

ENTRANCE EXAMINATION FOR ADMISSION, MAY 2012.

M.P.Ed. (PHYSICAL EDUCATION)

COURSE CODE : 377

Register Number :

\_\_\_\_\_  
*Signature of the Invigilator*  
(with date)

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COURSE CODE : 377

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. Five events which shall be held on one consecutive day is  
 (A) Decathlon (B) Pentathlon (C) Heptathlon (D) none of these
2. In 110 mts hurdle competition the distance from last hurdle to finish line  
 (A) 14.13 mts (B) 14.12 mts (C) 14.02 mts (D) 14.95 mts
3. Which lane is provided to the topmost runner?  
 (A) First lane (B) Third lane  
 (C) Fourth lane (D) Sixth lane
4. The technique which are used in long jump  
 (A) hang style (B) hitch-kick (C) sail (D) all the above
5. Who won the first individual gold medal for India in Olympics?  
 (A) Rathore (B) P.T. Usha (C) Abinav Bindra (D) None of these
6. The wide of the plasticine indicator board of long jump and triple jump is  
 (A) 20 cm (B) 30 cm (C) 10 cm (D) 15 cm
7. The weight of the men shot put is  
 (A) 7.625 kg (B) 7.260 kg (C) 7.062 kg (D) none of these
8. The foul line of the javelin throw arena  
 (A) 5 cm (B) 6 cm (C) 7 cm (D) 7.5 cm
9. In all sprint races a starter must use  
 (A) Elongated start (B) Standing start  
 (C) Crouch start (D) Bunch start
10. The width of the rim in discus circle  
 (A) 7 mm (B) 6 mm (C) 5 mm (D) 8 mm
11. Minimum weight of discus for acceptance of record for men is  
 (A) 4 kg (B) 5 kg (C) 3 kg (D) 4.5 kg
12. Which athlete was named as payolli express?  
 (A) Anju Bobby George (B) Shiny Wilson  
 (C) P.T. Usha (D) Milkha Singh

13. What is the width of standard track?
  - (A) 1.22 mts
  - (B) 1.22 mts to 1.24 mts
  - (C) 1.22 to 1.23 mts
  - (D) 1.22 to 1.25 mts
14. Who invented the western roll in high jump?
  - (A) Lawrence Mayo
  - (B) George Horine
  - (C) James Connolly
  - (D) Walt Davis
15. The height of the hurdles in 400 mts men is
  - (A) 0.914
  - (B) 0.814
  - (C) 0.762
  - (D) 0.764
16. In 100 mts hurdle distance between starting line to first hurdle
  - (A) 14.02 mt
  - (B) 13.27 mt
  - (C) 13.72 mt
  - (D) 13.00 mt
17. Amateur Athletic Federation of India was formed in
  - (A) 1945
  - (B) 1944
  - (C) 1946
  - (D) 1947
18. Runway of triple jump shall have a width of:
  - (A)  $1.22 \pm 0.05$  m
  - (B)  $1.22 \pm 0.01$  m
  - (C)  $1.25 \pm 0.01$  m
  - (D)  $1.25 \pm 0.02$  m
19. Heptathlon consists of how many events and how many days?
  - (A) 10 events and 2 days
  - (B) Five events and 2 days
  - (C) Seven events and 2 days
  - (D) Eight events and 2 days
20. To break the ties on discus throw
  - (A) 1 additional attempt
  - (B) next best performance
  - (C) the weight of the thrower
  - (D) none of these
21. In the game of Basketball, the ball becomes dead when
  - (A) Any field goal
  - (B) Free throw is made
  - (C) An official blows his whistle
  - (D) All the above



22. In the first beginning of the game Basketball  
 (A) Jump ball (B) After the throw in  
 (C) Side throws (D) All the above
23. Doubles playing area in Badminton  
 (A) 13.40 m × 6.20 m  
 (B) 13.30 m × 6.10 m  
 (C) 13.10 m × 6.10 m  
 (D) 13.40 m × 6.10 m
24. BWF  
 (A) World Kabaddi Federation (B) Badminton World Federation  
 (C) Kho-Kho Federation of India (D) None of the above
25. The volleyball was invented in the year  
 (A) 1895 (B) 1897 (C) 1890 (D) 1900
26. The length of the antenna is  
 (A) 1.60 m (B) 1.40 m (C) 1.80 m (D) 1.70 m
27. The diameter of the Table Tennis ball is  
 (A) 41 mm (B) 40 mm (C) 42 mm (D) 45 mm
28. The width of the Table Tennis table is  
 (A) 1.535 m (B) 1.545 m (C) 1.525 m (D) 1.555 m
29. A regular Hockey match is played for a time of  
 (A) 35-5-35 (B) 30-10-30 (C) 35-15-35 (D) 45-10-45
30. What is the suspension time given for warning (Yellow Card)?  
 (A) 5 minutes (B) 10 minutes  
 (C) 2 minutes (D) None of the above
31. Tendon is a tough tissue that connects  
 (A) muscle to a bone (B) bone to a bone  
 (C) muscle to a muscle (D) muscle to the nerve

32. In sports the temporary phase of peak performance is called as  
 (A) good performance (B) high form  
 (C) top form (D) winning form
33. Women were allowed to take part in the Olympics from  
 (A) 1886 (B) 1900 (C) 1904 (D) 1908
34. A hypothesis with no difference is  
 (A) Null hypothesis (B) Statistical hypothesis  
 (C) Resultant hypothesis (D) Experimental hypothesis
35. Where is the smallest bone of our body located?  
 (A) Vertebral column (B) Ribs  
 (C) Ear (D) Feet
36. Which of the following is called pressure manipulation?  
 (A) Stroking (B) Clapping  
 (C) Pounding (D) Kneading
37. Pedograph is used to measure  
 (A) Kyphosis (B) Flat foot (C) Flat back (D) Scoliosis
38. Motor skills are best learnt by  
 (A) practice (B) observation  
 (C) imitation (D) memorization
39. Which of the following is a physical fitness component?  
 (A) Tension (B) Endurance (C) Anxiety (D) Stress
40. Height is measured by  
 (A) Stadiometre (B) Weighting machine  
 (C) Goniometre (D) Spyriometre
41. Yoga means  
 (A) Union (B) Therapy (C) Hypnosis (D) None

42. Asana means  
 (A) Cleansing process (B) Posture  
 (C) Breath control (D) None of them
43. Bhujangasana means  
 (A) Twisting pose (B) Snake posture  
 (C) Lotus pose (D) camel posture
44. Transcendental Meditation was introduced by  
 (A) Swami Sivasnantha (B) Swami Magesh Yogi  
 (C) Swami Cinmayanandha (D) Sri Aurobindo
45. Brabmakumari Ishwariya Vidyalaya Adocate  
 (A) Raja Yoga (B) Laya Yoga  
 (C) Mantre Yoga (D) None of them
46. Patanjali codified  
 (A) Hatha yoga (B) Yoga Darsam  
 (C) Asanga yoga (D) Yoga Sudamani
47. The author of "Light on Pranayama"  
 (A) BKS Iyengar (B) Svatmarama  
 (C) Swami Mahesh Yogi (D) Swami Cinmayanandha
48. The king of Asana is  
 (A) Sarvang asana (B) Hala asana  
 (C) Siras asana (D) Padmasana
49. In yoga a kriya is a \_\_\_\_\_.  
 (A) Devotional song (B) An ayurvedic medicine  
 (C) A purifying practice (D) All the above
50. How many poses make up one sun salutation?  
 (A) 3 (B) 12 (C) 50 (D) 14

51. Blood consists of a solid portion of  
(A) Red blood cells (B) White blood cells  
(C) Platelets (D) All the above
52. Hemoglobin is the coloring matter of  
(A) Hypotonic saline (B) Erythrocytes  
(C) Monocytes (D) Leucocytes
53. Percentage of water constituent of the body of an adult is about  
(A) 67-70 % (B) 56-60 % (C) 50-60 % (D) 60-65 %
54. Haemolysis is otherwise called as  
(A) Coagulation of blood (B) Water intake  
(C) Water balance (D) Bleeding time
55. Liver secretes  
(A) Gastric Juice (B) Intestinal Juice  
(C) Bile (D) Pancreatic juice
56. Normal resting heart beat for an adult about  
(A) 70 times a minute (B) 80 times a minute  
(C) 60 times a minute (D) 65 times a minute
57. Neuron is the functional unit of  
(A) Synopsis (B) Nervous system  
(C) Dendrites (D) Sensory organs
58. The segments of myofibrils are called  
(A) Epimycium (B) Perimycium  
(C) Endomycium (D) None of the above
59. To which of the following chambers of the heart, is the aorta connected?  
(A) Left ventricle (B) Right ventricle  
(C) Right auricle (D) Left auricle



60. The part of the respiratory system responsible for speech is  
 (A) Trachea (B) Nasal cavity (C) Pharynx (D) Larynx
61. The Word Turnverein denotes  
 (A) German Gymnastics (B) German Gymnastics Society  
 (C) German Gymnastics Movement (D) Gymnastics Society
62. Father of German Gymnastics  
 (A) Friedrich Ludwig John (B) Johann Friedrich GutsMuths  
 (C) Johann Basdewow (D) Adolf Spiess
63. All India Rural Sports Meet was first organized by NSNIS in the year  
 (A) 1969 (B) 1970 (C) 1973 (D) 1971
64. The IX Asian games were held in the year  
 (A) 1978 (B) 1982 (C) 1986 (D) 1990
65. Adolph Spiess was the founder of the gymnastic school in  
 (A) Germany (B) Spain (C) Rome (D) Italy
66. 'Olympiad' means  
 (A) Place in Greece  
 (B) To win the medal in Olympic Games  
 (C) To take part in Olympic Games  
 (D) The period between two Olympic games.
67. First Ancient Olympic Games were held on  
 (A) 774 BC (B) 775 BC (C) 777 BC (D) 776 BC
68. Hockey is the National games of  
 (A) Japan (B) Greece (C) India (D) China
69. The Olympic Motto 'Citius' denotes  
 (A) Faster (B) Stronger  
 (C) Higher (D) None of the above



70. In the 19th commonwealth which country scored highest no of medals  
 (A) India (B) England (C) Australia (D) Canada
71. The Theory of use, disuse and overuse is a  
 (A) a biological principle  
 (B) principle based on historical basis  
 (C) principle of psychological basis  
 (D) none of the above
72. Physical education has as its aim the improvement of human performance through the medium of  
 (A) physical activity  
 (B) studying rules and regulations  
 (C) doing athletics  
 (D) none of the above
73. Which of the following terms is concerned with Health and strength training regimens originated during the 19th century?  
 (A) Physiotherapy (B) Physical Culture  
 (C) Sports Massage (D) Adventure Sport
74. Sprinters' muscles are composed of  
 (A) Higher number of Fast twitch fibers  
 (B) Higher number of Slow twitch fibers  
 (C) Equal number of Fast and Slow twitch fibers  
 (D) None of the above
75. Which of the following body type belongs to the Endo morph type?  
 (A) 1-1-9 (B) 9-1-1  
 (C) 1-9-1 (D) None of the above
76. Which training should be avoided for children with under developed bone?  
 (A) Circuit training (B) Fartlek training  
 (C) Weight training (D) Interval training

77. Education is
- (A) Leading a child from darkness to light
  - (B) Drawing out what is ingrained in the child
  - (C) All of the above
  - (D) None of the above
78. Anatomical age is determined
- (A) with the date of birth
  - (B) X- ray of anatomical structure
  - (C) functional condition of the organ and secretion of hormones
  - (D) maturation of mind
79. Growth is
- (A) increase caused by becoming larger and heavier
  - (B) elongation of skeleton
  - (C) growth of the body in general
  - (D) all of the above
80. Development is
- (A) advancement
  - (B) progressive change
  - (C) glowing forward to greater maturity
  - (D) all of the above
81. What is the measurement of a kho-kho sitting square?
- (A)  $15 \times 15$  cms
  - (B)  $20 \times 20$  cms
  - (C)  $30 \times 30$  cms
  - (D)  $35 \times 35$  cms
82. What is the measurement of free zone in kho-kho?
- (A)  $2.55 \times 16$  mts
  - (B)  $2.60 \times 15$  mts
  - (C)  $2.70 \times 15$  mts
  - (D)  $2.75 \times 16$  mts
83. Normal playing time in handball
- (A) 30 min-5 min-30 min
  - (B) 30 min-10 min-30 min
  - (C) 35 min-10 min-35 min
  - (D) 25 min-10 min-25 min

84. Specification of the ball in handball game is  
 (A) 58-62 cm and 420-450 g (B) 56-60 cm and 400-450 g  
 (C) 58-60 cm and 425-475 g (D) 55-65 cm and 415-450 g
85. Football Field of play is covered under  
 (A) Law no I (B) Law no VI  
 (C) Law no VIII (D) Law no X
86. Weight of the football should of  
 (A) 410 gms-450 gms (B) 400-450 gms  
 (C) 450-500 gms (D) 410 gms -480 gms
87. Point awarded for lona in kabaddi is  
 (A) 3 points (B) 2 points (C) 4 points (D) 1 point
88. Which team did India defeated in the 2012 women's kabaddi World Championship finale?  
 (A) Pakistan (B) Iran (C) Korea (D) Srilanka
89. What is the expansion of LBW in cricket?  
 (A) Leg bye wicket (B) Leg before wicket  
 (C) Leg between wicket (D) Leg bat wicket
90. The distance between two sets of wicket on a cricket pitch is  
 (A) 20.21 mts (B) 22 mts (C) 20.12 mts (D) 21.20 mts
91. The full size playing court of Basketball is  
 (A)  $27 \times 15$  (B)  $28 \times 15$  (C)  $30 \times 15$  (D)  $28 \times 16$
92. The game Basketball playing time shall consist of  
 (A) 4 periods of 10 minutes (B) 2 periods of 20 minutes  
 (C) 4 periods of 8 minutes (D) 2 periods of 16 minutes
93. The following tournament not related to Badminton  
 (A) Thomas Cup (B) Uber Cup  
 (C) Sunrise Indian Open (D) Turkish Grand Prix

94. Who received both Arjuna and Dronacharya award?  
(A) O.M. Nambiar  
(B) Saina Nehwal  
(C) Pullela Gopichand  
(D) Prakash Padukone
95. The height of the net in volleyball for women is  
(A) 2.43 mts (B) 2.41 mts (C) 2.24 mts (D) 2.26 mts
96. The width of the side band in volleyball is  
(A) 3 cm (B) 7 cm (C) 5 cm (D) 6 cm
97. Swaythiling cup is associated with  
(A) Lawn Tennis (B) Table Tennis  
(C) Billiards (D) Horse racing
98. Who invented Table Tennis Game?  
(A) David Foster (B) John Jaques  
(C) Hatten Garden (D) None of the above
99. When the ball touches the foot of a defender, then  
(A) the defender puts the ball back into play  
(B) the attacker puts the ball back into play  
(C) the ball put into play with a bully  
(D) none of the above
100. Which new organization was formed for controlling the game of hockey?  
(A) Indian Hockey Association  
(B) Indian Association of Hockey  
(C) Hockey India  
(D) None of the above
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