

ENTRANCE EXAMINATION FOR ADMISSION, MAY 2013.

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. I.A.A.F was formed in
 (A) 1913 (B) 1911 (C) 1912 (D) 1916
2. In Marathon the athlete have to run
 (A) 25 miles 325 yards (B) 26 miles 385 yards
 (C) 26 miles 285 yards (D) 26 miles 386 yards.
3. Shotput radius ?
 (A) 1.069 mts (B) 2.135 mts (C) 1.25 mts (D) 2.50 mts
4. Altius Means?
 (A) Faster (B) Stronger (C) Higher (D) Greater
5. 'Synthetic track' in athletics was used for the first time in which Olympics
 (A) 1968 (Mexico Olympics) (B) 1948 (London Olympics)
 (C) 1896 (Athens Olympics) (D) 1996 (Atlanta Olympics).
6. In which city were the first Modern Olympics held?
 (A) Munich (B) Athens
 (C) Barcelona (D) Olympia.
7. In which year were the first Modern Olympics held?
 (A) 1698 (B) 1798 (C) 1896 (D) 1968.
8. Who was the first winner in modern Olympics?
 (A) JamesConnelly (B) Mark Spitz
 (C) NadiaComaneci (D) Abebe Bikila.
9. The Standard height for men 400mts hurdles shall be?
 (A) 0.914m (B) 0.840m (C) 0.762m (D) 1.067 m.
10. What is the Formula for calculation of full stagger?
 (A) $W(N-1)2\pi$ (B) $W(N-1)\cdot 10x 2\pi$
 (C) $W(W n-1) 2\pi$ (D) $W(n-1)\cdot 10x 2\pi$
11. Weight of the women javelin shall be?
 (A) 500 gm (B) 600 gm (C) 800 gm (D) 1 kg
12. Weight of the shots for men shall be?
 (A) 6.200 kg (B) 7.260kg (C) 4.000kg (D) 5.000kg.

13. The distance between the uprights in high jump shall not be less than?
 (A) 3.50 m (B) 4.04m (C) 4.00m (D) 4.02m
14. How many Hurdles are there in the 3000 mts Steeplechase races?
 (A) 13 hurdles (B) 24 hurdles (C) 28 hurdles (D) 26 hurdles
15. The distance from start to the first hurdle in women 100mts hurdles?
 (A) 8.5 (B) 10.5 (C) 13 (D) 9.14
16. The triple jump shall consist of?
 (A) Run, hop & jump (B) Run, step, hop & jump
 (C) Hop, step & jump (D) Jump, step & hop
17. Heptathlon event consist of how many days and how many events?
 (A) 7 & 2 (B) 2 & 10 (C) 10 & 2 (D) 2 & 7
18. The angle of landing sector of discuss throw is
 (A) 40 (B) 34.96 (C) 34.92 (D) 32.92
19. The length of the baton in relay race shall ?
 (A) 28 to 30 cm (B) 28 to 29 cm (C) 29 to 30 cm (D) 30 to 35 cm
20. Fosbury flop technique is used in
 (A) Pole vault (B) High jump (C) Long jump (D) Triple jump
21. Which of the following is not considered as a basic means of learning?
 (A) Inspiration (B) Perception (C) Inscription (D) Interaction
22. An organized teaching involves parents, elders, teachers and other significant individuals in the life of a child is called
 (A) Instruction (B) Innovation (C) Interaction (D) Direction
23. Teaching is a moral craft not because teachers teach cooperation, sportsmanship and such other values but because
 (A) It instills qualities of human relationships
 (B) Any decision a teacher makes, affects children's lives
 (C) What teachers teach is unquestionable
 (D) Only teachers decide the student's career
24. Generally compared to instruments or tools, methods of teaching enable teachers to
 (A) Achieve certain goals (B) Rectify students' mistakes
 (C) Shape human character (D) Generalize educational process

25. Which out of the following is the teacher-centered teaching style
- (A) Self-check (B) Inclusion
(C) Command (D) Guided discovery
26. In comparison to a method, a teaching technique is
- (A) Narrower in scope (B) Inferior in quality
(C) Used less frequently (D) Greatly generalized
27. Which of the following is considered a technique rather than a method
- (A) Command (B) Voice deflection
(C) Lecture (D) Small group interaction
28. Vigorous movement based activities such as regulated games and sports, physical exercises, set drills etc, are generally taught through
- (A) Practice method (B) Verbal explanation
(C) Demonstration method (D) Project method
29. What kind of skills are learnt quickly by example rather than percept
- (A) Mental skills (B) Communication skills
(C) Conceptual skills (D) Physical skills
30. What plays a vital role in the total teaching- learning process
- (A) Facilities (B) Teacher's personality
(C) School tag (D) Curriculum and syllabus
31. The term Grand slam is associated with
- (A) Chess (B) Badminton (C) Tennis (D) Bridge
32. Which of the famous Hockey player has related to the book 'Golden Hat-trick'?
- (A) Ajit Pal Singh (B) Dhyan Chand (C) Balbir Singh (D) Surjit Sing
33. When did cricket world cup started?
- (A) 1970 (B) 1975 (C) 1978 (D) 1983
34. Davis cup is associated with
- (A) Hockey (B) Badminton (C) Tennis (D) Football
35. In which year was the Rajiv Gandhi Khel Ratna award instituted?
- (A) 1990-91 (B) 1991-92 (C) 1992-93 (D) 1993-94
36. What is the Nickname of Indian legend Hockey player Dhyanchand?
- (A) Hockey Man (B) Little Master
(C) Hockey Jockey (D) Hockey Wizard

37. Which country hosted the first common wealth games?
 (A) Canada (B) England (C) Australia (D) India
38. Who won the Australian open 2013 men's singles championship?
 (A) Roger Federer (B) Novak Djokovic
 (C) Andy Murray (D) Rafael Nadal
39. 2016 Summer Olympics will be held in
 (A) New Delhi (B) London
 (C) Rio de Janeiro (D) Beijing
40. Who was the winner of 2010 FIFA World Cup?
 (A) Spain (B) Brazil (C) Australia (D) Holland
41. Yoga is originated in
 (A) China (B) India (C) Germany (D) Japan
42. Pranayama means
 (A) Posture (B) Breath control
 (C) Relaxation (D) None of them
43. Asana means
 (A) Cleansing process (B) Posture
 (C) Breath control (D) None of them
44. Who is the founder of kaivalyadham Yoga Institute
 (A) Swamy Sivananda (B) Swami Kuvalyananda
 (C) Swami satyanandha (D) Sri Arobindo
45. Padmasana resembles the structure of
 (A) Cobra (B) Lotus
 (C) Camel (D) None of them
46. Former Prime Minister Smt. Indira Gandhi, Yoga Guru was
 (A) Sri Arobindo (B) Dhirendia Bharmachary
 (C) Rajinish (D) Swami sivanandha
47. Mayurasana resembles the structure of
 (A) Stag (B) Cobra (C) Peacock (D) Lion

48. Author of Tirumanthiram
 (A) Kalidass (B) Patanjali
 (C) Tirumolar (D) Thiruvalluvar
49. What is the height of the tennis net in the centre?
 (A) 3 feet (B) 3.3 feet (C) 3.6 feet (D) 2.5 feet
50. What is the Length of the tennis court?
 (A) 71 feet (B) 78 feet (C) 80 feet (D) 82 feet
51. Left lung has
 (A) One lobe (B) Two lobes (C) Three lobes (D) Four lobes
52. Rhythmicity center of respirations are located in
 (A) Medulla (B) Cerebrum (C) Cerebellum (D) Pones
53. Sagittal plane is an imaginary surface which divides the body into
 (A) Right and left lateral aspect
 (B) Anterior and posterior aspect
 (C) Superior and inferior part
 (D) All the above
54. One of the two large veins that open into the right atrium
 (A) Arota (B) Pulmonary artery
 (C) Venacava (D) None
55. All the aboveA decrease in the size of the wall of the blood vessels
 (A) Vasodilation (B) Vasoconstriction
 (C) Fibrillation (D) Tissue rejection
56. Partly digested food that leaves the stomach is called
 (A) Chyle (B) Chyme
 (C) Bolus (D) None of the these
57. Vitamin-D is produced in human body in
 (A) Muscles (B) Nerves (C) Skin (D) Bone marrow
58. Lungs are enclosed in/covering around lungs in
 (A) Pericardium (B) Pleural membrane
 (C) Peritoneum (D) Perichondrium

59. An accessory excretory organ is
 (A) Heart (B) Stomach (C) Liver (D) Intestine
60. Dark bands are
 (A) A – band (B) B – band (C) I – band (D) Z – band
61. Which of the following was established in 1957 – the centenary of India's first war of Independence?
 (A) Nataji Subhas National Institution of Sports, Patiala
 (B) Laxmibai National College of Physical Education, Gwalior
 (C) Sports Authority of India, New Delhi
 (D) YMCA College of Physical Education, Madras (Chennai)
62. Marathon Race takes its name after a
 (A) Place (B) Person (C) Event (D) Sport
63. The motto of the Asian Games is
 (A) Ever upward (B) Ever onward (C) Ever forward (D) Ever skyward
64. A sport/game can only be included in the Olympic Games programme when it is played over at least
 (A) 10 Countries (B) 15 Countries (C) 20 Countries (D) 25 Countries
65. Which of the following indoor games is said to have originated in the Vedic period in India?
 (A) Dart Shooting (B) Chess
 (C) Carom (D) Chinese Chakker
66. Which of the following activities did not form a part of the "knightly education" across cultures throughout human history?
 (A) Riding (B) Gymnastics (C) Fencing (D) Swimming
67. Per Henerick Ling came out with a system of *free-hand exercises* popularly known as
 (A) Set drills (B) Free hand exercises
 (C) Calisthenics (D) Rhythmic
68. The ancient Olympic Games were held in the honour of god
 (A) Apollo (B) Zeus (C) Poseidon (D) Mars
69. The primary lessons of the Vedic education were lessons in
 (A) The art of self-defence (B) Morality and ethics
 (C) Health, fitness and longevity (D) Meditation of mortification

70. Pranayama – practised so religiously by all pupils at Gurkulas in the ancient times is virtually a stage of the
- (A) Bhakti yoga (B) Kundalini yoga
(C) Brahma yoga (D) Ashtang yoga
71. Principles of Physical Education is the sum of man's _____ activities.
- (A) psychological (B) physical
(C) philosophical (D) none of the above
72. Objectives of physical education includes
- (A) Organic development objective
(B) Neuromuscular development objective
(C) Emotional development objective
(D) All of the above
73. Idealism, naturalism and Realism are
- (A) Psychological bases (B) Scientific foundations
(C) Philosophies of Physical Education (D) None of the above
74. Principles can be studied under the heads of
- (A) Principles derived from philosophy (B) Principles derived from science
(C) both of the above (D) none of the above
75. Principles of physical education are of basic importance
- (A) for learning and teaching motor skills
(B) for planning the programme of activities and schedules of training
(C) for understanding the nature and activities of human organisms
(D) All of the above
76. The topics of survival and developmental activities, growth and development and anatomical and physiological differences are studied under
- (A) biological foundations of physical education
(B) philosophical foundations
(C) historical bases of physical education
(D) none of the above
77. Body types can be classified as
- (A) Endomorph, ectomorph and Mesomorph
(B) Pyknic, Athletic, Asthenic, Diplastic
(C) Both of the above
(D) None of the above.

78. Sheldon classified Body types as
 (A) Endomorph, ectomorph and Mesomorph
 (B) Pyknic, Athletic, Asthenic, Diplastic
 (C) Both of the above
 (D) None of the above.
79. Kretschmer classified Body types as
 (A) Endomorph, ectomorph and Mesomorph
 (B) Pyknic, Athletic, Asthenic, Diplastic
 (C) Both of the above
 (D) None of the above.
80. Inactive and lazy lifestyle 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
81. The primary sports body for Kho-kho game in India is called
 (A) IFKK (B) FIKK (C) KKFI (D) KKIF
82. The basic principle of Kho-kho game is
 (A) Active Chase (B) Run and Chase
 (C) Game of Chase (D) Run and Catch
83. Dimension of the handball court is
 (A) 40×20 mts (B) 40×25 mts (C) 40×28 mts (D) 40×30 mts
84. Normal playing time in handball
 (A) 30min-5min-30min (B) 30min-10min-30min
 (C) 35min-10min-35min (D) 25min-10min-25min
85. How many laws are there in football?
 (A) 16 (B) 17 (C) 18 (D) 20
86. What is law no 10?
 (A) method of scoring (B) goal scoring
 (C) way of Scoring (D) Legal Scoring

87. How many time outs are there in a kabaddi match?
 (A) 4 (B) 6 (C) 8 (D) 10
88. The dimension of kabaddi court for men and junior boys is:
 (A) 12.50×10 m (B) 12×10 m
 (C) 10×8 m (D) 13×10 m
89. When was the first official test match was played
 (A) 1875 (B) 1877 (C) 1879 (D) 1902
90. Cricket was part of which Olympic games
 (A) London (B) Sidney (C) Paris (D) Atlanta
91. The dimensions of backboards in Basketball are
 (A) 1.85×1.20 m (B) 1.80×1.20 m (C) 1.80×1.05 m (D) 1.85×1.05 m
92. What is the weight of a Basketball?
 (A) 400 – 800 gm (B) 500 – 600gm (C) 567 – 650oz (D) 567 – 650gm
93. What is the length of the Badminton court for singles and doubles?
 (A) 13.44 m (B) 13.40 m (C) 13.70 m (D) 13.45 m
94. The weight of the shuttle in a game of Badminton is
 (A) 4.70-5 gms (B) 4.8 – 6 gms
 (C) 4 – 8 gms (D) 4.74 – 5.50 gms
95. In which year the volleyball game was originated
 (A) 1857 (B) 1860 (C) 1861 (D) 1895
96. The colour of the volleyball is
 (A) White (B) Blue (C) Multi-coloured (D) Black
97. A ball that is hit back and forth between two players in table tennis
 (A) Rally (B) Deuce (C) Kill (D) Shot
98. In doubles table tennis play
 (A) The serve must go diagonally (B) Teammates must hit alternately
 (C) Both (A) and (B) are correct (D) None of the above
99. 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
100. What is the suspension time given for warning (Yellow Card)?
 (A) 5 minutes (B) 10 Minutes
 (C) 2 minutes (D) none of the above