



ENTRANCE EXAMINATION FOR ADMISSION, MAY 2010.

M.P.Ed. (PHYSICAL EDUCATION)

COURSE CODE : 377

Register Number :

Signature of the Invigilator
(with date)

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 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. The types of visits in supervision are
 - (A) announced, unannounced and one call visits
 - (B) daily, weekly monthly, and annual visits
 - (C) official and unofficial visits
 - (D) none of the above
2. One of the steps of planning and implementing a programme of supervision is
 - (A) fault finding
 - (B) imposing authority
 - (C) to win the confidence of teachers
 - (D) none of the above
3. The scope of Supervision includes
 - (A) supervision of co-curricular activities
 - (B) supervision of instructional work
 - (C) supervision of school curriculum
 - (D) all of the above
4. Supervision is a
 - (A) pupil-centered function
 - (B) public centered function
 - (C) government centered function
 - (D) none of the above
5. Working the plan is
 - (A) organization
 - (B) administration
 - (C) physiology
 - (D) psychology
6. Essentials of administration are
 - (A) Technical skills
 - (B) Human skills
 - (C) Conceptual skills
 - (D) All of the above
7. Circumference of the Football is not more than _____ cms.
 - (A) 70
 - (B) 75
 - (C) 80
 - (D) 85
8. Body types can be classified as
 - (A) Pyknic, Athletic, Asthenic and Dyplastic
 - (B) Endomorph, Ectomorph and Mesomorph
 - (C) Both of the above
 - (D) None of the above

9. Inactive and lazy life style promotes
- (A) Disuse of the body
 - (B) Overuse of the body
 - (C) Subsistence of life and growth of the organism
 - (D) None of the above
10. Using the body more than its capacity leads to
- (A) Disuse of the body
 - (B) Overuse of the body
 - (C) Subsistence of life and growth of the organism
 - (D) None of the above
11. Proper use of the body leads to
- (A) Disuse of the body
 - (B) Overuse of the body
 - (C) Subsistence of life and growth of the organism
 - (D) None of the above
12. A good environment includes
- (A) Balanced and rich nutrition
 - (B) Cleanliness of the home and surroundings
 - (C) Pure air and pure water
 - (D) All of the above
13. Benefits of exercise includes
- (A) Heart and muscle increases in size and strength
 - (B) Greater volume of blood is pumped out of the heart
 - (C) Pulse rate of trained individual returns to normally more quickly after exercise
 - (D) All of the above
14. "Yoga" is derived from
- (A) Hindi
 - (B) Sanskrit
 - (C) Telugu
 - (D) Tamil

15. Yoga development the fitness of
 (A) Mental Fitness (B) Physical Fitness
 (C) Social Fitness (D) Total Fitness
16. Who is called the father of yoga?
 (A) Geethanjali (B) Patanjali (C) B.K.S Iyengar (D) None
17. Astanga yoga has got _____ limbs
 (A) 7 (B) 8 (C) 9 (D) 5
18. Pranayama deals with
 (A) Postures (B) Mind control
 (C) Breath control (D) None
19. The last stage of yoga is
 (A) Yama (B) Niyama (C) Samadhi (D) Asana
20. Savasana is best for
 (A) Sleeping (B) Relaxation (C) Swimming (D) None
21. Bhujangasana denotes the posture of
 (A) Bow (B) Snake (C) Cat (D) Cow
22. The point where the player should take penalty stroke is
 (A) 23 metres line (B) Center line
 (C) Side line (D) Penalty spot
23. If the first shot at goal is a hit in Hockey
 (A) if this hit is too high crossing the goal-line, it should be penalized
 (B) if that shot crosses the goal line below 460 mm (18 inches) goal is scored
 (C) both of the above statements are true
 (D) both of the above statements are false

24. Who is the first Indian to win a Individual Gold medal in Olympic
 (A) Milka singh (B) P.T. Usha
 (C) Abinav Bindra (D) Leonder Paes
25. Penalty area in Footfall is _____
 (A) 20×10 yards (B) 18×12 yards
 (C) 16×12 yards (D) 14×10 yards
26. Who won the maximum Grand slam titles in Tennis?
 (A) Rogor Feder (B) Rafel Nadal
 (C) Pete Sampras (D) Beeker
27. Jeev Milksingh is related with
 (A) Long Jump (B) Hockey
 (C) Table Tennis (D) Golf
28. Which team won N B A 2008?
 (A) Lakes (B) Cettics (C) Nets (D) Rockets
29. Who won the Australian open Junior Boy title?
 (A) Mahesh Bhupathi (B) Yugi Bombri
 (C) Sharma (D) None of the above
30. The Highest wicket taken in one day International is
 (A) Wasim Akram (B) Kapil Dev
 (C) Muralidaran (D) Kumble
31. Who won the maximum number of medals in Beijing Olympics?
 (A) Willian Peer (B) Jackson (C) Philips (D) None
32. Who got the honor to fly in F 15 war plane?
 (A) Jitenda Kumar (B) Sania
 (C) Abinanv Bindra (D) M.S. Tony

33. Pankaj Advani is related with
 (A) Chess (B) Carom (C) Table Tennis (D) Billiards
34. Sania's partner in Austrian open tennis is
 (A) Mahesh Bhupathi (B) Leander Paes
 (C) Yugi Bombri (D) Sivaraman
35. Badma Shri Award 2009 is given to Sports
 (A) Harbajan Singh (B) L.A.K. Tareen
 (C) Uthappa (D) Pattodi
36. Modern Olympic games were revived by
 (A) George Washington (B) Baron Pierre de Coubertin
 (C) Napoleon (D) John Kennedy
37. Olympic Games in 2008 A.D. was held at
 (A) London (B) Sydney (C) Beijing (D) Paris
38. The Marathan Race is named after a
 (A) Event (B) Place (C) Person (D) Battle
39. Arjuna Award is given to
 (A) Successful coach
 (B) Sports scientist
 (C) Best Physical education teacher
 (D) Player excellent performance
40. Mahesh Bhupathi is associated with
 (A) Table Tennis (B) Tennis (C) Foot ball (D) Basketball
41. The body which controls the participation of the Indian teams in Olympic games
 (A) A.A.F.I (B) I.O.C (C) I.O.A (D) O.C.A
42. Dronachary award is given to
 (A) Player (B) Physical Education Teacher
 (C) Coach (D) Sports scientists

43. India won in Beijing Olympic medal tally is
 (A) Gold 2 Bronze 2 (B) Gold 1 Bronze 2
 (C) Gold 2 Bronze 3 (D) No medal
44. In combined events Decathlon consists of
 (A) 10 (B) 8 (C) 6 (D) 7
45. The javelin grip shall not exceed the diameter of the shaft by more than _____ mm
 (A) 15 (B) 12 (C) 10 (D) 8
46. The tip of the metal head in Javelin, the angle of the point shall not be more than _____ degrees.
 (A) 45 (B) 50 (C) 40 (D) 55
47. All throwing landing sector shall be marked at an angle of _____ degrees except for the Javelin throw.
 (A) 34.82 (B) 34.62 (C) 34.72 (D) 34.92
48. In Steeplechase race, the height of the hurdle for women shall be _____
 (A) 0.782 mts. \pm 3 mm (B) 0.762 mts. \pm 3 mm
 (C) 0.792 mts. \pm 5 mm (D) 0.762 mts. \pm 5 mm
49. In 100 mts hurdle race, the distance from start line to first hurdle shall be _____ mts.
 (A) 13.00 (B) 13.72 (C) 14.00 (D) 13.52
50. A crouch start and the use of starting blocks are compulsory for all races up to _____ mts.
 (A) 400 (B) 4 \times 400
 (C) 4 \times 200 (D) All of the above
51. The maximum weight of the cross bar shall be _____ kg. in Pole Vault.
 (A) 2.30 (B) 2.20 (C) 2.25 (D) 2.15
52. The expansion of I.A. A. F. is
 (A) Indian Association of Athletics Federation
 (B) International Athletic Association Federation
 (C) International Association of Athletics Federations
 (D) International Athletics de Association Federations

53. In Combined events, the cross bar shall be increased uniformly _____ cms. In the Pole Vault throughout the competition.
 (A) 3 (B) 8 (C) 5 (D) 10
54. In Pole Vault, the landing area should measure not less than _____ mts. long (excluding the front pieces) and _____ mts wide.
 (A) 7×5 (B) 6×6 (C) 6×5 (D) 5×5
55. In Pole Vault, the maximum run way shall be _____ mts. where condition permit.
 (A) 55 (B) 40 (C) 50 (D) 45
56. In all horizontal Jumps events, the minimum length of the run way shall be _____ mts
 (A) 40 (B) 45 (C) 40 – 45 (D) 40 – 42
57. In horizontal Jumps, the wind gauge shall be placed _____ mts. from the take off board.
 (A) 30 (B) 25 (C) 40 (D) 35
58. The plasticine Indicator Board edges shall either slant at an angle of _____ degrees with the edge nearer to the running.
 (A) 35 (B) 45 (C) 40 (D) 50
59. Choose the correct sequence in Men's Decathlon events for the first day.
 (A) 100 mts.; High Jump; Discus Throw; Shot - Put; and 400 mts.
 (B) 110 mts. Hurdles; Long Jump; Shot - Put; Pole Vault; and 400 mts.
 (C) 100 mts.; Long Jump; Javelin Throw; Pole Vault; and 400 mts.
 (D) 100 mts.; Long Jump; Shot - Put; High Jump; and 400 mts.
60. In Triple Jump, the distance between the take – off line for men and the far end of the landing area shall be at least _____ mts.
 (A) 22 (B) 21 (C) 25 (D) 20
61. In Triple Jump, the take – off line shall be not less than _____ mts. for men in International competition.
 (A) 13 (B) 11 (C) 15 (D) 12

62. The duty of the Official Surveyor shall check the _____
 (A) Installations (B) Furnish appropriate certificate
 (C) Accuracy of the markings (D) All of the above.
63. The Kho-Kho pole circumference shall be _____ cms. to _____ cms.
 (A) 28.52 to 31.42 (B) 28.50 to 32.40
 (C) 29.45 to 31.0 (D) 28.25 to 31.40
64. In Kho-Kho field the free zone measurement for senior boys shall be _____ mts. \times _____ mts.
 (A) 2.55×14 (B) 2.75×15 (C) 2.45×16 (D) 2.65×14.5
65. In handball, the width of the goal line shall be _____ cms.
 (A) 6 (B) 5 (C) 10 (D) 8
66. The penalty line in handball shall be _____ mts. from the midline of the goal line.
 (A) 7.5 (B) 7.0 (C) 8.5 (D) 8.0
67. Which Indian captain has the record of winning in Row?
 (A) Kapil dev (B) M.S Tony
 (C) Ganguly (D) Sachin Tendulkar
68. Vivian Richard played for
 (A) South Africa (B) Sri Lanka
 (C) West Indies (D) None of these
69. 2011 ICC world cup cricket is to be held at
 (A) Indian & Sri Lanka (B) Pakistan & Bangladesh
 (C) All the above (D) None of these
70. If 16 teams are participating in a knock of the tournament the number of round will be _____
 (A) 6 (B) 4 (C) 8 (D) 10
71. If 21 teams taking part in an tournament how many byes will be given
 (A) 9 (B) 11 (C) 15 (D) 7

72. The name of the outer covering of the muscle is
 (A) epimycium (B) perimycium
 (C) endomycium (D) none of these
73. The segments of myofibrils are called
 (A) sarcolemma (B) sarconere (C) actin (D) myosin
74. The functional unit of the muscle is
 (A) sarcomere (B) sarcolemma (C) actin (D) myofibril
75. The energy required for the immediate contraction of the muscle from
 (A) ATP (B) creatine phosphate
 (C) glycogen (D) none of these
76. The study of muscles is known as
 (A) histology (B) mycology
 (C) anthropology (D) none of these
77. The protein responsible for the coagulation (clotting of blood) of blood is
 (A) globulin (B) albumin
 (C) fibrinogen (D) all the above
78. The oxygen carrying pigment of the RBC is
 (A) heamoglobin (B) plasma
 (C) both (D) none of the above
79. The place where the brain is located
 (A) cranial cavity (B) menses
 (C) fossa (D) none of these
80. Which is the master gland of the human body?
 (A) pituitary (B) adrenal
 (C) thymus (D) none of these
81. The shape of the kidneys are
 (A) circular (B) oval
 (C) beam (D) none of these

82. The game Basket ball introduced in India in
 (A) 1900 (B) 1904 (C) 1905 (D) 1906
83. The playing area in basketball is
 (A) 28 m length \times 15 m width (B) 26 length \times 15 m width
 (C) 28 m length \times 14 m width (D) 30 m length \times 15 m width
84. Doubles play area
 (A) 13.40 m \times 6.20 m (B) 13.30 m \times 6.10 m
 (C) 13.41 m \times 6.11 m (D) 13.40 m \times 6.10 m
85. In the base of the shuttle fixed
 (A) 15 feathers (B) 16 feathers
 (C) 13 feathers (D) 17 feathers
86. First Ancient Olympic Games were held in the city
 (A) Antwerp (B) Atlanta (C) Athens (D) Amsterdam
87. The city Olympia is in
 (A) Greece (B) Germany (C) France (D) Rome
88. Modern Olympic Games were revived by
 (A) Abraham Lincon (B) Parry O'rien
 (C) George Washington (D) Baron pierre de Coubertin
89. The Olympic Motto 'Altins' denotes
 (A) Speedier (B) Stronger
 (C) Higher (D) None of the above
90. Olympic Games in 2000 A.D was held at
 (A) Atlanta (B) London (C) Sydney (D) Paris
91. '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

92. Who was conferred with Dronacharia award?
 (A) Milka Singh (B) P.T. Usha
 (C) J.S. Saini (D) B.B. Bhagwat
93. In which of the following Ancient civilization the gladiatorial combats were very popular
 (A) Greek (B) Roman (C) Indus (D) Egyptian
94. In which of the following years Olympic were not organized
 (A) 1944 (B) 1948 (C) 1952 (D) 1956
95. In which country is 'Bull Fighting' a very prestigious sport
 (A) Sweeden (B) Spain (C) Somalia (D) Singapore
96. William G.Morgan invented the game namely
 (A) Basketball (B) Volleyball
 (C) Tennis (D) Table Tennis
97. 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
98. Penhold grip is associated with the game of
 (A) Hockey (B) Table Tennis
 (C) Cricket (D) Volleyball
99. Cheton D. Baboor is a Anyuna awardee of the game
 (A) Volleyball (B) Basketball
 (C) Batminton (D) Table Tennis
100. For odd number of teams the Upper half can be calculated by using the formula
 (A) $N + 1/2$ (B) $N - 1/2$ (C) $N/2$ (D) $N^2/2$