

MODEL QUESTION PAPER

Bachelor of Physical Education (B.P.Ed)– Skill Assessment (Branch-Specific | For Reference)

This Model Question Paper is provided to help candidates understand the assessment structure, format, and branches covered under the HRVIEW Bachelor of Physical Education (B.P.Ed) Skill Assessment.

It is intended only for reference and does not represent the actual examination paper.

Assessment Snapshot

- **Assessment Type:** Model Question Paper
- **Assessment Mode:** Online
- **Question Format:** Objective Type (MCQs)
- **Total Number of Questions:** 20
- **Pass Criteria:** 75%

1. Physical Education mainly focuses on:

- A. Academic learning only
- B. Physical fitness and sports education
- C. Medical treatment
- D. Engineering skills

 **Answer:** B

2. The full form of B.P.Ed. is:

- A. Bachelor of Physical Exercise
- B. Bachelor of Physical Education
- C. Bachelor of Professional Education
- D. Bachelor of Physical Evaluation

Note for Candidates

This is a **model reference document** intended for **general understanding only**.

 **Answer: B**

3. Physical fitness includes:

- A. Strength only
- B. Flexibility only
- C. Endurance only
- D. Strength, endurance, flexibility, and coordination

 **Answer: D**

4. Which component relates to heart and lung efficiency?

- A. Muscular strength
- B. Muscular endurance
- C. Cardiovascular endurance
- D. Flexibility

 **Answer: C**

5. Which activity improves flexibility?

- A. Weight lifting
- B. Sprinting
- C. Stretching exercises
- D. Jogging

 **Answer: C**

6. Which nutrient provides maximum energy?

- A. Proteins
- B. Vitamins
- C. Carbohydrates
- D. Minerals

 **Answer: C**

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7. BMI is used to measure:

- A. Height
- B. Weight
- C. Body fat level
- D. Body Mass Index

 **Answer:** D

8. Which game is played with a shuttlecock?

- A. Tennis
- B. Badminton
- C. Squash
- D. Table tennis

 **Answer:** B

9. Warm-up exercises are done to:

- A. Increase fatigue
- B. Prevent injuries
- Help muscles prepare for activity
- D. Reduce flexibility

 **Answer:** C

10. Which of the following is an aerobic exercise?

- A. Weight training
- B. Sprinting
- C. Cycling
- D. Shot put

 **Answer:** C

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11. Which vitamin helps in calcium absorption?

- A. Vitamin A
- B. Vitamin B
- C. Vitamin C
- D. Vitamin D

 **Answer:** D

12. Which test measures cardiovascular endurance?

- A. Sit and reach test
- B. Push-up test
- C. Harvard step test
- D. Standing broad jump

 **Answer:** C

13. First aid is given to:

- A. Cure diseases
- B. Provide immediate care before medical help arrives
- C. Replace doctors
- D. Diagnose illness

 **Answer:** B

14. Which muscle is used for running?

- A. Biceps
- B. Triceps
- C. Quadriceps
- D. Deltoid

 **Answer:** C

15. Which sport uses the term “goalkeeper”?

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- A. Cricket
- B. Basketball
- C. Football
- D. Tennis

 **Answer:** C

16. Flexibility depends on:

- A. Age and joint structure
- B. Gender only
- C. Height only
- D. Weight only

 **Answer:** A

17. Yoga mainly helps in:

- A. Bodybuilding
- B. Mental and physical well-being
- C. Speed training
- D. Competitive sports only

 **Answer:** B

18. Which component is tested by sit-ups?

- A. Strength
- B. Speed
- C. Muscular endurance
- D. Agility

 **Answer:** C

19. Which Olympic symbol represents Asia?

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- A. Blue ring
- B. Yellow ring
- C. Red ring
- D. Green ring

 **Answer:** D

20. B.P.Ed. graduates mainly work as:

- A. Engineers
- B. Physical education teachers, coaches, and trainers
- C. Accountants
- D. Pharmacists

 **Answer:** B

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