Unit 2: Recreation and Sports

38 MCQs. Correct option in bold. 1 mark each.

1. What is a primary benefit of engaging in leisure activities?
A. Decreased social interaction **B. Improved physical health**
C. Increased stress levels D. Reduced cognitive functions

2. How do leisure activities contribute to community building?
A. By promoting isolation
B. By increasing work-related stress
C. By fostering social cohesion and community engagement
D. By reducing social bonds

3. What mental health benefit is associated with leisure activities?
A. Improved emotional well-being B. Decreased self-esteem
C. Increased anxiety D. Increased cognitive decline

4. Which traditional game is played with a small wooden stick and a larger stick?
A. Kabaddi B. Cricket
C. Hockey **D. Gilli-Danda**

5. Storytellers in rural Pakistan are known as
A. Dastan Go B. Hakim C. Qawwal D. Pehlwan

6. The most popular sport in Pakistan is
A. squash B. football **C. cricket** D. hockey

7. Pakistan's national game is
A. squash B. kabaddi C. cricket **D. hockey**

8. How do sports contribute to physical fitness?
A. By increasing the risk of chronic diseases
B. By enhancing cardiovascular health and muscle strength
C. By reducing physical activity
D. By promoting sedentary lifestyles

9. A key social benefit of team sports is
A. reducing social interaction B. decreasing communication skills
C. promoting individualism **D. enhancing teamwork and cooperation**

10. Kushti (pehlwani) is a form of traditional
A. wrestling B. racing
C. archery D. tug of war

11. In Kushti, wrestlers are called
A. Mureeds B. Qawwals **C. Pehlwans** D. Hakims

12. The circular arena of Kushti is called
A. Chopal **B. Akhara** C. Dastan D. Maidan

13. The city of Pehlwans in Pakistan is
A. Gujranwala B. Multan
C. Karachi D. Lahore

14. Gama Pehlwan was given the title
A. Flying Horse B. Sultan of Swing
C. Rustam-e-Zaman D. Maradona of Hockey

15. Malakhra is a traditional wrestling sport of
A. Balochistan B. Khyber Pakhtunkhwa
C. Punjab **D. Sindh**

16. Pakistan has won _____ Olympic gold medals in hockey.
A. one **B. three** C. seven D. five

17. Pakistan has won _____ hockey World Cup titles.
A. six B. one C. two **D. four**

18. Pakistan's Olympic hockey golds came in 1960, 1968 and
A. 1976 B. 2000 **C. 1984** D. 1992

19. Sohail Abbas is famous as a
A. penalty corner specialist B. goalkeeper
C. wrestler D. boxer

20. Samiullah was nicknamed
A. the Runs Machine **B. the Flying Horse**
C. the Maradona of Hockey D. the Sultan of Swing

21. Hashim Khan, Jahangir Khan and Jansher Khan are legends of
A. boxing B. hockey **C. squash** D. cricket

22. Jahangir Khan won a record _____ British Open titles.
A. 10 B. 12 C. 6 D. 8

23. Jansher Khan won _____ World Championship titles.
A. 8 B. 6 C. 10 **D. 4**

24. The Pakistan Squash Complex is in
A. Karachi **B. Islamabad** C. Peshawar D. Lahore

25. Pakistan played its first Test match in 1952 against
A. India B. West Indies
C. Australia D. England

26. The captain of Pakistan in the 1992 World Cup was
A. Javed Miandad B. Wasim Akram
C. Imran Khan D. Inzamam-ul-Haq

27. Zaheer Abbas was called the
A. Boom Boom B. Sultan of Swing
C. Falcon **D. Asian Bradman**

28. Sana Mir was the first Pakistani woman to take _____ wickets in ODIs.
A. 50 **B. 100** C. 200 D. 10

29. Pakistan won the Cricket World Cup in
A. 2009 B. 1987 C. 1996 **D. 1992**

30. Pakistan won the ICC T20 World Cup in
A. 2022 **B. 2009** C. 2017 D. 1992

31. Pakistan won the ICC Champions Trophy in
A. 2017 B. 2009 C. 1992 D. 2023

32. Pakistan beat Japan 3-1 in football at the Merdeka Cup in the
A. 2000s B. 1990s **C. 1960s** D. 1980s

33. The Pakistan Football Federation (PFF) was established in
A. 1960 **B. 1948** C. 1971 D. 1947

34. Which Pakistani boxer won a bronze medal at the 1988 Seoul Olympics?
A. Hussain Shah B. Muhammad Waseem
C. Abrar Hussain D. Ahsan Ramzan

35. Aisam-ul-Haq Qureshi is a famous Pakistani
A. hockey player B. swimmer
C. boxer **D. tennis player**

36. Arshad Nadeem is famous for
A. Snooker B. Wrestling
C. Javelin throw D. Kabaddi

37. Muhammad Asif became World Amateur Snooker Champion in
A. 1994 B. 2022 C. 2019 **D. 2012**

38. Karate, taekwondo and judo are
A. traditional wrestling styles **B. martial arts**
C. team sports D. track events