

**Section 1 - Section 1**

**Question No.1**

4.00

**Bookmark**

Newton's third law of motion is also known as

- law of inertia
- Law of action reaction
- Law of gravitation
- Law of momentum

**Question No.2**

4.00

**Bookmark**

The concept of genetic Body type Mesomorph, Ectomorph, Endomorph was given by

- Pieget
- Plato
- Dennis
- W. Shelden

**Question No.3**

4.00

**Bookmark**

Whirl pool and contrast both are the methods used for the treatment of injuries in

- Thermo-therapy
- Electro-therapy
- Physiotherapy
- Cryo-therapy

**Question No.4**

4.00

**Bookmark**

The flexibility can be trained using

- Plyometrics
- Pace races
- Sit & reach bending exercises
- Acceleration runs

**Question No.5**

4.00

**Bookmark**

Full form of URL is?

- Uniform Resource Link
- Unified resource link
- Uniform Register Link
- Uniform Resource Locator

**Question No.6**

4.00

**Bookmark**

Sociogram is a tool to measure

- Task oriented
- Team satisfaction
- Cooperation
- Affiliation and attraction among group members

**Question No.7**

4.00

Bookmark 

Choose the best antonym of the italicized word.

Ravi and Raghu are really *obstinate* men.

- compliant
- considerate
- understanding
- friendly

**Question No.8**

4.00

Bookmark 

Sergeant jump is an item included in

- JCR
- CAHPER
- AAHPERD
- Kraus Weber

**Question No.9**

4.00

Bookmark 

Length and curve of modern standard track:

- 84.36::115.63
- 4.38::115.60
- 84.39::115.61
- 84.37::115.62

**Question No.10**

4.00

Bookmark 

High blood sugar level is controlled by:

- Adrenalin
- Glucose
- Thyroxin
- Insulin

**Question No.11**

4.00

Bookmark 

The most reliable measure of variability

- Range
- Average deviation
- Quartile deviation
- Standard deviation

**Question No.12**

4.00

Bookmark 

Which of the following track events is not slotted in Heptathlon?

- 100m sprint
- High jump
- Javelin throw
- 100m hurdles

**Question No.13**

4.00

Bookmark 

The collection of blood that forms at the site of a contusion is called

- Hematoma
- demurrage
- Ecchymosis
- None of the above

**Question No.14**

4.00

Bookmark 

Which of the following planes of the body divides it into upper and lower part

- Transverse
- Vertical
- Sagittal
- Frontal

**Question No.15**

4.00

Bookmark 

Duration of preparatory phase should be

- 1/2 to 1/4
- 1/4 to 1/2
- 1/3 to 1/4
- 2/3 to 3/4

**Question No.16**

4.00

Bookmark 

The study of the functions of the human body is called

- Botany
- Physiology
- anatomy
- Biology

**Question No.17**

4.00

Bookmark 

Find out the missing term:

1, 2, 3, 6, 11, 20, 37, 68, ?

- 124
- 105
- 126
- 125

**Question No.18**

4.00

Bookmark 

Obtain the missing term.

300, 296, 287, 271, ?, 210

- 246
- 250
- 244
- None of the above

**Question No.19**

4.00

**Bookmark** 

In a code language, 321 means "Hot Black Coffee", 536 means "Very Hot Summer", and 589 means "Summer and Winter". Which digit stands for "Very" ?

- 9
- 3
- 6
- 5

**Question No.20**

4.00

**Bookmark** 

Who was known as Grandfather of German Gymnastic

- Jahn
- Gutmuths
- Basedow
- Simon

**Question No.21**

4.00

**Bookmark** 

Identify the underlined part of speech:

Sorry, I don't know any foreign languages

- pronoun
- adverb
- adjective
- noun

**Question No.22**

4.00

**Bookmark** 

The class 1 lever is built for

- Speed
- Speed of motion
- Strength
- Equilibrium

**Question No.23**

4.00

**Bookmark** 

RSS feed is a tool of:

- Graphic design
- Architecture
- Web 1.0
- Web 2.0

**Question No.24**

4.00

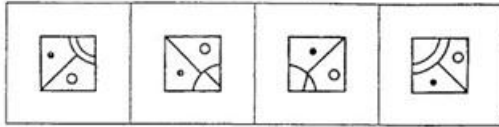
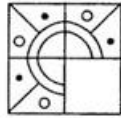
**Bookmark** 

Which of the following team sports has the highest incidence of injuries during games?

- Team handball
- Soccer
- Basketball
- Volleyball

## Question No.25

4.00

Bookmark 

- (A)  A
- (B)  B
- (C)  D
- (D)  C

## Question No.26

4.00

Bookmark 

In which year was the first World Cup Hockey tournament held?

- 1970
- 1973
- 1971
- 1972

## Question No.27

4.00

Bookmark 

Choose the correct meaning of the italicized idiom.

He had great difficulty to *save his bacon* when he was blackmailed.

- Threaten somebody
- Escape death
- Save pork
- Put bacon in the refrigerator

## Question No.28

4.00

Bookmark 

How many officials required to conduct hammer throw

- 13
- 14
- 12
- 11

## Question No.29

4.00

Bookmark 

The mid-point of the distribution is

- Median
- Mean
- Standard deviation
- Mode

**Question No.30**

4.00

Bookmark 

The Achilles tendon is the tapering part of

- Quadriceps
- Gluteus maximus
- Hamstring
- Gastrocnemius

**Question No.31**

4.00

Bookmark 

A reduction of 500 calories per day would lead to a weekly weight loss of:

- 0.5 kg
- 1 kg
- 2 kg
- 1.5 kg

**Question No.32**

4.00

Bookmark 

Choose the best synonym of the italicized word.

Each one of us is the subject of *derision* at some time or the other in our life.

- irony
- ridicule
- criticism
- laughter

**Question No.33**

4.00

Bookmark 

Choose the correct meaning of the italicized idiom.

Sheela's work seems to be a *Penelope's web*.

- In her best form
- Endless
- Difficult
- Declining

**Question No.34**

4.00

Bookmark 

Insulin is produced by

- longer hangs
- Adrenal
- Thyroid gland
- Pancreas

**Question No.35**

4.00

Bookmark 

Based on the information given, answer the below question.

1. A,B,C,D,E and F are travelling in a bus.
2. There are two reporters, two mechanics, one photographer and one writer in the group.
3. Photographer A is married to D who is a reporter.
4. The writer is married to B who is of the same profession as that of F.
5. A,B,C,D are two married couples and no one in this belong to the same profession.
6. F is the brother of C.

How is C related to F?

- Brother-in-law
- Sister
- Brother
- Cannot be determined

**Question No.36**

4.00

Bookmark 

Trait anxiety inventory was given by

- Speilbergers
- Schwartz
- Devidson
- Goleman

**Question No.37**

4.00

Bookmark 

Based on the given information, answer the following question.

1. Six friends P,Q,R,S,T and U are memebers of a club and play different games of Football, Cricket, Tennis, Basketball, Badminton and Volleyball
2. T who is taller than P and S plays Tennis.
3. The tallest among them plays Basketball.
4. The Shortest among them plays volleyball.
5. Q and S neither play Volleyball nor Basketball.
6. R plays Volleyball
7. T is between Q who plays Football and P in order of height

What does S Play?

- Cricket
- Badminton
- Either Cricket or Badminton
- None of the above

**Question No.38**

4.00

Bookmark 

Incorrectly rejecting a true null hypothesis is an example of what?

- Participant bias
- Significance testing
- Type II error
- Type I error

**Question No.39**

4.00

Bookmark 

The total weight of hockey stick shall not exceed

- 349 gms
- 737 gms
- 726 gms
- 732 gms

**Question No.40**

4.00

**Bookmark** 

Which one is disaccharides

- Sucrose
- Galactose
- Fructose
- Glucose

**Question No.41**

4.00

**Bookmark** 

Miller wall volley test measures the ability in

- Tennis
- Football
- Volleyball
- Badminton

**Question No.42**

4.00

**Bookmark** 

The build up competitions help in

- Speedy improvement of the performances
- Motivation control
- Ensuring success in the competition
- All the above

**Question No.43**

4.00

**Bookmark** 

The data recording format in most of the modern magnetic tape

- 8-bit ASCII
- 8-bit EBCDIC
- 7-bit EBCDIC
- 7-bit ASCII

**Question No.44**

4.00

**Bookmark** 

Deficiency of which micronutrient can affect the bone development

- Calcium
- Iron
- Vitamin C
- Vitamin E



**Question No.45**

4.00

**Bookmark** 

In India School Health Service started at

- 1909
- 1908
- 1910
- 1911

**Question No.46**

4.00

**Bookmark** 

Navicular bone is found in

- Foot
- Back
- Hand
- Face

**Question No.47**

4.00

**Bookmark** 

Good stress is labeled as

- Distress
- Eustress
- Appraisal
- Stress Process

**Question No.48**

4.00

**Bookmark** 

Which of the following is a conductive heating modality?

- Fluidotherapy
- Radiant heat therapy
- Hydrotherapy
- Immersion

**Question No.49**

4.00

**Bookmark** 

Amongst the following who got gold medal in 21<sup>st</sup> commonwealth games in Athletics

- Rakesh babu
- Muhammed
- Neraj Chopra
- Arpinder singh

**Question No.50**

4.00

**Bookmark** 

Fast twitch muscle fibre are

- White muscle fibre
- Red muscle fibre
- Both
- None of these

**Question No.51**

4.00

**Bookmark** 

Which is not the item of JCR test

- Vertical jump
- Chinning up
- Shuttle run
- Sit-Up

**Question No.52**

4.00

**Bookmark** 

Work in which the amount of oxygen that the body can supply is less than the amount necessary to perform the task is known as

- Anaerobic work
- Half work
- Aerobic work
- Anabolism

**Question No.53**

4.00

**Bookmark** 

The contractile unit of skeletal muscle is:

- Z line
- Sarcomere
- Actin and myosin
- Myofibril

**Question No.54**

4.00

**Bookmark** 

The Law of acceleration is also known as–

- Law of action and reaction
- Boyle's law
- Law of momentum
- Law of inertia

**Question No.55**

4.00

**Bookmark** 

The weight of basketball is not more than

- 650 gms
- 635 gms
- 620 gms
- 600 gms

**Question No.56**

4.00

**Bookmark** 

A standard swimming pool dimension is

- 50 x 30 m
- 50 x 33 m
- 50 x 32 m
- 50 x 31 m

**Question No.57**

4.00

**Bookmark** 

It takes eight hours for a 600 km journey, if 120 km is done by train and the rest by car. It takes 20 minutes more, if 200 km is done by train and the rest by car. The ratio of the speed of the train to that of the cars is:

- 1:2
- 2:3
- 3:4
- 1:4

**Question No.58**

4.00

**Bookmark** 

Assertion: - India's president is appointed on a five-year term

Reason: -PratibhaPatil was appointed as India's first woman president in 2007

- Both A and R are true and R is not the correct explanation of A
- A is true but R is false
- Both A and R are true and R is the correct explanation of A
- A is false but R is true

**Question No.59**

4.00

**Bookmark** 

The transmission of information about health and disease from an expert to the lay person is \_\_\_\_\_

- Medical science
- Health education
- social science
- Physical education

**Question No.60**

4.00

**Bookmark** 

Motor skills are learnt best by

- Imitation
- Memorization
- Practice
- Observation

**Question No.61**

4.00

**Bookmark** 

The spectrum concept of health emphasizes that an individual health is not \_\_\_\_\_

- Dynamic
- Static
- Energetic
- All

**Question No.62**

4.00

Bookmark 

What are also called moment force

- Torques
- Acceleration
- Inertia
- Trajectories

**Question No.63**

4.00

Bookmark 

In Harvard Step test the Height of bench is

- 20 inch
- 30 inch
- 35 inch
- 25 inch

**Question No.64**

4.00

Bookmark 

Which one of the following is a term given for changes in blood flow to muscles during exercise?

- Stroke volume
- Hypertrophy of blood vessels
- Resting heart rate
- Vascular shunt

**Question No.65**

4.00

Bookmark 

Choose the correct meaning of the italicized idiom.

Anil got me into trouble by giving a *false colour* to my statement.

- Giving good impression
- Giving a wrong colour box
- Colouring the sentence
- Giving a wrong character

**Question No.66**

4.00

Bookmark 

All sensory impulses are received from the sensory organs first at the level of

- Sympathetic system
- Spinal cord
- Hypothalamus
- Brain stem

**Question No.67**

4.00

Bookmark 

Psychodynamic theory was given by

- Eysenk
- Sigmund Frued
- Abraham Maslow
- Cattell

**Question No.68**

4.00

Bookmark 

The fatigue is the result of accumulation of

- Carbonic acid
- Sulphuric acid
- Lactic acid
- All of these

**Question No.69**

4.00

Bookmark 

Reliability of a test measure

- consistency of performance
- subjectivity
- validity
- all

**Question No.70**

4.00

Bookmark 

The response defined as a result of training is called

- unconditioned reflex
- Conditioned stimulus
- conation.
- Conditioned reflex

**Question No.71**

4.00

Bookmark 

Which of the following is type of hinge joint

- Shoulder
- Hip
- Carpel bone
- Knee

**Question No.72**

4.00

Bookmark 

The meaning of Fortius is

- Faster
- Quicker
- Stronger
- Higher

**Question No.73**

4.00

Bookmark 

Which is a Sesamiod bone

- Sternum
- Vertebrae
- Ribs
- Patella

**Question No.74**

4.00

**Bookmark** 

What should be applied when muscle pull occur?

- ultra sound
- Infrared lamp
- Warm water
- Ice

**Question No.75**

4.00

**Bookmark** 

Choose the missing term: 3F,6G,11I,18L, ?

- 28Q
- 27O
- 27P
- 26N

**Question No.76**

4.00

**Bookmark** 

What is the philosophy of physical educations programmes \_\_\_\_\_

- Realism
- naturalism
- pragmatism
- idealism

**Question No.77**

4.00

**Bookmark** 

Historical research is known as

- Demographic research
- Introspective research
- Biographical research
- Retrospective research

**Question No.78**

4.00

**Bookmark** 

Which of the following is known as the building blocks of the body?

- Minerals
- Protein
- Carbohydrates
- Vitamins

**Question No.79**

4.00

**Bookmark** 

Somatotyping profile of (4,4,1) is considered as.

- Endomorph Mesomorph
- Mesomorphic Endomorph
- Balanced Endomorph
- Balanced Mesomorph

**Question No.80**

4.00

**Bookmark** 

Select the option which improves the underlined part of the sentences.

The Prime Minister called on the President.

- in
- by
- to
- No improvement

**Question No.81**

4.00

**Bookmark** 

Which one of the following is a relative measure of dispersion

- Covariance
- Mode
- Standard deviation
- Co-efficient of Variance

**Question No.82**

4.00

**Bookmark** 

Which is not a Scope of Health

- Health Care
- Health instruction
- Healthful Living
- Health Service

**Question No.83**

4.00

**Bookmark** 

Ramesh had a cold and couldn't go to the party, so I bought him a cake to make up for his \_\_\_\_\_

- disillusion
- disappointment
- disgust
- depression

**Question No.84**

4.00

**Bookmark** 

Malaria transmitted by bite of

- Rate bite
- Female anopheles mosquito
- Snake
- Male anopheles mosquito

**Question No.85**

4.00

**Bookmark** 

The test of significance used for comparing two means is

- ANOVA
- Chi-square
- F-test
- T-test

**Question No.86**

4.00

**Bookmark** 

One ATP can give calories up to :

- 6.9 cal
- 4.1 Cal
- 4 cal
- 9 cal

**Question No.87**

4.00

**Bookmark** 

The statistical measure which is generally applied for the determination of sampling error is

- Mean
- Chi – Square
- Correlation
- Standard deviation

**Question No.88**

4.00

**Bookmark** 

Reaction time is measured by

- Sergeant jump
- Stick drop test
- Standing Broad jump
- Shuttle run

**Question No.89**

4.00

**Bookmark** 

Study the following information carefully and answer the question below it

The Director of an MBA college has decided that six guest lectures on the topics of Motivation, Decision Making, Quality Circle, Assessment Centre, Leadership and Group Discussion are to be organised on each day from Monday to Sunday.

(i) One day there will be no lecture (Saturday is not that day), just before that day Group Discussion will be organised.

(ii) Motivation should be organised immediately after Assessment Centre.

(iii) Quality Circle should be organised on Wednesday and should not be followed by Group Discussion

(iv) Decision Making should be organised on Friday and there should be a gap of two days between Leadership and Group Discussion

How many lectures are organised between Motivation and Quality Circle?

- Two
- Four
- One
- Three

**Question No.90**

4.00

**Bookmark** 

Deficiency of iron

- Rickets
- Scurvy
- Anemia
- Goiter



**Question No.91**

4.00

Bookmark 

Health is partly determined by our \_\_\_\_\_

- Habit
- Genes
- Society
- Culture

**Question No.92**

4.00

Bookmark 

Night blindness is caused due to deficiency of:

- Vitamin E
- Vitamin C
- Vitamin D
- Vitamin A

**Question No.93**

4.00

Bookmark 

Which fracture is also known as Boxer Fracture

- Metatarsal fracture
- Wrist fracture
- Phalange fracture
- Metacarpal fracture

**Question No.94**

4.00

Bookmark 

Good restaurants serving pure vegetarian food are very hard to \_\_\_\_\_.

- take to
- come by
- get in
- go through

**Question No.95**

4.00

Bookmark 

Statements: Some bats are snakes, No snake is dangerous

Conclusion:

I. Some dangerous animals are snakes

II. Some bats are not dangerous.

- If either I or II follows
- If only conclusion II follows
- If neither I nor II follows
- If only conclusion I follows

**Question No.96**

4.00

Bookmark 

Which is not the characteristics of good test

- Reliability
- Feasibility
- Objectivity
- Validity

**Question No.97**

4.00

**Bookmark** 

The national game of India is

- Cricket
- hockey
- kabaddi
- football

**Question No.98**

4.00

**Bookmark** 

The gold standard for measuring body composition is

- Body mass index
- Skinfold test
- Underwater weighing
- Weight

**Question No.99**

4.00

**Bookmark** 

Mascot of 21<sup>st</sup> commonwealth games

- Blue Koala Borobi
- Kangaroo
- Polar bear
- Tiger

**Question No.100**

4.00

**Bookmark** 

The mean of a distribution is 23, the median is 24, and the mode is 25.5. It is most likely that this distribution is:

- Symmetrical
- Asymptotic
- Positively Skewed
- Negatively Skewed