

**FPSC Lecturer Physical Education past papers**

**(1). The psycho motor domain of Physical Education is concerned with:**

- (a). Knowledge
- (b). Attitude
- (c). Motor Skills

**(d). Values**

**(2). The quality of test to give same scores when administered at different occasions is:**

- (a). Validity
- (b). Differentiability
- (c). Objectivity

**(d). Reliability**

**(3). The name o postural defect if shoulders are bended called:**

- (a). Lordosis
- (b). Kyphosis

**(c). Scoliosis**

(d). None

**(4). Purpose of Kraus Weber is:**

**(a). Minimum muscular, strength**

- (b). Skill ability sport
- (c). Motor Ability
- (d). Physical fitness

**(5). An Immediate emotional state of apprehension & tension in response to specific situation is called:**

**(a). Trait Anxiety**

- (b). Arousal
- (c). State Anxiety
- (d). Stress

**(6). Age measured in days, months and years is called:**

- (a). Psychological Age
- (b). Anatomical Age

(c). Chronological Age

**(d). Birth Age**

**(7). Intensity in strength endurance training is:**

(a). 60-70%

(b). 75-85%

**(c). 80-100%**

(d). 40-60%

**(8). Speed which gradually increase in sprint races is called:**

**(a). Acceleration sprint**

(b). Access sprint

(c). Deceleration sprint

(d). None

**(9). If Someone feels difficulty to see at long distance clearly disease is called:**

(a). Anemia

(b). Hypemetropia

**(c). Myopia**

(d). None

**(10). The richest sources of Vitamin D is:**

**(a). Cod liver oil**

(b). Spinach

(c). Milk

(d). None

**(11). Which of the following is the least infectious?**

**(a). Leprosy**

(b). Hepatitis

(c). Tuberculosis

(d). None

**(12). Other name of Laisse Fair leadership style is:**

(a). Give-off

(b). Tell-off

**(c). Hand-off**

(d). None

**(13). ..... is psychological study of moral principles:**

(a). Aesthetics

(b). Epistemology

**(c). Axiology**

(d). None

**(14). Smaller part of Information in which researcher is interested is called:**

(a). Unit E

**(b). Sample**

(c). Element

(d). None

**(15). In hurdles race its good for runner to take how many steps before 1<sup>st</sup> hurdle:**

(a). 7

**(b). 8**

(c). 9

(d). 10

**(16). Number of Muscles found in human body are:**

(a). 556

(b). 565

(c). 620

**(d). 656**

**(17). The difference in the weight of the shot put & through for male is:**

(a). 0.5 kg

(b). 0.2 kg

(c). 1 kg

**(d). None**

**(18). Of the following associations of muscle & movement the incorrect one is:**

**(a). Biceps.....flexor of the arm**

(b). Deltoid .....abductor of the humerus

(c). Teres major .....adductor of the humerus

(d). Latissimus ..... Outward rotator of the humerus

**(19). Approximately, what percentage of heat is generated by muscle tissue?**

(a). 15%

(b). 35%

(c). 65%

**(d). 85%**

**(20). The distance between the two goal post of hockey is:**

(a). 4.55m

(b). 3.44m

**(c). 3.66m**

(d). 7.50m

**(21). The allowable time out for injury in girl's basketball is:**

(a). 1 minute

(b). 5 minute

(c). 30 minutes

(d). 20 minutes

**(22). Width of table in table tennis is:**

(a). 1.50m

**(b). 1.525m**

(c). 1.575m

(d). 2.525m

**(23). At what score ends will changed in a Tie break game in Tennis:**

(a). 2-4

(b). 3-3

**(c). 1-6**

(d). 3-4

**(24). Which system is more suitable for the conduct of tournament of 30 cricket team at University level:**

- (a). Ladder
- (b). Combination

**(c). Elimination**

- (d). Pyramid

**(25). When the population is not homogeneous then which kind of sampling do we use?**

- (a). Simple Random
- (b). Systemic Random

**(c). Stratified**

- (d). Cluster

**(26). If we take every nth number as a sample from the list of the population it is called:**

- (a). Simple random sampling
- (b). Cluster sampling

**(c). Systematic Sampling**

- (d). Stratified Sampling

**(27). Which of the following is known as the growth center of a bone:**

**(a). Osteoclast**

- (b). Periosteum

(c). Osteoblast

- (d). Stratified Sampling

**(28). The Anaerobic metabolism of one molecule of glucose results in the production of:**

**(a). 38 ATP**

- (b). 39 ATP

(c). 16 ATP

- (d). 17 ATP

**(29). Agility may be needed in speed, balance, and co-ordination &:**

- (a). Power

(b). Stability

- (c). Reaction time

**(d). Strength**

**(30). Which is an example of an evaluation:**

- (a). Measuring games of an evaluation
- (b). Reporting group data to the school board
- (c). Giving a treadmill test instead of a 5 miles run test

**(d). Recommending that lucky do more sit ups**

**(31). Having to pass a swimming proficiency test prior to enrolling in an advanced swimming course is an example of what:**

- (a). A norm reference standard

**(b). Criterion reference standard**

- (c). Summative evaluation
- (d). Formative evaluation

**(32). What is the philosophy of Physical Education Programmers:**

- (a). Realism

**(b). Idealism**

- (c). Pragmatism
- (d). Perennitallsm

**(33). The Muscles in the legs an Olympic 100 meter Finalist would contain:**

- (a). Mostly Red Ribers
- (b). An even mixture of red and white fibers
- (c). Mostly white fibers
- (d). Proportions of red and white fibers

**(34). Tarsals, metatarsals are bones of:**

- (a). Hands

**(b). Foot**

- (c). Legs
- (d). Skull

**(35). The measurement of the size and proportions of the human body is called:**

- (a). corrective

**(b). Anthropometry**

(c). Plyometry

(d). None

**(36). The Stop board color is:**

**(a). White**

(b). Blue

(c). Grey

(d). Green

**(37). Appropriateness, usefulness, meaningfulness of any inference ea research draws refers to the:**

(a). Reliability of the data

**(b). Validity of the data**

(c). Objective of the data

(d). Consistency of the scores

**(38). Research which generally inductive is:**

(a). Quantitative

**(b). Qualitative**

(c). Applied

(d). Exploratory

**(39). A stress situation which grabs a person completely in-very short time is:**

**(a). Acute**

(b). Chronic

(c). Exhaustion

(d). Alarm-reaction

**(40). Hormone secreted by parathyroid is:**

(a). ADH

(b). LH

(c). Thyroxin

**(d). Parathyroid hormone**

**(41). Organ that receive food from Pharynx and carried to the stomach is known as:**

(a). Oral Cavity

(b). Anus

(c). Rectu

**(d). Esophagus**

**(42). What is meta – analyses?**

(a). Group discussion

(b). General discussion

**(c). Descriptive study**

(d). Associational research

**(43). Nominal, ordinal, interval, and ratio scales measure the:**

(a). Results

(b). Rank orders

**(c). Variables**

(d). Data

**(44). Which of the joints are most important in human movement?**

(a). Synarthrosis

(b). Ligamentous

(c). Cartilaginous

**(d). Synovial**

**(45). Summative evaluation involves:**

(a). Enhancement of learning

(b). Achievement of mastery

**(c). Administration of test**

(d). None

**(46). The ability to maintain equilibrium while in motion is called:**

**(a). Balance**

(b). Static Balance

(c). Dynamic Balance

(d). None

**(47). Official ensuring that the track, runways, circles and all equipment are in accordance with the rules before competition:**



(a). Event Manager

**(b). Technical Manager**

(c). Technical Manager

(d). Technical Officer

**(48). If player is less than 8, how many traits will be given?**

**(a). 6**

(b). 3

(c). 2

(d). 8

**(49). Motto of I.O.C is L:**

(a). Fortius, Citlus, Altlus

(b). Aldus, Cltus, Fortius

(c). Fortius, Attius Citlus

**(d). Cittius, Altlus, Fortius**

**(50). Trajectory is:**

(a). The highest point of object

(b). Path of object falling vertically down

(c). The path of an object projected into free air

**(d). The flight path of a projectile**