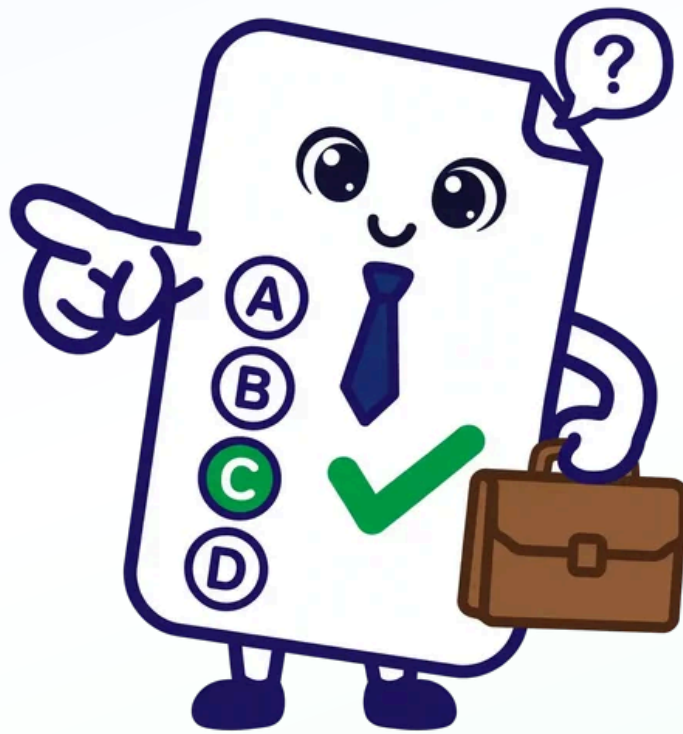




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PPSC Tehsil Sports Officer Test Preparation Book 2026

A full model paper in the real Tehsil Sports Officer pattern, with answer key



100 MCQs

Real Tehsil Sports Officer 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.

Want this paper timed and graded for you?

Practise every Tehsil Sports Officer subject free, chapter by chapter, at testustad.com/exams/tehsil-sports-officer

What is in this book

100 MCQs across one paper, each drawn in the same subject split as the real Tehsil Sports Officer 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

PPSC Tehsil Sports Officer Test

100 MCQs · 120 minutes · answer key at the back



Health and Physical Education

80 MCQs

1. The characteristic of a test to discriminate between high achievers and low achievers is _____?

- ☐ A Differentiability
- ☐ B Usability
- ☐ C Objectivity
- ☐ D Validity

2. The response defined as a result of training is called _____?

- ☐ A Conditioned reflex
- ☐ B Unconditioned reflex
- ☐ C Conditioned stimulus
- ☐ D Conation.

3. What are the sign when liver is not functioning Properly?

- ☐ A None of these
- ☐ B Liver pain
- ☐ C Muscles soreness
- ☐ D Abdominal pain

4. Race walking start in _____?

- ☐ A crouch position
- ☐ B both a,b
- ☐ C standing position
- ☐ D none of these

5. Hockey became in an Olympic event.

- ☐ A 1996
- ☐ B 1908
- ☐ C 1930
- ☐ D 1940

6. The thermic effect of exercise (TEE) _____?

- ☐ A Can range from zero for sedentary people
- ☐ B May be a large part of the total energy expenditure
- ☐ C All of the above
- ☐ D Is high in construction workers

7. Motor qualities produce basis for _____?

- ☐ A Communication skill
- ☐ B Habit
- ☐ C None of these
- ☐ D Sport skill

8. Sport medicine a branch of _____ that deals with physical fitness, treatment and prevention of injuries related to sport and exercise?

- (A) Association
- (B) Sport
- (C) Exercise
- (D) Medicine

9. A Sum of Questions _____?

- (A) Measurement
- (B) Test
- (C) Assessment
- (D) Evaluation

10. Whose name is associated with conditioned reflex learning _____?

- (A) Johndewey
- (B) Aristotle
- (C) Rousseau
- (D) Pavlov

11. Upward movement of the joint is _____?

- (A) Elevation
- (B) Retraction
- (C) Supination
- (D) Opposition

12. How many caution you can get in Netball _____?

- (A) 1
- (B) 3
- (C) 4
- (D) 6

13. The first ball used in basketball _____?

- (A) yellow
- (B) Brown
- (C) Black
- (D) Blue

14. Vitamin D prevent _____?

- (A) Tooth disease
- (B) Eye
- (C) Skin
- (D) Bone disease

15. Which of the following activities require approximately 30% to 50% of VO₂ max _____?

- (A) A fast jog
- (B) A 3 hour marathon
- (C) A fast walk
- (D) Sprints

16. _____ happen when the tissue that attaches the muscle of your lower leg to shinbone may be pulling away from the home of it may be Inflamed from overuse?

- (A) Shine sore
- (B) Shine cramp
- (C) Shine lain
- (D) Shin splints

17. Perform daily workout without any tiredness?

- (A) None of these
- (B) Physical performance
- (C) Exercise
- (D) Physical fitness

18. _____ anxiety is a general level of anxiety?

- (A) State
- (B) Trait
- (C) Cognitive
- (D) None of these

19. How many plans are there in the body:

- (A) 2
- (B) 3
- (C) 4
- (D) 5

20. Hockey court is divided into how many parts _____?

- (A) 3
- (B) 4
- (C) 5
- (D) 6

21. Where were the first Olympic games held _____?

- (A) Athens
- (B) Olympia
- (C) Antwerp
- (D) Barcelona

22. The chief source of Vitamin A: _____?

- (A) Carrot
- (B) Banana
- (C) Guava
- (D) Egg

23. WADA headquarters is stilted in _____?

- (A) Leanne
- (B) London
- (C) Montreal
- (D) American

24. Lock jaw difficulty open the mouth is due to symptom _____?

- (A) Tetanus
- (B) Cholera
- (C) Plague
- (D) None of these

25. _____ is used for data collection?

- (A) Test
- (B) Measurement
- (C) Evaluation
- (D) Velocity

26. Which one of the following is an intrinsic motivation _____?

- (A) Pay
- (B) Interest of play
- (C) Feedback
- (D) Promotion

27. The adrenal gland is located on top of the _____?

- (A) Kidneys
- (B) Heart
- (C) Lungs
- (D) Neck

28. How many hurdles are found in each lane of 110m race_____?

- (A) 9 Hurdles
- (B) 8 Hurdles
- (C) 12 Hurdles
- (D) 10 Hurdles

29. In which country FIDE found_____?

- (A) Dubai
- (B) Paris
- (C) London
- (D) America

30. Total number of vitamin required by human body are_____.

- (A) 10
- (B) 11
- (C) 12
- (D) 13

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

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

32. Sprain and strain can be prevented_____?

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

33. First law of motion is called: _____?

- (A) Law of action & reaction
- (B) Law of inertia
- (C) Law of conservation
- (D) Law of transference

34. Athlete who are highly motivated tend to be very _____ about their abilities ?

- (A) Global-self confident
- (B) Situation-specific self- confidence.
- (C) Self confident
- (D) High achiever

35. Mesenteric Artery gives blood:

- (A) Liver
- (B) Heart
- (C) Kidney
- (D) Intestine

36. The maximum length of the runway of high jump_____?

- (A) 15m
- (B) 20m
- (C) 25m
- (D) 30m

37. Modern Olympic Games flag was designed by_____?

- (A) Thames back
- (B) Jacques rouge
- (C) Demetriusvikelas
- (D) Perriondecoubertin

38. There ispercent of Niterogen in the air: ?

- (A) 92%
- (B) 87%
- (C) 76%
- (D) 78%

39. The activity in which sufficient oxygen is being provided to body the energy system is _____?

- (A) Full work
- (B) Aerobic activists
- (C) Anaerobic activity
- (D) All above

40. ACL stand for _____?

- (A) Anterior cousin ligament
- (B) Anterior cough ligament
- (C) Anterior cruciate ligament
- (D) Anterior complete ligament

41. The Ability to maintain Equilibrium is called? _____

- (A) Speed
- (B) Agility
- (C) Balance
- (D) None of these

42. What makes a team cohesive _____?

- (A) Proximity
- (B) Similarity
- (C) Goal setting
- (D) All of these

43. Dibates takes place in the body when your _____ is not properly working.

- (A) Pancreas
- (B) Spleen
- (C) Heart
- (D) Liver

44. When the shuttle cock lands on the line of the court, it should be consider?

- (A) out
- (B) in
- (C) fault
- (D) None of these

45. By cooperation of which country, Pakistan sport complex was established _____?

- (A) China
- (B) USA
- (C) Japan
- (D) Uk

46. The Sum of Food Consume by a person called?

- (A) Carbohydrates
- (B) None of these
- (C) Mineral
- (D) Diet

47. What is the ability to change direction at speed _____?

- (A) Flexibility
- (B) Co-ordination
- (C) Timing
- (D) Agility

48. The name of treatment provided to injury person before arrival of doctor is _____?

- (A) Masaj
- (B) Surgery
- (C) First aid
- (D) Therapy

49. Miller valley Test is used to Measures _____?

- (A) Tennis
- (B) Badminton
- (C) Basketball
- (D) None of These

50. In _____ the athlete must experience success in order for self-efficacy to develop?

- (A) Vicarious experience
- (B) Verbal persuasion
- (C) Successful performance.
- (D) Emotional arousal

51. The shoulder joint is a type of _____?

- (A) Ball & socket Joint
- (B) Condylod joint
- (C) Hinge joint
- (D) Saddle joint

52. Total Length of Javelin for women _____?

- (A) 2.10 m
- (B) 2.20 to 230 m
- (C) 2.35 m
- (D) 2.40 m

53. 'Deduscaleum' was a place for

- (A) wrestling & Boxing
- (B) Dance & aerobics
- (C) Music & Grammar
- (D) Races & Throws

54. For Endurance Dominating sports diet should be _____.

- (A) Proteins
- (B) Carbohydrates
- (C) Fats
- (D) Minerals

55. Agility Measures from which Device _____?

- (A) Quadrant Jump
- (B) Wet Siprometer
- (C) Stadiometer
- (D) Galvanometer

56. Tendon in the elbow have been stretched beyond their capacity and have become inflamed _____?

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

57. Value that divided the Data into two equal parts _____?

- (A) Median
- (B) Mean
- (C) Mode
- (D) Mean- Deviation

58. ERG theory was given by _____?

- (A) Maslow
- (B) McClelland
- (C) Jung
- (D) Alderfer

59. Gastro-scope is used to examine:

- (A) Heart
- (B) Stomach
- (C) Liver
- (D) Spleen

60. The color of take-off board in long jump shall be _____?

- (A) black
- (B) blue
- (C) red
- (D) white

61. Where was the first badminton world championship held in _____?

- (A) London
- (B) England
- (C) Sweden
- (D) America

62. Sarcoma is cancer of (MANIPAL)

- (A) Bones
- (B) Adipose Tissue
- (C) Connective Tissue
- (D) All of these

63. Cardio respiratory capacity is related to _____?

- (A) Normal physical Endurance
- (B) speed
- (C) Agility
- (D) Power

64. _____ is muscle spasm that results from loss of large amount of salt and water exercise?

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

65. _____ involves professional judgement of the value of measured performance?

- (A) Test
- (B) Measurement
- (C) Evaluation
- (D) Assessment

66. Violation of in setting goals is the most common reason goals are not met _____?

- (A) Rule of regulations
- (B) Discipline
- (C) Team norms
- (D) Smart principle

67. Zygomatic bone is present in _____?

- (A) Skull
- (B) Lower Extremities
- (C) Vertebral column
- (D) Upper extremities

68. The relay baton shall be smooth and hollow, the length of which shall be 28cm to _____?

- (A) 32cm
- (B) 30cm
- (C) 29cm
- (D) None of these

69. Who is the only athlete to win the Olympic marathon title twice in succession _____?

- (A) Abebe Bikila
- (B) Nadia Comaneci
- (C) Kipchoge Keino
- (D) Mark Spitz

70. Who is the inventor of vitamin D?

- (A) Sir Edward Mellanby
- (B) Dr. Fink
- (C) Dr. Yally
- (D) None of these

71. Other name of plyometric training is _____?

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

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

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

73. I.Q of a student having same physical and mental age will be _____?

- (A) 90
- (B) 100
- (C) 110
- (D) 120

74. Natural motivation is also known as _____?

- (A) Self-assertion
- (B) Intrinsic
- (C) Self-actualization
- (D) Extrinsic

75. Term Diastoles refer to: _____?

- (A) Relaxation of heart
- (B) Contraction of heart
- (C) Volume of heart
- (D) Output of heart

76. The Half Time Interval in Netball is _____?

- (A) 15Mins
- (B) 12Mins
- (C) 8Mins
- (D) 5Mins

77. Which country won first champion trophy of Hockey _____?

- (A) England
- (B) Pakistan
- (C) Srilanka
- (D) India

78. Function of Bile In Human Body:_____?

- ☐ A Give strength
- ☐ B Give protection
- ☐ C Prevent Constipation
- ☐ D Lubricate Food

79. What measures the range of movement across a joint_____?

- ☐ A Sit and reach
- ☐ B Flexibility
- ☐ C Hand grip dynamometer
- ☐ D None of these

80. Controlling inflammation as well as restoring normal use and mobility are the_____?

- ☐ A Goals of prevention for overuse injuries
- ☐ B Goals of rehabilitation for overuse injuries
- ☐ C Goals of treatment to overuse injuries
- ☐ D Goals of diagnosis for overuse injuries



English

5 MCQs

81. If i were younger, I _ around the world.

- ☐ A Will travel around the world.
- ☐ B Would have travelled
- ☐ C Would travel
- ☐ D Travel

82. Spot the error.A tree slid down the slope, leaned against and settled heavily to the ground.

- ☐ A Down
- ☐ B Leaned against
- ☐ C Heavily
- ☐ D To the ground

83. The word LEVITY means :

- ☐ A Impose one's view point
- ☐ B Serious attitude
- ☐ C Non-serious attitude
- ☐ D Enjoy frequent leave

84. Choose the correct spelling:

- ☐ A Entripreneur
- ☐ B Entrepreneur
- ☐ C Entrepreneur
- ☐ D Entreprineur

85. Select the incorrect segment: The patient's blood analysis shows that there is a big number of amorphous cells which are quiet unidentifiable.

- ☐ A Patient's
- ☐ B Of
- ☐ C Which
- ☐ D Quiet



General Knowledge

5 MCQs

86. Which organ of the United Nations has ceased its operations?

- ☐ A Economic Council
- ☐ B International Court of Justice
- ☐ C The Secretariat
- ☐ D Trusteeship Council

87. In which year first one day international cricket match was played?

- ☐ A 1960
- ☐ B 1970
- ☐ C 1971
- ☐ D 1975

88. Father of Slave dynasty?

- ☐ A Behlol Lodhi
- ☐ B Khizer khan
- ☐ C Quṭb al-Dīn Aibak
- ☐ D None of these

89. PAP is the news agency of _____?

- ☐ A Philippines
- ☐ B Norway
- ☐ C Poland
- ☐ D China

90. Which major sand desert lies in northern Saudi Arabia?

- ☐ A The Syrian Desert
- ☐ B An Nafud (the Great Nafud)
- ☐ C Rub' al-Khali
- ☐ D Ad-Dahna



Pakistan Studies

4 MCQs

91. Chashma Barrage is in District Mianwali of Punjab on River?

- ☐ A Indus
- ☐ B Chenab
- ☐ C Jhelum
- ☐ D Ravi

92. The First US Embassy in Karachi was established on _____?

- ☐ A August 15 1947
- ☐ B May 15 1947
- ☐ C June 15 1947
- ☐ D Sep 15 1947

93. What is the father name of Sir Syed Ahmed Khan?

- ☐ A Iqbal
- ☐ B John Lewis
- ☐ C Imran ali
- ☐ D Mir Muhammad Muttaqi

94. Baba-e-Sahafat is the title of _____?

- ☐ A Molvi Abdul Haq
- ☐ B Zafar Ali Khan
- ☐ C Ahsan Danish
- ☐ D Galib

**Pakistan Current Affairs**

3 MCQs

95. Which lady cricketer of Pakistan received Hilal E Imtiaz Award ?

- ☐ A Urooj Fatima
- ☐ B Muneeba khan
- ☐ C Bismah Maroof
- ☐ D None

96. Pakistan is going to buy 30 gunship attack helicopter from which country?

- ☐ A France
- ☐ B Russia
- ☐ C China
- ☐ D Turkey

97. As per minister for water resources, how much percentage of water can Pakistan store of the water flowing through the country's rivers, while the rest goes to waste?

- ☐ A 50%
- ☐ B 30%
- ☐ C 10%
- ☐ D 5%

**Islamic Studies**

2 MCQs

98. Which Sahabi was known as "Brain of Arab"?

- ☐ A Hazrat Umar Farooq
- ☐ B Hazrat Khalid bin Walid
- ☐ C Hazrat Amr bin Al-Aas
- ☐ D Hazrat Ameer Hamza

99. The Action (Amal) of Islam depends on _____ ?

- ☐ A Confidence
- ☐ B Faith
- ☐ C Struggle
- ☐ D None of These

**Computer Science and IT**

1 MCQs

100. In C language expression is a combination of:

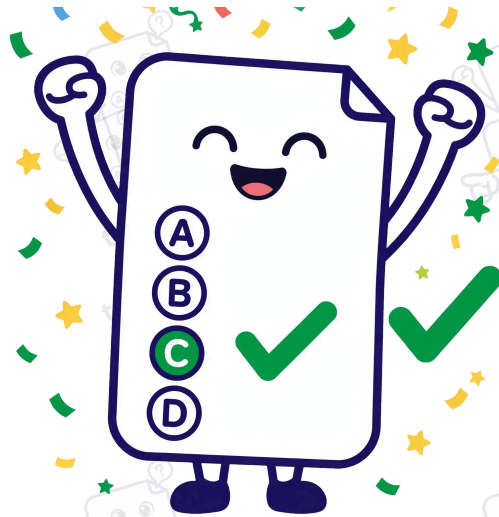
- ☐ A Operators and operands
- ☐ B Comments only
- ☐ C Keywords only
- ☐ D Operators only

Answer key

Tap any answer to open its full explanation on TestUstad.

Model Paper 1

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



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