



ENTRANCE EXAMINATION FOR ADMISSION, MAY 2010.

M.Phil./Ph.D. (PHYSICAL EDUCATION & SPORTS)

COURSE CODE : 254/121

Register Number :

*Signature of the Invigilator
(with date)*

COURSE CODE : 254/121

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 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.

RESEARCH METHODOLOGY

1. Research is defined as
 - (A) the quest for the unknown and for the known
 - (B) an association with the well being of mans total organization
 - (C) a method of studying problems
 - (D) the scientific method of analysis

2. A good researcher requires characteristics such as
 - (A) Decision making and creative work
 - (B) Systematic, logic, empirical and replicable
 - (C) Patient unhurried and requires courage.
 - (D) Scientific altitude and interdisciplinary approach.

3. Assertion and Reason: Select the answer form the codes given below.
Assertion 'A': A problem is a unit of perception.
Reason 'R': Lack of knowledge in the association factors
Code
 - (A) 'A' is the correct answer and 'R' is the not the correct explanation of 'A'.
 - (B) 'A' is the correct answer and 'R' is the correct explanation of 'A'.
 - (C) Both 'A' and 'R' are false.
 - (D) 'A' is false and 'R' is true.

4. Related literature is necessary
 - (A) to study published articles.
 - (B) to evaluate reports.
 - (C) to prevent unwarranted duplications.
 - (D) to summarized knowledge on subject areas.

5. Identify the direct library sources.
 - (A) Encyclopedia
 - (B) Indexes
 - (C) Books and government publications
 - (D) Bibliographies

6. Major sources of literature refers to
 - (A) Bibliographies and Indexes
 - (B) Critical literature, Allied literature and Justification
 - (C) Abstract and Research Quarterly
 - (D) Periodicals

STATISTICS

13. Select the answers from the code given below:
Assertion 'A': Statistics are aggregate of facts.
Reason 'R': Single and isolated figures are not statistics.
- (A) 'A' is not correct and 'R' is not the correct explanation of 'A'.
 - (B) 'A' is correct and 'R' is the correct explanation of 'A'.
 - (C) 'A' is false and 'R' is correct.
 - (D) 'A' is correct and 'R' is false.
14. Identify the correct order applied in statistics.
- (A) Collection of Data, Presentation, Analysis and Interpretation.
 - (B) Analysis, Interpretation, Presentation and Collection of Data.
 - (C) Presentation, Collection of Data, Analysis and Interpretation.
 - (D) Interpretation, Analysis, Presentation and Collection of Data.
15. The main concept of Statistics is
- (A) to prepare reports
 - (B) to conduct research
 - (C) to determine the scientific worth of test
 - (D) to collect data
16. Identify the single score from the following.
- (A) 7.6 (B) 19.31 (C) 24.49 (D) 13.69
17. Data that can be graded according to its magnitude is
- (A) Quantitative data (B) Attribute
 - (C) Variable (D) Qualitative data
18. Identify the nominal scale from the given examples.
- (A) High jump performance (B) Body types
 - (C) Grades for body builders (D) Performance of players
19. A science of average is
- (A) Quantitative data (B) Single score
 - (C) Statistics (D) Central measures of Tendency

20. A non gradient classification according to characteristics is called as
(A) Variable (B) Discrete variable
(C) Continuous variable (D) Attribute
21. When individual's is classified according is characteristics it is called as
(A) Interval scale (B) Nominal scale
(C) Ordinal scale (D) Ratio scale
22. Select the answer from the codes given below.
Assertion 'A': Sample is the sub set of the population.
Reason 'R': It is a true representative of the population.
Code
(A) 'A' is correct but 'R' is not the correct explanation of 'A'.
(B) 'A' is correct and 'R' is the correct explanation of 'A'.
(C) 'A' and 'R' is not correct.
(D) 'A' is not correct and 'R' is correct.
23. Select the answer from the codes given below:
Assertion 'A': The observations are independent in non-parametric.
Reason 'R': The Variables in non parametric are discrete.
Code
(A) 'A' is the correct but 'R' is not the correct explanation of 'A'.
(B) 'A' is correct and 'R' is also correct.
(C) 'A' is not correct and 'R' is correct.
(D) 'A' and 'R' is not correct.
24. Studies that are based on large cross sectional samples is
(A) Descriptive Research (B) Status Study
(C) Analytical Research (D) True Research
25. Pearson – Product Moment correlation technique is used when
(A) both variables are ordinal
(B) both variables are merit
(C) one variable is metric and other ordinal
(D) two variables are dichotomous

SPORTS TRAINING

26. Fartlek training method improves
- (A) Speed (B) Endurance
(C) Strength (D) Flexibility
27. For Endurance dominating sports, the diet should be rich is
- (A) Fat (B) Vitamin
(C) Protein (D) Carbohydrates
28. Explosive power is measured through
- (A) Sit-ups (B) Vertical jump
(C) Shuttle run (D) 1 mile running
29. Ability to react quickly and effectively to a signal is called
- (A) Movement ability (B) Coupling ability
(C) Reaction ability (D) None of these
30. Repetition method helps to improve
- (A) Strength endurance (B) Agility
(C) Speed ability (D) None of these
31. Isokinetic Training invented by
- (A) Kamallesh M.C. (B) J.J. Perrine
(C) Hettinger (D) None of these
32. Ballistic training to improve
- (A) Speed (B) Endurance (C) Mobility (D) Strength
33. Double periodisation has
- (A) One Transitional period (B) Three Transitional period
(C) Two Transitional period (D) None of these

34. The Training cycle which have a normal duration of 3-4 weeks is
 (A) Macro cycle (B) Micro cycle
 (C) Meso cycle (D) None of these
35. The ability to over come the resistance with high speed is
 (A) Maximum strength (B) Absolute strength
 (C) General strength (D) None of these
36. In sub maximum resistance worth load the percentage of the maximum possible intensity should be
 (A) 80 to 90 (B) 90 to 100 (C) 30 to 50 (D) 50 to 80
37. The concept of top form was first propounded by
 (A) Hardyal Singh (B) H. Clarck and D. Clarck
 (C) L.P. Matwe Dev (D) D. Scholich
38. Extensive interval Training improves
 (A) Basic endurance (B) General endurance
 (C) Strength endurance (D) All of these
39. During transitional period the intensity and volume is kept
 (A) low (B) high (C) both (D) none of these
40. Which kind of weight training is best suitable for athletes?
 (A) Isotonic (B) Isometric (C) Isokinetic (D) Eccentric

SPORTS MEDICINE

41. The causes of muscle cramp are
 (A) Salt deficiency (B) Water imbalance
 (C) Injury to muscle (D) All the above
42. Immediate injuries are treated by
 (A) Infra aid (B) Short wave diathermy
 (C) Ultra sound (D) Ultra violet

43. The cannon injury in basket ball is
 (A) Medial meniscus injury (B) Medial ligament of ankle
 (C) Lateral ligament of the knee (D) None of the above
44. Due to injury blood is collected and forms a tumor the swelling is called .
 (A) Haematoma (B) Blood clotting
 (C) Blood accumulates (D) All the above
45. The traumatic joint twist that result is stretching an totally tearing stabilizing
 (A) Muscle pull (B) Strains (C) Sprains (D) Fracture
46. The exposure of skin to the hot sun for a prolonged time cause
 (A) Sunburns (B) Frost bite
 (C) Cyanosis (D) None of these
47. Cryo therapy is also known as
 (A) Ice therapy (B) Hydrotherapy
 (C) Electrotherapy (D) None of the above
48. Effleurage is always done
 (A) across the muscle
 (B) from the distal to proximal ends
 (C) from proximal to distal ends
 (D) around joints
49. Contrast bath is recommended for
 (A) Reducing a dislocated joint (B) Reducing swelling
 (C) Treatment of wound (D) None of the above
50. Which of the following is called a pressure manipulation?
 (A) Stroking (B) Clapping
 (C) Pounding (D) Kneading

EXERCISE PHYSIOLOGY

51. The cardiac output of an individual is
(A) 6 liters (B) 5-6 liters (C) 4-5 liters (D) 6.5 liters
52. The amount of air that inspired and expired during quiet respiration
(A) tidal air (B) tidal volume (C) hypoxia (D) none of these
53. The volume of air that pass into and out of the lungs by the most forcible respiration
(A) vital capacity (B) lung capacity (C) both (D) none of these
54. The condition of complete absence of oxygen is known as
(A) hypoxia (B) axoxia (C) tidal air (D) none of these
55. The normal rate of respiration is
(A) 20 times/min (B) 15 times a minute
(C) 17 times/min (D) None of the above
56. Lactic acid is a bye product of
(A) Aerobic glycolysis (B) Anaerobic glycolysis
(C) Both (D) None of the above
57. The red muscle fiber has
(A) high aerobic capacity (B) high anaerobic capacity
(C) both (D) none of these
58. Aerobic exercises are of
(A) short duration (B) long duration
(C) both (D) none of these
59. The final path way for aerobic metabolism
(A) Krebs cycle (B) Electronic transport system
(C) Both (D) None of these

60. Balanced diet should contain
 (A) Protein (B) Carbohydrates
 (C) Vitamins (D) All the above
61. Anabolic steroid are categorized as
 (A) Doping agent (B) Anti doping agent
 (C) Performance reducing agent (D) None of these
62. Metabolism is concerned with
 (A) Respiratory (B) Nervous system
 (C) Digestive system (D) Circulatory system
63. Sliding filament theory was proposed by
 (A) Huxley (B) Hudson (C) Sanderson (D) Denahue
64. Muscles are connected to bones by means of
 (A) Cords (B) Ligaments (C) Tendons (D) Fascia
65. The condition where there is lack of adequate blood flow to active muscle is called
 (A) Ischemia (B) Spasm (C) Torn tissue (D) Haemorrhage

BIO-MECHANICS AND KINESIOLOGY

66. Arthrology means
 (A) Study of cells (B) Study of muscles
 (C) Study of bones (D) Study of human body
67. Claudius Galen is a
 (A) Scientist found hydrostatic principles of floating bodies
 (B) Medical rehabilitation scientist
 (C) Famous Scientist introduced the term of Agonist and Antagonist muscles
 (D) First physician in history had a substantial knowledge of human motions

68. Frontal plane is
- (A) it divide the body into right and left parts
 - (B) it divide the body into anterior and posterior part
 - (C) it divide the body into superior and interior
 - (D) all the above
69. Law of momentum is known as
- (A) Law of inertia
 - (B) Law of Acceleration
 - (C) Law of reaction
 - (D) None of the above
70. Dorsal Flexion means
- (A) moving the top surface of the foot towards the posterior surface
 - (B) it is the reverse of lateral flexion
 - (C) moving the top surface of the foot towards the anterior surface
 - (D) all the above
71. Newton is the Unit of
- (A) Momentum
 - (B) Acceleration due to gravity
 - (C) Force
 - (D) Velocity
72. Which of the following has Fundamental Quantity?
- (A) Velocity
 - (B) Force
 - (C) Volume
 - (D) Time
73. The unit of energy is
- (A) Kilowatts
 - (B) Kg/s^2
 - (C) J/s
 - (D) Watt day
74. Unit of Time in mks system is
- (A) Hour
 - (B) Kilometer
 - (C) Minute
 - (D) Second
75. The unit of work is
- (A) fundamental
 - (B) neither fundamental nor derived
 - (C) derived
 - (D) both fundamental and derived

76. Which of the following pairs have identical dimensions?
- (A) Work and Kinetic energy
 (B) Moment of a force and Angular momentum
 (C) Momentum and force
 (D) Pressure and surface tension
77. Rectus femoris muscle is a
- (A) Unipennate (B) Bipennate
 (C) Multipennate (D) None of the above
78. Saddle Joint comes under
- (A) Non axial movement (B) Uni axial movement
 (C) Bi axial movement (D) Tri axial movement
79. Amphiarthrodial Joint is known as
- (A) Fibrous joint (B) Cartilaginous joint
 (C) Synovial joint (D) Both (A) and (B) joint
80. Postural muscles is known as
- (A) gravitational force muscles (B) anti gravitational force muscles
 (C) thigh muscles (D) all the above

MEASUREMENT AND EVALUATION

81. Height of the bench in Harvard step test for college men is
- (A) 18" (B) 22" (C) 20" (D) 23"
82. How many test items in Oregon motor fitness test for upper elementary school?
- (A) 4 (B) 3 (C) 5 (D) 7
83. How many test items for college men in Indiana motor fitness test?
- (A) 5 (B) 6 (C) 4 (D) 3

84. Harward step test is used for
 (A) Strength of the leg (B) Explosive power
 (C) Endurance (D) Agility
85. How many test items are included in AAHPERD youth fitness test?
 (A) 8 (B) 9 (C) 7 (D) 10
86. The flat back is also known as
 (A) Lumbar Lordosis (B) Lumber Kyphosis
 (C) Lordosis (D) Lordo Kyphosis
87. Goniometer is used for
 (A) Speed (B) Flexibility (C) Agility (D) Endurance
88. Cable tension test is used to measure
 (A) Agility (B) Flexibility (C) Strength (D) Endurance
89. How many skin fold are taken for measurement of fat in human body?
 (A) Two (B) Three (C) Four (D) Six
90. When the digestive viscera dominates the body economy the body composition is
 (A) Mesomorphy (B) Endomorphy
 (C) Ectomorphy (D) None of the above

SPORTS PSYCHOLOGY

91. Psychology deals with
 (A) functions of the body (B) activities of the body
 (C) construction of the body (D) behavior of man.
92. The period of growth and Development from 11-14 years of age is known as
 (A) Adolescence (B) Childhood (C) Puberty (D) Youth

93. Motor skills are learnt best by
(A) Imitation (B) Practice
(C) Observation (D) Memorization
94. The age in the years, months and days is known as
(A) Anatomical age (B) Chronological age
(C) Psychological age (D) Calendar age
95. The name of Pavlov is associated with
(A) Trial and error learning (B) Conditioned reflex learning
(C) Learning by doing (D) All the above
96. The 16 P.F. Questionnaire was constructed by
(A) Allport (B) Cattell (C) Eysenck (D) Guilford
97. 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
98. Walford, Barlett, Goody and Smith have contributed to the promotion of
(A) Surplus Energy theory
(B) Theory of Formal Discipline
(C) Identical Element Theory
(D) Cybernetic Theory of Learning
99. Each instinct according to William McDougall is said to have its corresponding
(A) Reflex (B) Drive (C) Tendency (D) Emotion
100. Cognitive Learning is also called
(A) Mental Learning (B) Affective Learning
(C) Motor Learning (D) All the above