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1. Sigmund Freud is known to be the Father of the—
(A) Theory of Motivation (B) Theory of Psychoanalysis
(C) Theory of connectionism (D) Theory of parallelism

(Ans : B)

2. The number of bones in the Cranium is—
(A) 4 (B) 6 (C) 8 (D) 10

(Ans : C)

3. Ball and Socket types of Joint is—
(A) Fixed joint (B) Uniaxial joint (C) Bi - axial joint (D) Tri-axial joint

(Ans : D)

4. During exercise, the Cardiac Minute Volume in the average man may rise from four (4) litres to—
(A) 10 litres (B) 15 litres (C) 20 litres (D) 25 litres

(Ans : B)

5. Increase in muscle mass due to heavy weight training is called—
(A) Muscular Hypotrophy (B) Muscular Hypertrophy (C) Muscular Atrophy (D) Haematoma

(Ans : B)

6. The richest source of protein is—
(A) Pulses (B) Groundnut (C) Soya bean (D) Egg

(Ans : C)

7. Who amongst the following are found to be most agile?
(A) High Jumper Athlete (B) Gymnasts (C) Swimmers (D) Divers

(Ans : B)

8. Which of the following systems of the body is the focal point in movement?
(A) Circulatory system (B) Nervous system (C) Respiratory system (D) Muscular system

(Ans : D)

9. Which of the following are considered as the Social Inheritance of Man?
(A) Traditions (B) Habits (C) Conditional reflexes (D) Religious practices

(Ans : C)

10. Which one of the following concepts reflects the true nature of Modern Physical Education?
(A) Physical training (B) Science of Movement (C) Movement Education (D) Athleticism

(Ans : A)