

QUESTIONS

PSV / FOOTBALL



True or false?

Adults (difficult questions)

1. PSV was founded on 31 August 1913
2. PSV was founded for and by employees of Philips
3. PSV became Dutch champions for the first time in 1950
4. PSV won the European Cup for the first time in the 1987-1988 season
5. Guus Hiddink was the coach of PSV when the club won the 1988 European Cup
6. PSV won the KNVB cup for the first time in the 1949-1950 season
7. PSV has won the KNVB cup 9 times
8. Willy van der Kuyl set a record in the 1956-1957 season by scoring 43 goals in the Dutch league
9. Coen Dillen is also nicknamed 'the Cannon'
10. The PSV training complex (de Herdgang) is made up of two parts, PSV first team and PSV academy
11. John de Jong is the CEO at PSV
12. PSV's first logo was a circle incorporating a light bulb
13. There are 4 verses in the PSV club song
14. PSV's club song was introduced as the official club song on 3 October 1960
15. During the 2014-2015 season, PSV achieved the highest number of points
16. Mohammed Ihattaren is the youngest debutant ever for PSV
17. A prayer room was created in PSV's dressing room especially for Arouna Koné
18. Since January 2017, PSV has been offering numerous socially engaged programmes through the PSV Foundation
19. On 24 October 2010, PSV won 10-0 against Feyenoord
20. On 31 August 2013, PSV played against Heerenveen in the Philips Stadium for its 100th anniversary
21. PSV has never won the Champions League
22. Willy van der Kuyl is PSV's top scorer of all time
23. Romario scored 98 goals in 109 games
24. PSV became champion in the 2006-2007 season because it had the same number of points as Ajax, but finished with one goal more than the Amsterdammers
25. Phillip Cocu scored the decisive goal that enabled PSV to become champions in the 2006-2007 season
26. PSV have been national champions 12 times in the 21st century
27. One of the PSV strikers who is sure to score is Mateja Kezman. The striker was top scorer in the premier league three times
28. Memphis Depay left for top English club Manchester United in 2015
29. Camp Nou is one of the largest stadiums in Europe
30. PSV has a rich history with Mexican footballers. One of them was the much-loved Andres Guardado. In 2017, he traded PSV for Valencia
31. The largest stadium in the Netherlands is Feijnoord Stadium ('de Kuip', the Tub)
32. The fastest goal in the premier league was scored after eight seconds
33. PSV holds the record for most consecutive victories in the premier league since the start of the season
34. Guus Hiddink is the coach with the most national titles in the premier league to his name
35. At € 75 million, Matthijs de Ligt boasts the highest transfer sum for a move from the premier league to a foreign country
36. Former PSV player Jetro Willems received the fastest red card ever in the premier league
37. The main sponsor of PSV is Metropolis region Brainport Eindhoven. A number of companies in the region come under this banner
38. PSV were national champions for the last time in the 2016-2017 season
39. The oldest professional football club in the Netherlands is Sparta Rotterdam
40. Each team may substitute three times per game. When an extension is necessary, teams have one additional opportunity for substitution

Children (easy questions)

1. PSV stands for Potje Samen Voetballen (Playing Football Together)
2. The PSV Stadium is called the Jan Louwers Stadium
3. PSV was founded in 1913
4. The PSV mascot is called Flexy
5. The PSV mascot is a fox
6. The PSV mascot wears the number 100 on the back of his shirt
7. Phoxy, PSV's mascot, was named Mascot of the Year a few years ago
8. PSV plays in the first division
9. A football team consists of 8 players
10. There are a total of 22 players on a football field
11. PSV's club song begins with the phrase 'voor rood wit gezongen' ('sung for red and white')
12. A football game consists of two 45-minute halves. At the halfway point, the teams have 15 minutes of rest and go to the locker room
13. Jeroen Zoet was once the goalkeeper for PSV, but he had to stop as he regularly fell asleep during training sessions
14. Luuk de Jong is currently the striker for PSV
15. PSV's club colours are red, white and yellow
16. The Philips stadium, home to PSV, is located in the centre of Eindhoven
17. Once 5 red cards have been handed out during a match, the match is over
18. PSV became champions in the 2017/2018 season
19. PSV's Philips Stadium is the largest stadium in the Netherlands with the most seats
20. PSV's stadium has 10,000 seats (equivalent to 400 classes with 25 children each)
21. A corner is also called a corner kick
22. PSV have been Dutch champions 4 times
23. VAR is also known as the video official
24. The PSV training complex is called PSV Campus de Herdgang
25. A penalty kick is another word for a penalty
26. If the goalkeeper has the ball in their hand for more than 6 seconds, the opponent receives a free kick at the place where this happened
27. A 'toss' is done at the start of a match. The team that wins the toss determines which goal will be defended in the first half
28. PSV Vrouwen (PSV Women) always play their home games in the Philips Stadium
29. The distance from the penalty spot to the goal is 11 metres
30. The supporters' sections of the Philips Stadium are located on the west stand
31. The abbreviation KNVB stands for Koninklijke Nederlandse Voetbalbond (Royal Dutch Football Association)
32. The PSV fan store is located at the Philips Stadium
33. In the Philips Stadium there is a grandstand especially for families
34. At the beginning of the match, a 'toss' is done by the referee and both goalkeepers
35. The mascot of the Dutch national team is a lion
36. Eighteen teams play in the premier league
37. When you score three goals in a game, this is called a hat-trick
38. Messi was named the best footballer of the year for 2020
39. In 2017, Lieke Martens (of the Orange Lionesses) was voted the best female footballer in the world
40. There is a flag in the PSV logo



ANSWERS

PSV / FOOTBALL



True or false?

Adults

1. True
2. True
3. False – they were first-time champions in 1929
4. True
5. True
6. True
7. True
8. False – that record was set by Coen Dillen
9. True – this is because of his kicking ability
10. True
11. False – that is Toon Gerbrands. John de Jong is the director of football
12. True
13. True
14. False – it was introduced on October 3, 1950
15. True – 88 points
16. False – that was Stanley Bish
17. True – as he is very religious, a prayer room was created for him at the time
18. True
19. True
20. False – the match was against SC Cambuur
21. True – although it has participated in the Champions League 18 times
22. True – he scored 308 goals for PSV
23. True
24. True
25. True
26. False – PSV have been champions 10 times in the 21st century
27. True
28. True
29. True
30. False – he left for Real Betis
31. False – the Johan Cruijff Arena, home to Ajax, is the largest
32. True – it is credited to Koos Waslander (NAC) in the 1981-1982 season
33. True – in the 1987-1988 season PSV won the first 17 games
34. True – he has 6 championships to his name
35. False – Frenkie de Jong transferred from Ajax to Barcelona for € 86 million
36. True – he was sent to the locker room after only 29 seconds in the 2014-2015 season
37. True
38. False – this was in the 2017-2018 season
39. True – it was founded on 1 April 1888
40. True

Children

1. False – it stands for Philips Sport Vereniging (Philips Sports Association)
2. False – it's called the Philips Stadium
3. True
4. False – PSV's mascot is called Phoxy
5. True
6. False – he wears the number 99
7. True – in 2006
8. False – PSV plays in the premier league
9. False – a football team has eleven players. This also includes the goalkeeper
10. True
11. True
12. True
13. False – Jeroen Zoet has never fallen asleep during a training session
14. False – Luuk de Jong has left PSV and now plays football for Sevilla
15. False – the club colours are red and white only
16. True
17. True
18. True
19. False – the Johan Cruijff Arena, home to Ajax, is the largest and has the most seats
20. False – the stadium has 35,000 seats (1,400 classes with 25 children each)
21. True
22. False – they have already been champions 24 times
23. True
24. True
25. True
26. True
27. True
28. False – PSV Vrouwen play football at PSV Campus de Herdgang
29. True
30. False – they are located on the east stand
31. True
32. True
33. True – this is known as the family corner
34. False – the captains do the toss
35. True
36. True
37. True
38. False – Robert Lewandowski received that award
39. True
40. True



QUESTIONS

VITALITY

True or false?



Adults (difficult questions)

1. To make the most efficient use of your energy, you should prioritise your tasks
2. The best idea is to plan tasks that cost a lot of energy one after the other
3. The opinions and behaviours of others consciously or unconsciously influence how you view your own behaviour
4. High demands, little self-control and few helpful colleagues at work increase the risk of cardiovascular disease
5. Modelling is the unconscious adoption of the behaviour of role models/idols
6. Drives describe the things you value and that motivate you to do or not do something
7. You need intrinsic motivation if you want to change your lifestyle and maintain this in the long term
8. When you consciously and repetitively respond in a new way to the same signal, this is known as developing a habit
9. Gluten is a mixture of carbohydrates that occurs naturally in some grains
10. Solid vegetable fats are fats you should avoid
11. Everything labelled with an E number is unhealthy
12. Your body needs fat because it plays an important role in absorbing and transporting vitamins
13. The human body has about 100 muscles
14. An adult person needs 30-40 grams of fibre per day
15. There is as much sugar in a glass of freshly squeezed orange juice as there is in a glass of Coke
16. Products may only be labelled 'light' if there is 30 percent less of an ingredient in the product than in the original. This could be in the form of calories, sugars or fats
17. Adults are advised to do 150 to 300 minutes of moderate-intensity exercise or 75 to 150 minutes of high-intensity exercise spread over several days per week
18. It is important that you stand up for a moment every 30 minutes to activate the blood circulation
19. Adults are advised to do muscle and bone strengthening exercises at least twice a week
20. Endorphins are substances released during exercise. They are also called the happiness hormones
21. During moderate/intensive exercise, it is important that you breathe from your chest
22. Writing down your tasks can give you peace of mind
23. Exercising just before bed can help give you a better night's sleep
24. During dreaming sleep, your heart rate is very irregular and your blood pressure rises
25. Fibre is also a carbohydrate just like starch and sugar
26. The recommended sleep duration for adults is 7-9 hours
27. If you receive a lot of natural light during the day, it has a negative impact on the quality of your sleep
28. A fixed day and night pattern is beneficial for a good night's sleep
29. Being in good condition helps you to fall asleep faster and sleep more deeply
30. The CO2 level in the bedroom does not affect sleep quality
31. Sugar from fruit is healthier than granulated sugar
32. Trans fats are bad and are best avoided
33. Strength training causes small tears in your muscles
34. The quality of your sleep does not affect your appetite
35. On average, it takes twenty minutes for the brain to send the signal that you are satiated
36. Fresh vegetables are healthier than frozen vegetables
37. Ingredients that are present in a product in the greatest amount are listed at the top of the list of ingredients
38. One billion cells are replaced in the body every hour
39. Your heart pumps around between 8000 and 9000 litres of blood per day. That's about 6 litres per minute
40. The salivary glands in your mouth produce over a litre of saliva per day



Children (easy questions)

1. If your body takes in more energy than you use, you'll gain weight
2. If you believe in yourself, you can achieve more
3. If you don't like doing something, such as going to bed early, you won't be able to do it
4. When tasting food, you only use your tongue and not your nose and eyes
5. Sweating helps your body to cool down so you don't get too hot
6. It is healthy to drink a lot of cordial
7. Your body consists two-thirds of water
8. Yoghurt is made from the yoghurt plant
9. There is as much sugar in a glass of freshly squeezed orange juice as there is in a glass of Coke
10. The recommended amount of vegetables for a child aged 9-13 years is at least 150-200 grams per day
11. 'Light' products are really healthy
12. Eating two pieces of fruit a day is healthy
13. Fibre keeps your bowels working properly and satisfies your hunger. Fibre is found in vegetables, bread, fruit and nuts, among other things
14. If your muscles adapt during exercise, this is known as digestion
15. Strawberries are the healthiest fruit
16. Dairy is good for strong bones because it contains calcium
17. Milk is made in the supermarket
18. When you exercise, your heart rate increases, your breathing speeds up and you begin to sweat lightly
19. It's not good to look at a screen for long periods of time (laptop, TV, phone)
20. Swimming is the most popular sport among girls aged 5-18 years
21. Fitness training is the most popular sport among boys aged 5-18 years
22. Doing a warm-up before exercising helps to prevent injuries
23. If you exercise regularly, you will feel better about yourself, you will be less likely to get sick, and your bones and muscles will get stronger
24. If you have muscle pain, the best thing to do is lie on the couch and wait for it to pass
25. Being in good condition means that you are good at all kinds of sports
26. If you see someone else snacking, chances are you'll feel like snacking too
27. Your friends can subconsciously influence how you behave
28. When you exercise, your body temperature goes down
29. If your mind is racing, it can help to take slow, deep abdominal breaths
30. Relaxation means doing nothing
31. We sleep for about one third of our lives
32. If you have trouble falling asleep, it may help to pay attention to your breathing, and to breathe in and out slowly
33. You dream every night
34. If you don't sleep well, chances are you'll get sick more easily
35. Children aged 5-10 years are advised to get about 5 to 6 hours of sleep per night
36. Your brain is not active while you are asleep
37. Looking at your phone just before going to bed is bad for your sleep
38. It's best to always go to bed and get up at set times
39. Your brain is very bad at remembering a lot of things
40. Smiling causes your brain to produce a substance that makes you feel happy



ANSWERS

VITALITY



True or false?

Adults

1. True
2. False – it's actually best to alternate between energisers and de-energisers so that you stay in balance
3. True
4. True
5. True
6. True – if you want to change something, you have to take action, and for that you need drives
7. True – without intrinsic motivation it becomes difficult to sustain something over the long term
8. True
9. False – it is a mixture of proteins that occurs naturally in some grains
10. True – these are trans fats, which can have harmful effects
11. False – not all E numbers are harmful to the body
12. True – some vitamins are only soluble in fat. However, you should be careful about eating products containing fat. For example, the fat in fish is very healthy, while the fat in cookies or candy is not
13. False – the body has about 600 muscles
14. True
15. True – both contain the equivalent of 7 sugar cubes. However, a glass of freshly squeezed orange juice is healthier because it also contains vitamins
16. True
17. True
18. True
19. True
20. True – they work similarly to a drug that makes you feel blissful
21. False – it is important to breathe from the abdomen, because it allows you to take in more oxygen
22. True – writing them down often takes a load off your mind
23. False – it actually makes you sleep worse
24. True – the brain is very active during this type of sleep
25. True
26. True – this may vary from person to person, however
27. False – this actually has a positive effect on sleeping. The natural light tells your body that it is daytime, which enables your body to better recognise when it is no longer daytime
28. True – if you have an irregular sleep pattern (for example, on the weekend) it is difficult to sleep well the following days
29. True
30. False
31. False – sugar is sugar and your body reacts to it in the same way regardless of where it comes from
32. True
33. True – but this is fine. Your body will actually recover better than before
34. False – if you don't sleep well, you crave sugary snacks more
35. True
36. False
37. True
38. True
39. True
40. True – and since the average capacity of a bathtub is 114 litres, an adult person could fill more than three bathtubs a year with saliva

Children

1. True – this is why it's important to get enough exercise and not to snack too much.
2. True
3. False – if you just do those things that you don't enjoy as much, you'll manage them as well
4. False – you use your tongue, eyes and nose when tasting food
5. True
6. False – there is a lot of sugar in cordial. You're better off drinking a lot of water
7. True
8. False – yoghurt is made by heating milk
9. True – however, a glass of freshly squeezed orange juice is healthier because it also contains vitamins
10. True – but eating more vegetables can't hurt
11. False – there are a lot of sweeteners in these products and they are not good for your body
12. True – two pieces of fruit is the recommended intake. Fruit contains vitamins and fibre that you need, but you should be careful not to eat too much
13. True
14. False – digestion is the process by which your body digests food. Your body extracts good substances from food in order to grow properly
15. False – strawberries are healthy, but they are no healthier than any other type of fruit. Each type of fruit contains different vitamins and minerals. Eating a variety of fruit is best
16. True
17. False – milk comes from cows
18. True
19. True – you shouldn't look at a screen for more than 2 hours a day. The less, the better
20. True
21. False – this is football
22. True
23. True
24. False – exercising will help the muscle pain to pass sooner
25. False – being in good condition means that you don't get tired easily and you are fit
26. True – seeing someone eat often makes you want to eat yourself. Stop and ask yourself if it's really necessary
27. True – if you spend time with someone often, you may begin to unconsciously copy their behaviour
28. False – it actually rises
29. True – this can make you very calm
30. False – everyone relaxes in their own way. Walking or running is also a form of relaxation
31. True
32. True
33. True – you dream every night, but you don't always remember it
34. True – this is because your immune system becomes weaker
35. False – they need about 10 to 11 hours
36. False – your brain is extremely active and is processing everything that happened that day
37. True – this is because your brain remains very active due to the light from your phone
38. True – this makes it easier to get up and your body will get used to the same rhythm. If you keep this up for long enough, you won't even need an alarm clock anymore
39. True – there's a good chance you'll forget things. It's best to write down the things you need to remember. You may well forget things if you don't write them down
40. True

