

DECCAN EDUCATION SOCIETY'S
KIRTI M. DOONGURUSEE COLLEGE
Health and Physical Education

S.Y.L.C -(ARTS/ COMMERCE/ SCIENCE/ PVT/ REP / CLASS IMPROVEMENT)
ON Line Exam- MCQ Question Bank-2020- 2021

1. For how many hours exercise should be done daily?

A. One Hour

B. Two Hours

C. Six Hours.

D. Ten

2.While Increasing the exercise training the intensity and load Should be increased ?.

A. Slowly and Steadily

B. fastly and Slowly

C. Rest and Recovery

D. Fast

3.Where was Volley Ball Started in India ?

A. Madras

B. Mumbai

C. Nagpur

D. Jalgaon

4.Where Foot ball was first Played in India ?

A. Kolkata

B. Pune

C. Dehli

D.Mumbai

5. How Many Players are there in the kabaddi Team of Boys?

A. 14

B. 12

C. 9

D. 15

6. How Many Players are there in the Football Team of Girls ?

A. 16

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M Walker



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