1 of 100
137 PU_2015_121
Around which axis flexion and extension takes place?
- Medial-Lateral Axis
- Vertical Axis
- Anterio-Posterior Axis
- Sagittal Axis

2 of 100
104 PU_2015_121
Which of the following could be controlled by the researcher?
- Independent Variable
- Random Variable
- Dependent Variable
- Specific Variable

3 of 100
166 PU_2015_121
The major reason for the onset of fatigue during strenuous exercise is:-
- Second wind
- Oxygen debt
- Increased CO$_2$ level
- Lactic acid formation

4 of 100
191 PU_2015_121
What creates physical differences among people?
- Birthplace
- Climatic Conditions
- Ethnic Background
- Heredity

5 of 100
207 PU_2015_121
Which of the following is not a measure of variability?
- Standard Deviation
- Range
- Average deviation
The Curve Portion of a normally probability curve is:-

Kurtosis
Skewness
Probability curve
Curve

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

Shin splints are caused by:-

Inflammation
Tiny fractures
Nerve injury
Torn ligaments

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

Posterior
Anterior
Lateral
Medial

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

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

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

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

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

- Sternum
- Acetabulum
- Ilium
- Glenoid cavity

The term specific gravity is related to:

- Biochemistry
- Fluid mechanics
- Aerodynamics
- Microbiology

Which vitamin has anti-oxidant functions?

- Vitamin D
- Vitamin B1
- Vitamin C
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

The term air resistance is related to:-  
- Physiology
- Biochemistry
- Microbiology
- Aerodynamics

Which of the following is not a character of a good hypothesis?  
- Limited in scope
- Clear and precise
- Testable
- Biased

The limit of skewness is from _________.  
- -3 to +3
- -1 to +1
- 0 to 1
- 0 to 3

Centrifugal force is:-  
- Linear motion
- Angular motion
- Centre seeking force
21 of 100
198 PU_2015_121
Much of the motor skill learning takes place during.
- Infancy
- Adolescence
- Childhood
- Puberty

22 of 100
128 PU_2015_121
Which one of the following is favorable for swimmers?
- Physical deformity
- Short arm length
- Obese Body
- Excellent floating ability

23 of 100
208 PU_2015_121
Null hypothesis is also known as:-
- No change hypothesis
- Alternate hypothesis
- Changed hypothesis
- Research hypothesis

24 of 100
199 PU_2015_121
Which of the following is called the cognitive learning?
- Affective learning
- Motor learning
- Non
- Mental learning

25 of 100
121 PU_2015_121
Which test is also known as variance Ration-test?
- T-test
- F-test
- Z-test
26 of 100
174 PU_2015_121
What do golfers and weightlifters injure most often?
- The hips
- The elbow
- The lower back
- The knee

27 of 100
127 PU_2015_121
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

28 of 100
194 PU_2015_121
In which sport do individual differences make least impact on learning skills of that sport?
- Basketball
- Hockey
- Archery
- Soccer

29 of 100
135 PU_2015_121
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

30 of 100
126 PU_2015_121
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

31 of 100
120 PU_2015_121
Which statistical device helps in analyzing the co variation of two or more variables?
- Regression
- Correlation.
- Standard deviation
- Median

32 of 100
193 PU_2015_121
Which of the following reflects the idea that we like people who like us?
- Proximity
- Similarity
- Social exchange theory
- Reciprocity of feelings

33 of 100
203 PU_2015_121
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

34 of 100
109 PU_2015_121
A characteristic, construct or quality that changes from one subject to another is referred best by:-
- Variable
- Literary means
- Criterion
- Measure

35 of 100
138 PU_2015_121
Annular Ligament is associated with:-
- Knee Joint
- Radio-Ulnar Joint
- Hip Joint
Shoulder Joint

36 of 100
175 PU_2015_121
Tennis elbow is usually caused by:-
- Overuse
- Tiny fracture
- Infection
- Trauma

37 of 100
107 PU_2015_121
What is known as the Blue Print of a Research?
- Experimental Design
- Bibliography
- Hypothesis
- Sample size

38 of 100
192 PU_2015_121
Natural motivation is also known as ____________ motivation.
- Extrinsic
- Self actualization
- Self assertion
- Intrinsic

39 of 100
197 PU_2015_121
For higher performance the level of arousal should be:-
- Low
- High
- Optimum
- Very high

40 of 100
205 PU_2015_121
Action research in physical education is concerned with:-
- Descriptive studies
- Experimental studies
- Correlation studies
Immediate classroom problems

41 of 100
169 PU_2015_121
Which sport causes the most head injuries?
- Cycling
- Soccer
- Football
- Baseball

42 of 100
163 PU_2015_121
How many ATP molecules are used when glycolysis starts with glycogen during the Energy investment phase?
- Three
- Two
- One
- Four

43 of 100
164 PU_2015_121
The carbon dioxide produced from tissue oxidation is transported through blood as:-
- Carboxy- hemoglobin
- Carbonic acid
- Oxy-hemoglobin
- Lactic acid

44 of 100
165 PU_2015_121
Which one is responsible for phagocytosis?
- Leucocytes
- Thrombocytes
- Plasma protein
- Erythrocytes

45 of 100
195 PU_2015_121
What kind of groups are generally more cohesive?
- Racial groups
- Large group
Scattered groups

Smaller groups

Which of the following variables has least influence on sport motivation?
- Age
- Complexion
- Sex
- Facilities

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

School of wonder and wisdom are associated with:
- Philosophical research
- Case study
- Historical research
- Action research

Internal and External Criticisms are associated with:
- Laboratory Research
- Philosophical Research
- Experimental Studies
- Historical Research

Which of the following is not a part of a research proposal?
- Statement of the Problem
- Bibliography
51 of 100
177 PU_2015_121
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

52 of 100
108 PU_2015_121
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

53 of 100
190 PU_2015_121
A person’s perception of his/her own personality traits is reflected in his/her:-
- Self Regard
- Self Concept
- Self Esteem
- Self Efficacy

54 of 100
136 PU_2015_121
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.

55 of 100
178 PU_2015_121
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

56 of 100
105 PU_2015_121
Historical Research is also known as:-
- Biographical research
- Introspective research
- Retrospective research
- Demographic research

57 of 100
172 PU_2015_121
What's the most common runner's injury?
- Shin splints
- Plantar fasciitis
- Runner's knee
- Achilles tendinitis

58 of 100
201 PU_2015_121
Scouting and searching is a part of:-
- Analysis of data
- Review of Related Literature
- Methodology
- Hypothesis

59 of 100
167 PU_2015_121
Which muscle is responsible for knee flexion?
- Biceps Femoris
- Vastus Internus
- Gluteus Minimis
- Gluteus Maximus

60 of 100
161 PU_2015_121
Which altitude related medical problem can be most serious/fatal?
- AMS
The unit of power is:-
- Joule
- Calories
- mm of mercury
- Watt

Speed is:-
- measured in seconds
- a scalar quantity
- a vector quantity
- measured in kilos

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

The formula for calculating the total number of adipocytes is:-
- Total Body Mass - Fat Mass / Lean Mass
- Fat Mass / Lipid content per cell
- Lean Mass - Fat Mass / Total Body Mass
- Lipid content per cell / Fat Mass X 100

Velocity is:-
- Measured in minutes
a vector quantity
- measured in kilos
- A scalar quantity

**66 of 100**
241 PU_2015_121
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

**67 of 100**
227 PU_2015_121
Displacement is:-
- a vector quantity
- Measured in seconds
- measured in grams
- A scalar quantity

**68 of 100**
225 PU_2015_121
Distance is:-
- A scalar quantity
- a vector quantity
- measured in kilos
- Measured in seconds

**69 of 100**
251 PU_2015_121
Basic principle of fartlek training is:-
- Variation in space
- Variation in place
- Variation in pace
- Variation in duration

**70 of 100**
243 PU_2015_121
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

**71 of 100**
236 PU_2015_121
The muscle fibers have a fast rate of contraction for short periods:-
- Sarcomere
- White muscle fiber
- Red muscle fiber
- Fascia

**72 of 100**
245 PU_2015_121
The capacity to effect movement by contraction of those muscles which naturally cause the movement is:-
- Kinetic mobility
- Active mobility
- Explosiveness
- Passive mobility

**73 of 100**
247 PU_2015_121
The incorporation of strength and endurance training sessions in the one training program is known as:-
- Fartlek training
- Concurrent training
- Detraining
- Circuit training

**74 of 100**
242 PU_2015_121
Which cartilage is present at the end of long bones?
- fibrous cartilage
- Calcified cartilage
- Hyaline cartilage
- Elastic cartilage

**75 of 100**
224 PU_2015_121
The path of projectile is termed as:-
Body weight is caused due to:-
- Muscular contraction
- Elastic force
- Frictional force
- Force of gravity

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

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

A single practice session in pursuit of a training objective is:-
- Training schedule
- Training session
- Training unit
- Year Planner
Pairing of exercises in weight training sets is called:-
- Drop sets
- Pyramid sets
- Super sets
- Straight sets

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

Reinforcement theory of motivation is given by:-
- Jung
- Maslow
- Herzberg
- Skinner

Test-retest method is used for determining:-
- Reliability
- Norms
- Objectivity
- Validity

Shoulder dislocation is caused by vigorous:-
- Flexion with internal rotation
- Abduction with internal rotation
- Abduction with External rotation
- Flexion with external rotation
Which system integrates the body as a single unit?
- Respiratory system
- Cardiovascular system
- Reproductive system
- Digestive system

86 of 100
285 PU_2015_121
What is the expansion of BMI?
- Basal Metabolic Index
- Bank Management Index
- Body Mass Index
- Barrow Motor Index

87 of 100
295 PU_2015_121
Which one of the following is NOT a projective test of personality?
- Rorschach test
- Troutwine athletic profile
- House Tree Person Test
- Thematic Apperception Test

88 of 100
264 PU_2015_121
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

89 of 100
299 PU_2015_121
The stress condition is:-
- Helpful in the development of strength
- Detrimental to the performer
- Advantageous to the performer
- Loss the confidence to the performer

90 of 100
Among the components of Total Daily Energy Expenditure (TDEE), which component accounts for the largest?

- NEAT
- PA
- BMR
- DIT

Degenerative bone disease is called as:-

- Rheumatoid Arthritis
- Synovitis
- Gouty arthritis
- Osteoarthritis

What should apply to an acute ankle sprain?

- Ice
- Heat
- Massage
- Ben-Gay

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

The functional unit of excretory system is:-

- Ureter
- Urethra
- Kidney
- Nephron
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.

Which one is the simplest form of cognition?
- Perception
- Sensation
- Affection
- Conception

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

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

Friedel Test is associated with which game:-
- Soccer
- Hockey
- Lawn Tennis
- Basketball
What shoulder injury is common in throwing sports?

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