

ENTRANCE EXAMINATION FOR ADMISSION, MAY 2011.

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.

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. Sergeant 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

PRINCIPLES OF PHYSICAL EDUCATION

17. Match List I correctly with List II and select your answer using the codes given below :

List I

- (a) Father of Naturalism is
- (b) Father of Realism is
- (c) Father of Pragmatism is
- (d) Father of Idealism is

List II

- 1. Aristotle
- 2. Plato
- 3. Rousseau
- 4. John Dewey

Codes :

- | | (a) | (b) | (c) | (d) |
|-----|-----|-----|-----|-----|
| (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 Nachteggall (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

METHODS IN PHYSICAL EDUCATION

37. For Odd number of 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) Povlov
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

YOGA

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 be 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-outs 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 racket 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 × 6.10m
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 × 10 m (B) 13 m × 10 m (C) 12.5 m × 10 m (D) 10 m × 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 × 25 cm (B) 30 cm × 30 cm (C) 20 cm × 20 cm (D) 40 cm × 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 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
- _____