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.
ANATOMY AND PHYSIOLOGY

1. Villi is situated in
   (A) Large Intestine  (B) Small intestine
   (C) Brain  (D) Alimentary canal

2. Red Blood corpuscles are otherwise called as
   (A) Erythrocytes  (B) Haemoglobin
   (C) Albumin  (D) Leucocytes

3. 'O' group person is called
   (A) Universal recipient  (B) Universal group
   (C) Universal donor  (D) Universal antibody

4. The cardiac output for the average adult is
   (A) 6 liters  (B) 4 liters
   (C) 5 liters  (D) 4.5 liters

5. Endocrine glands are also called as
   (A) Exocrine glands  (B) Duct glands
   (C) Ductless glands  (D) Chemical messengers

6. Heart is covered by a fibrous sac called
   (A) Endothelium  (B) Myocardium
   (C) Muscular pump  (D) Pericardium

7. Neuron is the largest cell in the body
   (A) Alveoli  (B) Nerve cell
   (C) Hypothalamus  (D) Liver

8. The trachea is otherwise called as
   (A) Alveolar ducts  (B) Bronchioles
   (C) Wind-pipe  (D) Thoracic cavity
MEASUREMENT AND EVALUATION

9. N Height of the bench in Harvard step test for college men is
   (A) 18"       (B) 22"       (C) 20"       (D) 21'

10. How many test items in Oregon motor fitness test for upper elementary school?
    (A) 4       (B) 3       (C) 5       (D) 7

11. How many test items are there in the Indiana motor fitness test for college men?
    (A) 5       (B) 6       (C) 4       (D) 3

12. Dynamometer relates to
    (A) Strength   (B) Endurance   (C) Flexibility   (D) Agility

13. Sergent jump is a measure of ability
    (A) Standing broad jump ability       (B) Vertical jump
    (C) Long jump ability                  (D) All the three

14. The objectivity of a standardized test is measured by
    (A) Test retest by the same person       (B) Test retest by different person
    (C) Both (A) and (B)                       (D) None

15. The instrument used to measure flexibility is
    (A) Steadiometer                      (B) Dynamometer
    (C) Flexometer                       (D) Goniometer

16. Dyer test is associated with
    (A) Tennis                           (B) Badminton
    (C) Athletics                        (D) Football
17. Match List I correctly with List II and select your answer using the codes given below:

<table>
<thead>
<tr>
<th>List I</th>
<th>List II</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Father of Naturalism is</td>
<td>1. Aristotle</td>
</tr>
<tr>
<td>(b) Father of Realism is</td>
<td>2. Plato</td>
</tr>
<tr>
<td>(c) Father of Pragmatism is</td>
<td>3. Rousseau</td>
</tr>
<tr>
<td>(d) Father of Idealism is</td>
<td>4. John Dewey</td>
</tr>
</tbody>
</table>

Codes:

(A) 2 1 4 3
(B) 3 2 4 1
(C) 4 3 2 1
(D) 3 2 1 4

18. Which of the following somato types has not been mentioned by Sheldon?

(A) Ectomorph
(B) Echinomorph
(C) Endomorph
(D) Mesomorph

19. Philosophy deal with

(A) Function of mind
(B) Human behavior
(C) Love of wisdom
(D) Social traditions.

20. The definite general purposes leading towards the aim are generally known as

(A) Targets
(B) Goals
(C) Objectives
(D) Motives
HISTORY OF PHYSICAL EDUCATION

21. In the Athenian system of Education in the period of studentship, (7 to 18 years of age) the boy was
   (A) to remain in public barrack         (B) to attend school but lived at home
   (C) given no place at house or barrack (D) lived in outside house

22. ________ is considered as the Grandfather of German Gymnastic.
   (A) Friedrich Ludwig Jahn             (B) Johann Friedrich Gutsmuths
   (C) Rousseau                           (D) John Gutsmith

23. ________ games is held in honour of God Zeus.
   (A) Olympic games                     (B) Pythian games
   (C) Nemian games                      (D) Isthmian Games

24. Swedish Gymnastics was founded by
   (A) Franz Nachtegall                  (B) Adolph Spiess
   (C) Per Henrik Ling                    (D) Friedrich Ludwig Ling

CAMPING

25. Camp can be educational as well as
   (A) Activity                          (B) Recreational
   (C) Both of the above                 (D) All the above

26. It is the duty of collect the articles which are required during camp
   (A) Accountant                        (B) Student leader
   (C) Teacher leader                    (D) Camp director

27. Duration of camp is
   (A) 10 days to 1 month                (B) 1 month to 2 months
   (C) 2 days to 5 days                  (D) (B) and (C)

28. The problems of camp
   (A) Failure of light                   (B) All of sudden break-out of any diseases
   (C) Shortage of funds                  (D) (A) and (B)
SPORTS MANAGEMENT

29. Nets used in games should be maintained by
   (A) keeping in a damp condition
   (B) leaving them without removing from the post in the sun
   (C) keeping them dried and repaired
   (D) All of the above

30. Planning of work is
   (A) Administration
   (B) Organization
   (C) Biological foundations
   (D) None of the above

31. Working of the plan is
   (A) Administration
   (B) Organization
   (C) Biological foundation
   (D) None of the above

32. No teaching institution can function without proper ——— because it supplies
    the framework within which various activities proceed.
   (A) Swimming pool
   (B) Indoor stadium
   (C) Time table
   (D) Multi gym

33. The qualities and qualifications of physical education teachers are personality,
    ———— experience and health.
    (A) training
    (B) status
    (C) manners
    (D) none of the above

34. ———— is the technique for improving instruction.
    (A) organization
    (B) administration
    (C) foundations
    (D) supervision

35. The purpose of Budget is
    (A) to prevent waste and misuse of funds
    (B) to make the greatest use of personnel, facilities and equipment
    (C) to reflect the philosophy and policies of physical education
    (D) all of the above

36. The types of visits in supervision are
    (A) announced, unannounced and one call visits
    (B) daily and weekly visits
    (C) official and unofficial visits
    (D) none of the above
METHODOLOGY IN PHYSICAL EDUCATION

37. For how many terms the upper half can be calculated by using the formula
   (A) N+1/2  (B) N-1/2
   (C) N/2     (D) None of the above

38. The first bye shall be awarded to the last team of the
   (A) Upper half    (B) Lower half
   (C) Middle half   (D) None of the above

39. If 18 teams are participating for a knockout tournament the number of matches:
   (A) 18  (B) 16  (C) 15  (D) 17

40. When 25 teams are playing in single knockout tournament how many byes has to be
given in the fixtures.
   (A) 8  (B) 9  (C) 7  (D) 6

41. In which method the round robin tournament fixtures are drawn
   (A) Cyclic method (B) Stair case method
   (C) Tabular method (D) All of the above

42. Name the types of tournaments in Knock-out or elimination system
   (A) Single Knock-out and double Knock-out
   (B) Consolation
   (C) Begnall Wild
   (D) All of the above

43. How many byes will be given in the lower half when 13 byes to be given in a single
knockout tournament?
   (A) 6  (B) 5  (C) 7  (D) 8

44. How many matches will be played in a single league tournament when 8 teams are
competing?
   (A) 16  (B) 32  (C) 28  (D) 56
PSYCHOLOGY

45. Motor Skills are best learnt by
   (A) Practice                     (B) Observation
   (C) Imitation                   (D) Memorization

46. The science of human behavior is
   (A) Physiology                  (B) Psychology
   (C) Kinesiology                 (D) Biomechanics

47. The study of behavior of the individual in a group and to relations of group to one another is
   (A) Pure psychology             (B) Applied psychology
   (C) Social psychology           (D) None of these

48. Which is not a branch of sports psychology?
   (A) Experimental Psychology     (B) Educational psychology
   (C) Clinical Psychology         (D) Experimental Design

49. Who is considered father of modern psychology?
   (A) Wilhelm Wundt               (B) Sigmund Freud
   (C) Thom dike                   (D) Pavlov

50. Autogenic Training is a technique to
    (A) Bring about relaxation in the body
    (B) Increase the anxiety level
    (C) Motivate the sports person
    (D) None of these

51. Level of Arousal for higher performance shall be
    (A) Optimum                     (B) Low
    (C) High                        (D) None of these

52. Perception is a branch of
    (A) Physiology                  (B) Sociology
    (C) Psychology                  (D) All of the above
53. Who wrote the Book Yoga sutra in yoga?
   (A) B.K.S. Iyengar  (B) Thirumoolar  (C) Patanjali  (D) Sivananda

54. Astanga Yoga has got ———— limbs
   (A) 7  (B) 8  (C) 9  (D) 5

55. Pranayama deals with
   (A) Posture  (B) Mind control  (C) Breath control  (D) (A) and (B)

GENERAL KNOWLEDGE

56. India first participated at the Olympic games in
   (A) 1920  (B) 1900  (C) 1909  (D) 1919

57. 1936 Olympic Games held at
   (A) London  (B) Berlin  (C) Antwerp  (D) Paris

58. Saina Nehwal won gold medal in common wealth 2010 she is related to
   (A) Basketball  (B) Tennis  (C) Ball Badminton  (D) Badminton

59. How many Gold medal won in India common Wealth 2010?
   (A) 35  (B) 37  (C) 38  (D) 44

60. Vijender singh won gold Medal in Asain games 2010?
   (A) Athletics  (B) Tennis  (C) Boxing  (D) Shooting

ATHLETICS

61. Which Formula is used for calculating Stagger Distance for Standard Track?
   (A) \( W (N - 1) 2\pi \)  (B) \( W (N - 1) - 10 \times 2\pi \)
   (C) \( W (n - 1) 2\pi \)  (D) \( W (n - 1) - 10 \times 2\pi \)

62. Distance Between starting point to first hurdle for 100 mts hurdles (Women)
   (A) 13.00 mts  (B) 13.20 mts  (C) 8.50 mts  (D) 8.75 mts

63. Shotput circle radius
   (A) 1.067 mts  (B) 2.135 mts  (C) 1.25 mts  (D) 2.50 mts

64. Altius Means
   (A) Faster  (B) Stronger  (C) Higher  (D) Greater
BASKETBALL

65. Minimum number of players to start a basketball match is
   (A) 4         (B) 5         (C) 10         (D) 12

66. How many meters away should the spectators is seated from the Basketball court?
   (A) 4 mts.    (B) 6 mts.    (C) 5 mts.    (D) 2 mts.

67. What does the signal “Thumbs-up” indicate by one hand in Basketball?
   (A) Get ready   (B) Jump-ball
   (C) Communication between referees (D) Start play

68. How many charged time-out are allowed in the first and second half of the Basketball game for each team?
   (A) 2 charged time-outs for each team in each half.
   (B) 3 charged time-outs in both the halves for each team
   (C) 2 charged timeouts in the first half and 3 charged timeout in the second half.
   (D) 4 charged timeouts in the first half and 3 charged timeout in the second half.

CRICKET

69. A simple catch that is easily caught by a fielder is
   (A) Silly catch         (B) Easy catch
   (C) Dolly catch         (D) None of these

70. What is the expansion of BCCI?
    (A) Body of Cricket Clubs in India
    (B) Board of Clubs for Cricket in India
    (C) Board of Control for Clubs in India
    (D) Board of Control of Cricket in India

71. Name the mascot of 2011 Cricket world cup
    (A) Appu               (B) Stumpy
    (C) Shera              (D) None of the above

72. Which International Cricket team is also known as the springboks?
    (A) Zimbabwe           (B) West Indies
    (C) Canada             (D) South Africa
BADMINTON

73. The weight of the Badminton rocket is not less than
   (A) 110 grams   (B) 120 grams   (C) 100 grams   (D) 130 grams

74. Playing area for doubles in Badminton
   (A) 12.40 m × 6.00 m   (B) 13.40 m × 6.10 m
   (C) 12.60 m × 6.00 m   (D) 13.60 m × 6.10 m

75. IBF
   (A) Indian Badminton Federation
   (B) Indian Badminton Foundation
   (C) International Badminton Federation
   (D) International Board Federation

76. For Men’s singles, a game is won by
   (A) 11 Points   (B) 15 Points   (C) 12 Points   (D) 13 Points

FOOTBALL

77. The corner kick is governed in law No
   (A) Law no 14   (B) Law no 16   (C) Law no 17   (D) Law no 18

78. When the attacker is nearer to the goal than the ball and last two defender it is?
   (A) Foul   (B) Offside   (C) Direct kick   (D) Penalty Kick

79. When the whole of the ball crosses the goal line between the goal post and under the
    Crossbar either through air or ground legally played?
   (A) Penalty Kick   (B) Corner Kick   (C) Goal Kick   (D) Goal Scored

80. Which is the major National tournament in Football in India?
   (A) Nehru Gold Cup   (B) Federation Cup
   (C) IFA Shield   (D) Santhosh Trophy
HOCKEY

81. Which new organization is controlling the game of hockey?
   (A) Indian Hockey Association  (B) Indian Association of Hockey
   (C) Hockey India             (D) None of the above

82. Read (a) and (b) carefully and answer the question below.
   (a) The goal keeper’s garment should be of the same colour of his team players’
       garments.
   (b) The goal keeper should wear the garment of a colour different from both the
       team players’ garments.
   Based on the above statements which of the following alternatives is correct?
   (A) Statement (a) is true and (b) is false
   (B) Statement (a) is false and (b) is true
   (C) Both (a) and (b) are false
   (D) Both (a) and (b) are true

83. Which of the following statements is more correct with respect to scoring of a goal?
   (A) The ball should be played within the circle by an attacker
   (B) The ball does not travel completely outside the circle before passing completely
       over the goal line.
   (C) The ball should pass under the goat line.
   (D) All of the above

84. A penalty stroke will be awarded for
   (A) An unintentional offence by the defender against an attacker not possessing the
       ball
   (B) An intentional offence by the defender against an attacker outside the circle.
   (C) An intentional offence in the circle by a defender against an opponent who has
       possession of the ball
   (D) None of the above
KABADDI

85. Dimension of Kabaddi (Men) court is
   (A) 12 m x 10 m   (B) 13 m x 10 m   (C) 12.5 m x 10 m   (D) 10 m x 8 m

86. The distance between End line to Bones line in Kabaddi is
   (A) 1.55 Mts   (B) 1.45 Mts   (C) 1.550 Mts   (D) 1.60 Mts

87. Number of time out in each half in Kabaddi
   (A) 04   (B) 03   (C) 02   (D) 1

88. Kabaddi was a demonstration game in Olympic games
   (A) 1948 London   (B) 1996 Atlanta   (C) 1936 Berlin   (D) 1968 Mexico

KHO – KHO

89. Maximum substituted players in kho-kho is
   (A) 5   (B) 3   (C) 2   (D) 7

90. The measurement of the sitting square in kho-kho is
   (A) 25 cm x 25 cm   (B) 30 cm x 30 cm   (C) 20 cm x 20 cm   (D) 40 cm x 40 cm

91. How many chases occupy the square in kho-kho?
   (A) 12   (B) 10   (C) 9   (D) 8

92. The time limit for an inning in kho-kho is
   (A) 7.2.7   (B) 9.5.9   (C) 5.2.5   (D) 6.2.6

VOLLEYBALL

93. Height of the net in volleyball for women
   (A) 2.23   (B) 2.24   (C) 2.43   (D) 2.26

94. Height of the antenna above the net in volleyball
   (A) 90 cm   (B) 180 cm   (C) 80 cm   (D) 190 cm

95. The game of volleyball was invented in the year
   (A) 1865   (B) 1872   (C) 1886   (D) 1896

96. Duration of Time-out is
   (A) 20 seconds   (B) 30 seconds   (C) 40 seconds   (D) 45 seconds
HANDBALL

97. How many referees monitor the handball game?
   (A) Four  (B) Two
   (C) Three  (D) Five

98. What is the dimension of a Handball court?
   (A) 40 mts. long and 20 mts. wide
   (B) 45 mts. long and 25 mts. wide
   (C) 42 mts. long and 22 mts. wide
   (D) 35 mts. long and 20 mts. wide

99. A team must have a minimum number of _______ players on the field to begin a handball match.
   (A) 7  (B) 5
   (C) 10  (D) 12

100. The goal lines shall be _______ cms. wide.
     (A) 7  (B) 8
      (C) 5  (D) 6

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