

PU Ph D Physical Education and Sports

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Around which axis flexion and extension takes place?

- Medial-Lateral Axis
- Vertical Axis
- Anterio-Posterior Axis
- Sagittal Axis

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Which of the following could be controlled by the researcher?

- Independent Variable
- Random Variable
- Dependent Variable
- Specific Variable

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The major reason for the onset of fatigue during strenuous exercise is:-

- Second wind
- Oxygen debt
- Increased CO₂ level
- Lactic acid formation

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What creates physical differences among people?

- Birthplace
- Climatic Conditions
- Ethnic Background
- Heredity

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Which of the following is not a measure of variability?

- Standard Deviation
- Range
- Average deviation

- Correlation

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The Curve Portion of a normally probability curve is:-

- Kurtosis
- Skewness
- Probability curve
- Curve

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When all parts of the body travel exactly the same distance, in the same direction, in the same time.

- centre fleeing force
- Linear motion
- angular motion
- Centre seeking force

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Shin splints are caused by:-

- Inflammation
- Tiny fractures
- Nerve injury
- Torn ligaments

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Iliotibial band syndrome (ITBS) is characterised by pain at which area of the kness?

- Posterior
- Anterior
- Lateral
- Medial

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The inorganic element responsible for proper functioning of nervous system is:-

- Sodium
- Iron
- Zinc

Iodine

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According to current research, the safest stretching technique appears to be what?

- Dynamic
- Proprioceptive neuromuscular facilitation (PNF)
- Ballistic
- Static

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The correct sequence for the conduction of impulse during heart function is:-

- AV node - AV Bundles - SA node - Purkinje fibers
- SA node - AV node - AV Bundles - Purkinje fibers
- AV Bundles - AV node - SA node - Purkinje fibers
- Purkinje fibers - AV Bundles - AV node - SA node

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Which of the following components is a part of the pectoral girdle?

- Sternum
- Acetabulum
- Ilium
- Glenoid cavity

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The term specific gravity is related to:-

- Biochemistry
- Fluid mechanics
- Aerodynamics
- Microbiology

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Which vitamin has anti-oxidant functions?

- Vitamin D
- Vitamin B1
- Vitamin C

- Vitamin E

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Which of the below deals with the 'situation as it exists' or a 'condition that is prevailing'?

- Historical study
- Philosophical study
- Case study
- Survey study

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The term air resistance is related to:-

- Physiology
- Biochemistry
- Microbiology
- Aerodynamics

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Which of the following is not a character of a good hypothesis?

- Limited in scope
- Clear and precise
- Testable
- Biased

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The limit of skewness is from _____.

- 3 to +3
- 1 to +1
- 0 to 1
- 0 to 3

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Centrifugal force is:-

- Linear motion
- Angular motion
- Centre seeking force

- Centre fleeing force

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Much of the motor skill learning takes place during.

- Infancy
- Adolescence
- Childhood
- Puberty

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Which one of the following is favorable for swimmers?

- Physical deformity
- Short arm length
- Obese Body
- Excellent floating ability

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Null hypothesis is also known as:-

- No change hypothesis
- Alternate hypothesis
- Changed hypothesis
- Research hypothesis

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Which of the following is called the cognitive learning?

- Affective learning
- Motor learning
- Non
- Mental learning

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Which test is also known as variance Ration-test?

- T-test
- F-test
- Z-test

Chi-Square

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What do golfers and weightlifters injure most often?

- The hips
- The elbow
- The lower back
- The knee

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Floating ability is improved by which of the following factors?

- Physiology of Exercise
- Foundations of physical education
- increasing the speed of swimming
- Philosophy of coaching

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In which sport do individual differences make least impact on learning skills of that sport?

- Basketball
- Hockey
- Archery
- Soccer

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Which one of the following is a factor in converting the corner kick into a goal in football?

- utilizing air resistance
- Sunlight
- altitude
- Geographical condition

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Which one of the following is a factor which helps in flotation (ability to float on water)?

- Physiology of Exercise
- Philosophy of coaching
- Foundations of physical education

- Reducing water resistance

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Which statistical device helps in analyzing the co variation of two or more variables?

- Regression
- Correlation.
- Standard deviation
- Median

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Which of the following reflects the idea that we like people who like us?

- Proximity
- Similarity
- Social exchange theory
- Reciprocity of feelings

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Factorial designs are designed to examine the effects of:-

- Series of independent variables
- Only one independent variable
- Several factors in tandem
- More than one dependent variable at a time in a single experiment

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A characteristic, construct or quality that changes from one subject to another is referred best by:-

- Variable
- Literary means
- Criterion
- Measure

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Annular Ligament is associated with:-

- Knee Joint
- Radio-Ulnar Joint
- Hip Joint

- Shoulder Joint

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Tennis elbow is usually caused by:-

- Overuse
- Tiny fracture
- Infection
- Trauma

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What is known as the Blue Print of a Research?

- Experimental Design
- Bibliography
- Hypothesis
- Sample size

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Natural motivation is also known as _____ motivation.

- Extrinsic
- Self actualization
- Self assertion
- Intrinsic

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For higher performance the level of arousal should be:-

- Low
- High
- Optimum
- Very high

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Action research in physical education is concerned with:-

- Descriptive studies
- Experimental studies
- Correlation studies

Immediate classroom problems

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Which sport causes the most head injuries?

- Cycling
- Soccer
- Football
- Baseball

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How many ATP molecules are used when glycolysis starts with glycogen during the Energy investment phase?

- Three
- Two
- One
- Four

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The carbon dioxide produced from tissue oxidation is transported through blood as:-

- Carboxy- hemoglobin
- Carbonic acid
- Oxy-hemoglobin
- Lactic acid

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Which one is responsible for phagocytosis?

- Leucocytes
- Thrombocytes
- Plasma protein
- Erythrocytes

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What kind of groups are generally more cohesive?

- Racial groups
- Large group

- Scattered groups
- Smaller groups

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Which of the following variables has least influence on sport motivation?

- Age
- Complexion
- Sex
- Facilities

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Happenings beyond the control of the researcher is denoted by:-

- Significance of the study
- Analysis of the study
- Limitations of the study
- Delimitations of the study

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School of wonder and wisdom are associated with:-

- Philosophical research
- Case study
- Historical research
- Action research

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Internal and External Criticisms are associated with:-

- Laboratory Research
- Philosophical Research
- Experimental Studies
- Historical Research

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Which of the following is not a part of a research proposal ?

- Statement of the Problem
- Bibliography

- Analysis of the data
- Methodology

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Pain in the anterior compartment of the tibia (which sometimes occurs from prolonged running on a hard surface) is called what?

- Subluxation
- Shin splints
- Tendonitis
- Nerve palsy

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The purpose of related literature review is to:-

- Identify a gap in the previous studies
- To consider all available options during a study
- To keep the researcher interested
- To obtain a result as quickly as possible

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A person's perception of his/her own personality traits is reflected in his/her:-

- Self Regard
- Self Concept
- Self Esteem
- Self Efficacy

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Etymological meaning of Kinesiology is:-

- Kinesiology is the science of motion of living being.
- Kinesiology is the science of motion of human being during sports participation.
- Kinesiology is the science of motion of human being.
- Kinesiology is science of motion.

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What is the focus of rehabilitation for the repaired knee immediately following ACL- reconstruction surgery?

- Flexibility exercise

- Gait training
- Strengthening exercise
- Restoring range of motion

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Historical Research is also known as:-

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

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What's the most common runner's injury?

- Shin splints
- Plantar fasciitis
- Runner's knee
- Achilles tendinitis

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Scouting and searching is a part of:-

- Analysis of data
- Review of Related Literature
- Methodology
- Hypothesis

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Which muscle is responsible for knee flexion?

- Biceps Femoris
- Vastus Internus
- Gluteus Minimis
- Gluteus Maximus

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Which altitude related medical problem can be most serious/fatal?

- AMS

- Insomnia
- HACE
- HAPE

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The unit of power is:-

- Joule
- Calories
- mm of mercury
- Watt

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Speed is:-

- measured in seconds
- a scalar quantity
- a vector quantity
- measured in kilos

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Energy is:-

- Rate at which work is done
- attractive force between two objects
- product of force and distance moved
- Capacity to do work

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The formula for calculating the total number of adipocytes is:-

- $\text{Total Body Mass} - \text{Fat Mass} / \text{Lean Mass}$
- $\text{Fat Mass} / \text{Lipid content per cell}$
- $\text{Lean Mass} - \text{Fat Mass} / \text{Total Body Mass}$
- $\text{Lipid content per cell} / \text{Fat Mass} \times 100$

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Velocity is:-

- Measured in minutes

- a vector quantity
- measured in kilos
- A scalar quantity

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What will happen if ligaments are torn?

- Bones will move freely at joint and no pain
- Bone less movable at joint and pain
- Bone will become fixed
- Bone will become unfixed

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Displacement is:-

- a vector quantity
- Measured in seconds
- measured in grams
- A scalar quantity

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Distance is:-

- A scalar quantity
- a vector quantity
- measured in kilos
- Measured in seconds

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Basic principle of fartlek training is:-

- Variation in space
- Variation in place
- Variation in pace
- Variation in duration

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The greatest force the neuromuscular system is capable of exerting in a single maximum voluntary contraction is termed:-

- Strength endurance
- Relative strength
- Power strength
- Gross strength

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The muscle fibers have a fast rate of contraction for short periods:-

- Sarcomere
- White muscle fiber
- Red muscle fiber
- Fascia

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The capacity to effect movement by contraction of those muscles which naturally cause the movement is:-

- Kinetic mobility
- Active mobility
- Explosiveness
- Passive mobility

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The incorporation of strength and endurance training sessions in the one training program is known as:-

- Fartlek training
- Concurrent training
- Detraining
- Circuit training

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Which cartilage is present at the end of long bones?

- fibrous cartilage
- Calcified cartilage
- Hyaline cartilage
- Elastic cartilage

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The path of projectile is termed as:-

- Rectangular
- parabola
- Triangular
- circular

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Body weight is caused due to:-

- Muscular contraction
- Elastic force
- Frictional force
- Force of gravity

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What may happen if the advanced athlete neglects the use of special exercises for the development of elastic strength?

- Muscular hypertrophy
- Speed barrier
- Muscular atrophy
- Overload

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Work is:-

- rate at which work is done
- Capacity to do work
- attractive force between two objects
- product of force and distance moved

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A single practice session in pursuit of a training objective is:-

- Training schedule
- Training session
- Training unit
- Year Planner

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Pairing of exercises in weight training sets is called:-

- Drop sets
- Pyramid sets
- Super sets
- Straight sets

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Aggression and violence among athletes is _____.

- Potential negative factor associated with youth sport
- Reverse dependency trap
- Reason of children participation in sport
- Benefits of youth sport

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Reinforcement theory of motivation is given by:-

- Jung
- Maslow
- Herzberg
- Skinner

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Test-retest method is used for determining:-

- Reliability
- Norms
- Objectivity
- Validity

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Shoulder dislocation is caused by vigorous:-

- Flexion with internal rotation
- Abduction with internal rotation
- Abduction with External rotation
- Flexion with external rotation

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Which system integrates the body as a single unit?

- Respiratory system
- Cardiovascular system
- Reproductive system
- Digestive system

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What is the expansion of BMI?

- Basal Metabolic Index
- Bank Management Index
- Body Mass Index
- Barrow Motor Index

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Which one of the following is NOT a projective test of personality?

- Rorschach test
- Troutwine athletic profile
- House Tree Person Test
- Thematic Apperception Test

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Testosterone, which athletes take in synthetic form to enhance their ability to perform in their chosen sport, is a natural hormone produced in the body by:-

- Testes
- Pancreas
- Pituitary gland
- Prostate gland

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The stress condition is:-

- Helpful in the development of strength
- Detrimental to the performer
- Advantageous to the performer
- Loss the confidence to the performer

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Among the components of Total Daily Energy Expenditure (TDEE), which component accounts for the largest?

- NEAT
- PA
- BMR
- DIT

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Degenerative bone disease is called as:-

- Rheumatoid Arthritis
- Synovitis
- Gouty arthritis
- Osteoarthritis

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What should apply to an acute ankle sprain?

- Ice
- Heat
- Massage
- Ben-Gay

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Following are the extrinsic risk factors in sports injuries except:-

- Sports in environmental conditions
- Physical characteristics of an athlete
- Type of sporting activity
- Sports equipment used

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The functional unit of excretory system is:-

- Ureter
- Urethra
- Kidney
- Nephron

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What is the Id?

- A description of innate instinctual needs.
- Part of the psyche that controls impulses.
- Part of the psyche that controls our morals.
- Part of the psyche that reduces anxiety.

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Which one is the simplest form of cognition?

- Perception
- Sensation
- Affection
- Conception

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Which law of learning is also called the law of use and disuse?

- Law of effect
- Law of exercise
- Law of readiness
- Law of intimacy

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Highly trained Olympic level athletes are having a stroke volume in the range of:-

- 80-90 ml
- 70-80 ml
- 100-120 ml
- 55-75 ml

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Friedel Test is associated with which game:-

- Soccer
- Hockey
- Lawn Tennis
- Basketball

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What shoulder injury is common in throwing sports?

- Rotator cuff injury
- Contusion
- Low back strain
- Tennis elbow