

C 41665

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Name.....

Reg. No.....

PG/INTEGRATED PG ENTRANCE EXAMINATION, APRIL 2023

M.P.Ed. (MASTER OF PHYSICAL EDUCATION)

Time : One Hour

Maximum : 200 Marks

All question carries 4 marks.

1 mark will be deducted for each wrong answer.

1. Sports injuries can be minimized by :
 - a) Massage.
 - b) Sauna bath.
 - c) Steam bath.
 - d) All of the above.
2. The branch of philosophy which deals with the theory of values is :
 - a) Axiology.
 - b) Sociology.
 - c) Physiology.
 - d) None of these.
3. Bending of the vertebral column to one side combined with rotation of the vertebral bodies to the convexity side is :
 - a) Scoliosis.
 - b) Kyphosis.
 - c) Lordosis.
 - d) All the above.
4. The adaptation is the result of proper cycles of :
 - a) Load and recovery.
 - b) Intensity and training.
 - c) Volume and training.
 - d) None of these.
5. Factors affecting the phase of recovery are :
 - a) Nature of load.
 - b) Health and physical fitness.
 - c) Sleep.
 - d) All the above.
6. The energy for muscle contraction is primarily obtained through the break down of :
 - a) ATP.
 - b) Fat.
 - c) ATP and CP (phosphagens).
 - d) None of these.
7. The measure of energy production over a period of time is :
 - a) Metabolic rate.
 - b) Basal metabolic rate.
 - c) Both.
 - d) None of these.

Turn over

8. Anabolic steroids are categorized as :
- a) Doping agent.
 - b) Anti Doping agent.
 - c) Performance reducing agent.
 - d) None of these.
9. The technique of teaching where the teacher reviews a teaching session to make improvements in their teaching technique :
- a) Micro teaching.
 - b) Macro teaching.
 - c) Online teaching.
 - d) Group Teaching.
10. In which of the following experimental design the subject act as their own controls :
- a) Repeated measures design.
 - b) Factorial design.
 - c) Single group design.
 - d) Radom group design.
11. Lockhart and MC phersons is associated with :
- a) Tennis.
 - b) Cricket.
 - c) Badminton.
 - d) None of these.
12. In normal probability curve, the mean, median and mode are falls exactly at the :
- a) Centre of the distribution.
 - b) Left side of the distribution.
 - c) Right side of the distribution.
 - d) None of these.
13. The statistical measure which is generally applied for the determination of sampling error is :
- a) Mean.
 - b) Chi-Square.
 - c) Co-relation.
 - d) Standard deviation.
14. The fluid filled is epidermis after an injury is :
- a) Exudates.
 - b) Blisters.
 - c) Callus.
 - d) Flap.
15. What is the study of human mobility, which includes the athlete's Sports Equipment and the exercise environment ?
- a) Kinesiology.
 - b) Physical education.
 - c) Biomechanics.
 - d) Sports education.

- Turn over

24. The movement that decreases the angle between bones at joint is called as :
- a) Circumduction.
 - b) Rotation.
 - c) Extension.
 - d) Flexion.
25. Research Hypothesis Shows :
- a) Relationship.
 - b) Error.
 - c) Rejection.
 - d) Acceptance.
26. Power house of the cell :
- a) Cytoplasm.
 - b) Ribosome.
 - c) Mitochondria.
 - d) Lysosome.
27. In a single league tournament played by six teams, the total number of matches shall be come to :
- a) Five.
 - b) Ten.
 - c) Thirteen.
 - d) Fifteen.
28. Who said 'Recreation is not a matter of motions but emotions' ?
- a) Joseph Lee.
 - b) Ramney.
 - c) John Dewey.
 - d) John Hizinga.
29. Parabola is :
- a) The path of an object projected into free air.
 - b) The path of an object formed with air resistance.
 - c) The path of an object falling vertically down.
 - d) None of the above.
30. Gladiatorial combats existed in :
- a) Ancient Rome.
 - b) Athens.
 - c) Sparta.
 - d) Ancient Sweden.
31. The Length of Muscle do not change during contraction is called :
- a) Iso-Kinetic Contraction.
 - b) Iso-Metric Contraction.
 - c) Iso-Tonic Contraction.
 - d) Muscle Contraction

32. An ecosystem consists of :
- a) Population.
 - b) A biotic community.
 - c) A Population and its Non- Living elements.
 - d) A Biotic Community and its non-living elements.
33. Standiometer is used for measuring :
- a) Height.
 - b) Weight.
 - c) Width.
 - d) Girth.
34. The objectives of planning in a sports tournament do not consist of :
- a) Management of a tournament.
 - b) Finding out the causes of failure.
 - c) Distributing work according to the ability.
 - d) Achieving the target on time.
35. Who has become the first para-athlete to receive Padma Bhushan ?
- a) Sumit Antil.
 - b) Devendra Jhajharia.
 - c) Sundar Singh Gurjar.
 - d) Mariyappan Thangavelu.
36. An individual's capacity to perform a motor task refers to :
- a) Motor educability.
 - b) Motor performance.
 - c) Motor fitness.
 - d) Motor skill.
37. Pyramid Training was invented by :
- a) Russians.
 - b) Germans.
 - c) Swedish.
 - d) Americans.
38. Main consideration for effective periodization should be :
- a) Base Creation.
 - b) Achievement of Top Form.
 - c) Skill Development.
 - d) Development of Tactical Ability.

Turn over

39. Ratio of Carbohydrate, Protein and fats in the diet of an average individual should be :
- a) 4 : 1 : 1.
 - b) 1 : 4 : 4.
 - c) 3 : 2 : 2.
 - d) 4 : 4 : 1
40. Hockey India League started in the year :
- a) 2011.
 - b) 2013.
 - c) 2010.
 - d) 2012.
41. Which of the following catabolic processes only occur in the presence of oxygen ?
- a) Glycolysis.
 - b) Phosphocreatine hydrolysis.
 - c) Hydrolysis of ATP.
 - d) Fatty acid catabolism.
42. Master gland of human body :
- a) Adrenaline.
 - b) Parathyroid.
 - c) Thyroid.
 - d) Pituitary.
43. Cognitive process is concerned with :
- a) Knowing Experience.
 - b) Feeling Experience.
 - c) Striving Experience.
 - d) Thinking Experience.
44. Patanjali developed 8 components/limbs/elements of yoga known as :
- a) Hata Yoga.
 - b) Asana.
 - c) Ashtanga Yoga.
 - d) Yoga Mimansa.
45. Which of the following falls in the category of macronutrients ?
- a) Carbohydrates, Fat And Protein.
 - b) Vitamins, Minerals, Water, Fiber.
 - c) Carbohydrates, Vitamins, Minerals.
 - d) Fat, Minerals, Roughage And Proteins.

46. Professional preparation of physical education teachers is governed by :
- a) U.G.C.
 - b) A.I.C.T.E.
 - c) N.C.T.E.
 - d) N.A.A.C
47. The qualitative and quantitative interface between structure and motion is studied under :
- a) Kinesiology.
 - b) Bio-mechanics.
 - c) Kinethropometry.
 - d) Both a) and b).
48. Who has the Highest Number of Gold Medals in Olympic History ?
- a) Larisa Latynina.
 - b) Mark Spitz.
 - c) Michael Phelps.
 - d) Saina Nehwal.
49. In hockey, blocking an opponent in any way with one's stick on body is :
- a) Obstruction.
 - b) Attacking.
 - c) Defending.
 - d) Opposing.
50. In circuit training when the intensity is higher and volume is lower it is known as :
- a) Repetition Method.
 - b) Specific Training.
 - c) Interval Training.
 - d) Continuous Training.

(50 × 4 = 200 marks)