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Sr. No. 045

# ENTRANCE TEST-2020

SCHOOL OF EDUCATION AND BEHAVIOURAL SCIENCES

PHYSICAL EDUCATION

Question Booklet Series **A**

Total Questions : 60

Time Allowed : 70 Minutes

Roll No. : 

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### Instructions for Candidates :

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5. Use only blue/black ball point pen to darken the circle of correct/most appropriate response. In no case gel/ink pen or pencil should be used.
6. Do not darken more than one circle of options for any question. A question with more than one darkened response shall be considered wrong.
7. There will be '**Negative Marking**' for wrong answers. Each wrong answer will lead to the deduction of 0.25 marks from the total score of the candidate.
8. Only those candidates who would obtain positive score in Entrance Test Examination shall be eligible for admission.
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10. Calculators and mobiles shall not be permitted inside the examination hall.
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1. "Physical education is that phase of the whole fields of education that deals with big muscles activities and their related response" — this definition is given by :
  - (A) H.C. Buck
  - (B) J.B. Nash
  - (C) P.D. Cobertin
  - (D) Charles A Butcher
2. Reality is based on human existence ; it deals with :
  - (A) Realism
  - (B) Pragmatism
  - (C) Existisism
  - (D) Naturalism
3. The major objective(s) of physical education is/are :
  - (A) Worthy use of Leisure time
  - (B) Health
  - (C) Both (A) and (B)
  - (D) None of above
4. A blow on the surface causing bleeding from ruptured capillaries below the skin is called as :
  - (A) Wound
  - (B) Brushes
  - (C) Abrasion
  - (D) Contusion
5. 'Right to Physical education and sports as fundamental right for all' is included in :
  - (A) UNESCO Charter
  - (B) SAI Charter
  - (C) WHO Charter
  - (D) mHRD Charter
6. Operant conditioning theory of learning is given by :
  - (A) Pavalon
  - (B) William
  - (C) Derreway
  - (D) B.F. Skinner
7. Which of the following personality traits are included in introversion ?
  - (A) Reliable
  - (B) Talkative
  - (C) Assertive
  - (D) All of above
8. Hierarchy of needs in motivation is given by :
  - (A) George R. Terry
  - (B) Beston William
  - (C) Maslow
  - (D) Porter
9. Who postulated the surplus energy theory of play ?
  - (A) Patrick
  - (B) Lumley
  - (C) G. Stanely Hall
  - (D) Spencher and Schiller
10. In Gladiators there was fight between :
  - (A) Men with wild animals
  - (B) Men vs men
  - (C) Animal with other animals
  - (D) Both (A) and (B)
11. In Sparta a boy at the age of 18 years was enrolled in a secret corp known as :
  - (A) Crypteia
  - (B) Palaestrda
  - (C) Dedascalum
  - (D) None of the above
12. For which of the following objectives had the Spartans in ancient Greece live and die ?
  - (A) Economic excellence
  - (B) Academic excellence
  - (C) Military excellence
  - (D) Social excellence

13. Who was elected as first President of International Olympic Committee (I.O.C.) :
- (A) Pierre Baron de Coubertin  
 (B) Demetrios Vikelas  
 (C) Guts mutts  
 (D) Jacquis Rogger
14. The President of International Olympic Committee (I.O.C.) is elected for a period of :
- (A) 6 years  
 (B) 5 years  
 (C) 3 years  
 (D) None of above
15. 2022 Asian Games will be held at :
- (A) Tokyo, Japan  
 (B) Mascot, China  
 (C) New Delhi, India  
 (D) Incheon, Korea
16. Raj Kumari Amrita Kaur was outstanding in :
- (A) Archery  
 (B) Badminton  
 (C) Tennis Player  
 (D) Table tennis
17. All India Council of Sports was established in :
- (A) 1955  
 (B) 1954  
 (C) 1973  
 (D) 1951
18. SAI was established in the year :
- (A) 1986  
 (B) 1990  
 (C) 1984  
 (D) 1882
19. The study of muscle is known as :
- (A) Biology  
 (B) Ostiology  
 (C) Mycology  
 (D) Cardiology
20. Deltoid muscle fibres originated from :
- (A) Scapula  
 (B) Clavical  
 (C) None of these  
 (D) Both
21. Where is the insertion of latissimus dorsi ?
- (A) Scapula  
 (B) Sternum  
 (C) Humerus  
 (D) Clavicle
22. In human body equilibrium refers when acceleration is :
- (A) Positive  
 (B) Negative  
 (C) Zero  
 (D) None of above
23. When Load is between the force and the fulcrum it is :
- (A) First class lever  
 (B) Second class of lever  
 (C) Third class of lever  
 (D) Both (B) and (C)
24. The tendency of a body to remain in existing state of uniform motion or rest is known as :
- (A) Uniform Speed  
 (B) General motion  
 (C) Linear motion  
 (D) Inertia
25. Displacement is :
- (A) Scalar quantity  
 (B) Vector quantity  
 (C) Vertical Quantity  
 (D) None of above
26. The dimension of hockey field for girls is :
- (A)  $91.40 \times 55$  mts  
 (B)  $87.60 \times 53.45$  mts  
 (C)  $88.60 \times 52.45$  mts  
 (D)  $89.60 \times 55.45$  ft.

27. The height of net for women in volleyball is :
- 2.41 meters
  - 2.34 meters
  - 2.12 meters
  - 3.12 meters
28. Handball team consists of :
- 10 players
  - 12 players
  - 14 players
  - 16 players
29. Term "let" is related in :
- Cricket
  - Badminton
  - Volleyball
  - Kabaddi
30. In coaching the training schedule is planned by :
- Player only
  - Coach only
  - Coach, chief coach and assistant coach
  - Coach and with the help of other administrative official
31. The minimum academic and professional qualification for coach in India is :
- 12 pass and diploma from NSNIS
  - Graduation and diploma from NSNIS
  - B.P.Ed. and diploma in physical education
  - Graduation, B.P.Ed. and master's degree in physical education
32. A training schedule consisting of 3-10 days is known as :
- Micro plan
  - Macro plan
  - Meso plan
  - None of above
33. Which of the following test is not motor ability/fitness test :
- AAPHER Test
  - Scot motor ability test
  - Warner test
  - JCR test
34. Standing broad jump is used to check :
- Upper arm strength
  - Leg strength
  - Le flexibility
  - Leg agility
35. Which one of is not included in physical fitness ?
- Health
  - Speed
  - Strength
  - Coordinative abilities
36. Which of the following method is not applied for the development of flexibility ?
- Ballistic method
  - Static method
  - Weight training method
  - None of above
37. Blood gets deoxygenated in :
- Muscles
  - Heart
  - Lungs
  - Nerves
38. Which of the following is the largest gland ?
- Kidney
  - Thyroid
  - Liver
  - Lung
39. The function of bones in the body is to provide :
- Strength to body
  - Power to body
  - Structure to body
  - All of the above

40. Dietary pattern of sports person depends on :
- Type of sports
  - Intensity of exercise
  - None of above
  - Both (A) and (B)
41. Which of the following is not a type of bandage :
- Roller bandage
  - Tubular bandage
  - Circular bandage
  - Triangular bandage
42. The scapula is attached with in :
- Femur
  - Sternum
  - Clavical
  - Vertebral Column
43. During exercise the supply of blood flow increases towards :
- Heart
  - Muscles
  - Brain
  - Kidney
44. Which one of the methods is applied to assess nutritional status of an individual :
- Body length
  - Body weight
  - Diet intake
  - All of the above
45. Malnutrition is caused due to :
- Excess intake of nutrients
  - Less intake of nutrients
  - Both of above
  - None of above
46. How to minimize the sports injuries by :
- By improving fitness/conditioning
  - Using protective gears
  - Avoiding harsh conditions/environment
  - Repairing grounds
47. Absorption of water takes place in :
- Large intestines
  - Small intestines
  - Liver
  - Kidney
48. Posture deformity, due to inward curvature of spine in lumbar region is known as :
- Khyposis
  - Lordosis
  - Sclerosis
  - Complex sclerosis
49. How many bones are in a hand ?
- 25
  - 24
  - 23
  - 27
50. Quadriiceps muscles causes :
- Extension of knee
  - Flexion of knee
  - Both extension and flexion of knee
  - Flexion of ankle
51. Cold climate causes :
- Vasoconstriction of blood vesicles
  - Vasodilation of blood vesicles
  - Both (A) and (B)
  - None of above
52. Which one of the physical fitness is less trainable ?
- Speed
  - Strength
  - Flexibility
  - Endurance
53. In Football, injuries usually occur in :
- Head region
  - Chest region
  - Knee
  - Upper back region

54. I.C.T. stands for :
- (A) Information and communication technology
  - (B) Innovation and computer technology
  - (C) Innovation and communication technology
  - (D) Innovation and commercial technology
55. One tera byte (1tb) is equal to
- (A) 1100 Gb
  - (B) 100 Gb
  - (C) 1024 Gb
  - (D) 10000 Gb
56. Hawk eye technology is mostly used in :
- (A) Hockey
  - (B) Volleyball
  - (C) Tennis
  - (D) Kho Kho
57. Ordinary Printer attached to a computer is :
- (A) Input device only
  - (B) Output device only
  - (C) Some time input some time output
  - (D) Software device only
58. Acute Sprain is an injury to :
- (A) Tendon
  - (B) Ligament
  - (C) Muscle
  - (D) All of the above
59. FIBA stands for :
- (A) Federation of Indiana basketball
  - (B) Federation of Indian basketball
  - (C) International basketball federation
  - (D) Federation of International basketball
60. The headquarter of National Institute of Sports is located in :
- (A) Bangalore
  - (B) Patiala
  - (C) Thiruvananthapuram
  - (D) Kolkata

1. Bending forward of the trunk is an example of movement in the :
  - (A) Frontal plane
  - (B) Transverse plane
  - (C) Sagittal plane
  - (D) Longitudinal axis
2. AAHPER Health Related Physical Fitness Test is used to assess which of the following components ?
  - (A) Explosive strength of legs
  - (B) Speed and agility
  - (C) Cardio-respiratory function
  - (D) Muscle strength (Dynamic)
3. Which of the following is a definition of fitness ?
  - (A) The ability to meet the demands of the environment
  - (B) A state of complete mental, physical and social well-being, and not merely the absence of disease or infirmity
  - (C) A form of physical activity done primarily to improve one's health and physical fitness
  - (D) How well a task is completed
4. Which of the following is not the name of lines found on a tennis court ?
  - (A) Centre line
  - (B) Service line
  - (C) Deuce line
  - (D) Base line
5. Athlete's foot is caused by :
  - (A) An increase in foot size during training
  - (B) A virus
  - (C) A fungus
  - (D) An injury associated with 100 m runners
6. Anaerobic capacity contributes to :
  - (A) Endurance development
  - (B) Flexibility development
  - (C) Coordination development
  - (D) Speed development
7. The center of gravity of an athlete is always somewhere within the athlete's body :
  - (A) True
  - (B) False
  - (C) Only during free fall
  - (D) Only when the athlete is in contact with the ground
8. Which training method involves running at varying speeds and is most suited to different types of terrain ?
  - (A) Interval
  - (B) Continuous
  - (C) Cross
  - (D) Fartlek
9. What is the distance between the hurdles in Johnson basketball dribble test ?
  - (A) 5 feet
  - (B) 6 feet
  - (C) 7 feet
  - (D) 8 feet
10. Who was a legendary ancient Greek poet traditionally said to be the author of the epic poems the Iliad and the Odyssey ?
  - (A) Homer
  - (B) Eupolis
  - (C) Plato
  - (D) Alexander
11. How many Paralympic sports are to have dedicated test events in the lead-up to the Rio 2016 Paralympic Games ?
  - (A) Four
  - (B) Five
  - (C) Six
  - (D) Three
12. The process in which cells and organisms are able to maintain a stable balance of internal and external substances and forces is called :
  - (A) Adaptation
  - (B) Equilibrium
  - (C) Adjustment
  - (D) Homeostasis



13. Flags shall be placed at an angle of \_\_\_\_\_ with the ground away from the 400 m track.
- (A) 60°  
 (B) 45°  
 (C) 40°  
 (D) 65°
14. Which valve prevents the backwards flow of blood into the left atrium ?
- (A) Aortic valve  
 (B) Pulmonary valve  
 (C) Mitral valve  
 (D) Tricuspid valve
15. Which specific massage movement would be most beneficial to relieve tense quadriceps ?
- (A) Effleurage  
 (B) Kneading  
 (C) Hacking  
 (D) Vibrations
16. What is inversion ?
- (A) Lifting the medial border of the foot  
 (B) Lifting the lateral border of the foot  
 (C) Pointing the toe upwards  
 (D) Pointing the toe downwards
17. Which of the following is incorrectly matched ?
- (A) Basketball : Cagers  
 (B) Boxing : Pugilists  
 (C) Table Tennis : Peddlers  
 (D) Kabaddi : Grapplers
18. A defending player kicks the soccer ball; it hits the referee and goes inside the goal. What is the appropriate restart ?
- (A) Drop ball where the ball hit the referee  
 (B) Goal kick  
 (C) Kick-off  
 (D) Indirect Free kick for the attacking team where the referee was
19. The essential interest of Roman education was in :
- (A) practical (usable) education  
 (B) physical education of the citizens  
 (C) philosophical learning  
 (D) the development of an intellectual aristocracy
20. Ram is 40 years old and has a resting heart rate of 72 beats per minute. Since he has not exercised for 10 years, he would like to begin a training program at 60% of heart rate reserve. What is his aerobic training zone ?
- (A) 175-185 beats per minute  
 (B) 103-113 beats per minute  
 (C) 126-136 beats per minute  
 (D) 131-141 beats per minute
21. Who gave cognitive theory of play ?
- (A) Piaget  
 (B) Pluto  
 (C) Aristotle  
 (D) None of these
22. For all outdoor records in Athletics open competition, where wind readings are required, the average velocity of the wind shall not exceed :
- (A) 4.00 meters per second  
 (B) 2.00 meters per second  
 (C) 2.00 miles per hour  
 (D) None of the above
23. In the Horizontal Jumps, it is a failure or foul if :
- (A) the competitor, in jumping, produces a mark in the plasticine  
 (B) the competitor runs outside the white line marking the runway  
 (C) the competitor exits the pit closer to the take-off line than the nearest break made in the sand  
 (D) (A) and (C) only
24. Examples of over use injuries include all of the following EXCEPT :
- (A) compound fractures  
 (B) shin splints  
 (C) tendonitis  
 (D) stress fractures

25. A major source of complex carbohydrates or starches is/are :
- Milk
  - Fruit juices
  - Common table sugar
  - Potatoes
26. In which year were the formal drug tests introduced in the Olympic Games ?
- 1956
  - 1960
  - 1968
  - 1972
27. Which among the following treaties pertains to protection of the Olympic Symbol ?
- Olympia protocol
  - Washington treaty
  - Nairobi treaty
  - Budapest treaty
28. What was the Ekecheiria ?
- The Olympic torch
  - An Olympic event
  - An Olympic truce
  - An Olympic oath
29. Number of bones in the axial skeleton is :
- 60
  - 80
  - 40
  - 20
30. In strength training, muscles gradually lengthen during which of the following types of contraction ?
- Isometric
  - Eccentric
  - Concentric
  - Isokinetic
31. The Hindu deity specifically associated with Hatha Yoga is :
- Brahma
  - Ganesha
  - Shiva
  - Vishnu
32. Spreading your fingers apart is a form of :
- Gliding motion
  - Abduction
  - Circumduction
  - Adduction
33. Vitamin responsible for blood clotting is :
- Vitamin-C
  - Vitamin-B
  - Vitamin-K
  - Vitamin-A
34. Which type of joint is formed by the ATLAS and AXIS at the neck ?
- Hinge
  - Ball and socket
  - Pivot
  - Ball
35. 'Trapezius' muscles help in :
- Pushing the neck backward
  - Punching
  - Raising the leg forward
  - None of the above
36. In which year LNIPE got the status of Deemed University ?
- 1985
  - 1990
  - 1995
  - 1997
37. The gold standard for measuring body composition is :
- Skinfold test
  - Underwater weighing
  - BMI
  - Weight

38. Students' intrinsic motivation is most likely to be enhanced by physical education activities that :
- Provides opportunities for self determination through choice
  - Follows a familiar and predictable structure
  - Encourages comparisons of performance among peers
  - Consists of easily accomplished tasks that guarantee success
39. Who emphasized that education should be a social process ?
- Vivekananda
  - Rousseau
  - Dewey
  - Pestalozzi
40. What is not associated with Pragmatism ?
- Purposive education
  - Experience-based education
  - Freedom-based education
  - Education for self-realization
41. Which of the following terms used in angular motion is analogous to mass in linear motion ?
- torque
  - moment of inertia
  - radius of gyration
  - angular momentum
42. An umpire in 'Field Hockey' shows green card. He is indicating for :
- Warning
  - Temporary suspension
  - To start the game
  - For medical attention
43. "Turf burns", "mat burns" or "cinder burns", in simple language, are known as :
- Abrasions
  - Lacerations
  - Incisions
  - Contusions
44. Sports Authority of India was formed in the year :
- 1987
  - 1986
  - 1985
  - 1984
45. What's the best way to protect your hard drive data ?
- Regular backups
  - Periodically defrag it
  - Run chkdsk at least once a week
  - Run scandisk at least once a week
46. What was the name of football in FIFA World Cup 2014 ?
- Telstar
  - Brazuca
  - Teamegeist
  - Jabulani
47. The volume of oxygen consumed in the post exercise phase is called :
- VO<sub>2</sub> max
  - Oxygen debt
  - Tidal Volume
  - Vital capacity
48. Seeking of truth, beauty and goodness is aim of :
- Pragmatism
  - Naturalism
  - Idealism
  - Realism
49. The powerhouse of the cell where ATP production takes place is the :
- Oxygen system
  - Mitochondria
  - Krebs cycle
  - Electron transfer system

50. Anatomy is a term, which means the study of:
- Physiology
  - Cell functions
  - Morphology
  - Human functions
51. The law of effect is also known as :
- Law of recovery
  - Law of satisfaction
  - Law of frequency
  - Law of use and disuse
52. The following belong together except which one ?
- Trachea
  - Bronchi
  - Larynx
  - Esophagus
53. The function of the \_\_\_\_\_ is to remove soluble wastes from the body.
- Kidneys
  - Lungs
  - Skin
  - Gastrointestinal track
54. Which of the following statements is correct ?
- Pulmonary artery carries pure blood
  - Pulmonary veins carry impure blood
  - Pulmonary veins carry pure blood
  - Arteries carry impure blood
55. The full form of WADA is :
- World Anti Doping Association
  - World Anti Doping Agency
  - World Anti Drug Association
  - World Anti Drug Agency
56. MICR stands for :
- Magnetic Ink Character Reader
  - Magnetic Ink Code Reader
  - Magnetic Ink Cases Reader
  - Magnetic Ink Cadence Reader
57. Who constructed Harvard step test ?
- Tuttle
  - Hart
  - Cureton
  - Brouha
58. Breathing, heart beating, and food digesting are examples of activities using which type of muscles ?
- cardiac
  - striated
  - involuntary
  - voluntary
59. Walking, running, and carrying a book involve using which type of muscles ?
- voluntary
  - involuntary
  - striated
  - cardiac
60. The first institute in India to propagate the cause of indigenous physical activities is :
- YMCA, Madras
  - LNIFE, Gwalior
  - H.V.P. Mandal, Amravati
  - Government College of Physical Education, Patiala

Sr. No. ....082.....

# ENTRANCE TEST-2017

SCHOOL OF EDUCATION & BEHAVIOURAL SCIENCES

M.P.Ed.

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**B**

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SEAL

- 880
1. What is the number of time-outs allowed to a team in a soccer match?  
 (A) One for each team  
 (B) Two for each team  
 (C) Two in all  
 (D) None
2. The periods for which the wind velocity shall be measured from the flash/smoke of the starter's gun in 100 M sprint is.  
 (A) 9 Seconds  
 (B) 10 seconds  
 (C) 11 Seconds  
 (D) 12 Seconds
3. The degree to which a test measures what it intends to measure is known as  
 (A) Objectivity  
 (B) Reliability  
 (C) Validity  
 (D) Subjectivity
4. Which of the following doesn't denote test?  
 (A) Experiment  
 (B) Instrument  
 (C) Tool  
 (D) Technique
5. Assertion (A): The goal of summative assessment is to *evaluate student learning* at the end of an instructional unit by comparing it against some standard or benchmark.  
 Reason (R): Summative assessment help students identify their strengths and weaknesses and target areas that need work.  
**Codes:**  
 (A) Both (A) and (R) are true and (R) is the correct explanation of (A).  
 (B) Both (A) and (R) are true, but (R) is not the correct explanation of (A).  
 (C) (A) is true, but (R) is false.  
 (D) (A) is false, but (R) is true.
6. Which of the following items is not part of Barrow General Motor Ability Test?  
 (A) Standing Broad jump  
 (B) Zig-zag Run  
 (C) Medicine Ball Put  
 (D) 50 Mts Dash
7. Which of the following training cycle lasted for a week?  
 (A) Macro-cycle  
 (B) Meso-cycle  
 (C) Mini-cycle  
 (D) Micro-cycle
8. Which of the following is not a principle of training?  
 (A) Principle of overtraining  
 (B) Principle of adaptation  
 (C) Principle of overload  
 (D) Principle of specificity
9. Which of the following is good method of teaching?  
 (A) Lecture and dictation  
 (B) Seminar and Project  
 (C) Seminar and Dictation  
 (D) Dictation and Assignment
10. The purpose of a warm-up is to prepare your body for  
 (A) Increase body temperature  
 (B) Increase heart rate and breathing rate  
 (C) Mentally prepare for exercise  
 (D) All the above
11. The action of Latismus dorsi muscle is to.  
 (A) Adduct the arm  
 (B) Extend the arm  
 (C) Rotate the arm  
 (D) All the above
- Handwritten: *any of series A*

SEAL

12. The Triceps Brachii (Lateral Head) muscle originates from the \_\_\_\_\_ and inserts in the \_\_\_\_\_.
- (A) Humerus / Ulna  
 (B) Humerus / Radius  
 (C) Scapula / Humerus  
 (D) None of above
13. The location of the Muscle's insertion and origin can determine
- (A) Action  
 (B) Force of contraction  
 (C) Muscle name  
 (D) The load a muscle can carry
14. Which of the following terms would be used in the name of a muscle that moves the leg away from the body?
- (A) Flexor  
 (B) Adductor  
 (C) Extensor  
 (D) Abductor
15. In 2<sup>nd</sup> Class Lever
- (A) Fulcrum lies between the weight and force  
 (B) Weight lies between the fulcrum and force  
 (C) Force lies between the fulcrum and weight  
 (D) Both (A) & (B)
16. Linear Motion is also known as
- (A) Trans-migratory motion  
 (B) Transformational motion  
 (C) Translator motion  
 (D) Transcriptional motion
17. Acceleration is defined as change in an object's
- (A) Position  
 (B) Direction  
 (C) Velocity  
 (D) Movement
18. Acceleration due to Gravity on earth surface is
- (A)  $9.8 \text{ m/s}^2$   
 (B)  $8.9 \text{ m/s}^2$   
 (C)  $10.2 \text{ m/s}^2$   
 (D) None of above
19. Heart muscle is also known as
- (A) Skeletal Muscle  
 (B) Smooth Muscle  
 (C) Cardiac Muscle  
 (D) All the above
20. The basic unit of living organism is
- (A) Tissue  
 (B) Cell  
 (C) Nucleus  
 (D) Ribosome
21. Elbow Joint is an example of
- (A) Hinge Joint  
 (B) Gliding Joint  
 (C) Ball and Socket Joint  
 (D) None of above
22. The longest bone in the human body is
- (A) Humerus  
 (B) Tibia  
 (C) Fibula  
 (D) Femur
23. While the birth-place of Red Blood Cells in the body is bone marrow, their graveyard is
- (A) Liver  
 (B) Small intestine  
 (C) Kidney  
 (D) Spleen
24. By which of the following instruments is the vital capacity measured?
- (A) Sphygmo-manometer  
 (B) Gonio-meter  
 (C) Spiro-meter  
 (D) Dynamo-meter
25. Which of the following is responsible for stimulation of the heart to contract and beat?
- (A) Spinal nod  
 (B) Vagus nerve  
 (C) Medulla oblongata  
 (D) S.A. node

26. The part of the nervous system found inside the hard body cases (cranium and back bone) is called as
- Central Nervous system
  - Peripheral Nervous system
  - Somatic Nervous system
  - Autonomic Nervous system
27. The digestion of carbohydrate starts from
- Stomach
  - Small Intestine
  - Mouth
  - Liver
28. Which of the following one is the correct sequence of digestion?
- Absorption> ingestion>digestion>elimination
  - Absorption>digestion> ingestion>elimination
  - Ingestion>absorption>digestion>elimination
  - Ingestion>digestion>absorption>elimination
29. Which of the following is not a function of the urinary system?
- removal of waste products from the bloodstream
  - storage and excretion of urine
  - regulation of leukocyte and platelet production
  - regulation of blood volume and, indirectly, blood pressure
30. All of the following structures are components of the urinary system except
- kidneys
  - ureters
  - urethra
  - gallbladder
31. Which of the following philosophies of physical education is also known as experimentation?
- Existentialism
  - Pragmatism
  - Realism
  - Eclecticism
32. Which of the following is/are the objective of physical education?
- Emotional Development
  - Interpretative development
  - Physical Development
  - All the above
33. Match the braches of philosophies and their focuses
- Metaphysics
  - Epistemology
  - Logic
  - Axiology
- Nature of Reality
  - Systematic and orderly reasoning
  - Nature of knowledge and method of obtaining knowledge
  - Aim and values of society
- a1, b2, c4 and d3
  - a1, b3, c2 and d4
  - a3, b4, c1 and d2
  - a3, b2, c4 and d1
34. "Physical Education is an internal part of the total education process and has as its aim the development of physically, mentally, emotionally, and socially fit citizen through the medium of physical activities which have been selected with a view to realizing these outcomes". Who gave this definition?
- H. C. Buck
  - Mahatma Gandhi
  - Charles Bucher
  - None of above
35. Who first discovered by accident and described the process of classical conditioning?
- John Watson
  - B.F. Skinner
  - Ivan Pavlov
  - E. L. Thorndike



36. In the acquisition of sports skills, transfer-effects are the highest when
- Learners are highly motivated
  - Learners' attention-span is wider but controlled
  - Elements in two skills are very compatible
  - Learners are well matured.
37. Person's effort to master a task, achieve excellence, overcome obstacles, perform better than other and take pride in exercising talent is called
- Competitiveness
  - Assertive behavior
  - Drive
  - Achievement Motivation
38. Which of the following is not part of Hollander's Personality Structure?
- Moral consciences
  - Role related behavior
  - Typical responses
  - Psychological core
39. Given below are two statements: Assertion (A) and Reason (R). Indicate your answer using code below.
- Assertion (A): Greek ideal stressed the unity of mind, body and spirit.
- Reason (R): Greek education encompassed both intellectual and physical development.
- Codes:
- Both (A) and (R) are true and (R) is the correct explanation of (A).
  - Both (A) and (R) are true, but (R) is not the correct explanation of (A).
  - (A) is true, but (R) is false.
  - (A) is false, but (R) is true.
40. During the ancient Rome period the objective of physical education was
- Physical Development
  - Emotional Development
  - Interpretative development
  - All the above
41. Who has played an instrumental role in founding of the American Association for the Advancement of Physical Education in 1885?
- William Anderson
  - Charles Beck
  - Edward Hitchcock
  - Dudley Sargent
42. From which country the Martial Art was originated?
- China
  - India
  - Japan
  - Korea
43. The festival of Ancient Olympic Games were held in the honor of God
- Apollo
  - Ares
  - Hephaestus
  - Zeus
44. Which of the following events was/were not part of Rio Olympics 2016?
- Squash
  - Fencing
  - Golf
  - Slalom
45. Commonwealth Games (2018), is officially known as the
- XIX Commonwealth Games
  - XX Commonwealth Games
  - XXI Commonwealth Games
  - XXII Commonwealth Games
46. First Asian Games in Delhi was held in
- 1951
  - 1952
  - 1953
  - 1954
47. Which of the following is not a search engine?
- Yahoo
  - Bing
  - Chrome
  - All the above

48. Which of the following is not a browser?  
 (A) Internet Explorer  
 (B) Firefox  
 (C) Opera mini  
 (D) Google
49. Find the binary equivalent of 26  
 (A) 11010  
 (B) 10110  
 (C) 01011  
 (D) 10101
50. Given below are two statements: Assertion (A) and Reason (R). Indicate your answer using code below.  
 Assertion (A): Analogue computer operates by measuring rather than counting.  
 Reason (R): Analogue computer handles information as a string of binary number.
- Codes:**  
 (A) Both (A) and (R) are true and (R) is the correct explanation of (A).  
 (B) Both (A) and (R) are true, but (R) is not the correct explanation of (A).  
 (C) (A) is true, but (R) is false.  
 (D) (A) is false, but (R) is true.
51. Which of the following statutory bodies regulate the teacher-training courses in India?  
 (A) UGC  
 (B) NAAC  
 (C) NCERT  
 (D) NCTE
52. "Khelo India" is the new name of the following scheme  
 (A) Rajiv Gandhi KhelAbhiyan  
 (B) Pahchantyuvakrida and KhelAbiyan  
 (C) Both (A) & (B)  
 (D) None of Above
53. Lakshmbai National Institute of Physical Education is located at :  
 (A) Patiala  
 (B) Trivandrum  
 (C) Gwalior  
 (D) Delhi
54. Which of the following organizations/committee did late Maharaja Yadavindra Singh of Patiala head?  
 (A) Ad hoc Enquiry committee of 1958  
 (B) All India Council of Sports  
 (C) Central Advisory Board of Physical Education and Recreation  
 (D) Raj Kumari Amrit Kaur Coaching Scheme
55. Target heart Rate of the Athlete is calculated by the formula  
 (A)  $220 - \text{Age of the Athlete} = \text{Target Heart Rate}$   
 (B)  $220 - \text{Age of the Athlete} \times 100 = \text{Target Heart Rate}$   
 (C)  $220 - \text{Age of the Athlete} \times 100 / \text{weight of the Athlete} = \text{Target Heart Rate}$   
 (D) All the Above
56. Stress fracture is caused due to  
 (A) Stress of Competition  
 (B) Excessive use of the muscle  
 (C) Both (A) & (B)  
 (D) None of Above
57. The most common knee injury in soccer game is  
 (A) ACL (anterior cruciate ligament)  
 (B) MCL (medial collateral ligament)  
 (C) PCL (posterior cruciate ligament)  
 (D) LCL (lateral collateral ligament)
58. The average rate of respiration of normal adult human is  
 (A) 70-72 times per minute  
 (B) 14-16 times per minute  
 (C) 120 times per minute  
 (D) None of above
59. The optimum angle of release for javelin throw in Athletics is  
 (A) 45° Angle  
 (B) 41°-44° Angle  
 (C) 35°-40° Angle  
 (D) 25°-34° Angle
60. "Bunny" is the term, used in sports  
 (A) Football  
 (B) Golf  
 (C) Ice-Hockey  
 (D) Cricket

Sr. No. .....031.....

# ENTRANCE TEST-2016

## FACULTY OF EDUCATION

### MASTERS IN PHYSICAL EDUCATION (M.P.Ed.)

Question Booklet Series

A

Total Questions : 60

Time Allowed : 70 Minutes

Roll No. :

#### Instructions for Candidates :

1. Write your Roll Number in the space provided at the top of this page of Question Booklet and fill up the necessary information in the spaces provided on the OMR Answer Sheet.
2. OMR Answer Sheet has an Original Copy and a Candidate's Copy glued beneath it at the top. While making entries in the Original Copy, candidate should ensure that the two copies are aligned properly so that the entries made in the Original Copy against each item are exactly copied in the Candidate's Copy.
3. All entries in the OMR Answer Sheet, including answers to questions, are to be recorded in the Original Copy only.
4. Choose the correct / most appropriate response for each question among the options A, B, C and D and darken the circle of the appropriate response completely. The incomplete darkened circle is not correctly read by the OMR Scanner and no complaint to this effect shall be entertained.
5. Use only blue/black ball point pen to darken the circle of correct/most appropriate response. In no case gel/ink pen or pencil should be used.
6. Do not darken more than one circle of options for any question. A question with more than one darkened response shall be considered wrong.
7. There will be 'Negative Marking' for wrong answers. Each wrong answer will lead to the deduction of 0.25 marks from the total score of the candidate.
8. Only those candidates who would obtain positive score in Entrance Test Examination shall be eligible for admission.
9. Do not make any stray mark on the OMR sheet.
10. Calculators and mobiles shall not be permitted inside the examination hall.
11. Rough work, if any, should be done on the blank sheets provided with the question booklet.
12. Ensure that your OMR Answer Sheet has been signed by the Invigilator and the candidate himself/herself.
13. OMR Answer sheet must be handled carefully and it should not be folded or mutilated in which case it will not be evaluated.
14. At the end of the examination, hand over the OMR Answer Sheet to the invigilator who will first tear off the original OMR sheet in presence of the Candidate and hand over the Candidate's Copy to the candidate.

## Masters in Physical Education (M.P.Ed.)/A

1. The quality of life is directly related to :  
(A) The state of one's health                      (B) One's nutritional status  
(C) Individual's mind set                              (D) Fulfillment of needs
  
2. The highest aim of idealism is to seek :  
(A) Truth, beauty & wellness                      (B) Truth, beauty & handsome  
(C) Truth, beauty & goodness                      (D) Beauty, truth & body
  
3. The father of realism is :  
(A) Plato                                                      (B) John Dewey  
(C) Francis Bacon                                      (D) Aristotle
  
4. The father of Modern Physical Education is :  
(A) P. H. Ling                                              (B) W.B. Watson  
(C) J. B. Basedow                                      (D) H. C. Buck
  
5. Which provides vitality to Physical Education as an academic discipline ?  
(A) Humanistic approach                      (B) Cultural approach  
(C) Social principles                                      (D) Scientific principles
  
6. When a new learning experience hinders learning of another skill or activity the effect may be :  
(A) Facilitative                                              (B) Debilitative  
(C) Positive                                                      (D) Neutral
  
7. Theory of instinct practice was given by :  
(A) Stanely Hall                                              (B) Sigmund Frued  
(C) William McDougal                                      (D) Aristotle

8. The fundamental premise of frequency law is that :
- (A) Practice makes a man perfect      (B) Practice is invisible  
(C) Practice makes a man satisfied      (D) All of the above
9. Primary motivations are also known as :
- (A) Social motivations      (B) Biological motivations  
(C) Anatomical motivations      (D) Sociological motivations
10. Athens was a great centre of Greek :
- (A) Games and Sports      (B) Dance  
(C) Art and Culture      (D) Music and Calisthenics
11. As per records the first Olympic Games were held in 776 B.C. in the honour of :
- (A) God Apollo      (B) God Zeus  
(C) God Herculis      (D) Goddess Hera
12. The marvel of speech was in the blood of :
- (A) Romans      (B) Greeks  
(C) Spartans      (D) Germans
13. Spartan's Education was aimed at producing :
- (A) Man of principles      (B) Man of fashion  
(C) Man of action      (D) Man of wisdom
14. The modern Olympic Games are held once in every :
- (A) Two years      (B) Three years  
(C) Four years      (D) Five years

15. According to Mr. Mehar Singh, the credit of saving Asian Games goes to :
- (A) Mr. M.C. Dhawan (B) Mr. A.S. Tony  
(C) Pt. Jawahar Lal Nehru (D) Prof. G. D. Sondhi
16. In 1958 Commonwealth Games Milkha Singh earned a Gold Medal in :
- (A) 100 Mtr (B) 200 Mtr  
(C) 400 Mtr (D) 800 Mtr
17. WWW stands for :
- (A) World Wisdom Web (B) World Wise Web  
(C) Word World Web (D) World Wide Web
18. To print the copied text which of the following commands is used ?
- (A) Ctrl+v (B) Ctrl+p  
(C) Ctrl+c (D) Ctrl+z
19. Which one is smallest among following ?
- (A) KB (B) MB  
(C) GB (D) All
20. Full form of CPU is :
- (A) Command process up (B) Commercial patient understand  
(C) Central processing unit (D) Central power unit
21. Lakshmi Bai college of Physical Education was named in the memory of :
- (A) Rani of Hyderabad (B) Rani of Jhansi  
(C) Rani of Panipat (D) Rani of Patiala

22. The full form of NCC is :

- (A) National Cadet Corps (B) New Cadet Corps  
(C) National Centre Corps (D) National Council Corps

23. Indian Olympic Association was formed in the year :

- (A) 1947 (B) 1906  
(C) 1916 (D) 1927

24. FINA is associated with :

- (A) Archery (B) Swimming  
(C) Table Tennis (D) Cricket

25. The coaches in India are produced by :

- (A) YMCA, Madras (B) HVPM, Amravati  
(C) NSNIS, Patiala (D) GCOPE, Patiala

26. The location of the Pectoralis Major muscle is in the :

- (A) Front of the chest (B) Front of thigh  
(C) Front of the arm (D) Back of the trunk

27. The action of Teres Major Muscle is :

- (A) Depression of humerus (B) Adduction of humerus  
(C) Inward rotation of humerus (D) All of the above

28. The insertion of the Rectus femoris muscle is at :

- (A) Anterior part of tibia (B) The proximal border of patella  
(C) Exterior part of chest (D) Anterior part of shoulder

29. Prime mover of knee extension is :

- (A) Vastus Medialis (B) Vastus intermedius  
(C) Both (A) & (B) (D) None of the above

30. When the weight lies between force and fulcrum it is :
- (A) Class I lever (B) Class II lever  
(C) Class III lever (D) All of the above
31. First law of motion is also known as :
- (A) Law of resultant force (B) Law of momentum  
(C) Law of reciprocal innervations (D) Law of inertia
32. A body in equilibrium at rest is said to be in :
- (A) Imbalance equilibrium (B) Dynamic equilibrium  
(C) Static equilibrium (D) Unstatic equilibrium
33. The force exerted by a body on another body within the same defined system is known as :
- (A) Internal Force (B) External Force  
(C) Higher Force (D) Lower Force
34. By formula Momentum we mean :
- (A) Mass  $\times$  Weight (B) Weight  $\times$  Mass  
(C) Mass  $\times$  Velocity (D) Speed  $\times$  Force
35. Mat Burns are referred to as :
- (A) Abrasions (B) Contusions  
(C) Dislocations (D) Fractures
36. The cuts made by sharp objects such as knives, shaving blades and such other things are known as :
- (A) Blisters (B) Friction  
(C) Laceration (D) Incision



37. The full form of RICE is :

- (A) Rest, Ice, Complete, Elite
- (B) Rest, Ice, Compression, Elevation
- (C) Rice, Ice, Compress, Elongate
- (D) Rest, Ice, Comparison, Escalate

38. The heat therapy is also known as :

- (A) Hypothermia
- (B) Cryotherapy
- (C) Hyperthermia
- (D) Cold therapy

39. The length of Antenna used in Volleyball is :

- (A) 0.80 Mtr
- (B) 1.80 Mtr
- (C) 1.90 Mtr
- (D) 0.50 Mtr

40. No TIME-OUT is allotted in :

- (A) Football
- (B) Volleyball
- (C) Handball
- (D) Kabbadi

41. The number of playing players in one team in Basketball is :

- (A) 04
- (B) 05
- (C) 06
- (D) 07

42. The weight of Shot-Put for women is :

- (A) 4.400 Kg
- (B) 4.000 Kg
- (C) 7.265 Kg
- (D) 4.500 Kg

43. Total number of jumping events (among field events) in athletics is :

- (A) 01
- (B) 02
- (C) 03
- (D) 04

44. Which of the following test is not included in AAHPER Youth Fitness Test ?
- (A) Medicine Ball Put (B) Shuttle Run  
(C) Standing Broad Jump (D) 50 Yard Dash
45. The shortest cycle of a training plan is :
- (A) Macro Cycle (B) Meso Cycle  
(C) Micro Cycle (D) Memo Cycle
46. The purpose of the shuttle run is to measure :
- (A) Arm Strength (B) Leg Strength  
(C) Flexibility (D) Agility
47. A device or a technique used to measure the performance, skill, or knowledge of a learner on a specific subject matter :
- (A) Measurement (B) Test  
(C) Data (D) Evaluation
48. The evaluation is generally carried out throughout instructional course or project and is used to aid learning :
- (A) Summative Evaluation (B) Subjective Evaluation  
(C) Objective Evaluation (D) Formative Evaluation
49. Which of the following is a sports skill test ?
- (A) JCR Test (B) Barrow Motor Ability Test  
(C) French Short Service Test (D) Harvard Step Test
50. The basic unit of the entire living organism is :
- (A) Molecule (B) Plasma  
(C) Cell (D) Ribosome

51. The Axial Skeletal consists of:
- (A) 80 bones (B) 126 bones  
(C) 90 bones (D) 116 bones
52. Trachea is also known as :
- (A) Saliva (B) Wind pipe  
(C) Oesophagus (D) Salivary Gland
53. The main function of the heart is :
- (A) Pumping blood to the lungs (B) Regulating blood pressure  
(C) Regulating heart rate (D) All the above & much more
54. The kidney consists of large number of coiled tubes called :
- (A) Medulla (B) Nephrons  
(C) Ureter (D) Urethra
55. The pituitary gland is also called as :
- (A) Hypophysis (B) Adrenal  
(C) Pancreas (D) Thyroid
56. Blood pressure is measured with an instrument called :
- (A) Barometer (B) Calipometer  
(C) Sphygmomanometer (D) All of the above
57. Hypertension is the medical term used for the physiological trouble, commonly known as :
- (A) High Blood Flow (B) High Blood Volume  
(C) High Blood Stroke (D) High Blood Pressure

58. It is done with the fingers together in a half fist :

- (A) Cupping
- (B) Tapping
- (C) Rolling
- (D) Pinching

59. In 2000 mtr steeple chase for women the number of jumps are :

- (A) 17 hurdle jumps & 5 water jumps
- (B) 5 hurdle jumps & 17 water jumps
- (C) 19 hurdle jumps & 4 water jumps
- (D) 18 hurdle jumps & 5 water jumps

60. The length and weight of javelin for women is :

- (A) 2.60-2.70 m long and weighs 800g
- (B) 2.60-2.70 m long and weighs 600g
- (C) 2.20-2.30 m long and weighs 800g
- (D) 2.20-2.30 m long and weighs 600g

**Masters in Physical Education (M.P.Ed.)/A**

1. Which of the following is known as the father of Realism ?  
(A) Aristotle (B) Dewey  
(C) Froebel (D) Book Walters
2. India participated in Olympics for the first time in :  
(A) 1896 (B) 1900  
(C) 1908 (D) 1948
3. Which of the following is a secondary law of learning ?  
(A) Law of readiness (B) Law of recency  
(C) Law of exercise (D) Law of effect
4. Lona is related to which game ?  
(A) Volleyball (B) Basketball  
(C) Wrestling (D) Kabbaddi
5. Which of the following muscle is responsible for flexion of knee ?  
(A) Biceps femoris (B) Gastrocnemus  
(C) Anterior deltoid (D) Soleus
6. All India Council of Sports was framed in :  
(A) 1950 (B) 1952  
(C) 1954 (D) 1956
7. Newton's first law of motion gives the concept of :  
(A) Energy (B) Work  
(C) Momentum (D) Inertia
8. The total number of bones in Axial Skeletal system are :  
(A) 80 (B) 126  
(C) 86 (D) 120

9. Circumference of hockey ball is :
- (A) 20.4 cm to 21.5 cm (B) 23.4 cm to 24.5 cm  
(C) 21.4 cm to 22.5 cm (D) 22.4 cm to 23.5 cm
10. Athlete's foot is a \_\_\_\_\_ infection.
- (A) bacterial (B) fungal  
(C) viral (D) protozoan
11. During muscular contractions the second source of energy is :
- (A) ATP (B) PC  
(C) ADP (D) Glucose
12. As a result of aerobic training which of the following parameters of circulatory system decreases ?
- (A) Blood volume (B) Blood viscosity  
(C) Stroke volume (D) Size of left ventricle
13. Normally human body requires carbohydrates, fats and proteins in the proportion of :
- (A) 4:2:1 (B) 4:1:1  
(C) 3:2:1 (D) 1:4:1
14. Most important health related physical fitness component is :
- (A) Flexibility (B) Explosive Strength  
(C) Endurance (D) Speed
15. Stroke volume is defined as the amount of blood pumped by heart :
- (A) Per second  
(B) Per beat  
(C) Per minute  
(D) Per two seconds
16. In football what is the 4-4-2 formation called ?
- (A) Mango Tree (B) Banana Tree  
(C) Christmas Tree (D) Neem Tree

17. Subluxation is a type of which of the following injuries ?  
(A) Dislocation (B) Sprain  
(C) Strain (D) Fracture
18. An athlete completes one round of circular track of radius R in 40 sec. What will be the displacement at the end of 2 min 40 sec ?  
(A)  $2\pi R$  (B)  $\pi R$   
(C)  $3R$  (D) Zero
19. The heart muscle is called as :  
(A) Pericardium (B) Endocardium  
(C) Myocardium (D) Epithelium
20. Libero is related to which game ?  
(A) Volleyball (B) Hockey  
(C) Kabbaddi (D) Basketball
21. If the weight of a person is 100 kgs and height 2 meters. What will be its BMI ?  
(A) 20 (B) 50  
(C) 25 (D) 30
22. Circuit training method is given by :  
(A) Greschler (B) Winter Bottom  
(C) Morgan and Adamson (D) Gosta Holmer
23. 2010 Commonwealth Games were held at :  
(A) Sydney (B) Melbourne  
(C) Delhi (D) London
24. The height of basket ring from the ground is :  
(A) 9 ft (B) 10 ft  
(C) 11 ft (D) 12 ft
25. Development of knowledge, intellectual ability and skill comes under :  
(A) Organic Domain (B) Psychomotor Domain  
(C) Affective Domain (D) Cognitive Domain

26. Respiratory Quotient is defined as the :
- (A) ratio of  $\text{CO}_2$  produced to  $\text{O}_2$  consumed
  - (B) ratio of  $\text{O}_2$  consumed to  $\text{CO}_2$  produced
  - (C) amount of  $\text{CO}_2$  produced multiplied by  $\text{O}_2$  consumed
  - (D) amount of  $\text{CO}_2$  produced  $-\text{O}_2$  consumed.
27. India won six gold medals in Hockey at Olympics continuously from :
- (A) 1928-1956
  - (B) 1932-1960
  - (C) 1936-1964
  - (D) 1948-1976
28. In whose honour were the ancient Olympic Games held ?
- (A) Apollo
  - (B) Jupiter
  - (C) Zeus
  - (D) Poseidon
29. The title "Payyoli Express" is given to :
- (A) Joshna Chinappa
  - (B) Saina Nehwal
  - (C) Sania Mirza
  - (D) P.T. Usha
30. In which Olympics torch ceremony was introduced ?
- (A) 1924
  - (B) 1928
  - (C) 1932
  - (D) 1936
31. Isometric contraction is also called as :
- (A) Static
  - (B) Eccentric
  - (C) Both
  - (D) None
32. The type of lever in which effort is placed between fulcrum and resistance is called as :
- (A) 1<sup>st</sup> Class Lever
  - (B) 2<sup>nd</sup> Class Lever
  - (C) 3<sup>rd</sup> Class Lever
  - (D) None of these
33. The S.I unit of force is :
- (A) Joule
  - (B) Newton
  - (C) Dyne
  - (D)  $\text{Kg/m}^2$



34. *Turf burns* or *Cinder burns* in simple language are known as :
- (A) Abrasions (B) Lacerations  
(C) Incisions (D) Contusions
35. Calorie is a measurement unit of :
- (A) Liquids (B) Solids  
(C) Heat (D) Cold
36. Systole and Diastole are the two phases of cardiac output in which ?
- (A) systole refers to constriction  
(B) diastole refers to constriction  
(C) systole refers to relaxation  
(D) both systole and diastole refer to constriction
37. Out of the following training plans which one is largest in terms of time duration ?
- (A) Micro Plan (B) Meso Plan  
(C) Yearly Plan (D) Training conception
38. For every Kg of body weight the basic energy required per hour is :
- (A) 1.3 cal. (B) 1.5 cal.  
(C) 1.7 cal. (D) 1.9 cal.
39. Vital capacity can be measured by :
- (A) Lactometer (B) Goniometer  
(C) Spirometer (D) Thermometer
40. Acceleration is defined as change in object's :
- (A) position (B) direction  
(C) movement (D) velocity
41. A part of respiratory system responsible for speech is :
- (A) Pharynx (B) Trachea  
(C) Larynx (D) Nasal cavity

42. ADH (Anti diuretic hormone) or vasopressin is released from :  
(A) Pituitary gland (B) Thyroid gland  
(C) Parathyroid gland (D) Hypothalamus
43. Which of the following is called as the functional unit of respiration ?  
(A) Bronchi (B) Bronchioles  
(C) Alveolar ducts (D) Alveoli
44. In pulmonary circulation blood is pumped by heart to :  
(A) Lungs (B) Brain  
(C) Heart (D) Kidney
45. A meso cycle plan lasts for about :  
(A) 3–6 weeks (B) 3–6 months  
(C) 6–9 weeks (D) 6–9 months
46. The height of net in the game of Volleyball shall be :  
(A) 2.34 m for men & 2.14 m for women  
(B) 2.43 m for men & 2.24 m for women  
(C) 2.53 m for men & 2.42 m for women  
(D) 2.59 m for men & 2.43 m for women
47. Which of the following is not a source of energy ?  
(A) Protein (B) Lipids  
(C) Vitamins (D) Both (A) and (B)
48. Membrane around a muscle fiber is called as :  
(A) Sarcolemma (B) Sarcoplasm  
(C) Sarcosome (D) Cytosome
49. Hamstring, a muscle is found at :  
(A) Anterior side of the thigh (B) Posterior side of the thigh  
(C) Medial side of the thigh (D) Lateral side of the thigh
50. Weight for handball men is :  
(A) 450 grams to 495 grams (B) 425 grams to 475 grams  
(C) 325 grams to 375 grams (D) 300 grams to 325 grams

51. Free hand exercises done generally in group are called as :
- (A) Circuit training (B) Calisthenics  
(C) Drill and Marching (D) Weight training

52. Match List I with List II and select the correct option using the codes given below :

- | <b>List I</b> |          | <b>List II</b> |              |
|---------------|----------|----------------|--------------|
| I.            | Hockey   | 1.             | Ranji Trophy |
| II.           | Football | 2.             | Aga Khan Cup |
| III.          | Tennis   | 3.             | Subroto Cup  |
| IV.           | Cricket  | 4.             | Davis Cup    |

**Codes**

- |     | I | II | III | IV |
|-----|---|----|-----|----|
| (A) | 2 | 3  | 4   | 1  |
| (B) | 4 | 3  | 2   | 1  |
| (C) | 3 | 1  | 2   | 4  |
| (D) | 1 | 2  | 3   | 4  |

53. Muscle can be defined as a machine that converts :

- (A) potential energy into chemical energy  
(B) mechanical energy into chemical energy  
(C) chemical energy into electrical energy  
(D) chemical energy into mechanical energy

54. Building block of the body is :

- (A) Vitamins (B) Carbohydrates  
(C) Proteins (D) Minerals

55. 2016 Olympics are going to be held at :

- (A) Sydney, Australia (B) Rio, Brazil  
(C) Beijing, China (D) London, England

56. Deuce is related to which game ?

- (A) Tennis (B) Cricket  
(C) Kabbadi (D) Hockey

57. 'What works is true and real & what does not work is spurious and unreal' is the essence of?

- (A) Naturalism (B) Realism  
(C) Idealism (D) Pragmatism

58. Two factor theory, a theory of transfer of training is given by :

- (A) Bagley (B) Spearman  
(C) Judd (D) Plato

59. In the Olympic motto, Altius means :

- (A) Stronger (B) Lower  
(C) Faster (D) Higher

60. Match List I with List II and select the correct option using the codes given below :

**List I**

- I. Round Robin  
II. Elimination  
III. Within institution  
IV. Combination

**List II**

1. Knock out cum League tournament  
2. Knock out tournament  
3. League tournament  
4. Intramurals

**Codes**

- |     | I | II | III | IV |
|-----|---|----|-----|----|
| (A) | 3 | 1  | 2   | 4  |
| (B) | 3 | 1  | 4   | 2  |
| (C) | 1 | 3  | 2   | 4  |
| (D) | 3 | 2  | 4   | 1  |

**Masters in Physical Education (M.P.Ed.)/B**

1. Trial and error learning is also known as :  
(A) Organising learning (B) Self learning  
(C) Instinctive learning (D) Observation learning
  
2. "Mesomorphy" body types is characterised by :  
(A) Muscularity and strength (B) Roundness of the body  
(C) Linearity and tallness (D) Flabby and Fat
  
3. Practice of and perfection in a motor or athletic skill is basically a function of :  
(A) Trial and error theory (B) Insight process  
(C) Observation process (D) Conditioning process
  
4. Which of the following variables has least influence, on sport motivation ?  
(A) Complexion (B) Age  
(C) Sex (D) Facilities
  
5. Linear motion is also known as :  
(A) Trans migratory motion (B) Translator motion  
(C) Transformational motion (D) Transcriptional motion
  
6. The greater the movement of an object the :  
(A) Longer distance will it travel  
(B) Strong will it resist  
(C) Lesser distance will it cover  
(D) More stable will it remain in its motion
  
7. The movement called planter flexion occurs only in the :  
(A) Knee (B) Hip  
(C) Elbow (D) Ankle
  
8. What kind of skill does javelin throw involve ?  
(A) Projecting skill (B) Propelling skill  
(C) Throwing skill (D) Lifting skill

9. "Hydrotherapy" is given by using :
- (A) Ice (B) Water  
(C) Wax (D) Heat
10. In which part of the body are found the largest and strongest muscles ?
- (A) The chest (B) Lower limbs  
(C) Upper limbs (D) Abdomen
11. Muscles contract more forcefully if they are put on :
- (A) Alert (B) Stretch  
(C) Readiness (D) Flexion
12. What principle is applied in high jumping case ?
- (A) Use and disuse (B) Transfer of momentum  
(C) Action and reaction (D) Vertical projection
13. As a principal, message should begin and conclude with :
- (A) Percussion (B) Petrissage  
(C) Effularage (D) Mobilization
14. Truly your posture is the index of your :
- (A) Personality (B) Mind  
(C) Character (D) Intellect
15. Study of joints is called :
- (A) Kinesiology (B) Biology  
(C) Anthropometry (D) Arthrology
16. Number of bones in the axial skeleton are :
- (A) 60 (B) 80  
(C) 40 (D) 20
17. Which muscles contract only when stimulated by nervous system ?
- (A) Smooth Muscles (B) Cardiac Muscles  
(C) Skeletal Muscles (D) All the of above

- 
18. Arm stroke during free style swimming is an example :
- (A) Isokinetic contraction      (B) Isometric contraction  
(C) Eccentric contraction      (D) Concentric contraction
19. 'ATP' is stored in :
- (A) Muscles      (B) Gall bladder  
(C) Liver      (D) Fat cell
20. Fatty acids are stored in the :
- (A) Upper most layers      (B) Adipose tissue  
(C) Connective tissue      (D) None of the above
21. Dr. B. C. Roy trophy is associated with the game of :
- (A) Kho-Kho      (B) Hockey  
(C) Kabaddi      (D) Football
22. Main function of kidney is :
- (A) Passive reabsorption      (B) Ultra filtration  
(C) Selective reabsorption      (D) Both (B) and (C)
23. Most muscles that move the hip joints originate from the :
- (A) Spinal Column      (B) Pelvis  
(C) Abdomen      (D) Sacrum
24. Largest bone in the human body is :
- (A) Tibia      (B) Fibula  
(C) Femur      (D) Humerus
25. Which structures are end part of the branch of trachea and take part in the exchange of gases ?
- (A) Tracheoles      (B) Respiratory tracheoles  
(C) Alveoli      (D) Terminal tracheoles

26. Volume of air normally inspired or expired in one breath is termed :
- (A) Maximal volume (B) Inspired volume  
(C) Tidal volume (D) Residual volume
27. Which of the following conditions is life threatening ?
- (A) Heat (B) Heat exhaustion  
(C) Heat stroke (D) Heat loss
28. If in physical education and sports, organisation has meant "setting up things" administration has meant :
- (A) Performance or accomplishment (B) Governance  
(C) Implementation (D) Dispension
29. What kind of body is all India Council of Sports ?
- (A) A voluntary status (B) Functional status  
(C) Statutory status (D) A nominated body
30. The school intramural programme virtually serves as an excellent ground for :
- (A) Skill development (B) Basic instruction work  
(C) Testing skill proficiency (D) Student recreation
31. Both intramullar and extramullar activity competitions should contribute to :
- (A) Develop athletic talent (B) Educational objectives  
(C) Participant physical welfare (D) Institutional prestige
32. What is absolutely necessary in planning and construction of sport infrastructure ?
- (A) A clear policy and value system  
(B) An insight and experience  
(C) A broad vision, a dynamic outlook and a flexible attitude  
(D) An upright futuristic approach
33. What plays a pivot role in the total teaching learning process ?
- (A) Facilities (B) Teaching personality  
(C) School tag (D) Curriculum and syllabus



34. Aerobic exercises contribute to the development of :
- (A) Endurance (B) Speed  
(C) Agility (D) Strength
35. Adapted physical education programme is meant for :
- (A) Outstanding sportsperson  
(B) Physically and intellectually challenged people  
(C) Tribal and backward ethnic group  
(D) Injured and chronically ill individual
36. It is important for a physical education teacher to possess :
- (A) A pragmatic personal philosophy (B) A sound value system  
(C) A commitment to the profession (D) All of the above
37. Who is known as the father of Naturalism ?
- (A) Aristotle (B) Pavlov  
(C) Rousseau (D) Plato
38. What provides vitality to physical education as an academic discipline ?
- (A) Philosophic backups (B) Scientific principles  
(C) Humanistic approach (D) Sports oriented curricula
39. 'Play fields' are considered to be a breeding ground for :
- (A) All kind of social vices (B) Qualities of character  
(C) Anxieties and aggressiveness (D) Behavioural problem
40. The quality of life is directly related to :
- (A) The state of one's health (B) One's nutrition status  
(C) Individual's mind set (D) Fulfilment of needs
41. Which theory of play maintains that past is the key to play ?
- (A) Instinct theory  
(B) Inheritance or recapitulation theory  
(C) Self expression theory  
(D) Recreational theory

42. Virtually, physical education is an active form of:
- (A) Exercise (B) Aerobics  
(C) Sport (D) Recreation
43. Who was the founder President of Indian Olympic Association (IOA) :
- (A) Sir Dorabji Tata (B) Dr. A.G. Noehren  
(C) Maharaja Bupinder Singh (D) Dr. Randeer Singh Karni
44. Which of the following is a key factor in man's socialization process ?
- (A) Social understanding  
(B) Social courtesies  
(C) Social interaction among peoples  
(D) Social visits
45. The Government of India introduced the "Raj Kumari" Sports coaching scheme in :
- (A) 1955 (B) 1951  
(C) 1954 (D) 1952
46. Sports Authority of India was formed in the year :
- (A) 1983 (B) 1984  
(C) 1986 (D) 1985
47. What exact duration has been fixed for the summer Olympic Games ?
- (A) 15 days (B) 18 days  
(C) 16 days (D) 13 days
48. Who were the great patrons of wrestling ?
- (A) The Mughals (B) The Rajputs  
(C) The Aryans (D) The Dogras
49. The number of flights in 110 m (hurdle) race for men is 10 and for 100 m (hurdle) race for woman is :
- (A) 8 (B) 9  
(C) 10 (D) 11

50. 'Circuit tanning' is an effective method for developing :
- (A) Speed (B) Strength Endurance  
(C) Flexibility (D) Strength
51. Which India ruler died after falling from his horse while playing "polo"?
- (A) Qutub-din-Aibek (B) Babar  
(C) Jhorawar Khan (D) Akbar
52. Asian Games were conceived by :
- (A) Jawahar Lal Nehru (B) G.D. Sondhi  
(C) Maharaja Yaduvendra Singh (D) M.C. Dhawan
53. For India 1928 Olympiad was memorable occasion because :
- (A) The India Olympic Association had come into existence  
(B) The hockey team won gold medal  
(C) Some Indian athletes participated in the game  
(D) India came to be recognised as a sporting nation
54. The Smallest Unit of Training cycle is :
- (A) Meso-cycle Plan (B) Macro cycle Plan  
(C) Training Conception (D) Micro Plan
55. Distance of marathon race is :
- (A) 40.163 km (B) 42.19 km  
(C) 43.19 km (D) 41.18 km
56. What is the length of standard swimming pool ?
- (A) 25 meters (B) 55 meters  
(C) 50 meters (D) 70 meters

57. The ability to overcome resistance with high speed is known as :
- (A) Explosive Strength            (B) Static Strength  
(C) Relative Strength            (D) Strength Endurance
58. The ancient Olympic Games were banned by which emperor ?
- (A) Aristotle                        (B) Poseidon  
(C) Baron Pierre de Coubertin    (D) Theodosius
59. What were Spartans conspicuously known for ?
- (A) Athletic excellence            (B) Art of oratory  
(C) Aesthetic sense                (D) Military excellence
60. The court measurement for basket ball field is :
- (A) 24 × 17 meter                (B) 16 × 29 meter  
(C) 25 × 15 meter                (D) 28 × 15 meter

1. What is the Philosophy of Physical Education Programme ?
  - (a) Realism
  - (b) Pragmatism
  - (c) Idealism
  - (d) All the above
  
2. Indian Olympic Association was formed in the year :
  - (a) 1927
  - (b) 1928
  - (c) 1929
  - (d) 1930
  
3. Where is the headquarters of International Olympic Committee Located ?
  - (a) U.S.A.
  - (b) London
  - (c) Switzerland
  - (d) Germany
  
4. How many entries per event are allowed in Olympics ?
  - (a) 2
  - (b) 3
  - (c) 4
  - (d) 5
  
5. What is the duration of Summer Olympic Games ?
  - (a) 16 days
  - (b) 17 days
  - (c) 18 days
  - (d) 10 days
  
6. Who amongst the following started the custom of carrying the flaming torch from Athens to the site of Olympic Games ?
  - (a) Adolf Hitler
  - (b) King George-I
  - (c) Plato
  - (d) Aristotle
  
7. The word athlete in Greek means :
  - (a) A City State
  - (b) Money maker
  - (c) Prize Seeker
  - (d) Race
  
8. Which Indian Captain mounted on the victory stand for first time during Olympics ?
  - (a) Dhyan Chand
  - (b) Jaipal Singh
  - (c) K.D. Singh 'Babu'
  - (d) Kapil Dev

9. The first modern Olympic games were held in the year :
- (a) 1896 (b) 1900  
(c) 1904 (d) None of the above
10. Endomorph is characterized by :
- (a) Thin and Lethargic (b) Flabby and Fat  
(c) Muscular and athletic (d) None of the above
11. Which country experienced Physical Education as a 'Golden Age' ?
- (a) Rome (b) Germany  
(c) Ancient-Greece (d) U.S.A.
12. Who coined the Olympic Motto 'Citius, Altius, Fortius' ?
- (a) Rousseau (b) Aristotle  
(c) Plato (d) Henry Didion
13. Physical Education is a Fundamental Right to every citizen is included in :
- (a) WHO Charter (b) SNIPES Charter  
(c) HRD Ministry Charter (d) UNESCO Charter
14. Anabolic Steroids affect directly :
- (a) Heart (b) Muscle  
(c) Lungs (d) Brain
15. Sports Injuries can be minimized by :
- (a) Massage (b) Sauna bath  
(c) Stream bath (d) None of the above
16. During heavy exercise the supply of blood increases towards :
- (a) Brain (b) Skeletal Muscle  
(c) Skin (d) Kidney

17. Sprain is an injury to :
- (a) Ligament
  - (b) Muscle
  - (c) Bone
  - (d) Connective tissue
18. Hydrotherapy is given using :
- (a) Ice
  - (b) Water
  - (c) Wax
  - (d) Heat
19. Which of the following branches help in diagnostic teaching and coaching in Sports ?
- (a) Kinesiology
  - (b) Biomechanics
  - (c) Mechanics
  - (d) Arithropometry
20. Which of the following is a hard tissue ?
- (a) Tendon
  - (b) Cartilage
  - (c) Bone
  - (d) Muscles
21. Pulmonary artery pumps the blood from :
- (a) Left ventricle
  - (b) Left auricle
  - (c) Right auricle
  - (d) Right ventricle
22. Blood gets de-oxygenated in :
- (a) Muscles
  - (b) Nerves
  - (c) Lungs
  - (d) Heart
23. Front Muscles of the Thigh are known as :
- (a) Gluteal muscles
  - (b) Trapezius
  - (c) Quadriceps
  - (d) Soleus
24. The main function of WBC is to :
- (a) Transport substances
  - (b) Remove dead cells
  - (c) Increase blood circulation
  - (d) Fight against bacteria

25. The path of an object projected into free air space is known as :
- (a) Speed (b) Abnormal curve  
(c) Velocity (d) Parabola
26. Which type of lever is most effective in Sports movements ?
- (a) Third class (b) Second class  
(c) First Class (d) None of the above
27. Which muscle is involved in the elevation of arm ?
- (a) Deltoid (b) Biceps  
(c) Triceps (d) Quadriceps
28. Which of the following is an example of bi-axial Joint ?
- (a) Hinge (b) Pivot  
(c) Both (a) and (b) (d) None of the above
29. Function of long bones in the body is to :
- (a) Give strength  
(b) Give protection  
(c) Act as Lever  
(d) Provide surface area for muscle attachment
30. 'Kyphosis' is also called :
- (a) Hollow back (b) Round back  
(c) Lateral back (d) Back curve
31. Synovial joints are :
- (a) Slightly moveable (b) Freely moveable  
(c) Both (a) and (b) (d) None of the above
32. An athlete covering 100 m distance in 10 seconds, ran at a speed of :
- (a) 10 m/s (b) 100 m/s  
(c) 20 m/s (d) 1000 m/s



41. Interval Training is used for the development of :
- (a) Flexibility
  - (b) Agility
  - (c) Explosive strength
  - (d) Endurance
42. Duration of 'Macro cycle' is :
- (a) 1 year plus
  - (b) 2 months
  - (c) 2 weeks
  - (d) 4 days
43. Reaction Time is component of:
- (a) Physical Fitness
  - (b) Motor Fitness
  - (c) Health Related Physical fitness
  - (d) None of the above
44. The reason for Lower Performance in Sports Competition is :
- (a) Fear of Failure
  - (b) Anxiety
  - (c) Aggression
  - (d) Motivation
45. Which of the following is a Law of Learning ?
- (a) Law of readiness
  - (b) Law of Exercise
  - (c) Law of Effect
  - (d) All the above
46. Sports Authority of India was established in :
- (a) 1994
  - (b) 1956
  - (c) 1968
  - (d) 1984
47. In a heterogeneous class a Physical Education Teacher must take into consideration :
- (a) Height of the Students
  - (b) Age of the Students
  - (c) Equipment Available
  - (d) All the above
48. In which of the following countries did the game of Handball originate ?
- (a) U.S.A.
  - (b) Germany
  - (c) France
  - (d) England

33. Technique of ossification of bones of right hand is used to determine :
- (a) Height
  - (b) Age
  - (c) Weight
  - (d) Equilibrium ability
34. 'Latissimus' Dorsi is situated in :
- (a) Lower Leg
  - (b) Thigh
  - (c) Back
  - (d) Upper arm
35. On 'Set' command the sprinter is in :
- (a) Stable Equilibrium
  - (b) Unstable Equilibrium
  - (c) Neutral Equilibrium
  - (d) None of the above
36. Muscles which cause the Joints to bend are :
- (a) Flexors
  - (b) Extensors
  - (c) Abductor
  - (d) Adductor
37. The branch of mechanics that describes the cause of force is :
- (a) Kinetics
  - (b) Kinematics
  - (c) Biomechanics
  - (d) Fluid mechanics
38. Metacarpals and Phalanges are examples of :
- (a) Saddle Joint
  - (b) Hinge Joint
  - (c) Condylloid Joint
  - (d) Ball and Socket Joint
39. At the time of release of Discus :
- (a) Centripetal force is more than Centrifugal force
  - (b) Centrifugal force is more than centripetal force
  - (c) Centripetal and centrifugal forces become Zero
  - (d) None of the above
40. The Sternum is located in :
- (a) Foot
  - (b) Palm
  - (c) Chest
  - (d) Skull

49. In which year was the first World Track and Field Championship held ?
- (a) 1981 (b) 1982  
(c) 1983 (d) 1984
50. Which of the following is the highest award in the field of Sports ?
- (a) Maharaja Ranjit Singh Award (b) Arjuna Award  
(c) Eklavya Award (d) Vishwamitra Award
51. 'Mango Cup' is associated with which game ?
- (a) Athletics (b) Hockey  
(c) Basketball (d) Football
52. 'Arthur Ashe' is associated with which sport ?
- (a) Badminton (b) Tennis  
(c) Athletics (d) Basketball
53. Aerobic efficiency can be best improved by :
- (a) Speed Training (b) Flexibility Training  
(c) Endurance Training (d) Balance Training
54. The instrument used for Estimation of body fat is :
- (a) Flexometer (b) Goniometer  
(c) Dynamometer (d) Skinfold Caliper
55. Carbohydrates loading mostly helps :
- (a) Marathon Runners (b) Boxers  
(c) Sprinters (d) Power Lifter
56. The muscle fibre is covered by a thin membrane called :
- (a) Cell sap (b) Sarcolemma  
(c) Myoglobin (d) None of the above

57. In a trained Athlete, the Minute volume of the heart :

- (a) Decreases
- (b) Increases
- (c) Remains same
- (d) None of the above

58. 'SPEED PLAY' is also known as :

- (a) Weight Training
- (b) Pressure Training
- (c) Fartlek Training
- (d) Interval Training

59. The Length of Exchange Zone in  $4 \times 100$  m relay is :

- (a) 10 meters
- (b) 15 meters
- (c) 20 meters
- (d) 30 meters

60. Research used for studying practical problems and finding a solution to it is :

- (a) Basic Research
- (b) Applied Research
- (c) Experimental Research
- (d) Evaluation Research

# M.P.Ed - 2010

## M.P. Ed. Course

1. The major aim of "Physical Education" is to ensure :
  - (a) Child's optimal physical development
  - (b) Programme of activity and sports for all
  - (c) All-round development of the individual
  - (d) Complete removal of boredom of the class-room activity
  
2. The most important skill of teaching in Physical Education is :
  - (a) Covering the course prescribed in his subject
  - (b) Keeping students relaxed while teaching
  - (c) Taking classes regularly
  - (d) Making students understand what the teacher says
  
3. One can be a good Physical Education teacher, if he :
  - (a) has genuine interest in teaching
  - (b) knows how to control students
  - (c) knows his subject well
  - (d) has good expression
  
- Who is known as the father of Naturalism ?
  - (a) Aristotle
  - (b) Rossoeau
  - (c) Pavlov
  - (d) Plato
  
5. The major aim of students joining Universities is to :
  - (a) obtain degrees and look for Jobs
  - (b) engage in some kind of research and become scholars
  - (c) gather as much factual information as possible
  - (d) acquire skills and knowledge
  
6. In which of the following ancient sites was 'Gladiator' contests watching the most popular pastime of the people ?
  - (a) Athens
  - (b) Rome
  - (c) Sparta
  - (d) Olympia
  
7. Name the founding father of the "Asian" games :
  - (a) Maharaja Yadavendra Singh of Patiala
  - (b) Pt. Jawarharlal Nehru
  - (c) Raj Kumari Amrit Kaur
  - (d) Prof. Guru Dutt Sondhi

8. According to Aristotle, play in its basic nature is :
- (a) spontaneous
  - (b) unconstrained
  - (c) cathartic
  - (d) reflective
9. The Indian Olympic Association was formed in :
- (a) 1927
  - (b) 1952
  - (c) 1937
  - (d) 1947
10. The Olympic Games were revived with the sole objective of :
- (a) promoting games and sports among the masses
  - (b) creating amity, understanding and brotherhood among nations
  - (c) giving a new look to ancient sports
  - (d) making children and youth more skillful
11. The Rajiv Gandhi "Khel Ratna Award" was instituted by the Government of India in :
- (a) 1991-92
  - (b) 1993-94
  - (c) 1995-96
  - (d) 1997-98
12. Play fields are considered to be a breeding ground for :
- (a) All kinds of Social Vices
  - (b) Anxieties and aggressiveness
  - (c) Qualities of character
  - (d) Behavioral problems
13. What exact duration has been fixed for the Summer Olympic Games ?
- (a) 18 days
  - (b) 15 days
  - (c) 20 days
  - (d) 16 days
14. In the ancient Olympics, an event called Pankration combined :
- (a) Wrestling and boxing
  - (b) Running and throwing
  - (c) Kicking and chopping
  - (d) Horse racing and charioting
15. Which of the following games is also known as Ping Pong ?
- (a) Badminton
  - (b) Lawn Tennis
  - (c) Table Tennis
  - (d) Bowling
16. Which country did Baron Pierre de Coubertin- The father of the modern Olympic Games- belong to ?
- (a) Greece
  - (b) France
  - (c) Denmark
  - (d) Switzerland

17. A game called Korfball is played by :
- (a) Old people only
  - (b) Men only
  - (c) Women only
  - (d) Mixed teams of two sexes
18. The relationship between Physical Education and Psychology is best reflected in the relationships between :
- (a) Mother and daughter
  - (b) Servant and master
  - (c) Two loving sisters
  - (d) Guide and traveller
19. Today, The National Coaching Scheme is controlled directly by the :
- (a) National Sports Federations
  - (b) Sports Authority of India
  - (c) N. S. N. I. S, Patiala
  - (d) Indian Olympic Association
20. Trial and error learning is also known as :
- (a) Organized learning
  - (b) Informal learning
  - (c) Self-learning
  - (d) Instinctive learning
21. The term 'reinforcement' is roughly synonymous with the term :
- (a) Reward
  - (b) Award
  - (c) Gain
  - (d) Strengthening
22. Principles of learning can be used to :
- (a) facilitate learning in a big way
  - (b) provide happy learning experiences to students
  - (c) understand, analyze and manage human behaviour
  - (d) Produce stronger transfer-effect
23. Which theory of play maintains that "Past is the key to play" ?
- (a) Instinct or gross theory
  - (b) Inheritance or Recapitulation theory
  - (c) Self expression theory
  - (d) Recreation theory
24. Individual differences among people exist in :
- (a) Body and mind
  - (b) Skill and ability
  - (c) Thought and action
  - (d) All personality variables
25. The earliest name for Physical Education teachers in School was :
- (a) Drill masters
  - (b) Physical training instructors
  - (c) Skill masters
  - (d) Physical Educators

26. The time table, so constructed, must aim at :
- Speedy achievement of objectives
  - Optimal utilization of time available
  - Ingenious use of infrastructure and facilities
  - Continuity in the activities term to term
27. If a child lives with fear, he learns to be :
- Aggressive
  - Appealing
  - Apprehensive
  - Assertive
28. In common parlance, health is generally understood to be :
- A quality of human organism
  - Soundness of body and mind
  - Functional efficiency of the organ system
  - Freedom from disease and deformity
29. The greatest health hazard at the moment is the ever increasing :
- Drinking and smoking habit with man
  - Pollution of air, water and atmosphere
  - Population explosion in the under-developed countries
  - Number of automobiles on the road
30. A disease that spreads from one generation to another is known as :
- contagious disease
  - communicable disease
  - deficiency disease
  - infectious disease
31. Blowing nose hard not only shows up as a public nuisance but it also hurts :
- Brain
  - Nasal wall
  - Nasal tissue lining
  - Nasal bridge
32. Sports training is a long-term phenomenon, and there are :
- no short-cuts in it
  - simple procedures involved in it
  - undulated paths to tread
  - wide options to choose from
33. Which of the following is the key to increase muscular development ?
- Extra genetic potential
  - Extra exercise
  - Extra rest and relaxation
  - Extra nutrition



34. Name the one which is considered 'show of brute strength' ?  
(a) Olympic style weight lifting (b) Body building  
(c) Power lifting (d) Muscle bulging
35. The duration of one macro-cycle of sports training is :  
(a) 8 months (b) 10 months  
(c) 1 month (d) 12 months
36. Which of the following two fitness components are considered two sides of the same coin ?  
(a) Muscular endurance and strength  
(b) Muscular strength and cardio-respiratory endurance  
(c) Agility and extent flexibility  
(d) Dynamic balance and body composition
37. Fartlek, which means "Speed Play", is a variation of :  
(a) Interval method (b) Circuit training  
(c) Acceleration runs (d) Fast continuous (pace) method
38. What is the central core of circuit training ?  
(a) Exercise intensity (b) Exercise density  
(c) Exercise continuity (d) Exercise volume
39. Speed is considered to be a determining factor in :  
(a) Precision sports (b) Explosive sports  
(c) Power sports (d) Endurance sports
40. The thrill of all sports lies in :  
(a) Competition (b) Performance  
(c) Winning (d) Participation
41. Races beyond what distance are not run in lanes ?  
(a) 1500 m (b) 400 m  
(c) 1000 m (d) 800 m
42. While the number of flights of hurdles in each lane in 110/110 m hurdles is 10, in 400 m hurdles it is :  
(a) Four flights less (b) Two flights more  
(c) One flight more (d) The same

43. Who among the following acts as a time keeper in a football match ?
- (a) Referee (b) Assistant referee  
(c) Linesman (d) Recorder
44. In jumping events, where there are more than eight competitors, each competitor shall be allowed ?
- (a) two trials (b) three trials  
(c) six trials (d) one more trial
45. The number of feathers in the badminton shuttle cock has to be :
- (a) sixteen (b) fourteen  
(c) twelve (d) unspecified
46. The area of performance for floor exercises in gymnastics shall be :
- (a) 10 m × 10 m (b) 15 m × 15 m  
(c) 12 m × 12 m (d) 16 m × 16 m
47. When a bye is called, the number of runs that can be scored is ?
- (a) one (b) two  
(c) four (d) any
48. In international matches, a hockey team comprises of :
- (a) 16 players (b) 11 players  
(c) 18 players (d) 12 players
49. Swimming distance in international competitions range from :
- (a) 50 to 1500 metres (b) 50 to 1000 metres  
(c) 100 to 800 metres (d) 100 to 2000 metres
50. A table tennis is 9 feet long and 5 feet wide, with the height of its playing surface being :
- (a) 36 inches (b) 34 inches  
(c) 32 inches (d) 30 inches
51. Under ideal conditions, the JCR test battery measures an individual's :
- (a) Psycho-physical fitness (b) Physical fitness  
(c) Motor fitness (d) Cardio-vascular fitness
52. What really gives meaning to tests and measurements ?
- (a) Precision used in recording data (b) Interpretation of recorded facts  
(c) Principled evaluation (d) Analysis of testing procedure

53. An obstacle race is a good measure of :
- (a) speed of movement
  - (b) co-ordination
  - (c) body strength
  - (d) extent flexibility
54. If, in Physical Education and Sports, organization has meant "setting up things" administration has meant :
- (a) performance or accomplishment
  - (b) governance
  - (c) implementation
  - (d) dispensation
55. The school intramural programme virtually serves as an excellent ground for :
- (a) skill development
  - (b) basic instructional work
  - (c) student recreation
  - (d) testing skill proficiency
56. The only Saddle Joint in the human body is in the :
- (a) toe of the foot
  - (b) thumb
  - (c) wrist
  - (d) little finger
57. Levers in the body produce force to :
- (a) create movement
  - (b) accelerate an object's velocity
  - (c) overcome resistance
  - (d) catapult an object into the space
58. In running at slow speed, the contact of the foot used is :
- (a) complete
  - (b) partial
  - (c) absent
  - (d) undetermined
59. Man in motion is the focus of attention only in :
- (a) Bio-mechanics
  - (b) Physical Education and Sports
  - (c) Vigorous recreation
  - (d) Kinesiology
60. Truly your posture is the index of your :
- (a) mind
  - (b) personality
  - (c) character
  - (d) intellect

**M.P.Ed.**

1. Which of the following is *not* a unit of time ?
  - (A) Leap year
  - (B) Micro-second
  - (C) Lunar month
  - (D) Light year
  
2. The diameter of red blood corpuscles is of the order of :
  - (A)  $10^{-3}$  m
  - (B)  $10^{-6}$  m
  - (C)  $10^{-7}$  m
  - (D)  $10^{-9}$  m
  
3. The time taken by sun light to travel from sun to earth is :
  - (A)  $10^{-1}$  S
  - (B) 1 S
  - (C) 10 S
  - (D)  $5 \times 10^2$  S
  
4. The time interval between the heart beats is the order of :
  - (A)  $10^{-1}$  S
  - (B)  $10^{-2}$  S
  - (C) 10 S
  - (D)  $10^0$  S

5. In S.I system the unit of temperature is :
- (A) Kelvin
  - (B) Degree
  - (C) Degree Fahrenheit
  - (D) Degree Reumer
6. The dimensions of energy density i.e. energy per unit volume are same as that of :
- (A) Momentum
  - (B) Pressure
  - (C) Force
  - (D) Velocity
7. A car is moving on a road when rain is falling vertically downward. Rain will strike :
- (A) Front screen only
  - (B) The hind screen only
  - (C) Both screens
  - (D) The roof only
8. Two balls of different masses are thrown vertically upward with the same speed. They pass through the point of projection in their downward motion (neglecting air resistance) :
- (A) With the same speed
  - (B) With different speed
  - (C) With the same momentum
  - (D) Information is insufficient

9. The distance travelled by a body falling freely from rest in first, second and third seconds are in the ratio :
- (A) 1 : 2 : 3  
(B) 1 : 3 : 5  
(C) 1 : 4 : 9  
(D) None of the above
10. The initial velocity of a particle moving along a straight line is 10 m/sec and its retardation is  $2\text{m/sec}^2$ . The distance moved by the particle in the fifth second of its motion is :
- (A) 1 m  
(B) 19 m  
(C) 50 m  
(D) 75 m
11. An athlete completes one round of a circular track of radius  $R$  in 40 sec. What will be the displacement at the end of 2 min 20 sec ?
- (A) 0  
(B)  $2R$   
(C)  $2\pi R$   
(D)  $7\pi R$
12. Newton's first law of motion gives the concept of :
- (A) Energy  
(B) Work  
(C) Momentum  
(D) Inertia

13. There are three laws of Newton namely first, second and third law. We can derive :
- (A) Second and third law from first law
  - (B) First and third law from second law
  - (C) First and second law from third law
  - (D) All laws are independent of each other
14. An athlete runs some distance before taking a long jump because :
- (A) He gains energy to take him through long distance

17. The pressure at any point in a liquid depends upon :
- (A) The density of liquid
  - (B) The value of  $g$
  - (C) The depth of point below the surface
  - (D) All of the above
18. A person exercising hard shows the following, *except* :
- (A) Increase in Glycogen
  - (B) Increase in ADP
  - (C) Decrease in blood glucose
  - (D) Increase in Lactic acid
19. Exchange of Gases between the blood and tissue of body is called :
- (A) External respiration
  - (B) Internal respiration
  - (C) Cellular respiration
  - (D) Counter-current exchange
20. Blood is a :
- (A) Muscular tissue
  - (B) Connective tissue
  - (C) Epithelial tissue
  - (D) Nervous tissue



21. The life span of human W.B.C. is approximately :
- (A) 48 hours
  - (B) 24 hours
  - (C) 120 days
  - (D) 100 days
22. Liver is located in :
- (A) Abdomen
  - (B) Thorax
  - (C) Neck
  - (D) Head
23. Main function of kidney is :
- (A) Reproduction
  - (B) Excretion
  - (C) Secretion
  - (D) Gas exchange
24. In humans, digestion of food is completed in the :
- (A) Small intestine
  - (B) Buccal cavity
  - (C) Stomach
  - (D) Rectum

25. Brain and spinal cord act as :

- (A) Receptors
- (B) Effectors
- (C) Modulator
- (D) None of the above

26. The sense on which human depends the most is :

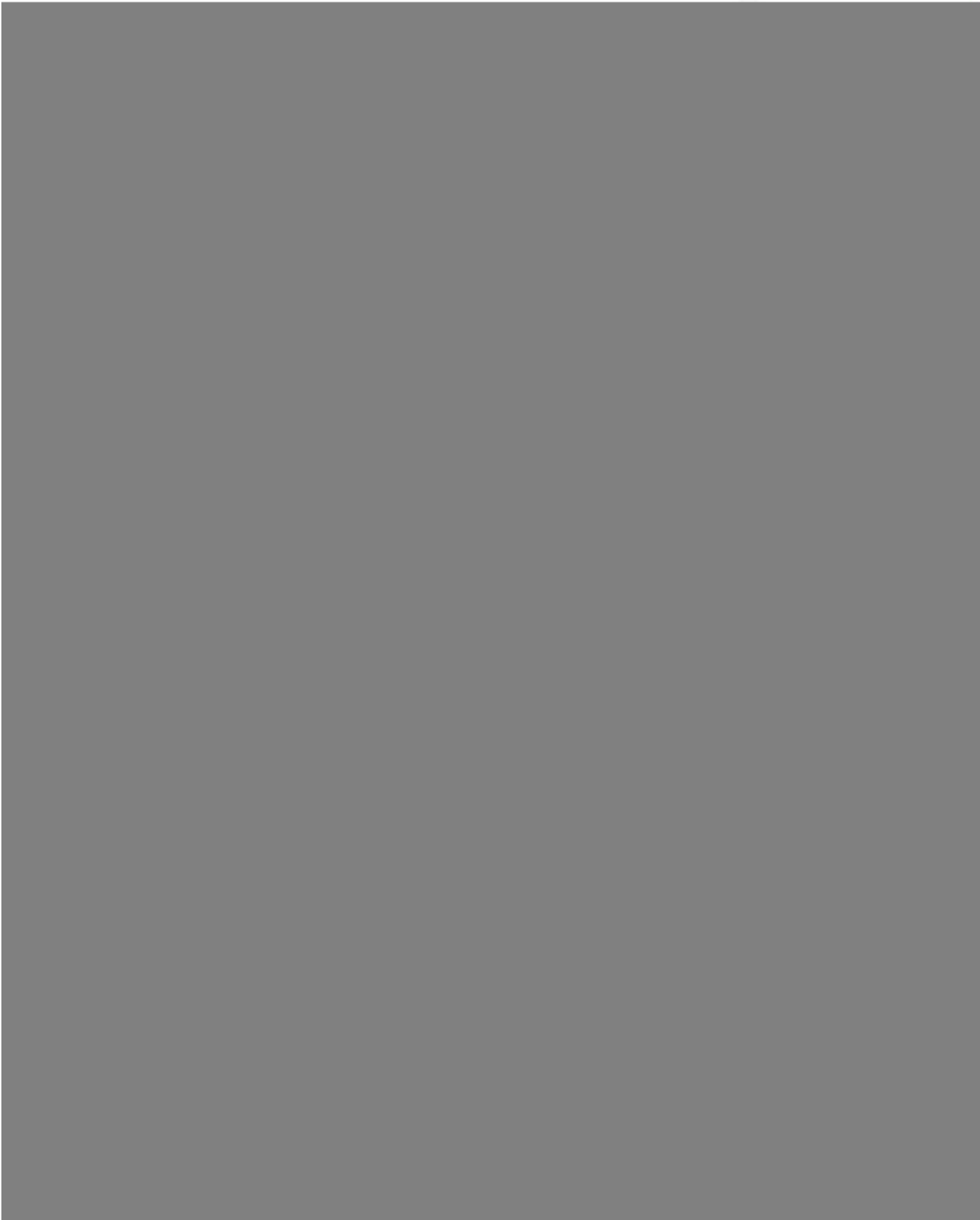
- (A) Smell
- (B) Touch
- (C) Sight
- (D) Sound

27. The river Amazon is longer than river Nile. The river Sind is shorter than the river Nile, but river Nile is longer than the river Ganges. The river Ganges however, is shorter than the river Sind. Which of these is the shortest ?

- (A) Amazon
- (B) Nile
- (C) Sind
- (D) Ganges

28. Which of the following games is *not* included in Olympic Games ?
- (A) Cycling
  - (B) Archery
  - (C) Cricket
  - (D) Skiing
29. In the Discus Throw Event the competitor has to remain **within the circle** until he throws Discus. What is the radius of the circle ?
- (A) 2 m
  - (B) 2.135 m
  - (C) 2.5 m
  - (D) 2.85 m
30. When and where was lighting of the Olympic Flame introduced in the Olympic Games ?
- (A) 1928 at Amsterdam
  - (B) 1924 at Paris
  - (C) 1912 at Stockholm
  - (D) 1936 at Berlin





39. What is the weight of a Football ?
- (A) 390 to 450 gm
  - (B) 392 to 451 gm
  - (C) 395 to 452 gm
  - (D) 396 to 453 gm
40. In Football what is the 4-4-2 formation called ?
- (A) Mango tree
  - (B) Banyan tree
  - (C) Christmas tree
  - (D) Neem tree
41. What is the distance between penalty kick spot from the centre of the goal line in a Football match ?
- (A) 11 metres
  - (B) 13 metres
  - (C) 15 metres
  - (D) 17 metres
42. Which among the following terms is related to Hockey ?
- (A) Yorker
  - (B) Slip
  - (C) Centre Forward
  - (D) Tee

43. A valid Hockey Stick must pass through a ring of :
- (A) 1.4" diameter
  - (B) 2.1" diameter
  - (C) 2.3" diameter
  - (D) 2.5" diameter
44. Which is the oldest Hockey tournament played in India ?
- (A) Aga Khan Cup
  - (B) Rangaswamy Cup
  - (C) Federation Cup
  - (D) Beighton Cup

47. When was women's Hockey introduced in Olympic Games ?

- (A) 1972 in Munich
- (B) 1976 in Montreal
- (C) 1980 in Moscow
- (D) 1984 in Los Angeles

48. What is the size of the Tennis Court ?

- (A) 80 × 40 ft
- (B) 75 × 40 ft
- (C) 75 × 30 ft
- (D) 78 × 36 ft (double)

49. What is the length of bails ?

- (A) 3.5 inches
- (B)  $4\frac{3}{8}$  inches
- (C) 4 inches
- (D) 5 inches



50. When was Indian Cricket Control Board set up ?
- (A) 1932
  - (B) 1928
  - (C) 1947
  - (D) 1912
51. Where is the world's highest cricket ground located ?
- (A) Srinagar
  - (B) Chail
  - (C) Ooty
  - (D) Shimla
52. The term 'Tee' is associated with :
- (A) Polo
  - (B) Golf
  - (C) Bridge
  - (D) Billiards
53. Which pair is *not* correct ?
- (A) Santosh Trophy → Football
  - (B) Rangaswamy Cup → Hockey
  - (C) Nehru Trophy → Chess
  - (D) Thomas Cup → Badminton

54. When is the National Sports Day celebrated in India ?
- (A) Sept. 5
  - (B) Nov. 14
  - (C) Aug. 29
  - (D) Dec. 7
55. The term 'Double Fault' is associated with :
- (A) Squash
  - (B) Rugby
  - (C) Lawn Tennis
  - (D) Long Jump
56. Human Cranium is made up of :
- (A) 8 bones
  - (B) 10 bones
  - (C) 12 bones
  - (D) 14 bones
57. Blood volume is maintained by a hormone secreted by :
- (A) Liver
  - (B) Kidney
  - (C) Heart
  - (D) Brain

58. Activities of the central nervous system are depressed by :
- (A) Narcotics
  - (B) Alcohol
  - (C) None of the above
  - (D) Both of the above
59. Diseases of the Heart, Joints and Nervous system are called :
- (A) Communicable diseases
  - (B) Degenerative diseases
  - (C) Deficiency diseases
  - (D) Allergies
60. The most thickly populated country is :
- (A) Japan
  - (B) Australia
  - (C) U.S.A.
  - (D) India