

## 121 PU Ph D Physical Education and Sports

### 1 of 100

178 PU\_2016\_121\_E

Which is the most effective method for encouraging self-learning:-

- Demonstration method
- Observation method
- Lecture method
- Task method

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176 PU\_2016\_121\_E

Mental development includes:-

- External and internal organs
- Ethical and moral
- Reasoning and thinking
- Emotional maturity

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169 PU\_2016\_121\_E

A condition in which heat is lost from the body faster than it is produced by \_\_\_\_\_.

- Hypoxia
- Hypothermia
- Hypertrophy
- Hyperoxia

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219 PU\_2016\_121\_E

Par course training helps to improve:-

- Flexibility
- Power
- Elastic strength
- Cardiorespiratory endurance

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125 PU\_2016\_121\_E

To measure strength, you to consider EVERYONE that is called?

- Inference
- Prediction
- Modelling

- Sampling

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Convenience sampling is an example of:-

- cluster sampling
- stratified sampling
- Probabilistic sampling
- non probabilistic sampling

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161 PU\_2016\_121\_E

$VO_2 = \text{Cardio Output} \times VO_2 \text{ difference}$ ; which equation is this?

- Rick Equation
- Blood Flow Equation
- Blow Resistance Equation
- Fick Equation

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The adaptation brought about by the training will gradually weaken is called:-

- Overload
- Reversibility
- Specificity
- Recovery

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For maximum strength development, intensity is:-

- 60 to 70%
- 55 to 65%
- 80 to 100%
- 40 to 60%

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216 PU\_2016\_121\_E

The reduction of training intensity several days before the competition is called:-

- Tapering
- Reversibility
- Detraining

- Overload

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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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Health-related fitness does not include:-

- Speed
- Body composition
- Endurance
- Flexibility

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The ability to overcome a resistance with a fast contraction is:-

- Maximum strength
- Strength endurance
- Relative strength
- Elastic strength

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The cartilage which serves to cushion the impact of large forces on bone ends is called:-

- Notch
- Fossa
- Fibras cartilage
- Hyaline cartilage

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Myosin is a\_\_\_\_\_.

- Thick filament
- ST-segment
- Thin filament

- muscle spindle

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A list of 5 pulse rates is: 70, 64, 80, 74, 92. What is the median for this list?

- 77
- 76
- 80
- 74

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121 PU\_2016\_121\_E

Which of the following is a joint of reciprocal innervations?

- Hinge joint
- Pivot joint
- Condylloid joint
- Saddle joint

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127 PU\_2016\_121\_E

P-value for a right-tailed test is  $P=0.042$ . Which of the following is INCORRECT?

- The P-value for a left-tailed test based on the same sample would be  $P = -0.042$
- We would reject  $H_0$  at  $\alpha = 0.05$ , but not at  $\alpha = 0$ .
- The z-score test statistic is approximately  $z = 1.73$
- The P-value for a two-tailed test based on the same sample would be  $P = 0.084$

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207 PU\_2016\_121\_E

Number of training sessions per week is named as:-

- Intensity
- Schedule
- Unit
- Frequency

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177 PU\_2016\_121\_E

Sports performance is a bi-product of:-

- Tactical ability
- Total personality
- Conditional ability

- Skill

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166 PU\_2016\_121\_E

Shortness of breathing is termed\_\_\_\_\_.

- Bronchospasm
- Asthma
- COPD
- Dyspnea

**22 of 100**

218 PU\_2016\_121\_E

A cessation of training means:-

- Acclimatization
- Detraining
- Retraining
- Overcompensation

**23 of 100**

210 PU\_2016\_121\_E

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

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

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120 PU\_2016\_121\_E

Condylod joint comes under:-

- uni axial movement
- Bi axial movement
- Tri axial movement
- Non axial movement

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170 PU\_2016\_121\_E

Follicle stimulating hormone is secreted by:-

- Anterior lobe of pituitary
- Gonads
- Posterior lobe of pituitary

- Hypothalamus

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

- Concurrent training
- Circuit training
- Detraining
- Fartlek training

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173 PU\_2016\_121\_E

The ventricles contract \_\_\_\_ sec after the atria.

- 0.01
- 0.2
- 0.03
- 0.1

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126 PU\_2016\_121\_E

We have seen that outliers can produce problematic results. Rank the following measures in order of "least affected by outliers" to "most affected by outliers".

- range, median, mean
- median, mean, range
- median, range, mean
- mean, median, range

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160 PU\_2016\_121\_E

Current evidence suggests that respiratory muscles fatigue at prolonged exercise lasting more than:-

- 100 minutes
- 60 minutes
- 120 minutes
- 90 minutes

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172 PU\_2016\_121\_E

Long term regulation by the mean arterial blood pressure is influenced by:-

- The circulatory system
- The heart

- The kidneys
- The adrenal glands

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136 PU\_2016\_121\_E

Which one of the following variables is not categorical?

- Age of a person
- Gender of a person: male or female.
- Choice on a test item: true or false.
- Marital status of a person (single, married, divorced, other)

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213 PU\_2016\_121\_E

Basic principle of fartlek training is:-

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

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137 PU\_2016\_121\_E

Which one of these statistics is unaffected by outliers?

- Mean
- Interquartile range
- Range
- Standard deviation

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200 PU\_2016\_121\_E

Stretch-shortening cycle of exercises means:-

- Plyometric exercises
- Aerobic exercises
- Isometric exercises
- Flexibility exercises

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133 PU\_2016\_121\_E

. The level of significance is the:-

- same as the p-value
- Maximum allowable probability of Type II error

- maximum allowable probability of Type I error
- Same as the confidence coefficient

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The Vitamin C content of a particular brand of vitamin supplement pills is normally distributed with mean 490 mg and standard deviation 12 mg. What is the probability that a randomly selected pill contains at least 500 mg of Vitamin C?

- 0.2033
- 0.7967
- 0.8333
- 0.1123

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If two events are independent, then:-

- They must be mutually inclusive
- the sum of their probabilities must be equal to one
- their intersection must be zero
- They must be mutually exclusive

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123 PU\_2016\_121\_E

Bending forward of the trunk is an example of movement in the:-

- Sagittal plane
- Transeverse plane
- Longitudinal axis
- Frontal plane

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The \_\_\_\_\_ consists of auto rhythmic cells.

- SA node
- Bundle branches
- Purkinje fibers
- AV node

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208 PU\_2016\_121\_E

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



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

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132 PU\_2016\_121\_E

A numerical description of the outcome of an experiment is called a:-

- random variable
- Descriptive statistic
- probability function
- Variance

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215 PU\_2016\_121\_E

If the load is increased in every training session, it is named as:-

- Progressive method
- Linear method
- Step method
- Nonlinear method

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129 PU\_2016\_121\_E

The measure of location which is the most likely to be influenced by extreme values in the data set is the:-

- Mean
- Range
- Median
- Mode

**44 of 100**

211 PU\_2016\_121\_E

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

- Muscular atrophy
- Muscular hypertrophy
- Speed barrier
- Overload

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134 PU\_2016\_121\_E

Which of the following is not a measure of Central Tendency:-

- Mode
- Median
- Probability
- Mean

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139 PU\_2016\_121\_E

Which of the following would indicate that a dataset is not bell-shaped?

- The range is larger than the interquartile range.
- The range is equal to 5 standard deviations.
- The mean is much smaller than the median.
- There are no outliers

**47 of 100**

163 PU\_2016\_121\_E

Beta blocking drugs \_\_\_\_\_.

- Increase the Heart Rate
- Increase the Lung capacity
- Decrease the Heart Rate
- Myocardial oxygen

**48 of 100**

214 PU\_2016\_121\_E

Pairing of exercises in weight training sets is called:-

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

**49 of 100**

179 PU\_2016\_121\_E

Which is the simplest form of cognition?

- Consumption
- Perception
- Affection
- Sensation

**50 of 100**

175 PU\_2016\_121\_E

Surplus energy theory of Play was propounded by :-

- Lazarus
- Mc. Dougal
- Karl Groosea
- Herbet Spencer

**51 of 100**

131 PU\_2016\_121\_E

Two events, A and B, are mutually exclusive and each have a nonzero probability. If event A is known to occur, the probability of the occurrence of event B is:-

- any value between 0 to 1
- zero
- any positive value
- One

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167 PU\_2016\_121\_E

The volume of air that is inhaled or exhaled in only a single breath:-

- Breathing frequency
- Dead space ventilation
- Vital capacity
- Tidal Volume

**53 of 100**

201 PU\_2016\_121\_E

The longest period of periodization is:-

- Preparatory period
- Pre-competition period
- Competition period
- Transition period

**54 of 100**

162 PU\_2016\_121\_E

Receptors that is sensitive to muscle metabolites:-

- Hear mechanoreceptors
- Baroreceptors
- Muscle mechanoreceptors
- Muscle chemoreceptor

**55 of 100**

165 PU\_2016\_121\_E

Volume of air space that reaches the respiratory zone:-

- Vital capacity
- Alveolar ventilation
- Total lung capacity
- Dead space ventilation

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124 PU\_2016\_121\_E

Knee extension is caused by a number of muscles. Select the correct option:-

- Rectus femoris, RectusAbdominis, Biceps femoris
- Vastus externus, Rectus femoris, Vastus internus
- Biceps femoris, RectusAbdominis, Sartorius
- Vastus internus, Rectus femoris and Biceps femoris

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164 PU\_2016\_121\_E

The amount of blood pumped by the heart each minute is known as the \_\_\_\_\_.

- End volume systole
- Stroke volume
- Cardiac output
- Frank starling mechanism

**58 of 100**

217 PU\_2016\_121\_E

Assisted sprinting helps to improve:-

- Maximum strength
- Stride frequency
- Reaction time
- Stride length

**59 of 100**

171 PU\_2016\_121\_E

Which part of the brain is the respiratory control center?

- Cerebellum
- Brain stem
- Frontal lobe
- Cerebrum

**60 of 100**

202 PU\_2016\_121\_E

'Speed play' is also known as:-

- Interval training
- Weight training
- Pressure training
- Fartlek training

**61 of 100**

232 PU\_2016\_121\_M

What shoulder injury is common in throwing sports?

- Contusion
- Low Back Strain
- Rotator Cuff Injury
- Spondylitis

**62 of 100**

238 PU\_2016\_121\_M

The heat-related problem known as heat stroke may involve body temperatures exceeding which of the following?

- 106 degrees
- 115 degrees
- 101 degrees
- 98.6 degrees

**63 of 100**

254 PU\_2016\_121\_M

Philosophy explores those areas of human interaction that are:-

- Better understood by metaphysical processes
- Almost inaccessible to science
- Nearer to human mind and heart
- Easy to tackle by using mind and intellect

**64 of 100**

256 PU\_2016\_121\_M

Which of the following data-gathering techniques is not used in case study:-

- Personality inventory
- Interview
- Observation
- Measurement

**65 of 100**

237 PU\_2016\_121\_M

Which of the following heat-related conditions is life threatening?

- Heat cramp
- Heat exhaustion
- Heat rash
- Heat stroke

**66 of 100**

250 PU\_2016\_121\_M

The end product of all research is:-

- A body of knowledge
- Confirmation or rejection of hypothesis
- A vivid understanding of the subject
- Better procedures and more research

**67 of 100**

235 PU\_2016\_121\_M

Which of the following descriptions is correct regarding a chronic injury?

- Usually associated with a significant traumatic event
- Characterized by a slow, insidious onset
- Obvious, clearly identifiable causative mechanism
- Characterized by rapid onset, resulting from a traumatic event

**68 of 100**

236 PU\_2016\_121\_M

Excess body heat can be lost in several ways. However, which is the most efficient means of losing excess body heat for most exercise on dry land?

- Conduction
- Convection
- Evaporation
- Radiation

**69 of 100**

234 PU\_2016\_121\_M

Which of the following descriptions is correct regarding an acute injury?

- Vague or absent signs and symptoms
- No clear causative mechanism
- Characterized by rapid onset, resulting from a traumatic event
- Develops over a long period of time

**70 of 100**

255 PU\_2016\_121\_M

Historical Research is also known as:-

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

**71 of 100**

253 PU\_2016\_121\_M

Random sample, which truly represents the population from which it is taken, is also called:-

- Systematic sample
- Chance sample
- Purposive sample
- Classified sample

**72 of 100**

252 PU\_2016\_121\_M

A researcher should always select a problem (research question) that can be answered best by:-

- Literary means
- Empirical means
- Observational means
- Rational means

**73 of 100**

257 PU\_2016\_121\_M

A dependent variable is one that shows \_\_\_\_\_ effect of an independent variable.

- Presentation
- Manipulation
- Existence
- Placement

**74 of 100**

258 PU\_2016\_121\_M

All experimentations are preceded by a:-

- Literature search
- Statistical hypothesis
- Library search
- Sample selection

**75 of 100**

230 PU\_2016\_121\_M

Tennis elbow and golfer's elbow are both examples of what?

- Tendonitis
- Muscle strains
- Nephritis
- Dislocation

**76 of 100**

239 PU\_2016\_121\_M

According to the text, the appropriate term to use when describing "reddening of the skin" is which one of the following?

- Histamine
- Erythema
- Vasodilation
- Hematoma

**77 of 100**

233 PU\_2016\_121\_M

What should you apply to an acute (recent) ankle sprain?

- Heat
- Ultra sound
- Ben-Gay
- Ice

**78 of 100**

259 PU\_2016\_121\_M

Among the following sources of historical data, indicate the ones that are secondary rather than primary:-

- Pictorial records
- Oral traditions
- Publishing papers
- Bibliography

**79 of 100**

251 PU\_2016\_121\_M

Experimental method of research is designed to determine:-

- Why things happen the way they do
- Whether we can solve all problems experimentally
- Casual relations among factor



- How empirical evidence explains a phenomenon

**80 of 100**

231 PU\_2016\_121\_M

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

- Muscle Sprain
- Subluxation
- Tendonitis
- Shin Splints

**81 of 100**

297 PU\_2016\_121\_D

A test which measures the likelihood of an individual succeeding in given subjects area or line of work is:-

- Absolute Test
- Ability Test
- Aptitude Test
- Achievement

**82 of 100**

273 PU\_2016\_121\_D

Characteristics of hypothesis?

- it should correspond with existing knowledge
- It should be legal
- it must be variable
- it should have elucidating power

**83 of 100**

276 PU\_2016\_121\_D

Warner Skill Test is associated with:-

- Soccer
- Hockey
- Volley Ball
- Lawn Tennis

**84 of 100**

293 PU\_2016\_121\_D

The ease and thoroughness with which one learns new motor skill.

- Motor Fitness
- Motor Educability

- Motor Capacity
- Motor Skill

**85 of 100**

274 PU\_2016\_121\_D

Fixing boundaries of the study is called ..

- Limitation
- Feasibility
- Hypothesis
- Delimitation

**86 of 100**

272 PU\_2016\_121\_D

A researcher should always select a problem that can be answered best by:-

- Rational means
- Literary means
- Empirical means
- Observational means

**87 of 100**

277 PU\_2016\_121\_D

An instrument used to measure flexibility of joints:-

- Goniometer
- Volleymeter
- Flexometer
- Skinfold Calliper

**88 of 100**

290 PU\_2016\_121\_D

How many items are included in AAHPERD youth fitness test.

- Nine
- Five
- Three
- Seven

**89 of 100**

279 PU\_2016\_121\_D

Criteria of test depends on:-

- Validity
- Statistical tool

- Data Collection
- Pilot Study

**90 of 100**

294 PU\_2016\_121\_D

Miller wall volley test was developed in the year.

- 1953
- 1962
- 1951
- 1952

**91 of 100**

270 PU\_2016\_121\_D

What is the main motivation of basic research?

- To expand man's knowledge
- To expand research
- To test human behavior
- To test a new technique

**92 of 100**

298 PU\_2016\_121\_D

The extent to which a test does the job for which it is used:-

- Subjectivity
- Norms
- Reliability
- Validity

**93 of 100**

296 PU\_2016\_121\_D

A test designed to measure the likelihood of present status or present ability to function is:-

- Achievement Test
- Aptitude Test
- Ability Test
- Absolute Test

**94 of 100**

278 PU\_2016\_121\_D

Types of Muscle fibers are determined by:-

- Muscle Tension meter
- Muscle Biopsy

- Spirometer
- EEG

**95 of 100**

299 PU\_2016\_121\_D

Sargent Jump measures the ability of:-

- a) Jumping Vertically
- b) Jumping Horizontal
- c) Somersault
- d) Both a and b

**96 of 100**

295 PU\_2016\_121\_D

The extent to which a test is consistent in measuring whatever it does measure.

- Norms
- Objectivity
- Validity
- Reliability

**97 of 100**

271 PU\_2016\_121\_D

Reference sources are those:-

- Which used to obtain particular information
- Internet Sources
- Which are read at home easily
- Which are large in size

**98 of 100**

291 PU\_2016\_121\_D

Vertical Jump,Chinning and shuttle run are items of:-

- Mc Cloys Test
- JCR Test
- Oregan Physical Test
- IOWA Test

**99 of 100**

275 PU\_2016\_121\_D

Test-retest method is used for determining:-

- Objectivity
- Norms

- Validity
- Reliability

**100 of 100**

292 PU\_2016\_121\_D

Bass skill test is used for measuring.

- Agility
- Strength
- Coordination
- Balance