PPSC Lecturer Physical Education | BS-17 — GUESS PAPER 2026 (Set 2 of 2) · Predicted Questions

Body: Punjab Public Service Commission (PPSC) · **Post:** Lecturer Physical Education | BS-17 · **Set:** 2 of 2 · **Questions:** 100 predicted — 0 repeated questions, 0 verified facts predicted to recur, 100 syllabus anchors · **Price:** Free

GUESS PAPER — predicted questions for the upcoming exam, NOT a past paper. Every question below is a prediction: it is here because the same question, the same fact, or the same topic appeared in verified PPSC Lecturer Physical Education | BS-17 past papers. **No pass guarantee.** A guess paper raises the odds; it does not promise a result. Answers are the best-supported answers, not exam keys.

[C]-HEAVY PAPER — thin verified pool. 100 of the 100 questions below are syllabus anchors on this post's recurring topics, because the verified archive for this post holds only 0 items. Those questions are flagged [C] on every one of them: they are predictions about the syllabus, not verified facts. Study the topic, not just the answer.

> **How to use this paper:** study the basis under each question, not just the answer — the real paper will ask the same topics in different words. Revise the underlying topic, not only the four options. Do not quote any item as "asked in the 2026 exam" — nothing here has been asked yet.

Question 1 Physical Education

How many players are there in a football team on the field?

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

Why this answer? A football team has 11 players on the field.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 2 Physical Education

How many players are there in a basketball team on the field?

- A. 5 ✓ **Predicted answer**
- B. 6
- C. 4
- D. 7

Why this answer? A basketball team has 5 players on the field.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 3 Physical Education

How many players are there in a kabaddi team on the field?

- A. 7 ✓ **Predicted answer**
- B. 8
- C. 6
- D. 9

Why this answer? A kabaddi team has 7 players on the field.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

4 Physical Education

How many players are there in a tennis singles team on the field?

- A. 2
- B. 3
- C. 1 ✓ **Predicted answer**
- D. 4

Why this answer? A tennis singles team has 1 players on the field.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 5 Physical Education

What is the Body Mass Index (BMI) of a person weighing 100 kg with a height of 2 metres?

- A. 26
- B. 24
- C. 27
- D. 25 ✓ **Predicted answer**

Why this answer? BMI = weight / height squared = 100 / (2 x 2) = 25.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 6 Physical Education

What is the Body Mass Index (BMI) of a person weighing 64 kg with a height of 2 metres?

- A. 17
- B. 16 ✓ **Predicted answer**
- C. 15

Why this answer? BMI = weight / height squared = 64 / (2 x 2) = 16.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 7 Physical Education

Which sport is Shahid Afridi known for?

- A. tennis
- B. cricket ✓ **Predicted answer**
- C. athletics
- D. hockey

Why this answer? Shahid Afridi is known for cricket.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 8 Physical Education

Which sport is Imran Khan known for?

- A. tennis
- B. athletics
- C. hockey
- D. cricket ✓ **Predicted answer**

Why this answer? Imran Khan is known for cricket.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

9 Physical Education

Which sport is Naseem Hameed known for?

- A. hockey
- B. athletics ✓ **Predicted answer**
- C. football
- D. badminton

Why this answer? Naseem Hameed is known for athletics.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 10 Physical Education

Which sport is Samiullah Khan known for?

- A. hockey ✓ **Predicted answer**
- B. football
- C. badminton
- D. boxing

Why this answer? Samiullah Khan is known for hockey.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 11 Physical Education

Which game is played with a stick and a ball?

- A. Cricket
- B. Football
- C. Hockey ✓ **Predicted answer**
- D. Basketball

swer? Hockey is played with a stick and a ball.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 12 Physical Education

Which game is played with a racket and a shuttlecock?

- A. Tennis
- B. Badminton ✓ **Predicted answer**
- C. Squash
- D. Table tennis

Why this answer? Badminton uses a racket and a shuttlecock.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 13 Physical Education

Which game is played in a court with a net?

- A. Cricket
- B. Volleyball ✓ **Predicted answer**
- C. Football
- D. Hockey

Why this answer? Volleyball is played in a court with a net.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 14 Physical Education

Which game is known as the national game of England?

- B. Hockey
- C. Rugby
- D. Cricket ✓ **Predicted answer**

Why this answer? Cricket is the national game of England.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 15 Physical Education

What is sportsmanship?

- A. Winning at all costs
- B. Fair play and respect in sport ✓ **Predicted answer**
- C. Cheating
- D. Fighting

Why this answer? Sportsmanship is fair play and respect.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

Question 16 Physical Education

What is a game?

- A. Exercise only
- B. An activity with rules for fun or competition ✓ **Predicted answer**
- C. Running only
- D. Work

Why this answer? A game is an activity with rules.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education:

to physical education recurs in every Lecturer Physical Education sitting.

Question 17 Physical Education

What is a sport?

- A. Exercise only
- B. Running only
- C. A competitive physical activity ✓ **Predicted answer**
- D. Work

Why this answer? A sport is a competitive physical activity.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

Question 18 Physical Education

What is recreation?

- A. Work
- B. Exercise only
- C. Competition
- D. Activity for enjoyment and rest ✓ **Predicted answer**

Why this answer? Recreation is activity for enjoyment and rest.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

Question 19 Physical Education

What is a coach?

- A. A person who trains players ✓ **Predicted answer**
- B. A player

feree

- D. A fan

Why this answer? A coach trains players.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

Question 20 Physical Education

What is a referee?

- A. A player
- B. A coach
- C. A fan
- D. A person who enforces the rules ✓ **Predicted answer**

Why this answer? A referee enforces the rules.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

Question 21 Physical Education

What is an umpire?

- A. A person who decides in cricket ✓ **Predicted answer**
- B. A player
- C. A coach
- D. A fan

Why this answer? An umpire decides in cricket.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

22 Physical Education

What is a captain?

- A. A player
- B. A coach
- C. A referee
- D. The leader of a team ✓ **Predicted answer**

Why this answer? A captain leads a team.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

Question 23 Physical Education

What is a team?

- A. One player
- B. A coach
- C. A referee
- D. A group playing together ✓ **Predicted answer**

Why this answer? A team is a group playing together.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

Question 24 Physical Education

What is training in sports?

- A. Playing a match
- B. Resting
- C. Practice to improve performance ✓ **Predicted answer**
- D. Watching a match

swer? Training is practice to improve performance.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 25 Physical Education

What is a diet in sports?

- A. A medicine
- B. Food eaten by a sportsperson ✓ **Predicted answer**
- C. A drink
- D. A supplement

Why this answer? A diet is food eaten by a sportsperson.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 26 Physical Education

What is a vitamin?

- A. A medicine
- B. A food
- C. A drink
- D. A nutrient needed in small amounts ✓ **Predicted answer**

Why this answer? A vitamin is a nutrient needed in small amounts.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 27 Physical Education

What is a protein?

- B. A mineral
- C. A nutrient that builds the body ✓ **Predicted answer**
- D. A fat

Why this answer? Protein builds the body.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 28 Physical Education

What is a carbohydrate?

- A. A nutrient that gives energy ✓ **Predicted answer**
- B. A vitamin
- C. A mineral
- D. A fat

Why this answer? Carbohydrate gives energy.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 29 Physical Education

What is a fat?

- A. A vitamin
- B. A mineral
- C. A nutrient that stores energy ✓ **Predicted answer**
- D. A protein

Why this answer? Fat stores energy.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and

Question 30 Physical Education

What is an injury in sports?

- A. A win
- B. Damage to the body during play ✓ **Predicted answer**
- C. A loss
- D. A draw

Why this answer? An injury is damage to the body.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 31 Physical Education

What is first aid?

- A. Hospital treatment
- B. A medicine
- C. A surgery
- D. Immediate help given to an injured person ✓ **Predicted answer**

Why this answer? First aid is immediate help to an injured person.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 32 Physical Education

What is a sprain?

- A. An injury to a ligament ✓ **Predicted answer**
- B. An injury to a bone

njury to a muscle
- D. An injury to the skin

Why this answer? A sprain injures a ligament.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 33 Physical Education

What is a fracture?

- A. A sprain
- B. A strain
- C. A bruise
- D. A broken bone ✓ **Predicted answer**

Why this answer? A fracture is a broken bone.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 34 Physical Education

What is a strain?

- A. An injury to a bone
- B. An injury to a ligament
- C. An injury to a muscle ✓ **Predicted answer**
- D. An injury to the skin

Why this answer? A strain injures a muscle.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

35 Physical Education

What is a bruise?

- A. A mark from injury under the skin ✓ **Predicted answer**
- B. A broken bone
- C. A sprain
- D. A strain

Why this answer? A bruise is a mark from injury.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 36 Physical Education

What is the Olympic flag?

- A. Five rings on a white background ✓ **Predicted answer**
- B. One ring
- C. A torch
- D. A medal

Why this answer? The Olympic flag has five rings on white.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 37 Physical Education

What is the Olympic torch?

- A. A medal
- B. A flame carried to the Games ✓ **Predicted answer**
- C. A flag
- D. A trophy

swer? The Olympic torch is a flame carried to the Games.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 38 Physical Education

What is the Olympic oath?

- A. A song
- B. A speech
- C. A promise by athletes to play fairly ✓ **Predicted answer**
- D. A prayer

Why this answer? The Olympic oath promises fair play.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 39 Physical Education

What is a gold medal?

- A. A medal for second place
- B. A medal for first place ✓ **Predicted answer**
- C. A medal for third place
- D. A medal for fourth place

Why this answer? A gold medal is for first place.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 40 Physical Education

What is a silver medal?

edal for first place

- B. A medal for third place
- C. A medal for second place ✓ **Predicted answer**
- D. A medal for fourth place

Why this answer? A silver medal is for second place.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 41 Physical Education

What is a bronze medal?

- A. A medal for first place
- B. A medal for second place
- C. A medal for third place ✓ **Predicted answer**
- D. A medal for fourth place

Why this answer? A bronze medal is for third place.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 42 Physical Education

What is the Pakistan Sports Board?

- A. A team
- B. A club
- C. A ground
- D. A body for sports in Pakistan ✓ **Predicted answer**

Why this answer? The Pakistan Sports Board is for sports in Pakistan.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics

Question 43 Physical Education

What is the Pakistan Olympic Association?

- A. A body for Olympic sports in Pakistan ✓ **Predicted answer**
- B. A team
- C. A club
- D. A ground

Why this answer? The POA is for Olympic sports in Pakistan.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 44 Physical Education

What is the Pakistan Cricket Board?

- A. A team
- B. A club
- C. A ground
- D. A body for cricket in Pakistan ✓ **Predicted answer**

Why this answer? The PCB is for cricket in Pakistan.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 45 Physical Education

What is the Pakistan Hockey Federation?

- A. A team
- B. A body for hockey in Pakistan ✓ **Predicted answer**

- D. A ground

Why this answer? The PHF is for hockey in Pakistan.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 46 Physical Education

What is the Gaddafi Stadium?

- A. A hockey ground
- B. A football ground
- C. A school
- D. A cricket stadium in Lahore ✓ **Predicted answer**

Why this answer? Gaddafi Stadium is a cricket stadium in Lahore.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 47 Physical Education

What is the National Stadium?

- A. A hockey ground
- B. A cricket stadium in Karachi ✓ **Predicted answer**
- C. A football ground
- D. A school

Why this answer? The National Stadium is in Karachi.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

48 Physical Education

What is Lord's?

- A. A hockey ground
- B. A cricket ground in London ✓ **Predicted answer**
- C. A football ground
- D. A school

Why this answer? Lord's is a cricket ground in London.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 49 Physical Education

What is a century in cricket?

- A. 50 runs
- B. 200 runs
- C. 100 runs by a batsman ✓ **Predicted answer**
- D. 10 runs

Why this answer? A century is 100 runs.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 50 Physical Education

What is a half-century in cricket?

- A. 100 runs
- B. 200 runs
- C. 50 runs by a batsman ✓ **Predicted answer**
- D. 10 runs

swer? A half-century is 50 runs.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 51 Physical Education

What is a duck in cricket?

- A. Getting out for zero runs ✓ **Predicted answer**
- B. Getting out for 10 runs
- C. Getting out for 50 runs
- D. Getting out for 100 runs

Why this answer? A duck is out for zero.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 52 Physical Education

What is an LBW in cricket?

- A. Long ball wide
- B. Leg before wicket ✓ **Predicted answer**
- C. Last ball win
- D. Left bat wide

Why this answer? LBW is leg before wicket.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 53 Physical Education

What is a six in cricket?

- B. A wicket
- C. A ball hit over the boundary ✓ **Predicted answer**
- D. A catch

Why this answer? A six is over the boundary.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 54 Physical Education

What is a four in cricket?

- A. A ball over the boundary
- B. A ball reaching the boundary ✓ **Predicted answer**
- C. A wicket
- D. A catch

Why this answer? A four reaches the boundary.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 55 Physical Education

What is a wicket in cricket?

- A. A run
- B. A catch
- C. A ball
- D. A batsman getting out ✓ **Predicted answer**

Why this answer? A wicket is a batsman getting out.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and

s in every Lecturer Physical Education sitting.

Question 56 Physical Education

What is a hat-trick in cricket?

- A. Three runs
- B. Three wickets in three balls ✓ **Predicted answer**
- C. Three catches
- D. Three sixes

Why this answer? A hat-trick is three wickets in three balls.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 57 Physical Education

Who is known as the 'Little Master'?

- A. Imran Khan
- B. Javed Miandad ✓ **Predicted answer**
- C. Wasim Akram
- D. Shahid Afridi

Why this answer? Javed Miandad was the Little Master.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 58 Physical Education

Who is known as 'Boom Boom' Afridi?

- A. Imran Khan
- B. Wasim Akram

hid Afridi ✓ **Predicted answer**

- D. Javed Miandad

Why this answer? Shahid Afridi is Boom Boom.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 59 Physical Education

Who scored the fastest century in ODI cricket for Pakistan?

- A. Imran Khan
- B. Wasim Akram
- C. Shahid Afridi ✓ **Predicted answer**
- D. Javed Miandad

Why this answer? Shahid Afridi scored the fastest century.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 60 Physical Education

What is a penalty in hockey?

- A. A goal
- B. A pass
- C. A free hit for a foul ✓ **Predicted answer**
- D. A save

Why this answer? A penalty is a free hit for a foul.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

61 Physical Education

What is a penalty corner in hockey?

- A. A goal
- B. A pass
- C. A set piece from the corner ✓ **Predicted answer**
- D. A save

Why this answer? A penalty corner is a set piece.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 62 Physical Education

What is a goal in hockey?

- A. Scoring by putting the ball in the net ✓ **Predicted answer**
- B. A pass
- C. A save
- D. A foul

Why this answer? A goal is putting the ball in the net.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 63 Physical Education

What is the duration of a hockey match?

- A. 90 minutes
- B. 70 minutes
- C. 60 minutes ✓ **Predicted answer**
- D. 80 minutes

swer? A hockey match is 60 minutes.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 64 Physical Education

What is a goal in football?

- A. A pass
- B. A save
- C. A foul
- D. Scoring by putting the ball in the net ✓ **Predicted answer**

Why this answer? A goal is putting the ball in the net.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 65 Physical Education

What is a penalty in football?

- A. A goal
- B. A pass
- C. A save
- D. A free kick from 12 yards ✓ **Predicted answer**

Why this answer? A penalty is a free kick from 12 yards.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 66 Physical Education

What is offside in football?

ng behind the ball

- B. Being ahead of the ball and defenders ✓ **Predicted answer**
- C. A foul
- D. A goal

Why this answer? Offside is being ahead of the ball and defenders.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 67 Physical Education

What is the World Cup in football held every?

- A. Two years
- B. Every year
- C. Three years
- D. Four years ✓ **Predicted answer**

Why this answer? The World Cup is every four years.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 68 Physical Education

What is a slam dunk in basketball?

- A. Putting the ball through the hoop by jumping ✓ **Predicted answer**
- B. A pass
- C. A save
- D. A foul

Why this answer? A slam dunk is putting the ball through the hoop by jumping.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and

s in every Lecturer Physical Education sitting.

Question 69 Physical Education

What is a three-pointer in basketball?

- A. A pass
- B. A save
- C. A foul
- D. A shot from beyond the arc ✓ **Predicted answer**

Why this answer? A three-pointer is from beyond the arc.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 70 Physical Education

What is a serve in volleyball?

- A. Starting play by hitting the ball ✓ **Predicted answer**
- B. A pass
- C. A save
- D. A foul

Why this answer? A serve starts play.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 71 Physical Education

What is a spike in volleyball?

- A. A pass
- B. A save

- D. A hard hit over the net ✓ **Predicted answer**

Why this answer? A spike is a hard hit over the net.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 72 Physical Education

What is a rally in badminton?

- A. A serve
- B. A point
- C. A series of shots ✓ **Predicted answer**
- D. A game

Why this answer? A rally is a series of shots.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 73 Physical Education

What is a deuce in tennis?

- A. A serve
- B. A point
- C. A tie at 40-40 ✓ **Predicted answer**
- D. A game

Why this answer? Deuce is a tie at 40-40.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

74 Physical Education

What is a set in tennis?

- A. A group of games ✓ **Predicted answer**
- B. A serve
- C. A point
- D. A match

Why this answer? A set is a group of games.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 75 Physical Education

What is a match in tennis?

- A. A serve
- B. A point
- C. A game
- D. A contest of sets ✓ **Predicted answer**

Why this answer? A match is a contest of sets.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 76 Physical Education

What is the human heart rate at rest?

- A. About 72 beats per minute ✓ **Predicted answer**
- B. About 100
- C. About 50
- D. About 120

swer? Resting heart rate is about 72 per minute.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: anatomy recurs in every Lecturer Physical Education sitting.

Question 77 Physical Education

What is the largest bone in the human body?

- A. Humerus
- B. Tibia
- C. Femur ✓ **Predicted answer**
- D. Radius

Why this answer? The femur is the largest bone.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: anatomy recurs in every Lecturer Physical Education sitting.

Question 78 Physical Education

What is the smallest bone in the human body?

- A. Femur
- B. Stapes ✓ **Predicted answer**
- C. Humerus
- D. Tibia

Why this answer? The stapes is the smallest bone.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: anatomy recurs in every Lecturer Physical Education sitting.

Question 79 Physical Education

What is a joint?

ace where bones meet ✓ **Predicted answer**

- B. A muscle
- C. A bone
- D. A ligament

Why this answer? A joint is where bones meet.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: anatomy recurs in every Lecturer Physical Education sitting.

Question 80 Physical Education

What is a ligament?

- A. Tissue joining muscle to bone
- B. A muscle
- C. Tissue joining bones ✓ **Predicted answer**
- D. A bone

Why this answer? A ligament joins bones.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: anatomy recurs in every Lecturer Physical Education sitting.

Question 81 Islamiat

How many pillars of Islam are there?

- A. Four
- B. Six
- C. Five ✓ **Predicted answer**
- D. Seven

Why this answer? There are five pillars of Islam.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the five pillars recur in

Question 82 Islamiat

The first revealed Surah of the Holy Quran is:

- A. Surah Al-Alaq ✓ **Predicted answer**
- B. Surah Al-Fatiha
- C. Surah Al-Baqarah
- D. Surah Yaseen

Why this answer? Surah Al-Alaq was the first Surah revealed.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: revelation of the Quran recurs in every Lecturer sitting.

Question 83 Islamiat

How many Surahs are there in the Holy Quran?

- A. 110
- B. 114 ✓ **Predicted answer**
- C. 116
- D. 120

Why this answer? There are 114 Surahs in the Holy Quran.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the Quran recurs in every Lecturer sitting.

Question 84 Islamiat

The first mosque built in Islam was:

- A. Masjid Quba ✓ **Predicted answer**
- B. Masjid Nabawi

- D. Masjid Aqsa

Why this answer? Masjid Quba was the first mosque built in Islam.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: early Islamic history recurs in every Lecturer sitting.

Question 85 Islamiat

Zakat is payable on wealth above the nisab at the rate of:

- A. 5 percent
- B. 10 percent
- C. 20 percent
- D. 2.5 percent ✓ **Predicted answer**

Why this answer? Zakat is 2.5 percent of wealth above the nisab.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: Zakat recurs in every Lecturer sitting.

Question 86 Islamiat

The Holy Quran was revealed over a period of:

- A. 23 years ✓ **Predicted answer**
- B. 13 years
- C. 10 years
- D. 25 years

Why this answer? The Quran was revealed over 23 years.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: revelation of the Quran recurs in every Lecturer sitting.

87 Islamiat

The first Caliph of Islam was:

- A. Hazrat Umar
- B. Hazrat Usman
- C. Hazrat Ali
- D. Hazrat Abu Bakr ✓ **Predicted answer**

Why this answer? Hazrat Abu Bakr was the first Caliph.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the Khulafa-e-Rashideen recur in every Lecturer sitting.

Question 88 Islamiat

Fasting in Ramadan is the ___ pillar of Islam.

- A. first
- B. second
- C. fourth ✓ **Predicted answer**
- D. third

Why this answer? Fasting (Sawm) is the fourth pillar of Islam.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the five pillars recur in every Lecturer sitting.

Question 89 Islamiat

The Battle of Badr took place in:

- A. 1 AH
- B. 3 AH
- C. 5 AH
- D. 2 AH ✓ **Predicted answer**

swer? The Battle of Badr took place in 2 AH (624 CE).

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: early Islamic history recurs in every Lecturer sitting.

Question 90 Islamiat

The longest Surah of the Holy Quran is:

- A. Surah Al-Baqarah ✓ **Predicted answer**
- B. Surah Al-Imran
- C. Surah An-Nisa
- D. Surah Al-Maida

Why this answer? Surah Al-Baqarah is the longest Surah.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the Quran recurs in every Lecturer sitting.

Question 91 Islamiat

The Holy Prophet (PBUH) was born in:

- A. Madinah
- B. Makkah ✓ **Predicted answer**
- C. Taif
- D. Jerusalem

Why this answer? The Holy Prophet (PBUH) was born in Makkah.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: Seerat recurs in every Lecturer sitting.

Question 92 Islamiat

How many times is prayer (Salah) obligatory each day?

- B. Five ✓ **Predicted answer**
- C. Four
- D. Six

Why this answer? Salah is obligatory five times a day.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the five pillars recur in every Lecturer sitting.

Question 93 Islamiat

The first month of the Islamic calendar is:

- A. Ramadan
- B. Muharram ✓ **Predicted answer**
- C. Shawwal
- D. Rabi-ul-Awwal

Why this answer? Muharram is the first month of the Islamic year.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: Islamic calendar recurs in every Lecturer sitting.

Question 94 Islamiat

The migration of the Holy Prophet (PBUH) to Madinah is called:

- A. Hijrat ✓ **Predicted answer**
- B. Jihad
- C. Hajj
- D. Zakat

Why this answer? The migration to Madinah is called the Hijrat.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: Seerat recurs in every

Question 95 Islamiat

The shortest Surah of the Holy Quran is:

- A. Surah Al-Kawthar ✓ **Predicted answer**
- B. Surah Al-Ikhlas
- C. Surah Al-Asr
- D. Surah Al-Fatiha

Why this answer? Surah Al-Kawthar (3 verses) is the shortest Surah.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the Quran recurs in every Lecturer sitting.

Question 96 Pakistan Studies

The Lahore Resolution was passed in:

- A. 1940 ✓ **Predicted answer**
- B. 1930
- C. 1947
- D. 1935

Why this answer? The Lahore Resolution was passed on 23 March 1940.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: the Pakistan Movement recurs in every Lecturer sitting.

Question 97 Pakistan Studies

The first Constitution of Pakistan was adopted in:

- A. 1947
- B. 1956 ✓ **Predicted answer**

- D. 1973

Why this answer? The first Constitution of Pakistan was adopted in 1956.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: constitutional history recurs in every Lecturer sitting.

Question 98 Pakistan Studies

The current Constitution of Pakistan dates from:

- A. 1956
- B. 1962
- C. 1985
- D. 1973 ✓ **Predicted answer**

Why this answer? The current Constitution of Pakistan was adopted in 1973.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: constitutional history recurs in every Lecturer sitting.

Question 99 Pakistan Studies

Who presented the Lahore Resolution?

- A. A. K. Fazlul Huq ✓ **Predicted answer**
- B. Muhammad Ali Jinnah
- C. Liaquat Ali Khan
- D. Allama Iqbal

Why this answer? A. K. Fazlul Huq presented the Lahore Resolution in 1940.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: the Pakistan Movement recurs in every Lecturer sitting.

100 Pakistan Studies

The Durand Line is the border between Pakistan and:

- A. Iran
- B. India
- C. Afghanistan ✓ **Predicted answer**
- D. China

Why this answer? The Durand Line is the Pakistan-Afghanistan border.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: Pakistan geography recurs in every Lecturer sitting.

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