

ENTRANCE EXAMINATION FOR ADMISSION, MAY 2013.
M.P.Ed. Five Year Integrated Programme (PHYSICAL EDUCATION)
COURSE CODE : 398

Register Number :

Signature of the Invigilator
(with date)

COURSE CODE : 398

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) or (E) 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. What is an advantage to exercise?
(A) Improve quality of life (B) Decrease chronic disease
(C) Stress relief (D) All the above
2. Which is a form of exercise
(A) Walking (B) Swimming (C) Biking (D) All the above
3. What does BMI measure?
(A) Flexibility (B) Muscle weight (C) Body weight (D) Strength
4. Exercise used to improve cardiovascular health?
(A) Flexibility (B) Aerobics (C) Strength (D) Sport
5. What is the name of the disease in man arising out of Vitamin B1 deficiency?
(A) Scurvy (B) Beriberi (C) Pellagra (D) Gingivitis
6. Which of the following diseases is associated with Vitamin C deficiency?
(A) Psoriasis (B) Scurvy (C) Pellagra (D) Vitiligo
7. What does Vitamin K deficiency lead to?
(A) Problem in digestion (B) Problem in Blood Coagulation
(C) Problem in Calcium Metabolism (D) All the three
8. The components of wellness include all of the following EXCEPT
(A) Physical (B) Psychological (C) Spiritual (D) Intellectual
9. The process of developing and providing planned experiences to supply information, change attitudes, and influence behavior is
(A) Coordinated school health (B) Wellness
(C) Health education (D) Health promotion
10. When was Amateur Athletics Federation of India established?
(A) 1936 (B) 1946 (C) 1956 (D) 1966

11. India won its first Olympic hockey gold in...?
(A) 1928 (B) 1932 (C) 1936 (D) 1948
12. The 'Dronacharya Award' is given to...?
(A) Sportsmen (B) Coaches
(C) Umpires (D) Sports Editors
13. The term 'Beamer' is associated with
(A) Football (B) Hockey (C) Cricket (D) Chess
14. Of which country is Bull-fighting the National game?
(A) Spain (B) Japan (C) Portugal (D) Poland
15. The National Sports Day is observed on which of the following days?
(A) August 29th (B) July 29th
(C) September 29th (D) August 20th
16. Which of the following Cups is associated with the game of Football?
(A) Wimbledon Cup (B) Evert Cup
(C) AghaKhan Cup (D) Mardeka Cup
17. The term 'Grand Slam' is associated with
(A) Tennis (B) Chess (C) Football (D) Bridge
18. With which game is the 'Agha Khan Cup' associated?
(A) Football (B) Cricket (C) Badminton (D) Hockey
19. 'Durand Cup' is associated with the game of
(A) Hockey (B) Lawn Tennis (C) Football (D) Cricket
20. The term 'Duck' is associated with
(A) Chess (B) Volleyball (C) Golf (D) Cricket

21. When was Indian Hockey Federation established?
 (A) 1924 (B) 1925 (C) 1926 (D) 1927
22. The 'Arjuna Award' is given to.
 (A) Sportsmen (B) Coaches
 (C) Umpires (D) Sports Editors
23. Who controls a football match?
 (A) A referee (B) An umpire
 (C) A spectator (D) A goalkeeper
24. Leander Paes is associated with-
 (A) Football (B) Cricket (C) Badminton (D) Tennis
25. The root word of Yoga is
 (A) Bhoga (B) Yuj (C) Roga (D) None of these
26. The author of Yoga Sutras
 (A) Swami Kuvalayananda (B) Swami Sivananda
 (C) Swami Vivekananda (D) Patanjali
27. Mayur asana means
 (A) Duck (B) Crow (C) Peacock (D) Cow
28. Which of the following asanas is relaxation asana?
 (A) Shirshsana (B) Chakrasana
 (C) Savaasana (D) None of the above.
29. It is best to practice Yogasanas a minimum of
 (A) Half hour after food (B) One hour after food
 (C) Two hours after food (D) None of the above.

30. What does the term ashtanga means?
- (A) Eight limbs (B) Three gunas
(C) Three ashramas (D) All of the above.
31. Dhyana means
- (A) Physical posture (B) Breathing practices
(C) Meditation (D) None of these
32. Which of the following is a balancing pose?
- (A) Padmasana (B) Mayurasana (C) Matsyasana (D) None of these
33. The process of retaining the breath is called
- (A) Rechaka (B) Puraka (C) kumbaka (D) None of these
34. The process of inhalation is
- (A) Rechaka (B) Puraka (C) Kumbaka (D) None of these
35. The process of exhalation is
- (A) Rechaka (B) Puraka (C) Kumbaka (D) None of these
36. Which of the following asanas is a meditative asana?
- (A) Padmasana (B) Vajrasana
(C) Chakrasana (D) All of the above
37. In which game the word "Deuce" is used?
- (A) Badminton (B) Table Tennis
(C) Lawn Tennis (D) Ball Badminton
38. Which among these three cricketers has hit six sixes in one over?
- (A) Ravi Shastri (B) Sunil Gavaskar
(C) Sachin Tendulkar (D) M.S. Dhoni

39. What is the National Cricket Trophy of India known as?
(A) Ranji Trophy (B) Irani Troph
(C) Nehru Gold Cup (D) JJ Trophy
40. Which tree is usually associated with the making of cricket bats?
(A) Apple (B) Willow (C) Banyan (D) Neem
41. Track and field star Carl Lewis won how many gold medals at the 1984 Olympic games?
(A) Two (B) Three (C) Four (D) Eight
42. Who is the first Indian woman to win an Asian Games gold in 400m run?
(A) M.L.Valsamma (B) P.T.Usha
(C) Kamaljit Sandhu (D) K.Malleswari
43. India won its first Olympic hockey gold in the year
(A) 1928 (B) 1932 (C) 1936 (D) 1948
44. In which year did Milkha Singh won the first National title in the 400 m race?
(A) 1955 (B) 1956 (C) 1957 (D) 1970
45. National Sports Day is celebrated every year on
(A) August 29 (B) September 28 (C) August 25 (D) September 25
46. How many squares are there in a chessboard?
(A) 58 (B) 64 (C) 49 (D) 44
47. In which game the term Dribbling is associated?
(A) Olf (B) Basketball (C) Cricket (D) Volleyball
48. In which Game the term 'Horse' connected?
(A) Bridge (B) Chess (C) Golf (D) Squash

49. Diego Maradona is a player of
(A) Cricket (B) Basketball (C) Football (D) Lawn Tennis
50. The laughing gas is
(A) Nitrous oxide (B) Oxygen (C) O_3 (D) Nitrogen
51. Milk turns into curd due to
(A) Oxidation (B) Enzyme action
(C) Both (A) and (B) (D) None of these
52. The chemical Name, of baking soda is
(A) Sodium carbonate (B) Sodium Bi Carbonate
(C) Sodium Nitrate (D) Sodium chloride
53. The chemical name of washing soda is
(A) Sodium carbonate (B) Sodium Bicarbonate
(C) Sodium Nitrate (D) Sodium chloride.
54. In which metal is the most abundant metal in the earth's crust.
(A) Niron (B) Titanium (C) Copper (D) Aluminium
55. Who discovered the structure of atom?
(A) Charles Darv (B) Rutherford and Bhor
(C) Madam Curie (D) James Clarkmakwell
56. The periodic table was proposed by
(A) Mendel (B) Mendeleef (C) Torricelli (D) Galileo
57. Who discovered the laws of motion?
(A) Kepler (B) Newton (C) Leibniz (D) None of these
58. The law of gravitation were discovered by
(A) Galileo (B) Copernicus (C) Newton (D) Aryabhata

59. Raman effect was discovered by
 (A) W.B. Raman (B) K.R. Raman (C) C. V. Raman (D) None of these
60. Of the following beings which one is whistles
 (A) Dolphin (B) Whale (C) Shark (D) Bat
61. Which of the following creatures is believed to be the largest size
 (A) African elephant (B) Blue whale
 (C) Giraffe (D) Killer whale
62. Which birds has flippers instead of wings?
 (A) Owl (B) Penguin (C) Goose (D) Hen
63. Albatross Which birds lay the biggest egg?
 (A) Tawny owl (B) Ostrich (C) Moorhen (D) Duck
64. Universal donor is
 (A) AB (B) A- (C) O (D) A+
 (E) None of these
65. The value of π is
 (A) $22/7$ (B) $21/7$ (C) $7/22$ (D) $7/21$
66. All Equal sides and equal diagonals
 (A) Square (B) Rhombus (C) Rectangle (D) Triangular
67. Equal opposite sides and equal diagonals
 (A) Rhombus (B) Rectangle
 (C) Equilateral triangle (D) Square
68. Father of mathematics
 (A) Newton (B) Euclid (C) Archimedes (D) Galileo

69. Area of circle

- (A) ab (B) bh (C) πr (D) $d.\pi r^2$

70. Fill up the blank with the following sentence

"The dog was eating _____ biscuit"

- (A) Her (B) Their (C) Its (D) Mine

71. Fill up the blank with the following sentence

"Both the teams played so well ____ that it became so difficult to predict the match winner"

- (A) If (B) Which (C) As (D) That

72. Fill up the blank with the following sentence

"We are looking forward ____ going out this weekend"

- (A) For (B) If we are (C) Till (D) To

73. "The student learnt the poem by heart". Passive voice for this sentence is

- (A) The student is learning the poem by heart
(B) The poem was learnt by the student by heart
(C) The poem was being learnt by the student by heart
(D) The poem is learnt by the student by heart

74. The sentence "motorbike is unstable on the road than car" is

- (A) Positive sentence (B) Comparative sentence
(C) Superlative sentence (D) Negative sentence

75. Fill up the blank with the following sentence

"The lawyer gave _____ to his client

- (A) Advise (B) Advize (C) Advice (D) Advise

76. Fill up the blank with the following sentence

"She _____ like Football"

- (A) does not (B) has not (C) have not (D) do not

77. past tense of the verb "teach" is

- (A) taught (B) teached (C) teaches (D) thought

78. In the following sentence adjective is

"The driver was driving his beautiful Tata Indica at eighty kilometers per hour"

- (A) Driver (B) Driving (C) Beautiful (D) Tata Indica

79. Fill up the blank with the following sentence

"What is the time _____ your watch"

- (A) By (B) In (C) Of (D) On

80. Fill up the blank with the following sentence

"I _____ coffee to tea"

- (A) Like (B) Prefer (C) Want (D) Desire

81. Fill up the blank with the following sentence

"India of all the countries in the world, _____ potential to be a front runner in the next twenty years"

- (A) Has (B) Have (C) Are having (D) Was having

82. Fill up the blank with the following sentence

"The Principal said that the leader of the boys _____ responsible of maintaining the wall magazine"

- (A) Can (B) Are (C) Were (D) Was

83. Fill up the blank with the following sentence

"I haven't seen him _____ a long time ago"

- (A) Since (B) For (C) After (D) From

84. Fill up the blank with the following sentence
"A sudden illness prevented the minister _____ attending the cabinet meeting"
(A) To (B) From (C) For (D) In
85. Who is the Sports Minister of India?
(A) Jitendra Singh (B) Ajay Maken
(C) Mani sankar iyer (D) Kamal Nath
86. 2016 Olympic games will be held at
(A) France (B) Australia (C) Brazil (D) Spain
87. Who is the owner of ipl 2013 Kolkata knight riders cricket team
(A) Amir khan (B) Shilpa sheety
(C) Preity zinta (D) Sharukh khan
88. 2014 Foot ball world cup will be held at
(A) France (B) Australia (C) Brazil (D) Kenya
89. Who is the chair man of ipl 2013 cricket team
(A) Lalit modi (B) Suresh kalmadi
(C) Srinivasan (D) Rajeev shukla
90. Who is fastest man in the world
(A) Michael Phelps (B) Usain Bolt (C) Chris Roy (D) Carl Lewis
91. How many teams are participating in IPL-6?
(A) 7 (B) 8 (C) 9 (D) 10
92. How Many Medals did India Win in London Olympics 2012?
(A) Four (B) Eight (C) Six (D) Nine

93. Name the leading International tennis player who won Indian Wells BNP Paribas Open 2013 on 17 March 2013
- (A) Roger Federer (B) David Ferrer
(C) Rafael Nadal (D) Andy Murray
94. Who quoted Sachin Tendulkar as India's Don Bradman in 2013?
- (A) Horacio Cartes (B) Sir Bradman
(C) Sunil Gavaskar (D) Matthew Hayden
95. Who won the 2013 Monte Carlo Masters men's title?
- (A) Novak Djokovic (B) Roger federer
(C) Rafael Nadal (D) "Andy" Murray
96. Which of the Indian Cricketer on 6 November 2012 received the honorary membership of the Order of Australia?
- (A) Sachin Tendulkar (B) VVS Laxaman
(C) Yuvraj Singh (D) Rahul Dravid
97. Who is Captain of Indian Women's Cricket team for the 2013 ICC world cup?
- (A) Jhulan Goswami (B) Mithali Raj
(C) Poonam Raut (D) Karuna Jain
98. Yoga means
- (A) Union (B) Therapy
(C) Hypnosis (D) None
99. Which Player Named as World's Richest Football player?
- (A) Lionell Messi (B) David Beckham
(C) Ronaldinho (D) Kaka
100. Name the player who Hit the Fastest ever Century in the History of Cricket
- (A) Shahid Afridi (B) Symonds
(C) Chris Gayle (D) Virender Shewag
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