an individual's personality, emotions, and relationships with others refer to \_\_\_\_\_ development.

A. Biological

B. Physical

C. Cognitive

D. Socio-emotional

**Answer: D**



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15. What component would be the most important to a long-distance runner?

- A. Reaction time
- B. Cardiovascular endurance
- C. Agility
- D. Muscular strength

**Answer: B**



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16. The push-up test measures \_\_\_\_\_

A. Flexibility

B. Cardiovascular Endurance

C. Body Composition

D. Muscular Endurance and Muscle  
Strength

**Answer: D**



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17. Skill component that describes the ability to stabilise or control the body while standing or moving

A. Agility

B. Speed

C. Balance

D. Reaction time

**Answer: C**



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**18.** What skill component describes the amount of force you can create when performing a task?

A. Speed

B. Power

C. Balance

D. Coordination

**Answer: B**



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19. What do we call physical activity done to keep the body fit and healthy?

A. Program

B. Flexibility

C. Endurance

D. Exercise

**Answer: D**



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20. What is an advantage to exercise?

- A. Improves quality of life
- B. Decreases chronic disease
- C. Stress relief
- D. All of these

**Answer: D**



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21. What type of exercise is more appropriate in the cool down as they help the muscles to relax?

- A. Static stretching
- B. Strength exercise
- C. Dynamic stretching
- D. Endurance exercise

**Answer: A**



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22. What is the correct sequence of an exercise program?

A. Cool down, warm up, work out

B. Work out, cool down, warn up

C. Work out, warm up, cool down

D. Warm up, work out, cool down

**Answer: D**



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23. What principles of exercise state that we are unique to each other in terms of fitness level, fitness goals, and nutritional preferences?

- A. Specificity
- B. Adaptation
- C. Individuality
- D. Progression

**Answer: C**



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24. This is an instructional program that gives attention to the development and care of the body.

- A. Physical Education
- B. Physical Development
- C. Physical Fitness
- D. Physical Curriculum

**Answer: A**



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25. This development can be acquired through physical education when someone acquires positive traits such as confidence, discipline, courage and perseverance.

A. Emotional Development

B. Mental Development

C. Physical Development

D. Social Development

**Answer: A**



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**26. What is flexibility?**

A. The ability to maintain centre of mass  
over a base of support

B. The ability to move a joint fluidly  
through its complete range of motion

C. The maximum amount of force that can  
be generated by a muscle or muscle  
group

D. The ability to quickly and precisely move  
or change direction without losing  
balance or time

**Answer: B**



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**27.** An immediate and temporary care given to  
a person who has been injured or suddenly  
taken ill.

A. Moral Support

B. Therapy

C. First Aid

D. Exercise

**Answer: C**



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**28.** When the two bones that come together to form a joint become separated, the joint is described as being \_\_\_\_\_

A. Dislocated

B. Fractured

C. Sprained

D. Strained

**Answer: A**



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**29.** The "E" in the RICE method is

A. Enquire

B. Emergency

C. Elongate

D. Elevate

**Answer: D**



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**30. What does aerobic mean?**

A. Without oxygen

B. With oxygen



C. Bows and arrows

D. None of these

**Answer: B**



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**31. What is reaction time?**

A. The time taken to respond to a stimulus.

B. The ability to perform strength

performances quickly

C. The ability to put body parts into motion quickly.

D. The ability to use two or more body parts together.

**Answer: A**



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**32.** Ideal choice of sport for Endomorphs can be \_\_\_\_\_

A. Weightlifting

B. Marathon running

C. Long Jump

D. High Jump

**Answer: A**



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**33. Which of the following is not a body type?**

A. Ectomorph

B. Mesomorph

C. Hectomorph

D. Endomorph

**Answer: C**



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**34. What is a somatotype?**

A. The size of your foot

B. A bunch of tomatoes

C. Classifying a body type

D. How you play sport

**Answer: C**



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**35.** This body type typically has narrow shoulders, chest, hips, and abdomen.

A. Ectomorph

B. Mesomorph

C. Hectomorph

D. Endomorph

**Answer: A**



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**36. Mesomorph's are**

A. Hard muscular body

B. Delicate built

C. Lightly muscled

D. Round shape

**Answer: A**



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**37. What is the reason for a warm up?**

A. To increase likelihood of injuries

B. To decrease muscle temperature

C. To burn more calories

D. To increase heart rate and blood flow to  
muscles

**Answer: D**



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**38.** Which of the following is not a soft tissues?

A. Ligaments

B. Skin



C. Bone

D. Muscle

**Answer: C**



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**39.** Overload in sports training relates to when:

A. the oxygen is adequate to supply the need of the body.

B. the oxygen supplying mechanisms are not able to increase.

C. the intake of oxygen is insufficient to meet the demand.

D. the supply of oxygen is more than required.

**Answer: C**



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**40.** The definite general purpose of leading towards the aim are generally known as:

A. Target

B. Goals

C. Objectives

D. Motives

**Answer: C**



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**41.** Major Aim of Physical Education is to ensure a/an:

- A. child's optimum physical development.
- B. programme of activity and sports for all.
- C. all-round development of the individual.
- D. complete removal of boredom of the class-room activity.

**Answer: C**



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**42.** A good muscle tone is highly related to:

A. reflex time

B. movement time

C. transmission time

D. reaction time

**Answer: D**



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**43.** Which of the following is not an objective of sports training?

A. To accelerate athlete's growth and development

B. To make athlete dream about winning only

C. To bring about change in athlete's attitude, habits and behaviour

D. To make the athlete highly skillful  
technically and tactically

**Answer: B**



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**44.** What does cruciate mean?

A. To cross

B. To separate

C. To join at an intersection

D. To collide

**Answer: A**



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**45.** An important piece of equipment to help prevent concussion and damage to the mouth.

A. Helmet with no face shield

B. Face shield

C. Gumshield



D. Shin pads

**Answer: C**



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**46.** The ligament that is most commonly injured when your foot is planted and your body is rotating around your leg-a rotation injury is \_\_\_\_

A. ACL

B. PCL

C. MCL

D. LCL

**Answer: A**



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**47.** What treatment should you not use immediately after an injury, such as an ankle sprain?

A. Rest

B. Ice

C. Compression

D. Heat

**Answer: D**



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**48.** Which of the following is not a common knee injury?

A. Runners Knee

B. Cruciate Ligament Injury

C. Hernia

D. Tom Cartilage

**Answer: C**



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**49.** Which of these is a common running injury?

A. Runners Knee

B. Shin Splint

C. Blister

D. All of these

**Answer: D**



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**50.** Injuries to muscles are known as tears or

-----

A. Sprain

B. Strain

C. Breaks

D. Cracks

**Answer: B**



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