

ENTRANCE EXAMINATION FOR ADMISSION, MAY 2012.

Ph.D. (Physical Education and Sports)

COURSE CODE : 121

Register Number :

Signature of the Invigilator
(with date)

COURSE CODE : 121

Time : 2 Hours

Max : 400 Marks

Instructions to Candidates :

1. Write your Register Number within the box provided on the top of this page and fill in the page 1 of the answer sheet using pen.
2. Do not write your name anywhere in this booklet or answer sheet. Violation of this entails disqualification.
3. Read each of the question carefully and shade the relevant answer (A) or (B) or (C) or (D) in the relevant box of the ANSWER SHEET using HB pencil.
4. Avoid blind guessing. A wrong answer will fetch you -1 mark and the correct answer will fetch 4 marks.
5. Do not write anything in the question paper. Use the white sheets attached at the end for rough works.
6. Do not open the question paper until the start signal is given.
7. Do not attempt to answer after stop signal is given. Any such attempt will disqualify your candidature.
8. On stop signal, keep the question paper and the answer sheet on your table and wait for the invigilator to collect them.
9. Use of Calculators, Tables, etc. are prohibited.

1. To solve the practical problem of the modern world is called

(A) Basic research	(B) Application research
(C) Action research	(D) None

2. A proposed explanation for a phenomenon is

(A) Null Hypothesis	(B) Hypothesis
(C) Research	(D) None

3. A document written by a researcher is called

(A) Proposal	(B) Bibliography	(C) Abstract	(D) All the above
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4. A source of information that was created at the time of understudy is

(A) Primary source	(B) Secondary sources
(C) Tertiary sources	(D) All the above

5. A tool used by the historians and exegetes to determine the validity of documents is called as

(A) Internal criticism	(B) External criticism
(C) Partial criticism	(D) Criticism

6. The study of progresses that govern thought and conduct of the principles of laws regulate the universe and under the knowledge and reality is called

(A) Philosophy	(B) Psychology
(C) Sociology	(D) Education

7. Dividing a sample into two or more groups based on initial test so that the groups are equal is called

(A) Single group design	(B) Random group design
(C) Rejected mean design	(D) Related group design

8. A research method involving the use of questionnaires survey to gather data about people and their thoughts and behaviors

(A) Survey methodology	(B) Survey research
(C) Questionnaire	(D) Interview

9. The design of any information-gathering exercises where variation is present is called
(A) Experimental design (B) Repeated measures design
(C) Single group design (D) Random group design
10. A survey of public opinion from a particular sample is called
(A) Opinion poll (B) Maximum pole (C) Minimum pole (D) Hypothesis
11. The father of statistics is
(A) Gauss (B) Pearson (C) Fisher (D) Spearman
12. The score collected numerical, in a test are called
(A) Qualitative data (B) Quantitative data
(C) Both (D) None
13. A single score that represents the total distribution is
(A) Measure of central tendency (B) Measure of variability
(C) Both of the above (D) None of the above
14. Which is not a measure of central tendency?
(A) Mean (B) Median
(C) Mode (D) Standard Deviation
15. What is normal curve?
(A) Correlation of numerical data
(B) Statistical hypothesis
(C) Bell shaped curve extending from -3 to +3
(D) Difference between means and standard error
16. Which is not a measure of variability?
(A) Mean (B) Quartile deviation
(C) Standard deviation (D) Range
17. Arithmetic average of a distribution is
(A) Range (B) Mode (C) Mean (D) Median

18. The midpoint of the distribution is
(A) Mean (B) Median (C) Mode (D) Range
19. The Score that appears most frequency in a distribution is
(A) Mean (B) Median (C) Mode (D) Range
20. To avoid the influence of extremely high and low scores in the distribution prefer.
(A) Mean (B) Median (C) Mode (D) Range
21. The most reliable measure of central tendency is
(A) Mean (B) Median
(C) Mode (D) Quartile Deviation
22. Which statistical device helps in analyzing the co variation of two or more variables?
(A) Regression (B) Median
(C) Standard deviation (D) Correlation.
23. The Curve Portion of a normally probability curve is
(A) Skewness (B) Curve
(C) Probability curve (D) Kurtosis
24. The application of chi-square to test
(A) Population Mean (B) Difference of Mean
(C) Goodness of fit (D) Independence of attributes
25. The limit of skewness is from
(A) -3 to +3 (B) -1 to +1 (C) 0 to 3 (D) 0 to 1
26. Total number of bones in axial skeletal system
(A) 80 bones (B) 126 bones (C) 86 bones (D) 120 bones
27. Horizontal planes moves around
(A) Frontal axes (B) Transverse axes
(C) Vertical axes (D) Sagital axes

28. In the first type of lever the fulcrum is
 (A) at right side (B) at left side
 (C) at centre (D) none of these
29. Parabola is
 (A) Path of an object projected into free air
 (B) Path of an object formed with air resistance
 (C) Path of an object falling vertically down
 (D) None of the above
30. The term rest and motion are studied under
 (A) Bio-chemistry (B) Anatomy (C) Bio-Mechanics (D) All the above
31. In which type of lever the weight is in between force and fulcrum?
 (A) Type – I (B) Type – II (C) Type – III (D) Type – IV
32. The movement around the ball and socket joints are
 (A) Flexion and extension (B) Rotation and circumduction
 (C) Hyper extension (D) All of the above
33. Every action there is an equal and opposite reaction
 (A) Newton's first law of motion (B) Newton's second law of motion
 (C) Newton's third law of motion (D) Newton's fourth law of motion
34. Movements involved in neck joint
 (A) Lateral Flexion (B) Pronation
 (C) Circumduction (D) Depression
35. Power is
 (A) Force/Area (B) Force/work
 (C) Work done/Time (D) All the above
36. Speed is
 (A) Vector quantity (B) Scalar quantity
 (C) Linear quantity (D) All the above
37. The change in place and situation is termed as
 (A) Inertia (B) Motion (C) Momentum (D) Reaction

38. Muscles involved in knee joint
 (A) Lateralis (B) Teres Major (C) Soleus (D) Erector spinae
39. The distance covered with each stride taken
 (A) Stride frequency (B) Stride time
 (C) Stride length (D) Average time
40. The equilibrium at rest is called
 (A) Dynamic equilibrium (B) Neutral equilibrium
 (C) Stable equilibrium (D) All the above
41. Shortening and lengthening of muscle
 (A) Isotonic Contraction (B) Isometric contraction
 (C) Eccentric contraction (D) None of the above
42. Anaerobic capacity contributes to
 (A) Endurance development (B) Flexibility development
 (C) Coordination development (D) Speed development
43. Leg strength can be best improved by
 (A) High jumps (B) Depth jumps (C) Push up (D) Chin ups
44. 'Speed play' is also known as
 (A) Weight training (B) Pressure training
 (C) Fartlek training (D) Interval training
45. If training load is increased in every session it is named
 (A) Linear method (B) Step method
 (C) Slow method (D) Non linear method
46. Weekly training cycle is
 (A) Macro cycle (B) Olympic cycle
 (C) Micro cycle (D) Meso cycle

47. For maximum strength development intensity is
(A) 40 to 60% (B) 55 to 65% (C) 60 to 70% (D) 80 to 100%
48. The worthwhile break is utilized in
(A) Interval training (B) Circuit training
(C) Fartlek training (D) Weight training
49. Super compensation occurs
(A) Post training period (B) Pre training period
(C) During training (D) None of the above
50. Age and sex difference are considered in
(A) Principle of over load (B) Principle of specificity
(C) Principle of individuality (D) Principle of periodization
51. Which one of the strategy used by the athletes to reduce the time to respond to a stimulus?
(A) Personality (B) Fitness (C) Experience (D) Anticipation
52. Growth and increase of the size of muscle cells named as
(A) Muscular strength (B) Muscular hypertrophy
(C) Muscular endurance (D) Muscular atrophy
53. Assisted sprinting helps to improve
(A) Stride length (B) Stride frequency
(C) Reaction time (D) None of the above
54. Which one of the following is not overload procedure?
(A) Increasing the resistance (B) Increasing the repetitions
(C) Increasing the sets (D) Increasing the recovery period
55. Organized division of the training year is
(A) Sports training (B) Periodisation
(C) Detraining (D) Competition

56. The contraction of the heart is
- (A) Systole (B) Diastole
(C) Heart rate (D) Stroke volume
57. A procedure of removing a microscopic sample of skeletal muscle fiber for research.
- (A) Krebs cycle (B) Tissue culture
(C) Myology (D) Muscle biopsy
58. A sonogram of the heart uses standard ultrasound techniques to image two-dimensional slices of the heart is
- (A) ECG (B) Echocardiogram
(C) Heart rate monitors (D) Sphygmomanometer
59. Oxygen-depleted blood is pumped away from the heart, via the pulmonary artery, to the lungs and returned, oxygenated, to the heart via the pulmonary vein is called
- (A) The pulmonary circulatory system (B) Systemic circulation
(C) Respiratory system (D) Muscular system
60. The amount of pressure required to create the feeling of a pulse is
- (A) Cardiac output (B) Blood pressure
(C) Pulse pressure (D) Stroke volume
61. The volume of air associated with different phases of the respiratory cycle is
- (A) Lung volume (B) Tidal volume
(C) Vital capacity (D) Respiratory rate
62. The volume of air present in the lungs specifically the parenchyma tissues, at the end of Passive expiration is
- (A) Tidal volume (B) Vital capacity
(C) Functional residual capacity (D) Minute ventilation
63. Typical values are around
- (A) 500 ml (B) 300 ml (C) 200 ml (D) 100 ml
64. A device used to measure the rate of respiration of a living organism by measuring its rate of exchange of oxygen and/or carbon dioxide.
- (A) ECU (B) Respirometer
(C) Heart rate monitors (D) Sphygmomanometer

65. It is usually refers to the arterial pressure of the systemic circulation
 (A) Blood pressure (B) Heart rate
 (C) Vital capacity (D) Breath holding time
66. The enzyme that facilitates the breakdown of ATP
 (A) Ca^{2+} (B) AT Pase
 (C) Creatine phosphokinase (D) All the above
67. How many ATP are formed as the result of the metabolism of 1 glucose molecule in muscle?
 (A) 36 ATP (B) 20 ATP (C) 38 ATP (D) 34 ATP
68. Muscle fibers type that contracts slowly and develops relatively low tension but displays great endurance to repeated stimulation
 (A) Fast twitch fibers (B) Slow twitch fibers
 (C) Intermediate fibers (D) All the above
69. The connective tissue surrounding the fasciculi of skeletal muscle fibers are
 (A) Perimysium (B) Epimysium (C) Endomysium (D) Ectomysium
70. Shortness of breath or labored breathing is
 (A) Dysmenorrhea (B) Oxygen debt
 (C) Dyspnea (D) Hypoxia
71. Rehabilitation of sports injuries is done using
 (A) Corrective exercises (B) Hydrotherapy
 (C) Cryotherapy (D) None of the above
72. Contrast bath is recommended for
 (a) Reducing dislocated joint pain (B) Reducing swelling
 (C) Treatment of wound (D) None of the above
73. Sprain is an injury to
 (A) Ligament (B) Bone
 (C) Muscle (D) Connective tissue

74. The quickest and most effective way to stop bleeding is
 (A) Direct pressure on the wound (B) Cryotherapy
 (C) Hydrotherapy (D) Tourniquets
75. Wound caused by a sharp object such as knife or broken glass is
 (A) Punctured wound (B) Incised wound
 (C) Laceration (D) Abrasion
76. CPR – means
 (A) Cardiopulmonary rehabilitation (B) Cardiopulmonary resuscitation
 (C) Cardiopulmonary retention (D) Cardiopulmonary regulation
77. Hydrotherapy is given using
 (A) Wax (B) Ice (C) Water (D) Heat
78. The role of physical therapists in sports medicine is
 (A) Prevention (B) Treatment
 (C) Both (D) None of the above
79. Complete dislocation of a joint is named
 (A) Luxation (B) Subluxation (C) Fracture (D) Fibrous
80. Which is the most effective way to limit hematoma and swelling?
 (A) Massage (B) Compression bandage
 (C) Rest (D) None of the above
81. The Rorschach ink-blot test personality test is based on the technique of
 (A) Transference (B) Introspection (C) Identification (D) Projection
82. Which of the following books has been written by Bary L. Johnson and Jack. K. Nelson?
 (A) Structure of physical Fitness
 (B) Practical Measurement for evaluation in physical Education
 (C) A practical Approach to Measurement in physical Education
 (D) Test and Measurement in physical Education

83. Which element of physical fitness does the bridge-up test measure?
 (A) Coordination (B) Speed-endurance
 (C) Flexibility (D) Muscle power
84. Scientists monitor alpha rhythm of the human brain by using
 (A) Electro-encephalogram (B) I.Q test
 (C) Ergometry (D) Electrodes
85. The instrument with which range of the movement of a joint is measured is called
 (A) Thermometer (B) Spirometer (C) Barometer (D) Goniometer
86. Pedagraph is used for measuring
 (A) Kyphosis (B) Flat Foot (C) Scoliosis (D) Lordosis
87. The duration of the Russel-Lunge Volleying test is
 (A) 60 seconds (B) 30 seconds (C) 15 seconds (D) No time limit
88. Kraus weber test, used by American physical education teachers long ago, is a test of
 (A) Back strength (B) Abdominal strength
 (C) Maximum strength (D) Minimum strength
89. A longer paper and pencil test is often more
 (A) Valid (B) Reliable (C) Objective (D) Practicable
90. Which of the element is not included in a test of health-related test of physical fitness?
 (A) Strength (B) Endurance (C) Reaction time (D) Flexibility
91. 'Play is Life' theory is associated with
 (A) Mc Dougall (B) Goody (C) John Dewey (D) Aristotle
92. Violence associated with competitive sports mainly due to
 (A) Very nature of competitive sports
 (B) Social tensions within the society
 (C) Social backwardness
 (D) Identity of spectators with teams on racial, religious or national considerations

93. Conditional response theory is associated with
(A) Thorndike (B) Karl Junk (C) Sigmund Freud (D) Pavlov
94. Kinesthetic Knowledge is an important aspect of
(A) Teacher assisted feedback
(B) Feedback received through Tape recorder
(C) Personnel feedback
(D) None
95. The 16 P.F. Questionnaire was constructed by
(A) Allport (B) Cattell (C) Eysenck (D) Guilford
96. The exponents of the Surplus Energy theory are
(A) Spearman and Woodworth (B) Thorndike and Pavlov
(C) Schiller and Spencer (D) Carl Groves and Darwin
97. Cognitive Learning is also called
(A) Mental Learning (B) Affective Learning
(C) Motor Learning (D) All the above
98. Find out which is not the law of Learning?
(A) Law of readiness (B) Law of effect
(C) Law of Re-action (D) Law of exercise
99. Snellan's Charyt is associated with
(A) Hearing test (B) Smelling test (C) Vision test (D) None
100. Each instinct according to William McDougall is said to have its corresponding
(A) Reflex (B) Drive (C) Tendency (D) Emotion