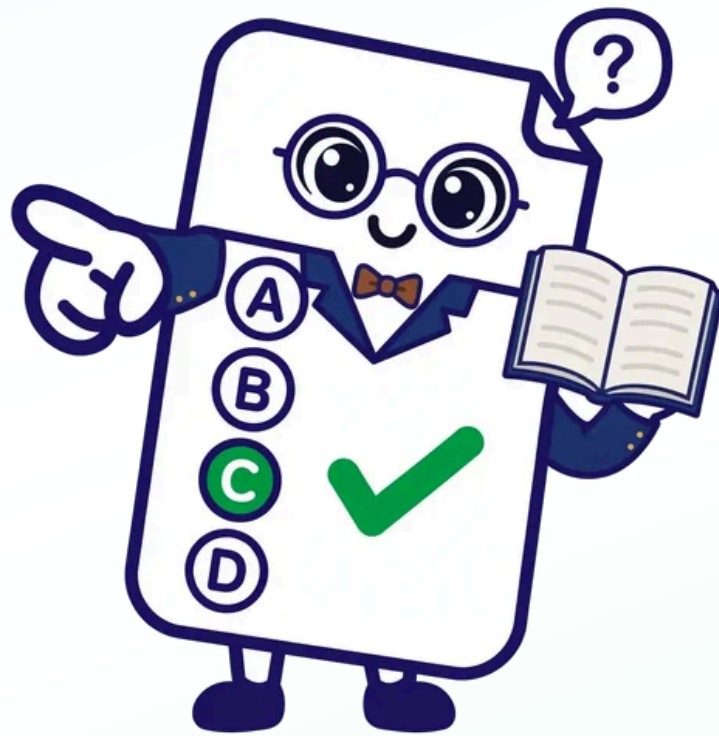




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Lecturer Physical Education Test Preparation Book 2026

A full model paper in the real Lecturer Physical Education Test pattern, with answer key



100 MCQs

Real Lecturer Physical Education Test subject split

Answer key + online explanations

How to use this book

1. Sit each model paper in one go, in 120 minutes, with a pen and the answer sheet of your choice.
2. Mark yourself with the answer key at the back.
3. Every answer in the key is a link. Tap it to read why that option is right on TestUstad, free.

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What is in this book

100 MCQs across one paper, each drawn in the same subject split as the real Lecturer Physical Education Test paper:

- Health and Physical Education: 80 MCQs per paper
- English: 5 MCQs per paper
- General Knowledge: 5 MCQs per paper
- Pakistan Studies: 4 MCQs per paper
- Pakistan Current Affairs: 3 MCQs per paper
- Islamic Studies: 2 MCQs per paper
- Computer Science and IT: 1 MCQs per paper



MODEL PAPER 1 OF 1

Lecturer Physical Education Test

100 MCQs · 120 minutes · answer key at the back



Health and Physical Education

80 MCQs

1. The jump ball between how many opposing player _____?

☐ A 2	☐ B 4
☐ C 6	☐ D 8
2. Which country won first champion trophy of Hockey _____?

☐ A Pakistan	☐ B England
☐ C Srilanka	☐ D India
3. _____ result from acute trauma or repetitive stress association athletic activities?

☐ A Sport activity	☐ B Sport injuries
☐ C Sport participation	☐ D Sport medicine
4. Exercise in which muscles shorten then normal size is called _____?

☐ A Isometric contraction	☐ B Eccentric
☐ C Concentric contraction	☐ D All above
5. Which ergogenic aid stimulates endogenous steroid production?

☐ A Protein	☐ B Phosphate
☐ C Ephedrine	☐ D Yohimbine
6. Most of the Tumors (MHT-CET)?

☐ A Malignant	☐ B Benign
☐ C Related to carcinoma	☐ D Sample boils
7. 'Stimulus Response Theory' was given by _____?

☐ A Frobel	☐ B Ivan Pavlov
☐ C Dr.Radhakrishnan	☐ D John Dewey
8. Emotion is defined as _____?

☐ A Feeling	☐ B Disturbed state or organism
☐ C Fear of future	☐ D State of organism

9. The most essential skill in badminton is _____?

- (A) Forhead clear
- (B) spike
- (C) Smash
- (D) Serve

10. who invented the game of basketball _____?

- (A) William
- (B) James Naismith
- (C) Morgan
- (D) None of these

11. Sprain and strain can be prevented _____?

- (A) By jogging after exercise
- (B) By running between exercises
- (C) By warm-up before exercise
- (D) By warm-down before exercise

12. _____ is found back of humorous

- (A) Quadriceps
- (B) Deltoid
- (C) Biceps
- (D) Triceps

13. The name of ability to maintain endurance is called _____?

- (A) Anaerobic endurance
- (B) Endurance
- (C) Aerobic endurance
- (D) None of these

14. Obesity is caused due to: _____?

- (A) Deficiency of Vitamins
- (B) Deficiency of Minerals
- (C) Excessive Intake of Calories
- (D) None of these

15. Norm-Reference Test are designed to rank pupil _____?

- (A) Learning
- (B) Effort
- (C) Achievement
- (D) Knowledge

16. Aggression is _____?

- (A) Refer to any behavior that is hostile destructive and violent with other
- (B) Refer to any kindness with. Other
- (C) Refer to physical temperament
- (D) None of these

17. The stop board of shot put shall be measure _____?

- (A) 11.2cm and 30cm
- (B) 11.3cm and 24cm
- (C) 11.3cm and 30cm
- (D) non of these

18. When and by whom was jinnah stadium inaugurated _____?

- (A) Gen. Pervaiz musharaf 1995
- (B) Gen. Zia ul haqq 1985
- (C) Gen. Tikka Khan 1989
- (D) Non of above

19. Breach in the Bone is called: _____?

- (A) Osteoporosis
- (B) Dislocation
- (C) Fractur
- (D) Arthritis

20. Study of histology is _____?

- (A) Study of cells
- (B) Study Of tissues
- (C) Study of Structure
- (D) Study of History

21. Intensity should in strength endurance training is _____?

- (A) 60-70%
- (B) 80-100%
- (C) 75-85%
- (D) 40-60%Send Money Overseas

22. The symptom of Typhoid called intestinal hemorrhage occur In _____ week of infection?

- (A) 1st
- (B) 2nd
- (C) 3rd
- (D) 4th

23. What does tae means in Taekwondo _____?

- (A) foot, leg or step
- (B) fist or fight
- (C) way or discipline
- (D) None of these

24. Imagery, mental rehearsals are considered which of the following _____?

- (A) Tools used by magicians
- (B) Techniques used by trained sport psychologists
- (C) Both a and b
- (D) None of the above

25. Polo team is divided into 4 players, player 1 and 2 is called?

- (A) Attacker
- (B) Defender
- (C) Front player
- (D) Back player

26. The main profession of Greek was?

- (A) Agriculture
- (B) poetry
- (C) playing
- (D) Music

27. _____ is muscle spam that result from loss of large amount of salt and water exercise?

- (A) Heat stroke
- (B) Heat cramps
- (C) Heat exhaustion
- (D) All of these

28. Pulmonary veins contains : _____?

- (A) Thick Blood
- (B) Oxygenated Blood
- (C) Deoxygenated Blood
- (D) All of these

29. What method of practice allows you to focus on movement_____?

- ☐ A Feeder drills
- ☐ B Gradual build up
- ☐ C Whole part whole
- ☐ D Shadow

30. The major source of carbohydrates in a typical western diet:?

- ☐ A Glycogen
- ☐ B Starch
- ☐ C Sucrose
- ☐ D Cellulus

31. A method of sampling that involves the Division of a population into smaller subgroup known as_____?

- ☐ A Stratified sampling
- ☐ B Systematic sampling
- ☐ C Simple Random Sampling
- ☐ D Cluster sampling

32. Is associated with the personality characteristics of perfectionism_____?

- ☐ A Layout
- ☐ B Burn out
- ☐ C Attitude
- ☐ D None

33. The weight of javelin throw of men_____?

- ☐ A 400g
- ☐ B 300g
- ☐ C 700g
- ☐ D 800g

34. Where is the hockey headquarter of hockey federation_____?

- ☐ A Switzerland
- ☐ B India
- ☐ C Pakistan
- ☐ D Australia

35. Tendon in the elbow have been stretched beyond their capacity and have become inflamed_____?

- ☐ A Caused the tennis elbow.
- ☐ B Caused tennis / golfer's elbow
- ☐ C Caused tennis / twist elbow
- ☐ D All of them

36. Neck joint is an example of _____?

- ☐ A Pivot joint
- ☐ B Hinge joint
- ☐ C Saddle joint
- ☐ D condyloid joint

37. Is a systematic process in which athlete improve their fitness to meet the demand of_____?

- ☐ A Sport training
- ☐ B Warm up
- ☐ C Warm down
- ☐ D Physical activity

38. Which of the following Minerals form Bone & teeth:_____?

- ☐ A Calcium & Phosphors
- ☐ B Sulphur & Iron
- ☐ C Phosphors & Iron
- ☐ D Potassium & calcium

39. Which law of learning states that things most often repeated are best retained_____?

- (A) Law of readiness
- (B) Law of exercise
- (C) Law of effect
- (D) Law of recency.

40. Which of the following is considered the founder of the psychodynamic perspective in psychology_____?

- (A) Wilhelm Tichener
- (B) Wundt William
- (C) Sigmund Freud
- (D) James

41. Who give extra time to both team of football?

- (A) Referee
- (B) Umpire
- (C) Judge
- (D) Lineman

42. The current president of FIDE _____?

- (A) Arkady Dvorkovich
- (B) Rubin enikol
- (C) Nataliya Timakova
- (D) Mikhail

43. Sport activities rarely involve _____ of the spine or skull?

- (A) Fractures
- (B) Spasm
- (C) Sprain
- (D) Sore

44. Muscles Biopsy is used to determined by _____?

- (A) Muscle typing
- (B) Muscular strength
- (C) Muscular speed
- (D) Muscular Endurance

45. Other name of plyometric training is _____?

- (A) Vigorous training
- (B) Jump training
- (C) Strength training
- (D) Overload training

46. Following vitamin is fat soluble _____?

- (A) B2
- (B) B1
- (C) C
- (D) D

47. Alferd Binet's major contribution was testing in the field of _____?

- (A) Mental
- (B) Achievement
- (C) Diagnosis
- (D) None of These

48. Stress is _____?

- ☐ A Advantageous to the player
- ☐ B Detrimental to his abilities
- ☐ C Both advantageous and detrimental as per the situation
- ☐ D None of the above.

49. Minimum height of the flag post is _____?

- ☐ A 1.20M
- ☐ B 1.30M
- ☐ C 1.40M
- ☐ D 1.50M

50. In which games the Olympic flag was used for first time _____?

- ☐ A 1920 Antwerp
- ☐ B 1970 Paris
- ☐ C 1912 Sweden
- ☐ D 1920 Berlin

51. Cryotherapy refers to: _____?

- ☐ A Ultra sound
- ☐ B Cold Therapy
- ☐ C TENS
- ☐ D EMS

52. Enzyme that digest fat _____.

- ☐ A Lipase
- ☐ B Trypsin
- ☐ C both a & B
- ☐ D none of these

53. Chronic fatigue _____?

- ☐ A Is associated with overtraining
- ☐ B Has a psychological component
- ☐ C Has a physiological component
- ☐ D All of the above

54. BMR is define?

- ☐ A Basel Metabolic rate
- ☐ B Body mass rate
- ☐ C Basic Mass Rate
- ☐ D None of these

55. Which question have increasing objectivity of marking _____?

- ☐ A Structured Essays
- ☐ B Short Answer
- ☐ C Multiple type Question
- ☐ D unstructured Essays

56. _____ is the inventor of trial and error theory?

- ☐ A Jung
- ☐ B Thorndike
- ☐ C I.H Sunsan
- ☐ D Skinner

57. What colors are chess pieces _____?

- ☐ A Black & white
- ☐ B Blue & white
- ☐ C Yellow & Black
- ☐ D Black & Blue

58. Olympic flag consist of how many circles _____?

- (A) 5
- (B) 4
- (C) 6
- (D) 7

59. For complete treatment of sports injuries one should depend upon _____.

- (A) physiotherapy
- (B) corrective exercise
- (C) both a & B
- (D) none of these

60. Wet sipro meter is measures _____?

- (A) Vital capacity
- (B) Muscular Strength
- (C) Muscular Endurance
- (D) Cardiac Capacity

61. What is the maximum amount of time a person should marathon race on a month _____?

- (A) 8
- (B) 3
- (C) 1
- (D) 4

62. It is better to exercise _____?

- (A) Before a meal
- (B) After a meal
- (C) At least 2 hours either side of a meal
- (D) When you will or can do it

63. In MCQS the Statement of the problem is _____?

- (A) Option
- (B) Distracr
- (C) Premise
- (D) Stem

64. The stage of the stress response that allows you to continue to function despite the presence of stress is the stage of _____?

- (A) Alarm
- (B) Resistance
- (C) Exhaustion
- (D) primary

65. Who does control the match?

- (A) referee
- (B) coach
- (C) captain
- (D) scorer

66. Where was hockey invented _____?

- (A) India
- (B) England
- (C) Australia
- (D) Switzerland

67. A _____ maybe complete breakage in the continuing of a bone

- (A) Injuries
- (B) Tissue damage
- (C) Fracture
- (D) All of these

68. blood flow in heart is _____?

- (A) Unidirectional
- (B) Bidirectional
- (C) Tridirectional
- (D) Multidirectional

69. Terminal feedback is the information provided to the learner _____ the activity?

- (A) Before
- (B) During
- (C) After
- (D) Both b & c

70. What is the normal body temperature of a person?

- (A) 81.10c
- (B) 36.9c
- (C) 98.6C
- (D) 21.7C

71. Which Appropriate verb will use to make an objective behavioral _____?

- (A) To Know
- (B) To Appreciate
- (C) To understand
- (D) To construct

72. Anger is the base in " _____ aggression"?

- (A) Instrumental
- (B) Assertiveness
- (C) Hostile
- (D) None of the above

73. what is the name of Badminton federation in Pakistan?

- (A) PBF
- (B) PFB
- (C) PFA
- (D) FPA

74. What is the nick name of England National women's Netball team _____?

- (A) The Lions
- (B) The Rose
- (C) The Ladies
- (D) None of These

75. Reason of cramps in muscle is _____?

- (A) Any injury to muscle
- (B) Hyper ventilation
- (C) Salt deficiency
- (D) All of above

76. small intestine is how much long:

- (A) 2m
- (B) 5m
- (C) 6m
- (D) 9m

77. Which test is used to running speed _____?

- (A) 40 yard Test
- (B) Galvanmeter
- (C) Sit and reach test
- (D) None of these

78. Which of following is healthiest snack _____?

- (A) Simple Bread
- (B) Lower Fat yogurt
- (C) High fat cheese
- (D) None of these

79. What type of activity is badminton _____?

- (A) Indirectly competitive
- (B) Individual directly competitive
- (C) Individual noncompetitive
- (D) Team non competitive

80. In Maslow's Hierarchy of Needs, which of the following represents the highest level of need _____?

- (A) Fame
- (B) Having a lot of money
- (C) Self-actualization
- (D) Power to boss others around



English

5 MCQs

81. Select the correct sentence:

- (A) My feet seemed hardly to touch the earth.
- (B) My feet hardly seemed to touch the earth.
- (C) Hardly my feet seemed to touch the earth.
- (D) My feet seemed to touch the earth hardly.

82. "Frown on somebody" means to:

- (A) Fall flat upon a stranger
- (B) Stay alive working hard
- (C) Unable to be successful
- (D) Disapprove of somebody

83. I moved to Lahore _ the age of ten. The correct preposition to fill in the blank will be:

- (A) on
- (B) at
- (C) by
- (D) above

84. Maria _ that she could not attend classes next week.

- (A) Told his professors
- (B) Said her professors
- (C) Told her professors
- (D) Is telling her professors

85. Select the NEAREST CORRECT MEANING of the given word: INTRANSIGENT

- (A) Parallel
- (B) Inflexible
- (C) Adventurous
- (D) Spirited



General Knowledge

5 MCQs

86. Who wrote the book "Conversation with myself"?

- ☐ A Nelson Mandela
- ☐ B Fode Doumbia
- ☐ C Robert Greene
- ☐ D Zelig Pliskin

87. The Supreme Military intelligence branch of the Israeli Defense Forces is _____?

- ☐ A Mossad
- ☐ B Shin Bet:
- ☐ C Aman
- ☐ D MI6

88. Who built the Pharos of Alexandria?

- ☐ A Dinocrates
- ☐ B Eudoxus of Cnidus
- ☐ C Mausolus
- ☐ D Sostratus of Cnidus

89. When Human Rights Watch (HRW) adopted its current name "HRW"?

- ☐ A 1975
- ☐ B 1978
- ☐ C 1988
- ☐ D 1981History

90. Which country currency is Baht?

- ☐ A Bali
- ☐ B Bangkok
- ☐ C Thailand
- ☐ D Vietnam



Pakistan Studies

4 MCQs

91. Where is Sher Shah Suri Mosque located?

- ☐ A Jhelum
- ☐ B Islamabad
- ☐ C Sargodha
- ☐ D Multan

92. First Time Pakistan become a Non-permanent member of UN in _____?

- ☐ A 1967
- ☐ B 1964
- ☐ C 1954
- ☐ D None of these

93. When was the resolution of objectives approved?

- ☐ A 1950
- ☐ B 1948
- ☐ C 1949
- ☐ D None of these

94. Quaid-e-Azam met M.K Gandhi for the first time in 1916 at _____?

- ☐ A Delhi
- ☐ B Bombay
- ☐ C Calcutta
- ☐ D Lucknow

**Pakistan Current Affairs**

3 MCQs

95. Which actress of Pakistan has been chosen by the Human Rights Ministry as a goodwill Ambassador for Girls Rights ?

- ☐ A Mehwish Hayat
- ☐ B Mahira Khan
- ☐ C Sanam Baloch
- ☐ D Iqra Aziz

96. Recently, the _____ Airways announced that it will be resuming flights to Pakistan from June 2019, after a 10-year break.

- ☐ A British
- ☐ B Jet
- ☐ C Gulf
- ☐ D None of these

97. The altitude of the Paristan Lake (Highest lake of Pakistan) above sea level is _____?

- ☐ A 15,641 feet
- ☐ B 15,397 feet
- ☐ C 14,971 feet
- ☐ D 14,100 feet

**Islamic Studies**

2 MCQs

98. What was the age of Rasool Ullah (P.B.U.H) at the time of First Wahi?

- ☐ A 40 Years 6 months
- ☐ B 40 Years 8 months
- ☐ C 40 Years 10 months
- ☐ D 40 Years 11 months

99. Apostasy movement took place in the khilafat of _____?

- ☐ A Hazrat Umar(R.A)
- ☐ B Hazrat Ali(R.A)
- ☐ C Hazrat Abu bakar (R.A)
- ☐ D Hazrat Usman (R.A)

**Computer Science and IT**

1 MCQs

100. When there is a composite key and only one part of the primary key is needed to determine one or more other attributes of a table, what is called?

- ☐ A Partial dependency
- ☐ B Transitive dependency
- ☐ C Determinant
- ☐ D Manually Exclusive

Answer key

Tap any answer to open its full explanation on TestUstad.

Model Paper 1

1	A	2	A	3	B	4	C	5	D	6	B	7	B	8	B	9	A	10	B
11	C	12	D	13	C	14	C	15	C	16	A	17	A	18	B	19	C	20	B
21	D	22	C	23	A	24	B	25	A	26	A	27	B	28	B	29	D	30	B
31	A	32	B	33	D	34	A	35	A	36	A	37	A	38	A	39	B	40	C
41	A	42	A	43	A	44	A	45	B	46	D	47	A	48	C	49	A	50	A
51	B	52	A	53	D	54	A	55	C	56	B	57	A	58	A	59	C	60	A
61	C	62	D	63	D	64	B	65	A	66	B	67	C	68	A	69	C	70	B
71	D	72	C	73	A	74	B	75	D	76	C	77	A	78	B	79	B	80	C
81	B	82	D	83	B	84	C	85	B	86	A	87	C	88	D	89	C	90	C
91	C	92	D	93	C	94	D	95	A	96	A	97	A	98	A	99	C	100	C



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