

University of Hyderabad
Post Graduate Diploma in Health Fitness and Lifestyle Management
Entrance examination – 2012

Hall ticket number

Time : 2 Hours

Total marks : 75

Please read the following instructions before answering.

Instructions:

1. This booklet has 5 (Five) pages. Please check thoroughly for all the pages.
 2. Enter the hall ticket number on the first page of this booklet as well as on the OMR sheet.
 3. There is negative marking. For each wrong answer, 0.33 marks will be deducted.
 4. There are two parts in the question paper. Part A (Question nos. 1-25) and Part B (Question nos. 26 to 75). In case of a tie, marks obtained in Part A will be considered for resolving the tie.
 5. Calculators are not permitted.
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PART – A

1. Which one of the following is considered as a Micro nutrients?
A) Carbohydrates B) Proteins C) Fats D) Minerals
2. The summer Olympics of 2012 will be held in this city.
A) Barcelona B) Athens C) London D) Shangai
3. What is the full form of the acronym 'ACSM'?
A) Atlanta College of Sports Medicine B) Australian College of Sports Medicine C) American College of Sports Medicine D) Academy and College for Sports Medicine.
4. Head quarters of World Health Organization is situated in
A) Montreal, Italy B) Geneva, Switzerland C) Ottawa, Switzerland D)Tokyo, Japan
5. World Health Day is celebrated on this date
A) 7th April B)7th March C)21st April D) 21st March
6. Identify the body part in which the skeletal muscle 'Quadriceps' appears
A) Hand B) Hip C) Shoulder D) Leg
7. Cardio conditioning improves the functional capacity of these two systems mainly

- A) Circulatory and Respiratory B) Respiratory and Skeletal C) Skeletal and Circulatory D) Skeletal and Excretory
8. Which one of the following is a metabolic disorder
A) Cancer B) Diabetes mellitus C) Atherosclerosis D) Arthritis
9. Aerobic form of exercise improves
A) Long distance running capacity B) Strength C) Flexibility in body D) Power
10. Adipose tissue stores mainly this substance
A) Carbohydrates B) Minerals C) Fats D) Proteins
11. Who holds the record for 100 meters run at present?
A) Richie Richards B) Ian Bolt C) Mark Robinson D) Usain Bolt
12. What is the approximate distance for Full Marathon run?
A) 42 kms B) 52 kms C) 32 kms D) 21 kms
13. How many paths have been suggested by Pathanjali in his Yoga Sastra?
A) 10 B) 8 C) 6 D) 5
14. Treadmill is used to improve this factor of fitness
A) Strength B) Endurance C) flexibility D) Speed
15. Football player Lionel Messi belongs to this country
A) Brazil B) Spain C) Argentina D) Uruguay
16. 'Ergocalciferol' is the scientific name for this form of vitamin
A) D B) B C) C D) E
17. Erosion of joint surfaces may lead to this condition
A) Fracture B) Sprain C) Strain D) Arthritis
18. How many bones are there in the adult human skeleton?
A) 206 B) 201 C) 211 D) 200
19. 'Vital capacity' of an individual tells the efficiency of this system
A) Circulatory B) Skeletal C) Respiratory D) Muscular
20. Which gland is considered as 'Master gland' in the human body?
A) Thyroid B) Liver C) Pancreas D) Pituitary
21. What is the name of the 102 year old Britain born Indian, who recently completed full marathon?
A) Charles Borromeo B) Sher Singh C) Sriram Singh D) Fauza Singh
22. World Heart Day is celebrated every year on this day
A) 29th September B) 29th August C) 27th September D) 27th August
23. Sphygmomanometer is used to measure
A) Blood oxygen B) Blood pressure C) Heart beat D) Vital capacity
24. Longest muscle in the human body
A) Soleus B) Biceps C) Triceps D) Sartorius
25. Identify the muscle which is called as 'Six pack muscle'
A) Rectus abdominus B) Transverse abdominus C) Calf muscle D) Rectus femoris

PART – B

26. Who is considered as living Yoga legend in India?
A) B.K.S. Iyengar B) Lonavala C) P.K.Gharate D) Pathanjali
27. Football legend 'Pele' belongs to this country
A) Argentina B) Germany C) France D) Brazil
28. Which form of cholesterol is considered as 'good cholesterol'?
A) LDL B) HDL C) VLDL D) Chylomicrons
29. Identify the normal range of Blood pressure
A) 130/80 B) 129/80 C) 120/80 D) 130/85
30. Identify the substance needed in the body to prevent cancer
A) Antioxidants B) Sodium C) Vitamin D D) Cholesterol
31. Which of the following countries has larger Muslim population than any other country
A) Saudi Arabia B) Indonesia C) Kuwait D) Turkey
32. An update called 'Global Burden of Disease' depicting the Disease burden status of all the countries of the world is released by which organization?
A) ACSM B) UNESCO C) UNICEF D) WHO
33. 'Growth Hormone' is secreted by this gland
A) Pituitary B) Thyroid C) Parathyroid D) Thymus
34. Identify the hormone which is called as 'fight or flight hormone'
A) Cortisol B) Adrenaline C) Thyroxine D) Noradrenaline
35. Lower back pain is affected in this region of the spine
A) Cervical B) Thoracic C) Lumbar D) Cervico-thoracic
36. Weight training improves mainly this factor of fitness
A) Endurance B) Strength C) Flexibility D) Coordination
37. Excess of presence of fat in the fat than the allowed limits is called as
A) Obesity B) Overweight C) Body composition D) Fat mass
38. Identify the capital of Belgium
A) Amsterdam B) Adelaide C) Glasgow D) Brussels
39. Food swallowed goes down the digestive tract because of this movement
A) Gastric emptying B) Peristalsis C) Contraction D) Relaxation
40. Approximate average length of small intestine in adult human male is
A) 7 meters B) 10 meters C) 5 meters D) 11 meters
41. EMG is done to know the functional quality of
A) Heart B) Kidney C) Muscle D) Brain
42. 'Nephron' is the functional unit of this organ
A) Heart B) Liver C) Kidney D) Skin
43. Stretching exercises improves this factor of fitness
A) Endurance B) Strength C) Balance D) Flexibility
44. Which of the following is a standing asana?
A) Halasana B) Tadasana C) Bhujangasana D) Makarasana

45. Which of the following asanas is called as 'Peacock Pose' in English
A) Vipareetakarani B) Halasana C) Vajrasana D) Mayurasana
46. Which one of the following food substances has more protein
A) Chicken B) Milk C) Lettuce D) Banana
47. In which city the Wimbledon tennis tournament is conducted?
A) Glasgow B) London C) Edinburgh D) Sydney
48. Identify the Indian who won the singles crown in All England Shuttle Badminton Championships for the first time
A) Prakash Padukone B) Pullela Gopichand C) Syed Modi D) Anand Amritraj
49. Identify the muscle group existing at the front side of the thigh
A) Triceps B) Hamstrings C) Quadriceps D) Biceps
50. Filarial infection is caused by this
A) Mosquito B) House fly C) Rat D) Pig
51. Which of the following is considered as the Powerhouse of a cell
A) Sarcoplasmic reticulum B) Nucleus C) Mitochondria D) DNA
52. Myology is the branch of study relating to
A) Heart B) Joints C) Muscles D) Skin
53. Tai Chi is related to this country
A) Japan B) Indonesia C) Thailand D) China
54. The self defence art 'Kalaripayattu' belongs to this state of India
A) Tamil Nadu B) Kerala C) Punjab D) Maharashtra
55. The legendary fighter 'Brucelee' was born in this country
A) Hong Kong B) China C) Singapore D) USA
56. Identify the legendary ultra long distance cyclist who recovered from cancer
A) Carl Lewis B) Lance Armstrong C) Bruce Jenner D) Maxwell Trevor
57. Which muscle is the biggest and powerful muscle at the Hip joint?
A) Gluteus maximus B) Gastrecnemeus C) Soleus D) Latissimus dorsi
58. Which number would replace question mark in the series?
A) 29 B) 28 C) 26 D) 24
59. Arrange the following in a meaningful sequence
1. Consultation 2. Illness 3. Doctor 4. Treatment 5. Recovery
A) 2,3,1,4,5 B) 2,3,4,1,5 C) 4,3,1,2,5 D) 5,1,4,3,2
60. If in a certain language MYSTIFY is coded as NZTUJGZ, how is NEMESIS coded in that language?
A) MDLHRDR B) OFNFTJT C) ODNHTDR D) PGOKUGU
61. If TAP is coded as SZO, then how is FREEZE coded?
A) EQDFYG B) ESDFYF C) GQFDYF D) EQDDYD
62. The following question consists of two words that have a certain relationship to each other, followed by four lettered pairs of words. Select the lettered pair that has the same relationship as the original pair of words.

House : Ceiling

- A) Hut : Roof B) Building : Floor C) Bed : Bedsheet D) Grapes : Wine
63. Which is the number that comes next in the sequence : 0,6,24,60,120,210, ...
A) 240 B) 290 C) 336 D) 504
64. Excessive loss of water from the body is termed as
A) Hyperhydration B) Dehydration C) Rehydration D) Hypernatramia
65. Identify the muscle in the human body in triangle shape
A) Rhomboidus B) Sartorius C) Deltoid D) Serratus anterior
66. Identify the example for First class lever
A) Trolley B) Scissors C) Crowbar D) Pulley
67. Omega 3 fatty acids are abundant in this
A) Fish B) Chicken C) Beans D) Groundnuts
68. Identify the scientific name of Vitamin E
A) Calciferol B) Tocopherol C) Ascorbic acid D) Calcitriol
69. Identify the woman athlete who was called as 'Payyoli Express'
A) Geeta B) Beenamol C) P.T. Usha D) Valsamma
70. First Physical Education and Sports University was started in this state
A) Maharashtra B) Karnataka C) Delhi D) Tamil Nadu
71. What is the most populous state in India?
A) Andhra Pradesh B) Madhya Pradesh C) Uttar Pradesh D) Maharashtra
72. Identify the largest organ in the human body
A) Skin B) Liver C) Lungs D) Kidney
73. Bile is stored in this organ of the human body
A) Pancreas B) Liver C) Gallbladder D) Small intestine
74. What is the age range for adolescence according to World Health Organization?
A) 10-19 yrs B) 14-19 yrs C) 16-19 yrs D) 10-15 yrs
75. How many chambers are there in the human heart?
A) 3 B) 5 C) 2 D) 4

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