

PHYSICAL HEALTH EDUCATION

1

FOR
Junior Secondary School

Practice Questions and Answers



AKADALEARN

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Physical and Health Education Exam Questions and
Answers Pack

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Published in 2019 by Teststreams Nigeria.

BN: 1-0041-6232-6

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QUESTIONS

TOPIC: BADMINTON

DIRECTION: Choose the correct answer from the lettered options.

1. Raffleball is to handball as poona is to _____.

- A. cricket
- B. table tennis
- C. baseball
- D. badminton

2. The Thomas cup championship is only for men and _____ is a badminton championship trophy that is only for women.

- A. Sudirman cup
- B. Uber cup
- C. All England open

3. Badminton is a game played by men singles, men doubles, women singles and women doubles.

- A. True
- B. False

4. The first name given to badminton was _____.

- A. ball
- B. poona
- C. ping pong
- D. raft ball

5. In what year was badminton introduced as a model sport in the olympics?

- A. 1992 Barcelona olympics
- B. 1996 Atlanta olympics
- C. 2000 Sydney olympics
- D. 1996 Germany olympics

6. The width of a badminton court for singles play is _____.

- A. 20 feet
- B. 30 feet
- C. 17 feet
- D. 18 feet 6 inches

7. One skill involved in badminton is the _____.

- A. grip
- B. volley
- C. drive
- D. lob

8. Another name for the shuttle is _____.

- A. bird
- B. dog
- C. poona
- D. ping pong

9. Shuttle cock is used in the game of _____.

- A. basketball
- B. cricket
- C. badminton
- D. tennis

10. How many feathers are there in a standard feathered badminton shuttle lock?

- A. 12
- B. 16
- C. 20
- D. 2

11. Which game uses a shuttle cork?

- A. Cricket
- B. Baseball
- C. Discus
- D. Badminton

12. Ball is for soccer as _____ is for badminton.

- A. cricket
- B. boot
- C. racket
- D. shuttle cork

13. Which of the following badminton tournaments is a higher level tournament?

- A. Grand Prix Gold
- B. Super Series
- C. Golden Series
- D. Silver Trix Series

14. Which of these is NOT used in the game of badminton?

- A. Football
- B. Racket
- C. Shuttle cock
- D. Centre net

15. The standard height of a badminton net at the center of the court is _____.

- A. 4 feet 6 inches
- B. 5 feet
- C. 5 feet 6 inches
- D. 7 feet

16. Badminton world rankings are calculated and released by BWF at what frequency?

- A. Once in every year
- B. Once in every month
- C. Once in thursday of every week

17. The following are used in Badminton EXCEPT _____.

- A. racket
- B. ball
- C. shuttle cork
- D. centre net

18. _____ does NOT officiate a badminton game.

- A. An umpire
- B. A recorder
- C. A linesman
- D. None of he above

TOPIC: BADMINTON

DIRECTION: Choose the correct answer from the lettered options.

1. Skills in baseball includes _____.
 - A. batting and catching
 - B. bowling and batting
 - C. fielding and bowling
 - D. all of the above

2. A team in a baseball game has _____ players.
 - A. 10
 - B. 9
 - C. 12
 - D. 16

3. Baseball originated from _____.
 - A. France
 - B. England
 - C. Spain
 - D. Italy

4. The baseball game is controlled by _____.
 - A. a referee
 - B. a linesman
 - C. an umpire
 - D. a goalkeeper

5. When does an inning end?
 - A. It ends when the batting team is sent in
 - B. It ends when the batting team is sent out

- C. It ends when the batting team gives up the game
- D. It ends when baseball game is over

6. The following are skills in baseball EXCEPT _____.

- A. batting
- B. defending
- C. bowing
- D. running

7. Terminologies in baseball includes the following EXCEPT _____.

- A. batters box
- B. running box
- C. catchers
- D. fair territory

8. While a baseball game consist of nine innings, young boys can play the game in _____ innings.

- A. 6
- B. 8
- C. 7
- D. 9

9. In baseball, the batsman must stand in the _____ until the ball is bowled.

- A. batting triangle
- B. batting square
- C. throwing square
- D. square catching

10. Facilities in baseball includes the following EXCEPT _____.

- A. catchers box
- B. fair territory

- C. jogging path
- D. batters box

11. Catching in baseball is also known as _____.

- A. bowling
- B. batting
- C. running
- D. fielding

12. Catching in baseball is also known as _____.

- A. bowling
- B. batting
- C. fielding
- D. running

13. Baseball was formally called _____.

- A. Poona
- B. rounder
- C. standers
- D. American ball

14. How many teams are involved in the baseball game?

- A. 3
- B. 4
- C. 2
- D. 6

15. A ball is considered a 'no ball' if it _____.

- A. bounces on the ground while going to the batter

- B. bounces on the ground when it gets to the batter
- C. goes higher than the batter
- D. goes into the batting net

16. The following games have rectangular courts EXCEPT _____.

- A. basketball
- B. tennis
- C. badminton
- D. baseball

17. Another name for baseball is _____.

- A. basketball
- B. rounders
- C. roundings
- D. basketball

18. How many players form the baseball team?

- A. 6
- B. 12
- C. 5
- D. 9

19. _____ is a skill in baseball.

- A. Batting
- B. Shooting
- C. Skatting
- D. Skipping

20. Which sport has its court diamond shaped?

- A. Cricket
- B. Hockey
- C. Baseball
- D. Hiking

TOPIC: BASIC BODY MOVEMENT

DIRECTION: Choose the correct answer from the lettered options.

1. The axial skeleton contains _____ bones.
 - A. 100
 - B. 180
 - C. 80
 - D. 75

2. Locomotive movement involves _____.
 - A. driving a car
 - B. moving from one place to another using the feet
 - C. standing at a place
 - D. moving in a train

3. The range of motion about a joint can be measured with an instrument called _____.
 - A. barometer
 - B. thermometer
 - C. flexometer
 - D. speedometer

4. The bones that overlap with each other or are tilted together can be referred to as _____.
 - A. slightly movable joints
 - B. fixed joints
 - C. flexible joints
 - D. synovial joints

5. The _____ gives attachment to the body.

- A. bones of the leg
- B. skeleton
- C. muscles
- D. marrow

6. A _____ is an elastic body which after flexing, twisting, stretching and squeezing moves back to the original length.

- A. muscle
- B. bone
- C. tendon
- D. artery

7. _____ gives protection to the brain in the body.

- A. Skeleton
- B. Skeletal
- C. Bone marrow
- D. Liver

8. Which of the following is not a locomotive activity?

- A. Walking
- B. Running
- C. Sitting
- D. Jogging

9. When the palm of the hand faces downwards it is referred to as _____ movement.

- A. pronation
- B. inversion

- C. flexion
- D. eversion

10. _____ allows varying degrees of movements between the bones.

- A. Joints
- B. Femur bone
- C. Fibula bone
- D. Bone marrow

11. Which of the following is the name of the long bone in the human body?

- A. Femur
- B. Tarsus
- C. Scapula
- D. Carpus

12. _____ are formed whenever bones come into direct contact with one another.

- A. Skeletons
- B. Muscles
- C. Joints
- D. Junkies

13. Which of the following movement is a non-locomotive?

- A. Running
- B. Skipping
- C. Bending
- D. Jumping

14. The total number of bones in the human skeleton is _____.

- A. 206
- B. 210

- C. 216
- D. 200

15. Flexion is a _____ movement when bending.

- A. bending
- B. forward
- C. backward
- D. sideward

16. The appendicular skeleton is composed of the _____.

- A. pelvic girdle, pectoral girdle and upper limbs
- B. scapula, pectoral girdle and lower limbs
- C. tibia, femur and scapula

17. The collectiveness of muscles of the body is called the _____.

- A. muscling system
- B. muscular system
- C. fleshy system
- D. skeletal system

18. The _____ joint permits movement on a single axis.

- A. gliding
- B. ball and socket
- C. hinge
- D. condyloid

19 The skeleton form _____ on which the muscle act.

- A. live
- B. levers

- C. bridges
- D. pivoting

20. The axial skeleton is made up of _____.

- A. pelvic girdle and skull
- B. the skull and vertebral column
- C. pectoral girdle and back bone
- D. lower limbs and upper limbs

TOPIC: BASKETBALL

DIRECTION: Choose the correct answer from the lettered options.

1. Which of the following will lead to a foul in basketball?

- A. dribbling
- B. passing
- C. shooting
- D. holding

2. How many players make up a team in basketball?

- A. 5-10
- B. 7-11
- C. 8-13
- D. 10-12

3. What is the height of the basket from the floor in basketball?

- A. 5m
- B. 4m
- C. 3m
- D. 2m

4. how many referees those a baseball game has?

- A. 1
- B. 2
- C. 3
- D. 4
- E. 5

5. A player in a basketball game is allowed to carry the ball for _____ pace only, after bouncing it around.

- A. one
- B. two
- C. three
- D. four

6. The backboard in basketball measures _____.

- A. 1.80m x 1.20m
- B. 1.50m x 1.20m
- C. 1.75m x 1.10m
- D. 1.60m x 0.90m

7. Nigeria started playing basketball competitively in _____.

- A. 1960
- B. 1966
- C. 1951
- D. 1964

8. Any player can catch, control or pass the ball with _____ in basketball.

- A. legs
- B. hands
- C. chest
- D. head

9. Basic skills in basketball include the following EXCEPT _____.

- A. catching
- B. dribbling
- C. gripping

D. passing

10. The following are against the rules of basketball EXCEPT _____.

- A. holding
- B. shouldering
- C. pushing
- D. dribbling

11. The following are officials in basketball EXCEPT _____.

- A. umpire
- B. referee
- C. time keeper
- D. coach

12 How long do players relax during time out in basketball?

- A. 1 minute
- B. 5 minutes
- C. 60 minutes
- D. 30 seconds

13. Basketball is a game that requires _____.

- A. speed
- B. physical fitness
- C. perfect shooting at net
- D. all of the above

14. The types of dribbling in basketball are

- A. low and high
- B. slow and fast
- C. smooth and rough

D. dancing and straight

15. The game of basketball begins with _____.

- A. back pass
- B. centre pass
- C. jump ball
- D. throw-in

TOPIC: CRICKET

DIRECTION: Choose the correct answer from the lettered options.

1. In cricket, the batsman guards the _____.

- A. wicket
- B. ball
- C. pads
- D. helmet

2. Which of these games has fielding as a skill?

- A. hockey
- B. base ball
- C. badminton
- D. cricket

3. Cricket game is referred to as _____.

- A. gentle man's game
- B. stick game
- C. running game
- D. lazy man's game

4. The batman guards the _____ in cricket.

- A. pads
- B. helmet
- C. wicket
- D. post

5. Leg before wicket, stumped out, and bowled out are ways of dismissing the batsman in the game of _____.

- A. cricket
- B. hockey
- C. ping pong
- D. badminton

6. How many innings are present for boys in the game of cricket?

- A. 5
- B. 7
- C. 9
- D. 11

7. In cricket, lost ball is when the _____.

- A. umpire holds the ball
- B. ball cannot be found or recovered
- C. ball is caught after a stroke
- D. none of the above

8. The game of cricket is played by two teams of _____ players each

- A. eleven
- B. ten
- C. twelve
- D. nine

9. How many innings ends the game of cricket for men?

- A. 5
- B. 7
- C. 9

D. 11

10. Which of the following is NOT an objective of intramural competitions?

- A. To develop skills for lifetime sports
- B. To provide for activities for all students
- C. To motivate students to participate in sports
- D. None of the above

11. A goal is to soccer as a _____ is to cricket.

- A. point
- B. run
- C. basket
- D. goal

12. A score in cricket is called a _____.

- A. point
- B. run
- C. goal
- D. duck

13. Batting stance and pitching are related to _____.

- A. hockey
- B. cricket
- C. table tennis
- D. tennis

TOPIC: FUNDAMENTAL RHYTHMIC PATTERNS

DIRECTION: Choose the correct answer from the lettered options.

1. Taking sugar just before a competition is discouraged because sugar requires much water for its digestion which consequently will make the person thirsty.

- A. True
- B. False

2. Locomotor movements includes the following EXCEPT _____.

- A. walking
- B. bending
- C. skipping
- D. jumping

3. Putting and squatting are regarded as _____ activities.

- A. leisure
- B. non-locomotive
- C. voluntary
- D. remedial

4. The following are non locomotor movements EXCEPT _____.

- A. leaping
- B. twisting
- C. bending
- D. swinging

5. _____ is a form of rhythmic activity involving songs and movements carried out together by members of a class.

- A. Running
- B. Dancing
- C. Singing
- D. Rolling

6. Which of these is an example of a locomotive movement?

- A. Sitting
- B. Running
- C. Bending
- D. Lying

7. A non locomotor movement which involves being in an erect position in which the body weight is balanced on both feet is _____

- A. sliding
- B. galloping
- C. skipping
- D. standing

8. A locomotive movement which involves transfers of the body weight from one foot to another is called _____

- A. walking
- B. skipping
- C. standing
- D. swinging

9. Basic body movement includes the following EXCEPT _____.

- A. bending
- B. stretching
- C. rolling
- D. twisting

10. The following are types of rhythmical activities EXCEPT _____.

- A. poetry
- B. creative rhythm
- C. folk dances
- D. fundamental rhythm

TOPIC: GOLF

DIRECTION: Choose the correct answer from the lettered options.

1. The following are etiquettes in golf EXCEPT _____.

- A. do not stand or obstruct the line of a shot
- B. be stationary when another player is taking a shot
- C. all players must be out of the green before an approach shot is taken
- D. players must run after the ball and after a shot

2. A hole is the _____.

- A. a green area
- B. tee area
- C. distance between the green and tee area
- D. distance between the tee and white area

3. How many holes are present in a golf course?

- A. 10 - 15
- B. 9 - 18
- C. 10 - 20
- D. 15 - 30

4. The area where the first shot is played is called _____.

- A. course
- B. tee area
- C. green area
- D. red area

5. The green area in golf is _____.

- A. where the game starts from
- B. field

- C. where the hole is located
- D. where the game ends

6. In what year was the first golf championship organised?

- A. 1870
- B. 1860
- C. 1880
- D. 1890

7. The following games are indoor and outdoor games EXCEPT _____.

- A. basketball
- B. golf
- C. volleyball
- D. badminton

8. Golf is played on a _____.

- A. golf court
- B. field
- C. golf arena
- D. golf course

9. The first golf championship took place in _____.

- A. England
- B. Scotland
- C. France
- D. Germany

10. The first golf championship took place in _____.

- A. France
- B. Scotland

- C. England
- D. Italy

11 The shuffle movement that occurs in the court during the play of tennis is known as _____.

- A. fast move
- B. rapid work
- C. foot work
- D. grip work

TOPIC: GYMNASTICS

DIRECTION: Choose the correct answer from the lettered options.

1. The following are skills in gymnastics EXCEPT _____.

- A. balancing activities
- B. tumbling
- C. vault
- D. running

2 How many sub-divisions are in gymnastics?

- A. 2
- B. 3
- C. 4
- D. 5

3. Benefits derived from gymnastics include _____.

- A. courage
- B. physical fitness
- C. safety skills
- D. all of the above

4. Equipment needed for gymnastics include the following EXCEPT the _____.

- A. shuttle cork
- B. spring board
- C. trampoline
- D. vaulting box

5. Vaulting is done with _____.

- A. support
- B. horse
- C. bicycle
- D. hook

6. Benefits derived from gymnastics includes the following EXCEPT _____.

- A. courage
- B. skills
- C. height
- D. movement pattern

7. Which part of the body should NOT touch the mattress when performing forward roll?

- A. Fingers
- B. Hands
- C. Head
- D. Shoulders

8. The first outdoor gymnastics was held in _____.

- A. 778 BC
- B. 46 AD
- C. 1903
- D. 1811

9. Which of these is NOT a gymnastics activity?

- A. Backward roll
- B. Crab walk
- C. Hand spring
- D. Hockey

10. Activities done on raised objects or boxes in gymnastics are called _____.

- A. diving
- B. skipping
- C. agility
- D. vaulting

11. Walking forward with small steps with knees in the full bent position is known as _____.

- A. cat crawl
- B. duck walk
- C. crab walk
- D. bear walk

12. All are vaulting activities in gymnastics EXCEPT _____.

- A. crab walk
- B. rock spring
- C. through vault
- D. thief vault

13. The game gymnastics can be subdivided into _____ classes.

- A. 2
- B. 4
- C. 6
- D. none of the above

14. The following are facilities necessary for gymnastics EXCEPT _____.

- A. vaulting box
- B. trampoline

- C. spring board
- D. net

15. Where did gymnastics start?

- A. Sweden
- B. Germany
- C. Athens
- D. Sparta

16. Gymnastics are classified into _____.

- A. 2
- B. 3
- C. 6
- D. 5

17. Who is the father of gymnastics?

- A. Adolph Hitler
- B. Friedrich Ludwig Jahn
- C. John Basedow
- D. John Gut

18. In gymnastics, acrobatic exercises include _____.

- A. vaults
- B. tumbling
- C. stunts
- D. all of the above

19. The following are benefits derived from gymnastics EXCEPT _____.

- A. safety skills

- B. physical fitness
- C. acting skills
- D. courage

20. _____ comprises acrobatic exercises which are performed with or without apparatus.

- A. Simple games
- B. Outdoor activities
- C. Gymnastics
- D. Rhythmical activities

TOPIC: HANDBALL

DIRECTION: Choose the correct answer from the lettered options.

1. The following are skills in handball EXCEPT _____.

- A. throwing
- B. catching
- C. passing
- D. batting

2. Handball is played by two teams of _____ players.

- A. 3
- B. 5
- C. 7
- D. 1

3. What year did handball become an Olympic sport?

- A. 1910
- B. 1936
- C. 1960
- D. 1966

4. The maximum number of players of the game of handball is _____ players.

- A. 5
- B. 7
- C. 14
- D. 22

5. The handball court measures _____.

- A. 38.45m x 16.25m
- B. 60.51m x 42.31m

- C. 40.00m x 20.00m
- D. 61.23m x 41.11m

6. The Handball Association of Nigeria was formed in the year _____.

- A. 1960
- B. 1966
- C. 1970
- D. 1972

7. The different passing technique in handball include _____.

- A. bounce pass
- B. long throw
- C. chest pass
- D. all of the above

8. Hook pass, rolling passing and push pass are the various types of passing in the game of _____.

- A. handball
- B. volleyball
- C. football
- D. jumping

9. In the game of handball, each player is a potential striker and dribbler.

- A. True
- B. False

10. How many players form a team in handball?

- A. 6
- B. 7
- C. 9

D. 11

11. The penalty mark in a handball court extends from _____ to the goal line.

- A. 4m
- B. 6m
- C. 7m
- D. 7cm

12. In handball, the penalty mark measures _____ from goal line.

- A. 6m
- B. 7m
- C. 9m
- D. 13m

13. Basic skills of handball include _____.

- A. catching
- B. passing
- C. dribbling
- D. all of the above

14. The length and breadth of the handball goal post measures _____.

- A. 3m x 2m
- B. 4m x 3m
- C. 5m x 4m
- D. 6m x 5m

15. These are types of passes in handball EXCEPT _____.

- A. javelin pass

B. hockey pass

C. chest pass

D. bounce pass

TOPIC: HANDBALL

DIRECTION: Choose the correct answer from the lettered options.

1. The body responsible for the regulation of hockey game is _____.

- A. International Hockey Association
- B. The Federation of International Hockey
- C. The International Hockey Federation
- D. Hockey Association of Nigeria

2 _____ is a basic skill in the game of hockey.

- A. Gripping
- B. Drive
- C. Scoop
- D. All of the above

3 The shooting circle in hockey is _____ from the goal line.

- A. 15.10m
- B. 14.63m
- C. 17.38m
- D. 20.41m

4. Racket is to lawn tennis as _____ is to hockey.

- A. stick
- B. ball
- C. net
- D. whistle

5. How many umpire (s) is/are needed for the game of hockey?

- A. 1
- B. 2

C. 3

D. 4

6. Which one of these is NOT an equipment in hockey

A. stick

B. pad

C. shoes

D. racket

7. Hockey game starts with _____ from the centre.

A. jump ball

B. catch ball

C. centre pass

D. back pass

8. Hockey equipment includes the following EXCEPT _____.

A. stick

B. racket

C. pad

D. shoes

9. The following are facilities for hockey EXCEPT _____.

A. stick

B. shuttlecock

C. shin guard

D. ball

10. Which game is tagged 'soccer with a stick'?

A. Golf

B. Cricket

C. Hockey

D. None of the above

11. The basic skills in hockey include _____.

- A. scoop
- B. grip
- C. dribbling
- D. all of the above

12. Putting the ball into play in hockey is called _____.

- A. bully
- B. dodges
- C. drive
- D. push pass

TOPIC: PHYSICAL EDUCATION, SPORTS AND RECREATION

DIRECTION: Choose the correct answer from the lettered options.

1. Which of these is a twin subject with physical education?
 - A. Sciences
 - B. Health education
 - C. Mathematics
 - D. History

2. Which of the following recreational activities is good for an elderly person?
 - A. Camping
 - B. Walking
 - C. Mountaineering
 - D. Running

3. Heptathlon consists of _____ games.
 - A. 4
 - B. 7
 - C. 6
 - D. 8
 - E.

4. The body responsible for the All African Games is called _____.
 - A. African Sports Council
 - B. Supreme Council for Sport in Africa
 - C. Council of Sports in Africa
 - D. National Sports Council in Africa

5. The headquarters of World Health Organization is at _____.

- A. Abuja
- B. Geneva
- C. London
- D. Paris

6. Which of the following are NOT high jump styles?

- A. Cartwheel, scissors, fulbung flop
- B. Western role, eastern cut off, straddle
- C. Western role, leaptary, cartwheel
- D. All of the above

7. The full meaning of NATCEGA is _____.

- A. Nigerian Advanced Training College of Education Games Association
- B. National Association of Teachers Colleges of Education Games Association
- C. Nigerian Advanced Teachers College and Colleges of Education Games Association
- D. All of the above

8. _____ is the ability or capacity of an individual to perform work.

- A. Work
- B. Force
- C. Energy
- D. Power

9. Mary Onyali is to athletics as Obafemi Martins is to _____.

- A. basketball
- B. soccer
- C. badminton

D. tennis

10. How many games make up the pentathlon?

A. 1

B. 2

C. 3

D. 5

11. In racket games, male and female partners playing each other are called _____.

A. seeded partners

B. mixed opponents

C. mixed singles

D. none of the above

12. Where and when was the second All African games held?

A. Accra, Ghana 1973

B. Tunis, Tunisia 1978

C. Lagos, Nigeria 1973

D. Algeris, Algeria 1978

13. The importance of physical fitness includes _____.

A. proper growth and development

B. disease resistance

C. preventing overweight

D. all of the above

14. During exercise the body cells requires increased supply of _____.

A. oxygen

B. carbon iv oxide

- C. water
- D. carbohydrates

15. Inter house sports is an example of _____.

- A. extramural competition
- B. intramural competition
- C. international competition
- D. national competition

16. Primitive physical education was for _____.

- A. self defence
- B. survival
- C. food
- D. none of the above

17. The programme of P.E is to achieve _____.

- A. development of knowledge and strength
- B. development of skill and body fitness
- C. A and B only
- D. none of the above

18. These are dual games EXCEPT _____.

- A. badminton
- B. tennis
- C. table tennis
- D. volleyball

19. Triathlon games consists of the following _____, _____ and _____.

- A. running, wrestling, swimming

- B. running, swimming, cycling
- C. soccer, hockey, squash
- D. handball, volleyball, basketball

21. Which of these is NOT a major problem of physical education in Nigerian schools?

- A. Lack of students to be trained on physical education
- B. Lack of text books
- C. Lack of proper facilities and equipments
- D. Lack of motivation and support from parents

22. The Olympic games started in the year _____.

- A. 1933
- B. 776BC
- C. 350AD
- D. 663BC

23. W.A.U.G means _____.

- A. West African Under sixteen Games
- B. West African Union Games
- C. West African Universities Games
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24. Which of the following systems are more important for successful physical performance?

- A. Respiratory and endocrine
- B. Respiratory and digestive
- C. Skeletal and endocrine
- D. Skeletal and muscular

25. Excessive warm-up can lead to decreased performances due to fatigue.

- A. True
- B. False

26. Physical Education is aimed at developing the _____ for useful purpose.

- A. sense organs of the body
- B. physical, mental and social character of a person
- C. spirit, soul and body
- D. all of the above

27. The landing area or sector of a discus circle is _____ degrees.

- A. 35
- B. 40
- C. 90
- D. 95

28. The Olympic games started in _____.

- A. Rome
- B. Cairo
- C. Greece
- D. London

29. The following are the purposes of physical education EXCEPT _____ development.

- A. economical
- B. social
- C. physical
- D. mental

30. Physical education objectives entails the acquisition of the following EXCEPT

_____.

- A. mental skills
- B. physical combat
- C. physical fitness
- D. recreational skills

TOPIC: PHYSICAL FITNESS

DIRECTION: Choose the correct answer from the lettered options.

1. Aerobic exercises help develop the _____ system.
 - A. muscular
 - B. cardio-respiratory
 - C. skeletal
 - D. lymphatic

2. Exercise performed without continuous intake of oxygen is known as _____ exercise.
 - A. analgesic
 - B. anabolic
 - C. anaerobic
 - D. aerobic

3. The following are anaerobic exercises EXCEPT _____.
 - A. sprints
 - B. jumps
 - C. weightlifting
 - D. long distance races

4. Exercise done with continuous intake of oxygen is known as _____ exercise.
 - A. anaerobic
 - B. anabolic
 - C. aerobic
 - D. catabolic

TOPIC: SOCCER

DIRECTION: Choose the correct answer from the lettered options.

1. After extra time in soccer, what happens next?
 - A. teams go home
 - B. free kick is awarded
 - C. corner kicks is awarded
 - D. penalty kick is awarded

2. The 2006 Nations Cup in Africa was won by _____.
 - A. Congo
 - B. South Africa
 - C. Egypt
 - D. Kenya

3. Which of these countries won the 2002 FIFA world cup?
 - A. Argentina
 - B. Brazil
 - C. Italy
 - D. Nigeria

4. All of the following are skills in the game of soccer EXCEPT _____.
 - A. kicking
 - B. bowling
 - C. shooting
 - D. keeping

5. How many players make a team in soccer?

- A. 10
- B. 11
- C. 12
- D. 13

6. The centre circle in a football field has _____ as its diameter?

- A. 9.15m
- B. 18.30m
- C. 7.32m
- D. 2.44m

7. The goal posts and field of play are examples of facilities and equipment in the game soccer.

- A. True
- B. False

8. The Federation International de Football is an association formed for the game _____.

- A. golf
- B. volleyball
- C. soccer
- D. table tennis

9. The following are officials in soccer EXCEPT _____.

- A. referee
- B. linesmen
- C. umpire

D. none of the above

10. The 2006 FIFA world cup took place in _____.

- A. Brazil
- B. France
- C. Germany
- D. Italy

11. How many corner flags are present in soccer?

- A. 1
- B. 2
- C. 3
- D. 4

12. CAF is a _____ ruling body in Africa.

- A. basketball
- B. baseball
- C. volleyball
- D. soccer

13. Which player in soccer is allowed to use all parts of the body during play?

- A. Captain
- B. Defender
- C. Goal keeper
- D. Strikers

14. In the game of soccer, how many substitutes changes are allowed?

- A. One substitute
- B. Two substitutes
- C. Three substitutes

D. Four substitutes

15. Which of the following is NOT a continental competition in soccer?

- A. FIFA World Cup
- B. Olympic Soccer Tournament
- C. U-17 World Cup
- D. Globacom Premier League

16. Which of these is NOT a type of kick in soccer?

- A. Free kick
- B. Rolling kick
- C. Corner kick
- D. Goal kick

17. The goalkeeper guards the _____ in soccer.

- A. wicket
- B. net
- C. goal post
- D. none of the above

18. Which of the following is considered the most popular game in the world?

- A. Athletics
- B. Boxing
- C. Wrestling
- D. Football

19. In soccer, If a player charges the opponent in a dangerous manner in the centre area, the punishment is a _____.

- A. corner kick
- B. free kick

- C. penalty kick
- D. throw-in

20. In soccer, a score is called a _____.

- A. run
- B. net
- C. goal
- D. point

21. The following are rules in soccer EXCEPT that a player must _____.

- A. not kick an opponent
- B. not jump on an opponent
- C. fight an opponent
- D. not handle the ball with the hands

22. The following are skills in soccer EXCEPT _____.

- A. bowling
- B. kicking
- C. shooting
- D. throw-in

23. Passes in soccer do NOT include _____ pass.

- A. long
- B. short
- C. chip
- D. ground

24. Which of these countries won the 2002 FIFA World Cup?

- A. Italy
- B. France

- C. Mexico
- D. None of the above

25. The following parts of the body may be used to trap the ball in soccer EXCEPT

_____.

- A. chest
- B. foot
- C. hand
- D. head

26. The game of soccer lasts for _____.

- A. 45 minutes
- B. 120 minutes
- C. 60 minutes
- D. 90 minutes

27. Only the _____ is allowed to carry the ball with the hands in soccer.

- A. mid-fielder
- B. striker
- C. defender
- D. goalkeeper

28. The number of players in a soccer game are _____.

- A. 11
- B. 10
- C. 22
- D. 14

29. In soccer, if a player handles the ball with his hand in the penalty area, the punishment is a _____.

- A. throw-in

- B. free kick
- C. corner kick
- D. penalty kick

30. CAF controls _____ in Africa.

- A. basketball
- B. badminton
- C. soccer
- D. tennis

TOPIC: SWIMMING

DIRECTION: Choose the correct answer from the lettered options.

1. Swimming strokes includes the following EXCEPT _____.

- A. front crawl
- B. breast stroke
- C. sideway stroke
- D. side stroke

2. The length of a standard swimming pool is _____.

- A. 20m
- B. 30m
- C. 40m
- D. 50m

3. The following are officials in swimming EXCEPT _____.

- A. referee
- B. starter
- C. lane judges
- D. umpire

4. One of the following is NOT an equipment for swimming?

- A. Swimming trunk
- B. Towel
- C. Head gear
- D. Engine room

5. The following are types of floating methods EXCEPT _____ float.

- A. jelly fish
- B. turtle
- C. reptile
- D. prone

6. Which of the following is a reason for swimming?

- A. Relaxation
- B. Competition
- C. Survival
- D. All of the above

7. The _____ is responsible for ensuring that all equipment needed for the smooth conduct of the event are in good order in swimming.

- A. referee
- B. clerk of course
- C. umpire
- D. store keeper

8. In swimming, the fastest stroke is called _____.

- A. side stroke
- B. front crawl
- C. butterfly stroke
- D. back stroke

9. One of the common problems of a beginning swimmer is _____.

- A. old age
- B. being laughed at by others

- C. lack of good facilities
- D. fear of water

10. What are the skills in swimming?

- A. Backstroke, front crawl, back crawl, side stroke, butterfly stroke
- B. Limbo, kick and start, dry side, skipping
- C. Rope, hop step, jump style, free style
- D. Fishing, jump, pants stroke, towels

11. What are the facilities in swimming?

- A. Knife, digger, hoe.
- B. Well, river, pits.
- C. River, stream, lake
- D. Sea, canoe, net

12. The following are types of dives in swimming EXCEPT _____.

- A. sitting dive
- B. crouch dive
- C. lunge dive
- D. standing dive

13. The basic swimming strokes include the following EXCEPT _____.

- A. front crawl
- B. back crawl
- C. breast stroke
- D. back stroke

14. Equipment used for swimming includes the following EXCEPT _____.

- A. towel

- B. rest room
- C. head gear
- D. swimming trunk

15. Why do we learn how to swim?

- A. To catch fish
- B. To die in water
- C. To see sea
- D. To survive in water when the need arises

The correct answer is option [E]

TOPIC: TENNIQUOIT

DIRECTION: Choose the correct answer from the lettered options.

1. The tenniquoit game is officiated by an _____.
 - A. empire and three linesmen
 - B. umpire and two linesmen
 - C. umpire and four linesmen
 - D. official and goal keeper

2. Tenniquoit can be referred to as _____.
 - A. deck or quoit tennis
 - B. hand or long tennis
 - C. lewn or long tennis
 - D. lawn or quiot tennis

3. In a double tenniquoit game, how many players are involved?
 - A. 3
 - B. 6
 - C. 4
 - D. 7

4. In the tenniquoit female game the first team to gain _____ points wins the game.
 - A. 14
 - B. 11
 - C. 24
 - D. 21

5. In the rule of the game tenniquoit, service must be made from underarm throw.
 - A. True
 - B. False

6. The principles used for the tenniquoit game are the principles of the game of _____.

- A. badminton
- B. draft
- C. tennis
- D. soccer

7. A _____ occurs when at service the ring touches either the rope or net before dropping over.

- A. 'go'
- B. 'set'
- C. 'reset'
- D. 'let'

8. The service of the quoit must be made from an _____ throw.

- A. underarm
- B. over shoulder
- C. under leg
- D. open palm

9. Quoits has a diameter of _____.

- A. 1.0cm
- B. 1.5cm
- C. 2.0cm
- D. 2.5cm

10. How many points make a game in tenniquoit?

- A. 10
- B. 11
- C. 12

D. 14

TOPIC: TENNIS

DIRECTION: Choose the correct answer from the lettered options.

1. A game is deuced if the players tie at _____ .
 - A. 40-40
 - B. 20-20
 - C. 10-10
 - D. the end of the game

2. Factors that affect physical fitness include _____.
 - A. heredity
 - B. nutrition
 - C. exposure to training
 - D. all of the above

3. Other than wood, materials such as _____ could be used as table tennis board.
 - A. slate
 - B. glass
 - C. plastic
 - D. metal

4. In the game of table tennis, the skills used include _____.
 - A. grip
 - B. stance
 - C. service
 - D. all of the above

The correct answer is option [E]

5. The following are accessories for swimming EXCEPT _____.

- A. kick-boards
- B. tubes
- C. hair band
- D. shoe fins

TOPIC: BADMINTON

DIRECTION: Choose the correct answer from the lettered options.

1. Raffle is to handball as poona is to _____.
 - A. cricket
 - B. table tennis
 - C. baseball
 - D. badminton

2. The Thomas cup championship is only for men and _____ is a badminton championship trophy that is only for women.
 - A. Sudirman cup
 - B. Uber cup
 - C. All England open

3. Badminton is a game played by men singles, men doubles, women singles and women doubles.
 - A. True
 - B. False

4. The first name given to badminton was _____.
 - A. ball
 - B. poona
 - C. ping pong
 - D. raft ball

5. In what year was badminton introduced as a model sport in the olympics?
 - A. 1992 Barcelona olympics
 - B. 1996 Atlanta olympics

- C. 2000 Sydney olympics
- D. 1996 Germany olympics

6. The width of a badminton court for singles play is _____.

- A. 20 feet
- B. 30 feet
- C. 17 feet
- D. 18 feet 6 inches

6. The width of a badminton court for singles play is _____.

- A. 20 feet
- B. 30 feet
- C. 17 feet
- D. 18 feet 6 inches

7. One skill involved in badminton is the _____.

- A. grip
- B. volley
- C. drive
- D. lob

8. Another name for the shuttle is _____.

- A. bird
- B. dog
- C. poona
- D. ping pong

9. Shuttle cock is used in the game of _____.

- A. basketball
- B. cricket

- C. badminton
- D. tennis

10. How many feathers are there in a standard feathered badminton shuttle lock?

- A. 12
- B. 16
- C. 20
- D. 2

11. Which game uses a shuttle cork?

- A. Cricket
- B. Baseball
- C. Discus
- D. Badminton

12. Ball is for soccer as _____ is for badminton.

- A. cricket
- B. boot
- C. racket
- D. shuttle cork

13. Which of the following badminton tournaments is a higher level tournament?

- A. Grand Prix Gold
- B. Super Series
- C. Golden Series
- D. Silver Trix Series

14. Which of these is NOT used in the game of badminton?

- A. Football
- B. Racket

- C. Shuttle cock
- D. Centre net

15. The standard height of a badminton net at the center of the court is _____.

- A. 4 feet 6 inches
- B. 5 feet
- C. 5 feet 6 inches
- D. 7 feet

16. Badminton world rankings are calculated and released by BWF at what frequency?

- A. Once in every year
- B. Once in every month
- C. Once in thursday of every week

17. The following are used in Badminton EXCEPT _____.

- A. racket
- B. ball
- C. shuttle cork
- D. centre net

18. _____ does NOT officiate a badminton game.

- A. An umpire
- B. A recorder
- C. A linesman
- D. None of he above

TOPIC: BASEBALL

DIRECTION: Choose the correct answer from the lettered options.

1. Skills in baseball includes _____.
 - A. batting and catching
 - B. bowling and batting
 - C. fielding and bowling
 - D. all of the above

2. A team in a baseball game has _____ players.
 - A. 10
 - B. 9
 - C. 12
 - D. 16

3. Baseball originated from _____.
 - A. France
 - B. England
 - C. Spain
 - D. Italy

4. The baseball game is controlled by _____.
 - A. a referee
 - B. a linesman
 - C. an umpire
 - D. a goalkeeper

5. When does an inning end?
 - A. It ends when the batting team is sent in
 - B. It ends when the batting team is sent out

- C. It ends when the batting team gives up the game
- D. It ends when baseball game is over

6. The following are skills in baseball EXCEPT _____.

- A. batting
- B. defending
- C. bowling
- D. running

7. Terminologies in baseball includes the following EXCEPT _____.

- A. batters box
- B. running box
- C. catchers
- D. fair territory

8. While a baseball game consist of nine innings, young boys can play the game in _____ innings.

- A. 6
- B. 8
- C. 7
- D. 9

9. In baseball, the batsman must stand in the _____ until the ball is bowled.

- A. batting triangle
- B. batting square
- C. throwing square
- D. square catching

10. Facilities in baseball includes the following EXCEPT _____.

- A. catchers box

- B. fair territory
- C. jogging path
- D. batters box

11. Catching in baseball is also known as _____.

- A. bowling
- B. batting
- C. running
- D. fielding

12. Catching in baseball is also known as _____.

- A. bowling
- B. batting
- C. fielding
- D. running

13. Baseball was formally called _____.

- A. Poona
- B. rounder
- C. standers
- D. American ball

14. How many teams are involved in the baseball game?

- A. 3
- B. 4
- C. 2
- D. 6

15. A ball is considered a 'no ball' if it _____.

- A. bounces on the ground while going to the batter

- B. bounces on the ground when it gets to the batter
- C. goes higher than the batter
- D. goes into the batting net

16. The following games have rectangular courts EXCEPT _____.

- A. basketball
- B. tennis
- C. badminton
- D. baseball

17. Another name for baseball is _____.

- A. basketball
- B. rounders
- C. roundings
- D. basketball

18. How many players form the baseball team?

- A. 6
- B. 12
- C. 5
- D. 9

19. _____ is a skill in baseball.

- A. Batting
- B. Shooting
- C. Skatting
- D. Skipping

20. Which sport has its court diamond shaped?

- A. Cricket
- B. Hockey
- C. Baseball
- D. Hiking

TOPIC: GOLF

DIRECTION: Choose the correct answer from the lettered options.

1. The following are etiquettes in golf EXCEPT _____.

- A. do not stand or obstruct the line of a shot
- B. be stationary when another player is taking a shot
- C. all players must be out of the green before an approach shot is taken
- D. players must run after the ball and after a shot

2. A hole is the _____.

- A. a green area
- B. tee area
- C. distance between the green and tee area
- D. distance between the tee and white area

3. How many holes are present in a golf course?

- A. 10 - 15
- B. 9 - 18
- C. 10 - 20
- D. 15 - 30

4. The area where the first shot is played is called _____.

- A. course
- B. tee area
- C. green area
- D. red area

5. The green area in golf is _____.

- A. where the game starts from
- B. field

C. where the hole is located

D. where the game ends

6. In what year was the first golf championship organised?

A. 1870

B. 1860

C. 1880

D. 1890

7. The following games are indoor and outdoor games EXCEPT _____.

A. basketball

B. golf

C. volleyball

D. badminton

8. Golf is played on a _____.

A. golf court

B. field

C. golf arena

D. golf course

9. The first golf championship took place in _____.

A. England

B. Scotland

C. France

D. Germany

10. The first golf championship took place in _____.

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B. Scotland

C. England

D. Italy

11. The shuffle movement that occurs in the court during the play of tennis is known as _____.

- A. fast move
- B. rapid work
- C. foot work
- D. grip work

TOPIC: PHYSICAL EDUCATION, SPORTS AND RECREATION

DIRECTION: Choose the correct answer from the lettered options.

1. Which of these is a twin subject with physical education?

- A. Sciences
- B. Health education
- C. Mathematics
- D. History

2. Which of the following recreational activities is good for an elderly person?

- A. Camping
- B. Walking
- C. Mountaineering
- D. Running

3. Heptathlon consists of _____ games.

- A. 4
- B. 7
- C. 6
- D. 8
- E.

4. The body responsible for the All African Games is called _____.

- A. African Sports Council
- B. Supreme Council for Sport in Africa
- C. Council of Sports in Africa
- D. National Sports Council in Africa

5. The headquarters of World Health Organization is at _____.

- A. Abuja
- B. Geneva
- C. London
- D. Paris

6. Which of the following are NOT high jump styles?

- A. Cartwheel, scissors, fulbung flop
- B. Western role, eastern cut off, straddle
- C. Western role, leaptary, cartwheel
- D. All of the above

7. The full meaning of NATCEGA is _____.

- A. Nigerian Advanced Training College of Education Games Association
- B. National Association of Teachers Colleges of Education Games Association
- C. Nigerian Advanced Teachers College and Colleges of Education Games Association
- D. All of the above

8. _____ is the ability or capacity of an individual to perform work.

- A. Work
- B. Force
- C. Energy
- D. Power

9. Mary Onyali is to athletics as Obafemi Martins is to _____.

- A. basketball
- B. soccer
- C. badminton

D. tennis

10. How many games make up the pentathlon?

A. 1

B. 2

C. 3

D. 5

11. In racket games, male and female partners playing each other are called _____.

A. seeded partners

B. mixed opponents

C. mixed singles

D. none of the above

12. Where and when was the second All African games held?

A. Accra, Ghana 1973

B. Tunis, Tunisia 1978

C. Lagos, Nigeria 1973

D. Algeris, Algeria 1978

13. The importance of physical fitness includes _____.

A. proper growth and development

B. disease resistance

C. preventing overweight

D. all of the above

14. During exercise the body cells requires increased supply of _____.

A. oxygen

B. carbon iv oxide

- C. water
- D. carbohydrates

15. Inter house sports is an example of _____.

- A. extramural competition
- B. intramural competition
- C. international competition
- D. national competition

16. Primitive physical education was for _____.

- A. self defence
- B. survival
- C. food
- D. none of the above

17. The programme of P.E is to achieve _____.

- A. development of knowledge and strength
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- A. Respiratory and endocrine
- B. Respiratory and digestive
- C. Skeletal and endocrine
- D. Skeletal and muscular

25. Excessive warm-up can lead to decreased performances due to fatigue.

- A. True

B. False

26. Physical Education is aimed at developing the _____ for useful purpose.

- A. sense organs of the body
- B. physical, mental and social character of a person
- C. spirit, soul and body
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- B. net
- C. goal post
- D. none of the above

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- A. Athletics
- B. Boxing
- C. Wrestling
- D. Football

19. In soccer, If a player charges the opponent in a dangerous manner in the centre area, the punishment is a _____.

- A. corner kick
- B. free kick
- C. penalty kick
- D. throw-in

20. In soccer, a score is called a _____.

- A. run
- B. net
- C. goal
- D. point

21. The following are rules in soccer EXCEPT that a player must _____.

- A. not kick an opponent
- B. not jump on an opponent
- C. fight an opponent
- D. not handle the ball with the hands

22. The following are skills in soccer EXCEPT _____.

- A. bowing
- B. kicking
- C. shooting
- D. throw-in

23. Passes in soccer do NOT include _____ pass.

- A. long
- B. short
- C. chip
- D. ground

24. Which of these countries won the 2002 FIFA World Cup?

- A. Italy
- B. France
- C. Mexico
- D. None of the above

25. The following parts of the body may be used to trap the ball in soccer EXCEPT

_____.

- A. chest
- B. foot
- C. hand
- D. head

26. The game of soccer lasts for _____.

- A. 45 minutes
- B. 120 minutes
- C. 60 minutes
- D. 90 minutes

27. Only the _____ is allowed to carry the ball with the hands in soccer.

- A. mid-fielder
- B. striker
- C. defender
- D. goalkeeper

28. The number of players in a soccer game are _____.

- A. 11
- B. 10
- C. 22
- D. 14

29. In soccer, if a player handles the ball with his hand in the penalty area, the punishment is a _____.

- A. throw-in
- B. free kick
- C. corner kick
- D. penalty kick

30. CAF controls _____ in Africa.

- A. basketball
- B. badminton
- C. soccer
- D. tennis

TOPIC: TRACK AND FIELD ATHLETICS

DIRECTION: Choose the correct answer from the lettered options.

1. How many laps are present in 10,000 metres race on a 400 metre track?

- A. 10 laps
- B. 20 laps
- C. 25 laps
- D. 28 laps

2. Pole vault is a throwing event.

- A. True
- B. False

3. A record is broken in athletics if _____.

- A. an athlete runs over an opponent
- B. the existing record is toppled
- C. official announces a broken record
- D. the athlete runs over a plate

4. An example of a track event is _____.

- A. 4 x 400m
- B. high jump
- C. marathon
- D. cross country

5. Board jump is now known as _____.

- A. high jump
- B. triple jump
- C. long jump
- D. pole vault

6. Field judges are in charge of the following EXCEPT _____.

- A. long jump
- B. relay
- C. javelin
- D. shot put

7. In the _____ start, the sprinter is standing with the toe of the back foot placed opposite the heel of the front foot.

- A. sprint
- B. elongated
- C. medium
- D. bullet

8. The styles for high jump include _____, _____ and _____.

- A. western roll, straddle, fosbury flop
- B. running, lifting, landing
- C. western run, lifting, landing
- D. take off, rolling, landing

9. Which of the following requires more speed?

- A. Boxing
- B. Jogging
- C. Sprinting
- D. Wrestling

10. The following are throwing events EXCEPT

- A. pole vault
- B. discus

- C. javelin
- D. hammer

11. Which of these is not a type of jumping event?

- A. High jump
- B. Low jump
- C. Tripple jump
- D. Pole vault

12. Hitch-kick is associated with _____.

- A. golf
- B. badminton
- C. cricket
- D. long jump

13. What is the distance between the board and the landing area in long jump?

- A. 30m
- B. 10m
- C. 45m
- D. 5m

14. The take off board is placed _____ from the landing area in triple jump.

- A. 10m
- B. 20m
- C. 13m
- D. 15m

15. Which of these is the third phase in high jump?

- A. Approach run

- B. Flight
- C. Landing
- D. Recovery

16. All of the following are track events EXCEPT _____.

- A. marathon
- B. hurdles
- C. relay
- D. 400m

17. The dimension of a standard track is _____ metres.

- A. 100
- B. 200
- C. 300
- D. 400

18. What is the weight specification for males in shot put?

- A. 1kg
- B. 2kg
- C. 7.2kg
- D. 10kg

19. The three types of crouch starts are bunch, medium and _____.

- A. bullet
- B. elongated
- C. false
- D. staggered

20. In high jump, a competitor fails at a height if he _____.

- A. drops the bar
- B. does a double take-off
- C. all of the above
- D. none of the above

21. The person that counts the number of laps during long distance races is called _____.

- A. lap counters
- B. lap timers
- C. lap scorers
- D. lap readers

22. A new record is set in athletics if _____.

- A. other officials break the records
- B. an existing record is toppled
- C. officials announces a broken record
- D. the athlete runs over a plate

23. What is the minimum distance of the runway in pole vault?

- A. 10m
- B. 40m
- C. 25m
- D. 30m

24. The standard distance for walking races is between _____ and _____.

- A. 5,10km
- B. 10, 20 km
- C. 15, 20 km
- D. 15, 30 km

25. Marathon race requires great deal of _____.

- A. flexibility
- B. power
- C. agility
- D. stamina

26. For an athlete to make a good jump in long jump, he/she must accurately _____.

- A. step on the take-off board
- B. jump outside the pit
- C. drive into the pit
- D. travel before the board

27. The hammer is a throwing sport.

- A. True
- B. False

28. Which of these is NOT true about warm up?

- A. It improves performance.
- B. It makes people grow.
- C. It prevents muscle tearing.
- D. It prevents injuries.

29. The game of soccer last for _____ minutes.

- A. 45
- B. 90
- C. 09
- D. 60

30. What is the shoe used during races called?

- A. Boot

- B. Canvas
- C. Track boot
- D. Spike shoe

TOPIC: VOLLEYBALL

DIRECTION: Choose the correct answer from the lettered options.

1. A defensive play used to intercept spike or smash is called _____.

- A. setting
- B. side out
- C. blocking
- D. passing

2. _____ is the means of getting the ball to a spiking position in volleyball.

- A. Spiking
- B. Pass
- C. Serve
- D. Set up

3. The equipment used in volleyball include the following EXCEPT _____.

- A. vests or shirts
- B. face cap
- C. shorts
- D. ball

4. All are skills in volleyball EXCEPT _____.

- A. dodging
- B. blocking
- C. digging
- D. serving

5. Volleyball court measures _____.

- A. 18 x 9m
- B. 30 x 20m

- C. 30 x 15m
- D. 25 x 12m

6. In locomotor movements, patterns are made while in _____.

- A. motion
- B. action
- C. progress
- D. position

7. When a player intercepts a smash in volleyball, it is called _____.

- A. digging
- B. volleying
- C. serving
- D. none of the above

8. The clockwise movement observed by players in volleyball takes place during _____.

- A. change of service
- B. spiking
- C. set-up
- D. dead ball

9. In volleyball, the initial hit that puts the ball into play is called the _____.

- A. volley
- B. handover
- C. dig
- D. service

10. In volleyball, rotation of players takes place in a _____ manner.

- A. rotatory

- B. clockwise
- C. anti directional
- D. directional

11. Volleyball became an Olympic sport in the year _____.

- A. 1900
- B. 1964
- C. 1946
- D. 1895

12. How many players play on each side in the game of volleyball?

- A. 14
- B. 9
- C. 6
- D. 15

13. The _____ is an action which is used to stop an opponents' good strike.

- A. dig
- B. volley
- C. block
- D. smash

14. Which of the following is a rule in volleyball?

- A. A ball cannot be headed over the net.
- B. Volleyball team is made up of 6 players and 5 substitute.
- C. Each team has two back court players.
- D. Each team has two front court players.

15. In volleyball. a point is scored for every service gained.

- A. True

B. False

16. A defensive play used to intercept spike or smash is called _____.

- A. setting
- B. side out
- C. blocking
- D. passing

17. The _____ is executed by a chest or over-hand pass.

- A. smash
- B. set-up
- C. block
- D. dig

18. The basic skills of volleyball include the following EXCEPT _____.

- A. smash
- B. volley
- C. dribble
- D. block

19. The major offensive play used to gain point in the game of volleyball is called _____.

- A. volleying
- B. spiking
- C. digging
- D. blocking

20. Volleyball was originally known as _____.

- A. rounder
- B. standers

- C. mintonette
- D. rollers

21. A run is for cricket as a _____ is for volleyball.

- A. net
- B. run
- C. point
- D. let

22. The players in volleyball are divided into two major sets which include _____ and _____ court players.

- A. front, back
- B. up, down
- C. left, right
- D. none of the above

23. The officials in volleyball include

- A. referee
- B. scorer
- C. linesmen
- D. all of the above

24. FIVB means _____.

- A. Federation International Volleyball
- B. Federal International Volleyball
- C. Federation Internationale de Volleyball
- D. Federal Institute of Volleyball

25. In the game of volleyball, there are _____ players on each side.

- A. two

- B. four
- C. six
- D. eight

26. The clockwise movement observed by players in volleyball takes place during _____.

- A. spiking
- B. digging
- C. service
- D. volleying

27. Which of the following is NOT a skill in volleyball?

- A. dribbling
- B. serve
- C. pass
- D. set up

28. Volleyball was invented by _____.

- A. William G. Morgan
- B. Romans Young
- C. Alfred Halved
- D. Ismali Sambowa

29. In volleyball, which official has the final decision?

- A. Scorer
- B. Linesmen
- C. Referee
- D. Umpire

30. There are three major categories of service in volleyball.

- A. True
- B. False

31. _____ requires a player going nearer to the net jumping up, hitting the ball forcefully down into the opponents' court.

- A. Digging
- B. Smashing
- C. Volleying
- D. Blocking

33. In volleyball, a score is recorded as _____.

- A. net
- B. run
- C. goal
- D. point

34. The penalty mark in volleyball measures _____ from the goal line.

- A. 10m
- B. 15m
- C. 12m
- D. none of the above

ANSWERS

TOPIC: BADMINTON

DIRECTION: Choose the correct answer from the lettered options.

1. Raffleball is to handball as poona is to _____.

- A. cricket
- B. table tennis
- C. baseball
- D. badminton

The correct answer is option [D]

2. The Thomas cup championship is only for men and _____ is a badminton championship trophy that is only for women.

- A. Sudirman cup
- B. Uber cup
- C. All England open

The correct answer is option [B]

3. Badminton is a game played by men singles, men doubles, women singles and women doubles.

- A. True
- B. False

The correct answer is option [A]

4. The first name given to badminton was _____.

- A. ball
- B. poona
- C. ping pong
- D. raft ball

The correct answer is option [B]

5. In what year was badminton introduced as a model sport in the olympics?

- A. 1992 Barcelona olympics
- B. 1996 Atlanta olympics
- C. 2000 Sydney olympics
- D. 1996 Germany olympics

The correct answer is option [A]

6. The width of a badminton court for singles play is _____.

- A. 20 feet
- B. 30 feet
- C. 17 feet
- D. 18 feet 6 inches

The correct answer is option [C]

7. One skill involved in badminton is the _____.

- A. grip
- B. volley
- C. drive
- D. lob

The correct answer is option [A]

8. Another name for the shuttle is _____.

- A. bird
- B. dog
- C. poona
- D. ping pong

The correct answer is option [A]

9. Shuttle cock is used in the game of _____.

- A. basketball
- B. cricket
- C. badminton
- D. tennis

The correct answer is option [C]

10. How many feathers are there in a standard feathered badminton shuttle lock?

- A. 12
- B. 16
- C. 20
- D. 2

The correct answer is option [B]

11. Which game uses a shuttle cork?

- A. Cricket
- B. Baseball
- C. Discus
- D. Badminton

The correct answer is option [D]

12. Ball is for soccer as _____ is for badminton.

- A. cricket
- B. boot
- C. racket
- D. shuttle cork

The correct answer is option [D]

13. Which of the following badminton tournaments is a higher level tournament?

- A. Grand Prix Gold
- B. Super Series
- C. Golden Series
- D. Silver Trix Series

The correct answer is option [B]

14. Which of these is NOT used in the game of badminton?

- A. Football
- B. Racket
- C. Shuttle cock
- D. Centre net

The correct answer is option [A]

15. The standard height of a badminton net at the center of the court is _____.

- A. 4 feet 6 inches
- B. 5 feet
- C. 5 feet 6 inches
- D. 7 feet

The correct answer is option [B]

16. Badminton world rankings are calculated and released by BWF at what frequency?

- A. Once in every year
- B. Once in every month
- C. Once in thursday of every week

The correct answer is option [C]

17. The following are used in Badminton EXCEPT _____.

- A. racket
- B. ball
- C. shuttle cork
- D. centre net

The correct answer is option [B]

18. _____ does NOT officiate a badminton game.

- A. An umpire
- B. A recorder
- C. A linesman
- D. None of the above

The correct answer is option [C]

TOPIC: BADMINTON

DIRECTION: Choose the correct answer from the lettered options.

1. Skills in baseball includes _____.

- A. batting and catching
- B. bowling and batting
- C. fielding and bowling
- D. all of the above

The correct answer is option [D]

2. A team in a baseball game has _____ players.

- A. 10
- B. 9
- C. 12
- D. 16

The correct answer is option [B]

3. Baseball originated from _____.

- A. France
- B. England
- C. Spain
- D. Italy

The correct answer is option [B]

4. The baseball game is controlled by _____.

- A. a referee
- B. a linesman
- C. an umpire
- D. a goalkeeper

The correct answer is option [C]

5. When does an inning end?

- A. It ends when the batting team is sent in
- B. It ends when the batting team is sent out
- C. It ends when the batting team gives up the game
- D. It ends when baseball game is over

The correct answer is option [B]

6. The following are skills in baseball EXCEPT _____.

- A. batting
- B. defending
- C. bowing
- D. running

The correct answer is option [B]

7. Terminologies in baseball includes the following EXCEPT _____.

- A. batters box
- B. running box
- C. catchers
- D. fair territory

The correct answer is option [B]

8. While a baseball game consist of nine innings, young boys can play the game in _____ innings.

- A. 6
- B. 8
- C. 7
- D. 9

The correct answer is option [C]

9. In baseball, the batsman must stand in the _____ until the ball is bowled.

- A. batting triangle
- B. batting square
- C. throwing square
- D. square catching

The correct answer is option [B]

10. Facilities in baseball includes the following EXCEPT _____.

- A. catchers box
- B. fair territory
- C. jogging path
- D. batters box

The correct answer is option [C]

11. Catching in baseball is also known as _____.

- A. bowling
- B. batting
- C. running
- D. fielding

The correct answer is option [D]

12. Catching in baseball is also known as _____.

- A. bowling
- B. batting
- C. fielding
- D. running

The correct answer is option [C]

13. Baseball was formally called _____.

- A. Poona
- B. rounder
- C. standers
- D. American ball

The correct answer is option [B]

14. How many teams are involved in the baseball game?

- A. 3
- B. 4
- C. 2
- D. 6

The correct answer is option [C]

15. A ball is considered a 'no ball' if it _____.

- A. bounces on the ground while going to the batter
- B. bounces on the ground when it gets to the batter
- C. goes higher than the batter
- D. goes into the batting net

The correct answer is option [A]

16. The following games have rectangular courts EXCEPT _____.

- A. basketball
- B. tennis
- C. badminton
- D. baseball

The correct answer is option [D].

17. Another name for baseball is _____.

- A. basketball
- B. rounders
- C. roundings
- D. basetball

The correct answer is option [B]

18. How many players form the baseball team?

- A. 6
- B. 12
- C. 5
- D. 9

The correct answer is option [D]

19. _____ is a skill in baseball.

- A. Batting
- B. Shooting
- C. Skatting
- D. Skipping

The correct answer is option [A]

20. Which sport has its court diamond shaped?

- A. Cricket
- B. Hockey
- C. Baseball
- D. Hiking

The correct answer is option [C]

TOPIC: BASIC BODY MOVEMENT

DIRECTION: Choose the correct answer from the lettered options.

1. The axial skeleton contains _____ bones.

- A. 100
- B. 180
- C. 80
- D. 75

The correct answer is option [C]

2. Locomotive movement involves _____.

- A. driving a car
- B. moving from one place to another using the feet
- C. standing at a place
- D. moving in a train

The correct answer is option [B]

3. The range of motion about a joint can be measured with an instrument called _____.

- A. barometer
- B. thermometer
- C. flexometer
- D. speedometer

The correct answer is option [C]

4. The bones that overlap with each other or are tilted together can be referred to as _____.

- A. slightly movable joints
- B. fixed joints
- C. flexible joints

D. synovial joints

The correct answer is option [B]

5. The _____ gives attachment to the body.

- A. bones of the leg
- B. skeleton
- C. muscles
- D. marrow

The correct answer is option [B]

6. A _____ is an elastic body which after flexing, twisting, stretching and squeezing moves back to the original length.

- A. muscle
- B. bone
- C. tendon
- D. artery

The correct answer is option [A]

7. _____ gives protection to the brain in the body.

- A. Skeleton
- B. Skeletal
- C. Bone marrow
- D. Liver

The correct answer is option [A]

8. Which of the following is not a locomotive activity?

- A. Walking
- B. Running
- C. Sitting
- D. Jogging

The correct answer is option [C]

9. When the palm of the hand faces downwards it is referred to as _____ movement.

- A. pronation
- B. inversion
- C. flexion
- D. eversion

The correct answer is option [A]

10. _____ allows varying degrees of movements between the bones.

- A. Joints
- B. Femur bone
- C. Fibula bone
- D. Bone marrow

The correct answer is option [A]

11. Which of the following is the name of the long bone in the human body?

- A. Femur
- B. Tarsus
- C. Scapula
- D. Carpus

The correct answer is option [A]

12. _____ are formed whenever bones come into direct contact with one another.

- A. Skeletons
- B. Muscles
- C. Joints
- D. Junkies

The correct answer is option [C]

13. Which of the following movement is a non-locomotive?

- A. Running
- B. Skipping
- C. Bending
- D. Jumping

The correct answer is option [C]

14. The total number of bones in the human skeleton is _____.

- A. 206
- B. 210
- C. 216
- D. 200

The correct answer is option [A]

15. Flexion is a _____ movement when bending.

- A. bending
- B. forward
- C. backward
- D. sideward

The correct answer is option [B]

16. The appendicular skeleton is composed of the _____.

- A. pelvic girdle, pectoral girdle and upper limbs
- B. scapula, pectoral girdle and lower limbs
- C. tibia, femur and scapula

The correct answer is option [A]

17. The collectiveness of muscles of the body is called the _____.

- A. muscling system
- B. muscular system
- C. fleshy system
- D. skeletal system

The correct answer is option [B]

18. The _____ joint permits movement on a single axis.

- A. gliding
- B. ball and socket
- C. hinge
- D. condyloid

The correct answer is option [C]

19. The skeleton form _____ on which the muscle act.

- A. live
- B. levers
- C. bridges
- D. pivoting

The correct answer is option [B]

20. The axial skeleton is made up of _____.

- A. pelvic girdle and skull
- B. the skull and vertebral column
- C. pectoral girdle and back bone
- D. lower limbs and upper limbs

The correct answer is option [B]

TOPIC: BASKETBALL

DIRECTION: Choose the correct answer from the lettered options.

1. Which of the following will lead to a foul in basketball?

- A. dribbling
- B. passing
- C. shooting
- D. holding

The correct answer is option [D].

2. How many players make up a team in basketball?

- A. 5-10
- B. 7-11
- C. 8-13
- D. 10-12

The correct answer is option [D]

3. What is the height of the basket from the floor in basketball?

- A. 5m
- B. 4m
- C. 3m
- D. 2m

The correct answer is option [C]

4. how many referees those a baseball game has?

- A. 1
- B. 2
- C. 3
- D. 4
- E. 5

The correct answer is option [A]

5. A player in a basketball game is allowed to carry the ball for _____ pace only, after bouncing it around.

- A. one
- B. two
- C. three
- D. four

The correct answer is option [A].

6. The backboard in basketball measures _____.

- A. 1.80m x 1.20m
- B. 1.50m x 1.20m
- C. 1.75m x 1.10m
- D. 1.60m x 0.90m

The correct answer is option [A]

7. Nigeria started playing basketball competitively in _____.

- A. 1960
- B. 1966
- C. 1951
- D. 1964

The correct answer is option [D]

8. Any player can catch, control or pass the ball with _____ in basketball.

- A. legs
- B. hands
- C. chest
- D. head

The correct answer is option [B].

9. Basic skills in basketball include the following EXCEPT _____.

- A. catching
- B. dribbling
- C. gripping
- D. passing

The correct answer is option [C]

10. The following are against the rules of basketball EXCEPT _____.

- A. holding
- B. shouldering
- C. pushing
- D. dribbling

The correct answer is option [D].

11. The following are officials in basketball EXCEPT _____.

- A. umpire
- B. referee
- C. time keeper
- D. coach

The correct answer is option [D]

12 How long do players relax during time out in basketball?

- A. 1 minute
- B. 5 minutes
- C. 60 minutes
- D. 30 seconds

The correct answer is option [A]

13. Basketball is a game that requires _____.

- A. speed
- B. physical fitness
- C. perfect shooting at net
- D. all of the above

The correct answer is option [D]

14. The types of dribbling in basketball are

- A. low and high
- B. slow and fast
- C. smooth and rough
- D. dancing and straight

The correct answer is option [A]

15. The game of basketball begins with _____.

- A. back pass
- B. centre pass
- C. jump ball
- D. throw-in

The correct answer is option [C]

TOPIC: CRICKET

DIRECTION: Choose the correct answer from the lettered options.

1. In cricket, the batsman guards the _____.

- A. wicket
- B. ball
- C. pads
- D. helmet

The correct answer is option [B]

2. Which of these games has fielding as a skill?

- A. hockey
- B. base ball
- C. badminton
- D. cricket

The correct answer is option [D]

3. Cricket game is referred to as _____.

- A. gentle man's game
- B. stick game
- C. running game
- D. lazy man's game

The correct answer is option [B]

4. The batman guards the _____ in cricket.

- A. pads
- B. helmet
- C. wicket
- D. post

The correct answer is option [C]

5. Leg before wicket, stumped out, and bowled out are ways of dismissing the batsman in the game of _____.

- A. cricket
- B. bockey
- C. ping pong
- D. badminton

The correct answer is option [A]

6. How many innings are present for boys in the game of cricket?

- A. 5
- B. 7
- C. 9
- D. 11

The correct answer is option [B].

7. In cricket, lost ball is when the _____.

- A. umpire holds the ball
- B. ball cannot be found or recovered
- C. ball is caught after a stroke
- D. none of the above

The correct answer is option [B]

8. The game of cricket is played by two teams of _____ players each

- A. eleven
- B. ten
- C. twelve
- D. nine

The correct answer is option [A]

9. How many innings ends the game of cricket for men?

- A. 5
- B. 7
- C. 9
- D. 11

The correct answer is option [C].

10. Which of the following is NOT an objective of intramural competitions?

- A. To develop skills for lifetime sports
- B. To provide for activities for all students
- C. To motivate students to participate in sports
- D. None of the above

The correct answer is option [D]

11. A goal is to soccer as a _____ is to cricket.

- A. point
- B. run
- C. basket
- D. goal

The correct answer is option [B]

12. A score in cricket is called a _____.

- A. point
- B. run
- C. goal
- D. duck

The correct answer is option [B]

13. Batting stance and pitching are related to _____.

- A. hockey
- B. cricket
- C. table tennis
- D. tennis

The correct answer is option [B]

TOPIC: FUNDAMENTAL RHYTHMIC PATTERNS

DIRECTION: Choose the correct answer from the lettered options.

1. Taking sugar just before a competition is discouraged because sugar requires much water for its digestion which consequently will make the person thirsty.

- A. True
- B. False

The correct answer is option [A]

2. Locomotor movements includes the following EXCEPT _____.

- A. walking
- B. bending
- C. skipping
- D. jumping

The correct answer is option [B]

3. Putting and squatting are regarded as _____ activities.

- A. leisure
- B. non-locomotive
- C. voluntary
- D. remedial

The correct answer is option [B]

4. The following are non locomotor movements EXCEPT _____.

- A. leaping
- B. twisting
- C. bending
- D. swinging

The correct answer is option [A]

5. _____ is a form of rhythmic activity involving songs and movements carried out together by members of a class.

- A. Running
- B. Dancing
- C. Singing
- D. Rolling

The correct answer is option [C]

6. Which of these is an example of a locomotive movement?

- A. Sitting
- B. Running
- C. Bending
- D. Lying

The correct answer is option [B]

7. A non locomotor movement which involves being in an erect position in which the body weight is balanced on both feet is _____

- A. sliding
- B. galloping
- C. skipping
- D. standing

The correct answer is option [D]

8. A locomotive movement which involves transfers of the body weight from one foot to another is called _____

- A. walking
- B. skipping
- C. standing

D. swinging

The correct answer is option [A]

9. Basic body movement includes the following EXCEPT _____.

A. bending

B. stretching

C. rolling

D. twisting

The correct answer is option [C]

10. The following are types of rhythmical activities EXCEPT _____.

A. poetry

B. creative rhythm

C. folk dances

D. fundamental rhythm

The correct answer is option [A]

TOPIC: GOLF

DIRECTION: Choose the correct answer from the lettered options.

1. The following are etiquettes in golf EXCEPT _____.

- A. do not stand or obstruct the line of a shot
- B. be stationary when another player is taking a shot
- C. all players must be out of the green before an approach shot is taken
- D. players must run after the ball and after a shot

The correct answer is option [D]

2. A hole is the _____.

- A. a green area
- B. tee area
- C. distance between the green and tee area
- D. distance between the tee and white area

The correct answer is option [C]

3. How many holes are present in a golf course?

- A. 10 - 15
- B. 9 - 18
- C. 10 - 20
- D. 15 - 30

The correct answer is option [B]

4. The area where the first shot is played is called _____.

- A. course
- B. tee area
- C. green area
- D. red area

The correct answer is option [B]

5. The green area in golf is _____.

- A. where the game starts from
- B. field
- C. where the hole is located
- D. where the game ends

The correct answer is option [C]

6. In what year was the first golf championship organised?

- A. 1870
- B. 1860
- C. 1880
- D. 1890

The correct answer is option [B]

7. The following games are indoor and outdoor games EXCEPT _____.

- A. basketball
- B. golf
- C. volleyball
- D. badminton

The correct answer is option [B].

8. Golf is played on a _____.

- A. golf court
- B. field
- C. golf arena
- D. golf course

The correct answer is option [D]

9. The first golf championship took place in _____.

- A. England
- B. Scotland
- C. France
- D. Germany

The correct answer is option [B]

10. The first golf championship took place in _____.

- A. France
- B. Scotland
- C. England
- D. Italy

The correct answer is option [B]

11 The shuffle movement that occurs in the court during the play of tennis is known as _____.

- A. fast move
- B. rapid work
- C. foot work
- D. grip work

The correct answer is option [C].

TOPIC: GYMNASTICS

DIRECTION: Choose the correct answer from the lettered options.

1. The following are skills in gymnastics EXCEPT _____.

- A. balancing activities
- B. tumbling
- C. vault
- D. running

The correct answer is option [D]

2 How many sub-divisions are in gymnastics?

- A. 2
- B. 3
- C. 4
- D. 5

The correct answer is option [B]

3. Benefits derived from gymnastics include _____.

- A. courage
- B. physical fitness
- C. safety skills
- D. all of the above

The correct answer is option [D]

4. Equipment needed for gymnastics include the following EXCEPT the _____.

- A. shuttle cork
- B. spring board
- C. trampoline
- D. vaulting box

The correct answer is option [A]

5. Vaulting is done with _____.

- A. support
- B. horse
- C. bicycle
- D. hook

The correct answer is option [A]

6. Benefits derived from gymnastics includes the following EXCEPT _____.

- A. courage
- B. skills
- C. height
- D. movement pattern

The correct answer is option [C]

7. Which part of the body should NOT touch the mattress when performing forward roll?

- A. Fingers
- B. Hands
- C. Head
- D. Shoulders

The correct answer is option [D]

8. The first outdoor gymnastics was held in _____.

- A. 778 BC
- B. 46 AD
- C. 1903
- D. 1811

The correct answer is option [D]

9. Which of these is NOT a gymnastics activity?

- A. Backward roll
- B. Crab walk
- C. Hand spring
- D. Hockey

The correct answer is option [D]

10. Activities done on raised objects or boxes in gymnastics are called _____.

- A. diving
- B. skipping
- C. agility
- D. vaulting

The correct answer is option [D]

11. Walking forward with small steps with knees in the full bent position is known as _____.

- A. cat crawl
- B. duck walk
- C. crab walk
- D. bear walk

The correct answer is option [B]

12. All are vaulting activities in gymnastics EXCEPT _____.

- A. crab walk
- B. rock spring
- C. through vault

D. thief vault

The correct answer is option [D]

13. The game gymnastics can be subdivided into _____ classes.

A. 2

B. 4

C. 6

D. none of the above

The correct answer is option [D]

14. The following are facilities necessary for gymnastics EXCEPT _____.

A. vaulting box

B. trampoline

C. spring board

D. net

The correct answer is option [D]

15. Where did gymnastics start?

A. Sweden

B. Germany

C. Athens

D. Sparta

The correct answer is option [C]

16. Gymnastics are classified into _____.

A. 2

B. 3

C. 6

D. 5

The correct answer is option [B]

17. Who is the father of gymnastics?

- A. Adolph Hitler
- B. Friedrich Ludwig Jahn
- C. John Basedow
- D. John Gut

The correct answer is option [B]

18. In gymnastics, acrobatic exercises include _____.

- A. vaults
- B. tumbling
- C. stunts
- D. all of the above

The correct answer is option [D]

19. The following are benefits derived from gymnastics EXCEPT _____.

- A. safety skills
- B. physical fitness
- C. acting skills
- D. courage

The correct answer is option [C]

20. _____ comprises acrobatic exercises which are performed with or without apparatus.

- A. Simple games
- B. Outdoor activities
- C. Gymnastics
- D. Rhythmical activities

The correct answer is option [C]

TOPIC: HANDBALL

DIRECTION: Choose the correct answer from the lettered options.

1. The following are skills in handball EXCEPT _____.

- A. throwing
- B. catching
- C. passing
- D. batting

The correct answer is option [D]

2. Handball is played by two teams of _____ players.

- A. 3
- B. 5
- C. 7
- D. 1

The correct answer is option [C]

3. What year did handball become an Olympic sport?

- A. 1910
- B. 1936
- C. 1960
- D. 1966

The correct answer is option [B]

4. The maximum number of players of the game of handball is _____ players.

- A. 5
- B. 7
- C. 14
- D. 22

The correct answer is option [C]

5. The handball court measures _____.

- A. 38.45m x 16.25m
- B. 60.51m x 42.31m
- C. 40.00m x 20.00m
- D. 61.23m x 41.11m

The correct answer is option [C]

6. The Handball Association of Nigeria was formed in the year _____.

- A. 1960
- B. 1966
- C. 1970
- D. 1972

The correct answer is option [D]

7. The different passing technique in handball include _____.

- A. bounce pass
- B. long throw
- C. chest pass
- D. all of the above

The correct answer is option [D]

8. Hook pass, rolling passing and push pass are the various types of passing in the game of _____.

- A. handball
- B. volleyball
- C. football
- D. jumping

The correct answer is option [A]

9. In the game of handball, each player is a potential striker and dribbler.

- A. True
- B. False

The correct answer is option [A]

10. How many players form a team in handball?

- A. 6
- B. 7
- C. 9
- D. 11

The correct answer is option [B]

11. The penalty mark in a handball court extends from _____ to the goal line.

- A. 4m
- B. 6m
- C. 7m
- D. 7cm

The correct answer is option [C]

12. In handball, the penalty mark measures _____ from goal line.

- A. 6m
- B. 7m
- C. 9m
- D. 13m

The correct answer is option [B]

12. In handball, the penalty mark measures _____ from goal line.

- A. 6m
- B. 7m
- C. 9m

D. 13m

The correct answer is option [B]

13. Basic skills of handball include _____.

- A. catching
- B. passing
- C. dribbling
- D. all of the above

The correct answer is option [D]

14. The length and breadth of the handball goal post measures _____.

- A. 3m x 2m
- B. 4m x 3m
- C. 5m x 4m
- D. 6m x 5m

The correct answer is option [A]

15. These are types of passes in handball EXCEPT _____.

- A. javelin pass
- B. hockey pass
- C. chest pass
- D. bounce pass

The correct answer is option [B]

TOPIC: HANDBALL

DIRECTION: Choose the correct answer from the lettered options.

1. The body responsible for the regulation of hockey game is _____.

- A. International Hockey Association
- B. The Federation of International Hockey
- C. The International Hockey Federation
- D. Hockey Association of Nigeria

The correct answer is option [C]

2 _____ is a basic skill in the game of hockey.

- A. Gripping
- B. Drive
- C. Scoop
- D. All of the above

The correct answer is option [A]

3 The shooting circle in hockey is _____ from the goal line.

- A. 15.10m
- B. 14.63m
- C. 17.38m
- D. 20.41m

The correct answer is option [B]

4. Racket is to lawn tennis as _____ is to hockey.

- A. stick
- B. ball
- C. net
- D. whistle

The correct answer is option [A]

5. How many umpire (s) is/are needed for the game of hockey?

- A. 1
- B. 2
- C. 3
- D. 4

The correct answer is option [B]

6. Which one of these is NOT an equipment in hockey

- A. stick
- B. pad
- C. shoes
- D. racket

The correct answer is option [D]

7. Hockey game starts with _____ from the centre.

- A. jump ball
- B. catch ball
- C. centre pass
- D. back pass

The correct answer is option [C]

8. Hockey equipment includes the following EXCEPT _____.

- A. stick
- B. racket
- C. pad
- D. shoes

The correct answer is option [B]

9. The following are facilities for hockey EXCEPT _____.

- A. stick
- B. shuttlecock
- C. shin guard
- D. ball

The correct answer is option [B]

10. Which game is tagged 'soccer with a stick'?

- A. Golf
- B. Cricket
- C. Hockey
- D. None of the above

The correct answer is option [C]

11. The basic skills in hockey include _____.

- A. scoop
- B. grip
- C. dribbling
- D. all of the above

The correct answer is option [D]

12. Putting the ball into play in hockey is called _____.

- A. bully
- B. dodges
- C. drive
- D. push pass

The correct answer is option [A]

TOPIC: PHYSICAL EDUCATION, SPORTS AND RECREATION

DIRECTION: Choose the correct answer from the lettered options.

1. Which of these is a twin subject with physical education?

- A. Sciences
- B. Health education
- C. Mathematics
- D. History

The correct answer is option [B]

2. Which of the following recreational activities is good for an elderly person?

- A. Camping
- B. Walking
- C. Mountaineering
- D. Running

The correct answer is option [B]

3. Heptathlon consists of _____ games.

- A. 4
- B. 7
- C. 6
- D. 8
- E.

The correct answer is option [B]

4. The body responsible for the All African Games is called _____.

- A. African Sports Council
- B. Supreme Council for Sport in Africa
- C. Council of Sports in Africa
- D. National Sports Council in Africa

The correct answer is option [B]

5. The headquarters of World Health Organization is at _____.

- A. Abuja
- B. Geneva
- C. London
- D. Paris

The correct answer is option [B]

6. Which of the following are NOT high jump styles?

- A. Cartwheel, scissors, fulbung flop
- B. Western role, eastern cut off, straddle
- C. Western role, leaptary, cartwheel
- D. All of the above

The correct answer is option [D]

7. The full meaning of NATCEGA is _____.

- A. Nigerian Advanced Training College of Education Games Association
- B. National Association of Teachers Colleges of Education Games Association
- C. Nigerian Advanced Teachers College and Colleges of Education Games Association
- D. All of the above

The correct answer is option [A]

8. _____ is the ability or capacity of an individual to perform work.

- A. Work
- B. Force
- C. Energy
- D. Power

The correct answer is option [C].

9. Mary Onyali is to athletics as Obafemi Martins is to _____.

- A. basketball
- B. soccer
- C. badminton
- D. tennis

The correct answer is option [B]

10. How many games make up the pentathlon?

- A. 1
- B. 2
- C. 3
- D. 5

The correct answer is option [D]

11. In racket games, male and female partners playing each other are called _____.

- A. seeded partners
- B. mixed opponents
- C. mixed singles
- D. none of the above

The correct answer is option [D]

12. Where and when was the second All African games held?

- A. Accra, Ghana 1973
- B. Tunis, Tunisia 1978
- C. Lagos, Nigeria 1973
- D. Algeris, Algeria 1978

The correct answer is option [C]

13. The importance of physical fitness includes _____.

- A. proper growth and development
- B. disease resistance
- C. preventing overweight
- D. all of the above

The correct answer is option [D]

14. During exercise the body cells requires increased supply of _____.

- A. oxygen
- B. carbon iv oxide
- C. water
- D. carbohydrates

The correct answer is option [D]

15. Inter house sports is an example of _____.

- A. extramural competition
- B. intramural competition
- C. international competition
- D. national competition

The correct answer is option [A]

16. Primitive physical education was for _____.

- A. self defence
- B. survival
- C. food
- D. none of the above

The correct answer is option [A]

17. The programme of P.E is to achieve _____.

- A. development of knowledge and strength
- B. development of skill and body fitness
- C. A and B only
- D. none of the above

The correct answer is option [C]

18. These are dual games EXCEPT _____.

- A. badminton
- B. tennis
- C. table tennis
- D. volleyball

The correct answer is option [D]

Volleyball needs more than two players.

19. Triathlon games consists of the following _____, _____ and _____.

- A. running, wrestling, swimming
- B. running, swimming, cycling
- C. soccer, hockey, squash
- D. handball, volleyball, basketball

The correct answer is option [B]

21. Which of these is NOT a major problem of physical education in Nigerian schools?

- A. Lack of students to be trained on physical education
- B. Lack of text books
- C. Lack of proper facilities and equipments
- D. Lack of motivation and support from parents

The correct answer is option [A]

22. The Olympic games started in the year _____.

- A. 1933
- B. 776BC
- C. 350AD
- D. 663BC

The correct answer is option [B]

23. W.A.U.G means _____.

- A. West African Under sixteen Games
- B. West African Union Games
- C. West African Universities Games
- D. West African University Games

The correct answer is option [D]

24. Which of the following systems are more important for successful physical performance?

- A. Respiratory and endocrine
- B. Respiratory and digestive
- C. Skeletal and endocrine
- D. Skeletal and muscular

The correct answer is option [D]

25. Excessive warm-up can lead to decreased performances due to fatigue.

- A. True
- B. False

The correct answer is option [A]

26. Physical Education is aimed at developing the _____ for useful purpose.

- A. sense organs of the body
- B. physical, mental and social character of a person

- C. spirit, soul and body
- D. all of the above

The correct answer is option [B]

27. The landing area or sector of a discus circle is _____degrees.

- A. 35
- B. 40
- C. 90
- D. 95

The correct answer is option [B]

28.The Olympic games started in _____.

- A. Rome
- B. Cairo
- C. Greece
- D. London

The correct answer is option [C]

29. The following are the purposes of physical education EXCEPT _____ development.

- A. economical
- B. social
- C. physical
- D. mental

The correct answer is option [A]

30. Physical education objectives entails the acquisition of the following EXCEPT

_____.

- A. mental skills
- B. physical combat

C. physical fitness

D. recreational skills

The correct answer is option [B]

TOPIC: PHYSICAL FITNESS

DIRECTION: Choose the correct answer from the lettered options.

1. Aerobic exercises help develop the _____ system.

- A. muscular
- B. cardio-respiratory
- C. skeletal
- D. lymphatic

The correct answer is option [B].

2. Exercise performed without continuous intake of oxygen is known as _____ exercise.

- A. analgesic
- B. anabolic
- C. anaerobic
- D. aerobic

The correct answer is option [C]

3. The following are anaerobic exercises EXCEPT _____.

- A. sprints
- B. jumps
- C. weightlifting
- D. long distance races

The correct answer is option [D].

4. Exercise done with continuous intake of oxygen is known as _____ exercise.

- A. anaerobic
- B. anabolic
- C. aerobic
- D. catabolic

The correct answer is option [C].

TOPIC: SOCCER

DIRECTION: Choose the correct answer from the lettered options.

1. After extra time in soccer, what happens next?

- A. teams go home
- B. free kick is awarded
- C. corner kicks is awarded
- D. penalty kick is awarded

The correct answer is option [D].

2. The 2006 Nations Cup in Africa was won by _____.

- A. Congo
- B. South Africa
- C. Egypt
- D. Kenya

The correct answer is option [C]

3. Which of these countries won the 2002 FIFA world cup?

- A. Argentina
- B. Brazil
- C. Italy
- D. Nigeria

The correct answer is option [B]

4. All of the following are skills in the game of soccer EXCEPT _____.

- A. kicking
- B. bowling
- C. shooting
- D. keeping

The correct answer is option [B]

5. How many players make a team in soccer?

- A. 10
- B. 11
- C. 12
- D. 13

The correct answer is option [B]

6. The centre circle in a football field has _____ as its diameter?

- A. 9.15m
- B. 18.30m
- C. 7.32m
- D. 2.44m

The correct answer is option [B]

7. The goal posts and field of play are examples of facilities and equipment in the game soccer.

- A. True
- B. False

The correct answer is option [A]

8. The Federation International de Football is an association formed for the game _____

- A. golf
- B. volleyball
- C. soccer
- D. table tennis

The correct answer is option [C]

9. The following are officials in soccer EXCEPT _____.

- A. referee
- B. linesmen
- C. umpire
- D. none of the above

The correct answer is option [C]

10. The 2006 FIFA world cup took place in _____.

- A. Brazil
- B. France
- C. Germany
- D. Italy

The correct answer is option [C]

11. How many corner flags are present in soccer?

- A. 1
- B. 2
- C. 3
- D. 4

The correct answer is option [D].

12. CAF is a _____ ruling body in Africa.

- A. basketball
- B. baseball
- C. volleyball
- D. soccer

The correct answer is option [D]

13. Which player in soccer is allowed to use all parts of the body during play?

- A. Captain
- B. Defender
- C. Goal keeper
- D. Strikers

The correct answer is option [C]

14. In the game of soccer, how many substitutes changes are allowed?

- A. One substitute
- B. Two substitutes
- C. Three substitutes
- D. Four substitutes

The correct answer is option [C]

15. Which of the following is NOT a continental competition in soccer?

- A. FIFA World Cup
- B. Olympic Soccer Tournament
- C. U-17 World Cup
- D. Globacom Premier League

The correct answer is option [D]

16. Which of these is NOT a type of kick in soccer?

- A. Free kick
- B. Rolling kick
- C. Corner kick
- D. Goal kick

The correct answer is option [B]

17. The goalkeeper guards the _____ in soccer.

- A. wicket
- B. net
- C. goal post
- D. none of the above

The correct answer is option [C]

18. Which of the following is considered the most popular game in the world?

- A. Athletics
- B. Boxing
- C. Wrestling
- D. Football

The correct answer is option [D]

19. In soccer, If a player charges the opponent in a dangerous manner in the centre area, the punishment is a _____.

- A. corner kick
- B. free kick
- C. penalty kick
- D. throw-in

The correct answer is option [B].

20. In soccer, a score is called a _____.

- A. run
- B. net
- C. goal
- D. point

The correct answer is option [C]

21. The following are rules in soccer EXCEPT that a player must _____.

- A. not kick an opponent
- B. not jump on an opponent
- C. fight an opponent
- D. not handle the ball with the hands

The correct answer is option [C].

22. The following are skills in soccer EXCEPT _____.

- A. bowling
- B. kicking
- C. shooting
- D. throw-in

The correct answer is option [A]

23. Passes in soccer do NOT include _____ pass.

- A. long
- B. short
- C. chip
- D. ground

The correct answer is option [D]

24. Which of these countries won the 2002 FIFA World Cup?

- A. Italy
- B. France
- C. Mexico
- D. None of the above

The correct answer is option [D]

25. The following parts of the body may be used to trap the ball in soccer EXCEPT _____.

- A. chest
- B. foot
- C. hand
- D. head

The correct answer is option [C]

26. The game of soccer lasts for _____.

- A. 45 minutes
- B. 120 minutes
- C. 60 minutes
- D. 90 minutes

The correct answer is option [D]

27. Only the _____ is allowed to carry the ball with the hands in soccer.

- A. mid-fielder
- B. striker
- C. defender
- D. goalkeeper

The correct answer is option [D].

28. The number of players in a soccer game are _____.

- A. 11
- B. 10
- C. 22
- D. 14

The correct answer is option [C]

29. In soccer, if a player handles the ball with his hand in the penalty area, the punishment is a _____.

- A. throw-in
- B. free kick
- C. corner kick
- D. penalty kick

The correct answer is option [D].

30. CAF controls _____ in Africa.

- A. basketball
- B. badminton
- C. soccer
- D. tennis

The correct answer is option [C]

TOPIC: SWIMMING

DIRECTION: Choose the correct answer from the lettered options.

1. Swimming strokes includes the following EXCEPT _____.

- A. front crawl
- B. breast stroke
- C. sideway stroke
- D. side stroke

The correct answer is option [C]

2. The length of a standard swimming pool is _____.

- A. 20m
- B. 30m
- C. 40m
- D. 50m

The correct answer is option [D]

3. The following are officials in swimming EXCEPT _____.

- A. referee
- B. starter
- C. lane judges
- D. umpire

The correct answer is option [D]

4. One of the following is NOT an equipment for swimming?

- A. Swimming trunk
- B. Towel
- C. Head gear
- D. Engine room

The correct answer is option [D]

5. The following are types of floating methods EXCEPT _____ float.

- A. jelly fish
- B. turtle
- C. reptile
- D. prone

The correct answer is option [C]

6. Which of the following is a reason for swimming?

- A. Relaxation
- B. Competition
- C. Survival
- D. All of the above

The correct answer is option [D]

7. The _____ is responsible for ensuring that all equipment needed for the smooth conduct of the event are in good order in swimming.

- A. referee
- B. clerk of course
- C. umpire
- D. store keeper

The correct answer is option [B]

8. In swimming, the fastest stroke is called _____.

- A. side stroke
- B. front crawl
- C. butterfly stroke
- D. back stroke

The correct answer is option [B]

9. One of the common problems of a beginning swimmer is _____.

- A. old age
- B. being laughed at by others
- C. lack of good facilities
- D. fear of water

The correct answer is option [D]

10. What are the skills in swimming?

- A. Backstroke, front crawl, back crawl, side stroke, butterfly stroke
- B. Limbo, kick and start, dry side, skipping
- C. Rope, hop step, jump style, free style
- D. Fishing, jump, pants stroke, towels

The correct answer is option [A]

11. What are the facilities in swimming?

- A. Knife, digger, hoe.
- B. Well, river, pits.
- C. River, stream, lake
- D. Sea, canoe, net

The correct answer is option [C]

12. The following are types of dives in swimming EXCEPT _____.

- A. sitting dive
- B. crouch dive
- C. lunge dive
- D. standing dive

The correct answer is option [D]

13. The basic swimming strokes include the following EXCEPT _____.

- A. front crawl
- B. back crawl
- C. breast stroke
- D. back stroke

The correct answer is option [B]

14. Equipment used for swimming includes the following EXCEPT _____.

- A. towel
- B. rest room
- C. head gear
- D. swimming trunk

The correct answer is option [B]

15. Why do we learn how to swim?

- A. To catch fish
- B. To die in water
- C. To see sea
- D. To survive in water when the need arises

The correct answer is option [D]

TOPIC: TENNIQUOIT

DIRECTION: Choose the correct answer from the lettered options.

1. The tenniquoit game is officiated by an _____.

- A. empire and three linesmen
- B. umpire and two linesmen
- C. umpire and four linesmen
- D. official and goal keeper

The correct answer is option [B]

2. Tenniquoit can be referred to as _____.

- A. deck or quoit tennis
- B. hand or long tennis
- C. lewn or long tennis
- D. lawn or quiot tennis

The correct answer is option [A]

3. In a double tenniquoit game, how many players are involved?

- A. 3
- B. 6
- C. 4
- D. 7

The correct answer is option [C]

4. In the tenniquoit female game the first team to gain _____ points wins the game.

- A. 14
- B. 11
- C. 24
- D. 21

The correct answer is option [B]

5. In the rule of the game tenniquoit, service must be made from underarm throw.

- A. True
- B. False

The correct answer is option [A]

6. The principles used for the tenniquoit game are the principles of the game of _____.

- A. badminton
- B. draft
- C. tennis
- D. soccer

The correct answer is option [C]

7. A _____ occurs when at service the ring touches either the rope or net before dropping over.

- A. 'go'
- B. 'set'
- C. 'reset'
- D. 'let'

The correct answer is option [D]

8. The service of the quoit must be made from an _____ throw.

- A. underarm
- B. over shoulder
- C. under leg
- D. open palm

The correct answer is option [A]

9. Quoits has a diameter of _____.

- A. 1.0cm
- B. 1.5cm
- C. 2.0cm
- D. 2.5cm

The correct answer is option [B]

10. How many points make a game in tenniquoit?

- A. 10
- B. 11
- C. 12
- D. 14

The correct answer is option [B]

TOPIC: TENNIS

DIRECTION: Choose the correct answer from the lettered options.

1. A game is deuced if the players tie at _____ .

- A. 40-40
- B. 20-20
- C. 10-10
- D. the end of the game

The correct answer is option [A]

2. Factors that affect physical fitness include _____.

- A. heridity
- B. nutrition
- C. exposure to training
- D. all of the above

The correct answer is option [D]

3. Other than wood, materials such as _____ could be used as table tennis board.

- A. slate
- B. glass
- C. plastic
- D. metal

The correct answer is option [C]

4. In the game of table tennis, the skills used include _____.

- A. grip
- B. stance
- C. service
- D. all of the above

The correct answer is option [E]

5. The following are accessories for swimming EXCEPT _____.

- A. kick-boards
- B. tubes
- C. hair band
- D. shoe fins

The correct answer is option [C]

TOPIC: BADMINTON

DIRECTION: Choose the correct answer from the lettered options.

1. Raffleball is to handball as poona is to _____.

- A. cricket
- B. table tennis
- C. baseball
- D. badminton

The correct answer is option [D]

2. The Thomas cup championship is only for men and _____ is a badminton championship trophy that is only for women.

- A. Sudirman cup
- B. Uber cup
- C. All England open

The correct answer is option [B]

3. Badminton is a game played by men singles, men doubles, women singles and women doubles.

- A. True
- B. False

The correct answer is option [A]

4. The first name given to badminton was _____.

- A. ball
- B. poona
- C. ping pong
- D. raft ball

The correct answer is option [B]

5. In what year was badminton introduced as a model sport in the olympics?

- A. 1992 Barcelona olympics
- B. 1996 Atlanta olympics
- C. 2000 Sydney olympics
- D. 1996 Germany olympics

The correct answer is option [A]

6. The width of a badminton court for singles play is _____.

- A. 20 feet
- B. 30 feet
- C. 17 feet
- D. 18 feet 6 inches

The correct answer is option [C]

6. The width of a badminton court for singles play is _____.

- A. 20 feet
- B. 30 feet
- C. 17 feet
- D. 18 feet 6 inches

The correct answer is option [C]

7. One skill involved in badminton is the _____.

- A. grip
- B. volley
- C. drive
- D. lob

The correct answer is option [A]

8. Another name for the shuttle is _____.

- A. bird
- B. dog
- C. poona
- D. ping pong

The correct answer is option [A]

9. Shuttle cock is used in the game of _____.

- A. basketball
- B. cricket
- C. badminton
- D. tennis

The correct answer is option [C]

10. How many feathers are there in a standard feathered badminton shuttle lock?

- A. 12
- B. 16
- C. 20
- D. 2

The correct answer is option [B]

11. Which game uses a shuttle cork?

- A. Cricket
- B. Baseball
- C. Discus
- D. Badminton

The correct answer is option [D]

12. Ball is for soccer as _____ is for badminton.

- A. cricket
- B. boot
- C. racket
- D. shuttle cork

The correct answer is option [D]

13. Which of the following badminton tournaments is a higher level tournament?

- A. Grand Prix Gold
- B. Super Series
- C. Golden Series
- D. Silver Trix Series

The correct answer is option [B]

14. Which of these is NOT used in the game of badminton?

- A. Football
- B. Racket
- C. Shuttle cock
- D. Centre net

The correct answer is option [A]

15. The standard height of a badminton net at the center of the court is _____.

- A. 4 feet 6 inches
- B. 5 feet
- C. 5 feet 6 inches
- D. 7 feet

The correct answer is option [B]

16. Badminton world rankings are calculated and released by BWF at what frequency?

- A. Once in every year
- B. Once in every month
- C. Once in thursday of every week

The correct answer is option [C]

17. The following are used in Badminton EXCEPT _____.

- A. racket
- B. ball
- C. shuttle cork
- D. centre net

The correct answer is option [B]

18. _____ does NOT officiate a badminton game.

- A. An umpire
- B. A recorder
- C. A linesman
- D. None of he above

The correct answer is option [C]

TOPIC: BASEBALL

DIRECTION: Choose the correct answer from the lettered options.

1. Skills in baseball includes _____.

- A. batting and catching
- B. bowling and batting
- C. fielding and bowling
- D. all of the above

The correct answer is option [D]

2. A team in a baseball game has _____ players.

- A. 10
- B. 9
- C. 12
- D. 16

The correct answer is option [B]

3. Baseball originated from _____.

- A. France
- B. England
- C. Spain
- D. Italy

The correct answer is option [B]

4. The baseball game is controlled by _____.

- A. a referee
- B. a linesman
- C. an umpire
- D. a goalkeeper

The correct answer is option [C]

5. When does an inning end?

- A. It ends when the batting team is sent in
- B. It ends when the batting team is sent out
- C. It ends when the batting team gives up the game
- D. It ends when baseball game is over

The correct answer is option [B]

6. The following are skills in baseball EXCEPT _____.

- A. batting
- B. defending
- C. bowing
- D. running

The correct answer is option [B]

7. Terminologies in baseball includes the following EXCEPT _____.

- A. batters box
- B. running box
- C. catchers
- D. fair territory

The correct answer is option [B]

8. While a baseball game consist of nine innings, young boys can play the game in _____ innings.

- A. 6
- B. 8
- C. 7
- D. 9

The correct answer is option [C]

9. In baseball, the batsman must stand in the _____ until the ball is bowled.

- A. batting triangle
- B. batting square
- C. throwing square
- D. square catching

The correct answer is option [B]

10. Facilities in baseball includes the following EXCEPT _____.

- A. catchers box
- B. fair territory
- C. jogging path
- D. batters box

The correct answer is option [C]

11. Catching in baseball is also known as _____.

- A. bowling
- B. batting
- C. running
- D. fielding

The correct answer is option [D]

12. Catching in baseball is also known as _____.

- A. bowling
- B. batting
- C. fielding
- D. running

The correct answer is option [C]

13. Baseball was formally called _____.

- A. Poona
- B. rounder
- C. standers
- D. American ball

The correct answer is option [B]

14. How many teams are involved in the baseball game?

- A. 3
- B. 4
- C. 2
- D. 6

The correct answer is option [C]

15. A ball is considered a 'no ball' if it _____.

- A. bounces on the ground while going to the batter
- B. bounces on the ground when it gets to the batter
- C. goes higher than the batter
- D. goes into the batting net

The correct answer is option [A]

16. The following games have rectangular courts EXCEPT _____.

- A. basketball
- B. tennis
- C. badminton
- D. baseball

The correct answer is option [D].

17. Another name for baseball is _____.

- A. basketball
- B. rounders
- C. roundings
- D. basetball

The correct answer is option [B]

18. How many players form the baseball team?

- A. 6
- B. 12
- C. 5
- D. 9

The correct answer is option [D]

19. _____ is a skill in baseball.

- A. Batting
- B. Shooting
- C. Skatting
- D. Skipping

The correct answer is option [A]

20. Which sport has its court diamond shaped?

- A. Cricket
- B. Hockey
- C. Baseball
- D. Hiking

The correct answer is option [C]

TOPIC: GOLF

DIRECTION: Choose the correct answer from the lettered options.

1. The following are etiquettes in golf EXCEPT _____.

- A. do not stand or obstruct the line of a shot
- B. be stationary when another player is taking a shot
- C. all players must be out of the green before an approach shot is taken
- D. players must run after the ball and after a shot

The correct answer is option [D]

2. A hole is the _____.

- A. a green area
- B. tee area
- C. distance between the green and tee area
- D. distance between the tee and white area

The correct answer is option [C]

3. How many holes are present in a golf course?

- A. 10 - 15
- B. 9 - 18
- C. 10 - 20
- D. 15 - 30

The correct answer is option [B]

4. The area where the first shot is played is called _____.

- A. course
- B. tee area
- C. green area
- D. red area

The correct answer is option [B]

5. The green area in golf is _____.

- A. where the game starts from
- B. field
- C. where the hole is located
- D. where the game ends

The correct answer is option [C]

6. In what year was the first golf championship organised?

- A. 1870
- B. 1860
- C. 1880
- D. 1890

The correct answer is option [B]

7. The following games are indoor and outdoor games EXCEPT _____.

- A. basketball
- B. golf
- C. volleyball
- D. badminton

The correct answer is option [B].

8. Golf is played on a _____.

- A. golf court
- B. field
- C. golf arena
- D. golf course

The correct answer is option [D]

9. The first golf championship took place in _____.

- A. England
- B. Scotland
- C. France
- D. Germany

The correct answer is option [B]

10. The first golf championship took place in _____.

- A. France
- B. Scotland
- C. England
- D. Italy

The correct answer is option [B]

11. The shuffle movement that occurs in the court during the play of tennis is known as _____.

- A. fast move
- B. rapid work
- C. foot work
- D. grip work

The correct answer is option [C].

TOPIC: PHYSICAL EDUCATION, SPORTS AND RECREATION

DIRECTION: Choose the correct answer from the lettered options.

1. Which of these is a twin subject with physical education?

- A. Sciences
- B. Health education
- C. Mathematics
- D. History

The correct answer is option [B]

2. Which of the following recreational activities is good for an elderly person?

- A. Camping
- B. Walking
- C. Mountaineering
- D. Running

The correct answer is option [B]

3. Heptathlon consists of _____ games.

- A. 4
- B. 7
- C. 6
- D. 8
- E.

The correct answer is option [B]

4. The body responsible for the All African Games is called _____.

- A. African Sports Council
- B. Supreme Council for Sport in Africa
- C. Council of Sports in Africa

D. National Sports Council in Africa

The correct answer is option [B]

5. The headquarters of World Health Organization is at _____.

- A. Abuja
- B. Geneva
- C. London
- D. Paris

The correct answer is option [B]

6. Which of the following are NOT high jump styles?

- A. Cartwheel, scissors, fulbung flop
- B. Western role, eastern cut off, straddle
- C. Western role, leaptary, cartwheel
- D. All of the above

The correct answer is option [D]

7. The full meaning of NATCEGA is _____.

- A. Nigerian Advanced Training College of Education Games Association
- B. National Association of Teachers Colleges of Education Games Association
- C. Nigerian Advanced Teachers College and Colleges of Education Games Association
- D. All of the above

The correct answer is option [A]

8. _____ is the ability or capacity of an individual to perform work.

- A. Work
- B. Force
- C. Energy
- D. Power

The correct answer is option [C].

9. Mary Onyali is to athletics as Obafemi Martins is to _____.

- A. basketball
- B. soccer
- C. badminton
- D. tennis

The correct answer is option [B]

10. How many games make up the pentathlon?

- A. 1
- B. 2
- C. 3
- D. 5

The correct answer is option [D]

11. In racket games, male and female partners playing each other are called _____.

- A. seeded partners
- B. mixed opponents
- C. mixed singles
- D. none of the above

The correct answer is option [D]

12. Where and when was the second All African games held?

- A. Accra, Ghana 1973
- B. Tunis, Tunisia 1978
- C. Lagos, Nigeria 1973
- D. Algeris, Algeria 1978

The correct answer is option [C]

13. The importance of physical fitness includes _____.

- A. proper growth and development
- B. disease resistance
- C. preventing overweight
- D. all of the above

The correct answer is option [D]

14. During exercise the body cells requires increased supply of _____.

- A. oxygen
- B. carbon iv oxide
- C. water
- D. carbohydrates

The correct answer is option [D]

15. Inter house sports is an example of _____.

- A. extramural competition
- B. intramural competition
- C. international competition
- D. national competition

The correct answer is option [A]

16. Primitive physical education was for _____.

- A. self defence
- B. survival
- C. food
- D. none of the above

The correct answer is option [A]

17. The programme of P.E is to achieve _____.

- A. development of knowledge and strength
- B. development of skill and body fitness
- C. A and B only
- D. none of the above

The correct answer is option [C]

18. These are dual games EXCEPT _____.

- A. badminton
- B. tennis
- C. table tennis
- D. volleyball

The correct answer is option [D]

Volleyball needs more than two players.

19. Triathlon games consists of the following _____, _____ and _____.

- A. running, wrestling, swimming
- B. running, swimming, cycling
- C. soccer, hockey, squash
- D. handball, volleyball, basketball

The correct answer is option [B]

21. Which of these is NOT a major problem of physical education in Nigerian schools?

- A. Lack of students to be trained on physical education
- B. Lack of text books
- C. Lack of proper facilities and equipments
- D. Lack of motivation and support from parents

The correct answer is option [A]

22. The Olympic games started in the year _____.

- A. 1933
- B. 776BC
- C. 350AD
- D. 663BC

The correct answer is option [B]

23. W.A.U.G means _____.

- A. West African Under sixteen Games
- B. West African Union Games
- C. West African Universities Games
- D. West African University Games

The correct answer is option [D]

24. Which of the following systems are more important for successful physical performance?

- A. Respiratory and endocrine
- B. Respiratory and digestive
- C. Skeletal and endocrine
- D. Skeletal and muscular

The correct answer is option [D]

25. Excessive warm-up can lead to decreased performances due to fatigue.

- A. True
- B. False

The correct answer is option [A]

26. Physical Education is aimed at developing the _____ for useful purpose.

- A. sense organs of the body

- B. physical, mental and social character of a person
- C. spirit, soul and body
- D. all of the above

The correct answer is option [B]

27. The landing area or sector of a discus circle is _____degrees.

- A. 35
- B. 40
- C. 90
- D. 95

The correct answer is option [B]

28. The Olympic games started in _____.

- A. Rome
- B. Cairo
- C. Greece
- D. London

The correct answer is option [C]

29. The following are the purposes of physical education EXCEPT _____ development.

- A. economical
- B. social
- C. physical
- D. mental

The correct answer is option [A]

30. Physical education objectives entails the acquisition of the following EXCEPT _____.

- A. mental skills

- B. physical combat
- C. physical fitness
- D. recreational skills

The correct answer is option [B]

TOPIC: SOCCER

DIRECTION: Choose the correct answer from the lettered options.

1. After extra time in soccer, what happens next?

- A. teams go home
- B. free kick is awarded
- C. corner kicks is awarded
- D. penalty kick is awarded

The correct answer is option [D].

2. The 2006 Nations Cup in Africa was won by _____.

- A. Congo
- B. South Africa
- C. Egypt
- D. Kenya

The correct answer is option [C]

3. Which of these countries won the 2002 FIFA world cup?

- A. Argentina
- B. Brazil
- C. Italy
- D. Nigeria

The correct answer is option [B]

4. All of the following are skills in the game of soccer EXCEPT _____.

- A. kicking
- B. bowling
- C. shooting
- D. keeping

The correct answer is option [B]

5. How many players make a team in soccer?

- A. 10
- B. 11
- C. 12
- D. 13

The correct answer is option [B]

6. The centre circle in a football field has _____ as its diameter?

- A. 9.15m
- B. 18.30m
- C. 7.32m
- D. 2.44m

The correct answer is option [B]

7. The goal posts and field of play are examples of facilities and equipment in the game soccer.

- A. True
- B. False

The correct answer is option [A]

8. The Federation International de Football is an association formed for the game

_____.

- A. golf
- B. volleyball
- C. soccer
- D. table tennis

The correct answer is option [C]

9. The following are officials in soccer EXCEPT _____.

- A. referee
- B. linesmen
- C. umpire
- D. none of the above

The correct answer is option [C]

10. The 2006 FIFA world cup took place in _____.

- A. Brazil
- B. France
- C. Germany
- D. Italy

The correct answer is option [C]

11. How many corner flags are present in soccer?

- A. 1
- B. 2
- C. 3
- D. 4

The correct answer is option [D].

12. CAF is a _____ ruling body in Africa.

- A. basketball
- B. baseball
- C. volleyball
- D. soccer

The correct answer is option [D]

13. Which player in soccer is allowed to use all parts of the body during play?

- A. Captain

- B. Defender
- C. Goal keeper
- D. Strikers

The correct answer is option [C]

14. In the game of soccer, how many substitutes changes are allowed?

- A. One substitute
- B. Two substitutes
- C. Three substitutes
- D. Four substitutes

The correct answer is option [C]

15. Which of the following is NOT a continental competition in soccer?

- A. FIFA World Cup
- B. Olympic Soccer Tournament
- C. U-17 World Cup
- D. Globacom Premier League

The correct answer is option [D]

16. Which of these is NOT a type of kick in soccer?

- A. Free kick
- B. Rolling kick
- C. Corner kick
- D. Goal kick

The correct answer is option [B]

17. The goalkeeper guards the _____ in soccer.

- A. wicket
- B. net

- C. goal post
- D. none of the above

The correct answer is option [C]

18. Which of the following is considered the most popular game in the world?

- A. Athletics
- B. Boxing
- C. Wrestling
- D. Football

The correct answer is option [D]

19. In soccer, If a player charges the opponent in a dangerous manner in the centre area, the punishment is a _____.

- A. corner kick
- B. free kick
- C. penalty kick
- D. throw-in

The correct answer is option [B].

20. In soccer, a score is called a _____.

- A. run
- B. net
- C. goal
- D. point

The correct answer is option [C]

21. The following are rules in soccer EXCEPT that a player must _____.

- A. not kick an opponent
- B. not jump on an opponent
- C. fight an opponent

D. not handle the ball with the hands

The correct answer is option [C].

22. The following are skills in soccer EXCEPT _____.

- A. bowling
- B. kicking
- C. shooting
- D. throw-in

The correct answer is option [A]

23. Passes in soccer do NOT include _____ pass.

- A. long
- B. short
- C. chip
- D. ground

The correct answer is option [D]

24. Which of these countries won the 2002 FIFA World Cup?

- A. Italy
- B. France
- C. Mexico
- D. None of the above

The correct answer is option [D]

25. The following parts of the body may be used to trap the ball in soccer EXCEPT

_____.

- A. chest
- B. foot
- C. hand
- D. head

The correct answer is option [C]

26. The game of soccer lasts for _____.

- A. 45 minutes
- B. 120 minutes
- C. 60 minutes
- D. 90 minutes

The correct answer is option [D]

27. Only the _____ is allowed to carry the ball with the hands in soccer.

- A. mid-fielder
- B. striker
- C. defender
- D. goalkeeper

The correct answer is option [D].

28. The number of players in a soccer game are _____.

- A. 11
- B. 10
- C. 22
- D. 14

The correct answer is option [C]

29. In soccer, if a player handles the ball with his hand in the penalty area, the punishment is a _____.

- A. throw-in
- B. free kick
- C. corner kick
- D. penalty kick

The correct answer is option [D].

30. CAF controls _____ in Africa.

- A. basketball
- B. badminton
- C. soccer
- D. tennis

The correct answer is option [C]

TOPIC: TRACK AND FIELD ATHLETICS

DIRECTION: Choose the correct answer from the lettered options.

1. How many laps are present in 10,000 metres race on a 400 metre track?

- A. 10 laps
- B. 20 laps
- C. 25 laps
- D. 28 laps

The correct answer is option [C]

2. Pole vault is a throwing event.

- A. True
- B. False

The correct answer is option [B]

3. A record is broken in athletics if _____.

- A. an athlete runs over an opponent
- B. the existing record is topped
- C. official announces a broken record
- D. the athlete runs over a plate

The correct answer is option [B]

4. An example of a track event is _____.

- A. 4 x 400m
- B. high jump
- C. marathon
- D. cross country

The correct answer is option [A]

5. Board jump is now known as _____.

- A. high jump
- B. triple jump
- C. long jump
- D. pole vault

The correct answer is option [C]

6. Field judges are in charge of the following EXCEPT _____.

- A. long jump
- B. relay
- C. javelin
- D. shot put

The correct answer is option [B]

7. In the _____ start, the sprinter is standing with the toe of the back foot placed opposite the heel of the front foot.

- A. sprint
- B. elongated
- C. medium
- D. bullet

The correct answer is option [D]

8. The styles for high jump include _____, _____ and _____.

- A. western roll, straddle, fosbury flop
- B. running, lifting, landing
- C. western run, lifting, landing
- D. take off, rolling, landing

The correct answer is option [A]

9. Which of the following requires more speed?

- A. Boxing
- B. Jogging
- C. Sprinting
- D. Wrestling

The correct answer is option [C]

10. The following are throwing events EXCEPT

- A. pole vault
- B. discus
- C. javelin
- D. hammer

The correct answer is option [A]

11. Which of these is not a type of jumping event?

- A. High jump
- B. Low jump
- C. Tripple jump
- D. Pole vault

The correct answer is option [B].

12. Hitch-kick is associated with _____.

- A. golf
- B. badminton
- C. cricket
- D. long jump

The correct answer is option [D]

13. What is the distance between the board and the landing area in long jump?

- A. 30m
- B. 10m
- C. 45m
- D. 5m

The correct answer is option [B].

14. The take off board is placed _____ from the landing area in triple jump.

- A. 10m
- B. 20m
- C. 13m
- D. 15m

The correct answer is option [C].

15. Which of these is the third phase in high jump?

- A. Approach run
- B. Flight
- C. Landing
- D. Recovery

The correct answer is option [C]

16. All of the following are track events EXCEPT _____.

- A. marathon
- B. hurdles
- C. relay
- D. 400m

The correct answer is option [A]

17. The dimension of a standard track is _____ metres.

- A. 100
- B. 200
- C. 300
- D. 400

The correct answer is option [D]

18. What is the weight specification for males in shot put?

- A. 1kg
- B. 2kg
- C. 7.2kg
- D. 10kg

The correct answer is option [C]

19. The three types of crouch starts are bunch, medium and _____.

- A. bullet
- B. elongated
- C. false
- D. staggered

The correct answer is option [D]

20. In high jump, a competitor fails at a height if he _____.

- A. drops the bar
- B. does a double take-off
- C. all of the above
- D. none of the above

The correct answer is option [C]

21. The person that counts the number of laps during long distance races is called _____ .

- A. lap counters
- B. lap timers
- C. lap scorers
- D. lap readers

The correct answer is option [C]

22. A new record is set in athletics if _____.

- A. other officials break the records
- B. an existing record is toppled
- C. officials announces a broken record
- D. the athlete runs over a plate

The correct answer is option [B]

23. What is the minimum distance of the runway in pole vault?

- A. 10m
- B. 40m
- C. 25m
- D. 30m

The correct answer is option [B]

24. The standard distance for walking races is between _____ and _____.

- A. 5,10km
- B. 10, 20 km
- C. 15, 20 km
- D. 15, 30 km

The correct answer is option [B]

25. Marathon race requires great deal of _____.

- A. flexibility
- B. power
- C. agility
- D. stamina

The correct answer is option [D]

26. For an athlete to make a good jump in long jump, he/she must accurately _____.

- A. step on the take-off board
- B. jump outside the pit
- C. drive into the pit
- D. travel before the board

The correct answer is option [A]

27. The hammer is a throwing sport.

- A. True
- B. False

The correct answer is option [A]

28. Which of these is NOT true about warm up?

- A. It improves performance.
- B. It makes people grow.
- C. It prevents muscle tearing.
- D. It prevents injuries.

The correct answer is option [B]

29. The game of soccer last for _____ minutes.

- A. 45
- B. 90
- C. 09
- D. 60

The correct answer is option [B]

30. What is the shoe used during races called?

- A. Boot
- B. Canvas
- C. Track boot
- D. Spike shoe

The correct answer is option [D]

TOPIC: VOLLEYBALL

DIRECTION: Choose the correct answer from the lettered options.

1. A defensive play used to intercept spike or smash is called _____.

- A. setting
- B. side out
- C. blocking
- D. passing

The correct answer is option [C]

2. _____ is the means of getting the ball to a spiking position in volleyball.

- A. Spiking
- B. Pass
- C. Serve
- D. Set up

The correct answer is option [D]

3. The equipment used in volleyball include the following EXCEPT _____.

- A. vests or shirts
- B. face cap
- C. shorts
- D. ball

The correct answer is option [B]

4. All are skills in volleyball EXCEPT _____.

- A. dodging
- B. blocking
- C. digging
- D. serving

The correct answer is option [A]

5. Volleyball court measures _____.

- A. 18 x 9m
- B. 30 x 20m
- C. 30 x 15m
- D. 25 x 12m

The correct answer is option [A]

6. In locomotor movements, patterns are made while in _____.

- A. motion
- B. action
- C. progress
- D. position

The correct answer is option [A]

7. When a player intercepts a smash in volleyball, it is called _____.

- A. digging
- B. volleying
- C. serving
- D. none of the above

The correct answer is option [D]

8. The clockwise movement observed by players in volleyball takes place during _____.

- A. change of service
- B. spiking
- C. set-up
- D. dead ball

The correct answer is option [A]

9. In volleyball, the initial hit that puts the ball into play is called the _____.

- A. volley
- B. handover
- C. dig
- D. service

The correct answer is option [D]

10. In volleyball, rotation of players takes place in a _____ manner.

- A. rotatory
- B. clockwise
- C. anti directional
- D. directional

The correct answer is option [B]

11. Volleyball became an Olympic sport in the year _____.

- A. 1900
- B. 1964
- C. 1946
- D. 1895

The correct answer is option [B]

12. How many players play on each side in the game of volleyball?

- A. 14
- B. 9
- C. 6
- D. 15

The correct answer is option [C].

13. The _____ is an action which is used to stop an opponents' good strike.

- A. dig
- B. volley
- C. block
- D. smash

The correct answer is option [C]

14. Which of the following is a rule in volleyball?

- A. A ball cannot be headed over the net.
- B. Volleyball team is made up of 6 players and 5 substitute.
- C. Each team has two back court players.
- D. Each team has two front court players.

The correct answer is option [B]

15. In volleyball, a point is scored for every service gained.

- A. True
- B. False

The correct answer is option [A]

16. A defensive play used to intercept spike or smash is called _____.

- A. setting
- B. side out
- C. blocking
- D. passing

The correct answer is option [C]

17. The _____ is executed by a chest or over-hand pass.

- A. smash
- B. set-up
- C. block
- D. dig

The correct answer is option [B]

18. The basic skills of volleyball include the following EXCEPT _____.

- A. smash
- B. volley
- C. dribble
- D. block

The correct answer is option [C]

19. The major offensive play used to gain point in the game of volleyball is called _____.

- A. volleying
- B. spiking
- C. digging
- D. blocking

The correct answer is option [B]

20. Volleyball was originally known as _____.

- A. rounder
- B. standers
- C. mintonette
- D. rollers

The correct answer is option [C]

21. A run is for cricket as a _____ is for volleyball.

- A. net
- B. run
- C. point
- D. let

The correct answer is option [C]

22. The players in volleyball are divided into two major sets which include _____ and _____ court players.

- A. front, back
- B. up, down
- C. left, right
- D. none of the above

The correct answer is option [A]

23. The officials in volleyball include

- A. referee
- B. scorer
- C. linesmen
- D. all of the above

The correct answer is option [D]

24. FIVB means _____.

- A. Federation International Volleyball
- B. Federal International Volleyball
- C. Federation Internationale de Volleyball
- D. Federal Institute of Volleyball

The correct answer is option [C]

25. In the game of volleyball, there are _____ players on each side.

- A. two
- B. four
- C. six
- D. eight

The correct answer is option [C]

26. The clockwise movement observed by players in volleyball takes place during _____.

- A. spiking
- B. digging
- C. service
- D. volleying

The correct answer is option [C]

27. Which of the following is NOT a skill in volleyball?

- A. dribbling
- B. serve
- C. pass
- D. set up

The correct answer is option [A]

28. Volleyball was invented by _____.

- A. William G. Morgan
- B. Romans Young
- C. Alfred Halved
- D. Ismaili Sambowa

The correct answer is option [A]

Volleyball was invented in Holyoke, Massachusetts by William G. Morgan in 1895! He combined the basics of Baseball, Tennis, Basketball, and Handball. He then got a tennis net and raised it 6 feet 6 inches just above a mans head. It was originally called "mintonette" but then a man from Morgans family said they were "Volleying" the ball back and forth... Then they changed it to Volleyball!

29. In volleyball, which official has the final decision?

- A. Scorer

- B. Linesmen
- C. Referee
- D. Umpire

The correct answer is option [C]

30. There are three major categories of service in volleyball.

- A. True
- B. False

The correct answer is option [A]

31. _____ requires a player going nearer to the net jumping up, hitting the ball forcefully down into the opponents' court.

- A. Digging
- B. Smashing
- C. Volleying
- D. Blocking

The correct answer is option [B]

33. In volleyball, a score is recorded as _____.

- A. net
- B. run
- C. goal
- D. point

The correct answer is option [D]

34. The penalty mark in volleyball measures _____ from the goal line.

- A. 10m
- B. 15m
- C. 12m
- D. none of the above

The correct answer is option [D]