

**SECTION 1 - SECTION 1**

**Question No.1**

Select the correct sequence of soft tissue injury management procedure

- Compression, Elevation, Rest, Ice
- Elevation, Compression, Ice, Rest
- Ice, Elevation, Rest, Compression
- Rest, Ice, Compression, Elevation

**Question No.2**

A design in which male and female participants of three different age-groups are compared on some dependent measure is termed:

- 2 x 3 factorial design
- 2 x 3 mixed design
- A x B factorial design
- 2X2X2 factorial design

**Question No.3**

When catching a ball, your hand knows when to grasp because

- Alpha waves are being generated by your brain
- Afferent signals inform your hand that the ball is about to make contact
- Your parasympathetic nervous system is active
- Participating muscles receive efferent signals from the brain

**Question No.4**

The Axial Skeleton would include

- Cranium & Vertebrae
- Humerus & Femur
- Humerus & Vertebrae
- Vertebrae & Femur

**Question No.5**

Flexion takes place around

- Hinge joint
- Synovial joint
- Gliding joint

- Ball and socket joint

### Question No.6

Dhyan Chand Lifetime Award was first given in

- 1961
- 2002
- 1991
- 1985

### Question No.7

In one-way analysis of variance the within group degrees of freedom is computed by the formula

- $nr-1$
- $n(r-1)$
- $r(n-1)$
- $rn-1$

### Question No.8

The independent variable refers to

- The variable being manipulated or varied in some way by the researcher
- The variable which shows us the effect of the manipulation
- A variable which serves as the aim of Historical Research
- The variable which is only used in the Physical education.

### Question No.9

Overuse of tendons in physical activity can cause problems. Which one of the following problems is associated with tendon overuse?

- Bruising
- Inflammation
- Hypertrophy
- Arthritis

### Question No.10

While inspired air contains 20% oxygen, the amount of oxygen contained in the expired air is

- 28%
- 20%
- 24%

16%

**Question No.11**

In which of the sampling technique a combination of different sampling method is used for selecting the sample?

- Quota sampling
- Convenience sampling
- Sequential sampling
- Multistage sampling

**Question No.12**

Organ that is not involved in the endocrine system

- Stomach
- Thyroid
- Adrenal
- Pancreas

**Question No.13**

What is the correct order of the various stages of motor skill learning?

- Associative, Cognitive and Autonomous
- Cognitive, Associative and Autonomous
- Cognitive, Autonomous and Associative
- Autonomous, Associative and Cognitive

**Question No.14**

In preparing for a major competition, many elite athletes structure training to put themselves under the same sort of pressure encountered during the actual competition. This is an example of

- Pre-competitive plans
- Pre-competitive training
- Simulation training
- Mental Rehearsal

**Question No.15**

When the body is undergoing the process of performing various activities, the antagonist muscles

- Relax
- Get paralyzed
- Supports agonists movement

- Remain flaccid

**Question No.16**

A Philosopher who strive to know Truth, Beauty and Goodness in life and nature in their varied form is a/an

- Existentialist
- Idealist
- Naturalist
- Humanist

**Question No.17**

If the null hypothesis is rejected at 0.01 level of significance, then

- It will be accepted at the 0.05 level of significance
- It may be accepted at the 0.05 level of significance
- It may be rejected at the 0.05 level of significance
- It will also be rejected at the 0.05 level of significance

**Question No.18**

People who are available, volunteer, or can be easily recruited are used in the sampling method called \_\_\_\_\_

- Convenience sampling
- Systematic sampling
- Cluster sampling
- Simple random sampling

**Question No.19**

Synarthrosis is type of joint which by all means is

- Partially moveable
- Completely Immoveable
- Highly moveable
- Least Moveable

**Question No.20**

Which of the following are chemically known as lipids

- Candies
- Amino acids
- Fat
- Sugar

### Question No.21

Howthorne studies is related to which stage of the organizational behavior

- Scientific management
- Organizational behaviour
- Human relations movement
- Industrial revolution

### Question No.22

In which sampling technique sample drawn includes elements only from sampled clusters of the population?

- Systematic sampling
- Stratified sampling
- Cluster sampling
- Snowball sampling

### Question No.23

Historical Research is also known as

- Demographic Research
- Biographic Research
- Event study
- Retrospective Research

### Question No.24

The state of balance and equilibrium in internal physiological conditions is known as :

- Homeostasis
- Hypo kinetics
- Metabolism
- Anabolism

### Question No.25

Which element of muscle fibre is contractile

- Contractile Proteins
- Myofilaments
- Spindles
- Myofibrils

### Question No.26

What are the total number of medals of India in 2018 Commonwealth games

- 70
- 66
- 69
- 62

**Question No.27**

The component of philosophy that deal with knowledge ,its kinds and methods, is known as

- Epistemology
- Logic
- Axiology
- Metaphysics

**Question No.28**

A common anthropometric measure for infants is

- Recumbent height.
- Standing height
- Laying height
- Sitting height

**Question No.29**

Which of the following bones meet to form the elbow joint?

- Humerus and femur
- Femur and pelvis
- Humerus, tibia and fibula
- Humerus, radius and ulna

**Question No.30**

Mental development includes

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

**Question No.31**

Oxygenated blood leaves the human heart via the

- Pulmonary Vein
- Vena Cava
- Aorta
- Pulmonary Artery

**Question No.32**

While the birthplace of the RBC in the human body is the bone marrow, their Graveyard is:

- Liver
- Spleen
- Duodenum
- Pancreas

**Question No.33**

Theory of Cognitive development was given by

- William McDougall
- Jean Piaget
- Sigmund Freud
- Stanley Hall

**Question No.34**

In which of the following kind of exercises, there occurs no muscle contraction

- Ballistic
- Isotonic
- Isokinetic
- Isometric

**Question No.35**

Immediately after fertilisation by a spermatozoon, an ovum transforms into a/an

- Embryo
- Zygote
- Gametes
- Foetus

**Question No.36**

Which of the following is the oldest sport in India?

- Judo

- Boxing
- Wrestling
- Atya Patya

**Question No.37**

The primary responsibility for any administrator when dealing with risk management should be to :

- use vague and unclear language in the waivers so that the waiver can be applied to all situations
- Require parents to sign waivers for all negligent as well as intentional actions.
- inform his or her staff of the risks and dangers inherent in their profession
- cancel the usage of all waivers as they are unenforceable

**Question No.38**

When you decide whether or not the data support the original hypothesis, you are

- Posing a question.
- Making an observation.
- Drawing a conclusion.
- Making an inference.

**Question No.39**

Which of the following is not measured using film analysis and EMG analysis?

- Speed
- Coordination
- Agility
- Balance

**Question No.40**

Our hand generally get contaminated with

- Grease and oil
- Bacteria
- Chemicals
- Soil and dirt

**Question No.41**



Physical exercise done in the absence of oxygen is called

- Anaerobic
- Aerobic
- Isokinetic
- Isometric

**Question No.42**

Transition period aims at

- Stabilization of performance
- Supercompensation
- Recovery
- Recreation

**Question No.43**

Which of the following muscle is mainly responsible for movement

- Stabilizer
- Antagonist
- Agonist
- Synergist

**Question No.44**

To find out the number of matches in double league competition. Which formula will be applied?

- $n(n-1) / 2$
- $n^2(n-1)$
- $n(n-1)$
- $n-1$

**Question No.45**

Which city is going to host the 2024 Olympic games

- Beijing
- Los Angeles
- Paris
- London

**Question No.46**

When the results of an experiment can confidently be attributed to the effect of the independent variable, the experiment is said to have

\_\_\_\_\_

- External validity
- Control validity
- Internal validity
- Experiment validity

**Question No.47**

In comparing three groups by using one way analysis of variance the minimum number of sample must be at least A

- 3
- 9
- 6
- 4

**Question No.48**

Who said, "sound mind in a sound body"?

- Rousseau
- Plato
- Descartes
- Aristotle

**Question No.49**

Characteristics of a population is denoted by \_\_\_\_\_

- Statistics
- Variability
- Parameters
- Central tendency

**Question No.50**

From out of the following instruments, name the one that does not measure any physical attribute

- Skinfold calliper
- Goniometer
- Stadiometer
- Calorimeter

**Question No.51**

Type II error can be defined as

- Probability of rejecting the null hypothesis when it is false
- Probability of not rejecting the null hypothesis when it is false

- Probability of not rejecting the null hypothesis when it is true
- Probability of rejecting the null hypothesis when alternative hypothesis is false

**Question No.52**

Lighting of the flame was originally a ritual at the ancient Olympic games but it was re-introduced at the modern games in

- 1924
- 1920
- 1908
- 1928

**Question No.53**

Diuretics are generally used by athletes of power sport in order to :

- Bring stability in circulation of blood
- Bring the tension level down
- Increase muscle strength
- Lose body weight

**Question No.54**

Whereas the primary gaseous exchange takes place in the alveoli located in the lungs, the secondary exchange occurs in the

- Cells
- Nerves
- Myofibrils
- Plasma

**Question No.55**

Which one of the following training methods is mostly aerobic?

- Flexibility training
- Continuous training
- Circuit training
- Weight training

**Question No.56**

Which type of learner uses a problem-solving approach while learning a new movement?

- Analytical learner
- Auditory learner

- Visual learner
- Kinesthetic learner

**Question No.57**

Who was the first athlete to be awarded Padmashree Award?

- G. S. Randhawa
- P. T. Usha
- V. S. Chauhan
- Milkha Singh

**Question No.58**

Which is the most effective method for encouraging self learning?

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

**Question No.59**

Movements that occur primarily in the sagittal plane are:

- Adduction, lateral flexion, flexion, dorsiflexion
- Flexion, extension, dorsiflexion, internal-external rotation
- Flexion, extension, dorsiflexion, plantar flexion
- Supination and pronation of the forearm

**Question No.60**

The Research which involves in in-depth study and evaluation of available information to explain the nature of complex phenomenon is :

- Qualitative research
- Analytical research
- Descriptive research
- Experimental Research

**Question No.61**

Which one of the following best describes fartlek training?

- A bounding and hopping method with flexibility and power
- A high resistance, low repetition method with strength and power
- A mobility training method with active and passive stretching
- A varied, continuous training method with speed and endurance

**Question No.62**

What is on the bottom of Maslow's hierarchy of needs from the followings

- Need of Safety
- Physiological needs
- Self esteem
- Self-actualization

**Question No.63**

Select the correct descending order of anatomical structures according to their location

- Coracoid Process, Acetabulum, Glenoid Cavity, Xiphoid Process
- Coracoid Process, Glenoid Cavity, Xiphoid Process, Acetabulum
- Coracoid Process, Xiphoid Process, Glenoid Cavity, Acetabulum
- Acetabulum, Coracoid Process, Glenoid Cavity, Xiphoid Process

**Question No.64**

In terms of biomechanics gravity is what causes our

- Stability
- Volume
- Weight
- Equilibrium

**Question No.65**

Ivan Pavlov was a Russian

- Psychiatrist
- Physiologist
- Psychologist
- Philosopher

**Question No.66**

Which of the following grand slam tournament played on the Clay

- Wimbledon
- French Open
- Australian Open
- US open

**Question No.67**

Name the type of protein in haemoglobin is

- Transport
- Contractile
- Hormone
- Structural

**Question No.68**

The ability to effectively integrate the moments of the body parts is

- Speed
- Co-ordination
- Balance
- Agility

**Question No.69**

Law of effect also known as a

- Law of primacy
- Law of satisfaction
- Law of recency
- Law of exercise

**Question No.70**

Which of the following is a SI measure unit of Acceleration

- $m/s^3$
- $m/s$
- $m/s^2$
- $Rad/s$

**Question No.71**

There are many long term effects of exercise and training on the body. Which one of the following is a long term effect on the heart?

- Decrease in stroke volume
- Increase in tidal volume
- Increase in stroke volume
- Decrease in tidal volume

**Question No.72**

Stimulants benefit performance by

- Releasing hormones promoting growth, healing and body repair

- Preventing the release of adrenaline
- Having a painkilling and sedating effect
- Increasing heart and respiratory rates and suppressing the symptoms of fatigue

**Question No.73**

Ex Post Facto Research means

- The Research is carried out keeping in mind the possibilities of an incident
- The Research is carried out along with the happening of an incident
- The Research is carried out prior to the incident
- The Research is carried out after the incident

**Question No.74**

Autogenic training is a technique

- To bring about relaxation in body
- To increase anxiety level
- To counter avoidance syndrome
- None of these

**Question No.75**

Which of the following is called Protein Factory

- Golgi Apparatus
- Mitochondria
- Ribosome
- Chromosome

**Question No.76**

Which of the following do not serve as a Lever

- A Pulley
- A Tennis ball
- A cricket Bat
- A Hockey Stick

**Question No.77**

\_\_\_\_\_ refers to inferring about the whole population based on the observations made on a small part.

- Inductive inference

- Objective inference
- Pseudo-inference
- Deductive inference

**Question No.78**

Blood pumped by our heart in one minute called

- Stroke volume
- Cardiac max. volume
- Cardiac output
- Tidal volume

**Question No.79**

In Khelo India Youth Games which state got first position in medal tally

- Assam
- Delhi
- Maharashtra
- Haryana

**Question No.80**

The major function of ligament in the body is to

- Reduce friction in the joints
- Coordination
- Act as levers
- Prevent joint dislocation

**Question No.81**

What is the motto of 2028 LA Olympics

- Anew world
- Discover tomorrow
- Made for sharing
- Follow the sun

**Question No.82**

A procedure that involves selected a sample on the basis of particular characteristics or an identified variable :

- Probability sampling
- Snowball sampling
- Convenience sampling



- Purposive sampling

**Question No.83**

Which one of the following is an effect of lactic acid during an exercise session?

- Helps to break down oxygen to produce more energy
- Causes muscle fatigue during exercise
- Causes stomach ache due to over-eating
- Helps you focus on the exercise task

**Question No.84**

Which of the following tests cannot measure coordination?

- Vertical jump
- Jumping jack
- Ball catches
- Jump rope

**Question No.85**

A statistical technique for investigating the difference between groups on some dependent variable after controlling for one or more convariates.

- Chi square
- ANOVA
- ANCOVA
- Regression analysis

**Question No.86**

The maximum volume of air contained in the lung by a full forced inhalation is called

- Total lung capacity
- Tidal volume
- Inspiratory capacity
- Vital capacity

**Question No.87**

The final recommendation for Arjuna Awards is given by

- State Government
- The Prime Minister of India
- Ministry of H. R. D.
- The President of India

**Question No.88**

Which one of the following best describes aerobic training?

- Long intervals of fast work
- Short intervals of slow work
- Long intervals of slow work
- Short intervals of fast work

**Question No.89**

Muscles developed through anaerobic exercise workouts carry more of

- Dynamic strength
- Stamina
- Endurance capacity
- Explosive power

**Question No.90**

Effective communication is essential in sports management to keep alive its

- Principle
- Foundation
- Dynamics
- Characteristics

**Question No.91**

Bone cells are also called

- Osteoporosis
- Osteoclasts
- Osteocytes
- Osteoblasts

**Question No.92**

In sequence the colour of the interlinked rings on the Olympic flag runs as

- Yellow, Blue, Green, Black and Red
- Green, Yellow, Black, Red and Blue
- Blue, Yellow, Black, Green and Red
- Black, Yellow, Blue, Green and Red

**Question No.93**

The state of balance and equilibrium in internal physiological conditions is known as

- Homeostasis
- Anabolism
- Metabolism
- Hypokinetics

**Question No.94**

Any relatively permanent change in behaviours resulting from experience is popularly known as

- Acquisition
- Conditioning
- Learning
- Response

**Question No.95**

An athlete with prosthetic limbs is called

- Amputee Athlete
- Athlete with artificial limbs
- Differently-abled Athlete
- Athlete

**Question No.96**

Which of the following is non-probability sampling?

- Stratified
- Random
- Snowball
- Cluster

**Question No.97**

'Exercise for the body and music for the soul, in which country the common adage was used?

- Greece
- France
- Italy
- Germany

**Question No.98**

Pointing to a man in a photograph, a man said to a woman, "His mother is the only daughter of your father". How is the woman related to the man in the photograph?

- Mother
- Sister
- Wife
- Daughter

**Question No.99**

Which one of the following movement's best describes flexion around a joint?

- Squeezing your ankles together whilst lying on the floor
- Bending backwards at the hip whilst standing
- Lowering your body using your arms in the press up position
- Turning your hand around so that the palm is facing upwards

**Question No.100**

In SPSS, what is the "Data Viewer"?

- A screen in which variables can be defined and labeled
- A table summarizing the frequencies of data for one variable
- A spreadsheet into which data can be entered
- A dialog box that allows you to choose a statistical test