

**P.G. ENTRANCE EXAMINATION, APRIL 2022**

**MASTER OF PHYSICAL EDUCATION (MPED)**

Time : One Hour

Maximum : 200 Marks

*Each question carries 4 marks.  
1 mark will be deducted for each wrong answer.*

1. Water therapy is also known as :
  - (a) Electrotherapy.
  - (b) Wax therapy.
  - (c) Hydrotherapy.
  - (d) Ice therapy.
  
2. Oedema is the immediate symptom of :
  - (a) Sprain.
  - (b) Cramp.
  - (c) Muscle pull.
  - (d) None of the above.
  
3. Which vitamin is formed under the influence of sunlight ?
  - (a) Vitamin A.
  - (b) Vitamin K.
  - (c) Vitamin E.
  - (d) Vitamin D.
  
4. The shoulder blade is known as :
  - (a) Sternum.
  - (b) Scapula.
  - (c) Ribs.
  - (d) None of these.
  
5. The motion in which all parts of the body travels exactly to the same distance in the same direction at the same distance in the same direction at the same time is :
  - (a) Velocity.
  - (b) Translation.
  - (c) Angular motion.
  - (d) None of these.
  
6. The deviation from means is :
  - (a) Z scores.
  - (b) Standard.
  - (c) Deviation.
  - (d) Mean deviation.

**Turn over**

7. The supreme governing body of WHO is :
- (a) World health assembly. (b) South East Asia region.  
(c) UNICEF. (d) None of these.
8. Key note of every scientific study is :
- (a) Observation. (b) Introspection.  
(c) Experimentation. (d) All the above.
9. Which philosophical school regarded utility as the first principal in all the educative process ?
- (a) Idealism. (b) Realism.  
(c) Pragmatism. (d) Naturalism.
10. Which of the following is NOT one of the most significant planning objectives for a sports tournament ?
- (a) Getting the job done on time.  
(b) To guarantee that everything is in order.  
(c) To enhance athletic performance.  
(d) In order to make money.
11. Which of the following hormones regulate fluid balance ?
- (a) Angiotensin. (b) Erythropoietin.  
(c) Anti-diuretic hormone. (d) Estrogen.
12. The condition in which the muscle undergo very strong contraction and fails to relax is :
- (a) Cramp. (b) Stitch.  
(c) Muscle rupture. (d) None of these.
13. Reaction ability and acceleration ability are the form of :
- (a) Speed. (b) Agility.  
(c) Flexibility. (d) Endurance.
14. The duration of Russel-Launge Volleyball test is :
- (a) 15 sec. (b) 30 sec.  
(c) 45 sec. (d) 60 sec.

15. Chronic sports injuries are treated by using :
- (a) Diathermy.
  - (b) Infrared.
  - (c) Ultra violet.
  - (d) Ultra sound.
16. The ability of a muscle to remain in a state of low tension there by allowing for smooth easy movements of the limbs is known as :
- (a) Stretch ability.
  - (b) Elasticity.
  - (c) Suppleness.
  - (d) None of these.
17. The break down of glucose in to pyruvic acid in the cytoplasm is :
- (a) Glycolysis.
  - (b) Anaerobic Glycolysis.
  - (c) Anaerobic respiration.
  - (d) All the above.
18. In research good hypothesis emerge from :
- (a) Discussion.
  - (b) Literature.
  - (c) Observation.
  - (d) Reasoning.
19. Wisconsin wall test is associated with :
- (a) Hockey.
  - (b) Tennis.
  - (c) Badminton.
  - (d) Football.
20. The sum total of strength, speed, endurance, flexibility and co-ordinative abilities together knows as :
- (a) Motor fitness.
  - (b) Physical Fitness.
  - (c) General Fitness.
  - (d) None of these.
21. The score which appears most frequently in a distribution is called :
- (a) Mean.
  - (b) Median.
  - (c) Mode.
  - (d) Standard Deviation.

22. In high jump the cross bar shall be raised at each height is :
- (a) 1 cm. (b) 2 cm.  
(c) 3 cm. (d) 5 cm.
23. Sigmund Freud is known to be the Father of the :
- (a) Theory of Motivation. (b) Theory of Psychoanalysis.  
(c) Theory of connectionism. (d) Theory of parallelism.
24. The adaptation process are set in motion only when the load is :
- (a) Higher. (b) Lower.  
(c) Optimum. (d) None of these.
25. The length of the antenna above the net level is :
- a) 70 cm. b) 80 cm.  
c) 90 cm. d) 1 m.
26. A social network can be represented as :
- a) Graph. b) Tree.  
c) Star. d) Ring.
27. Who is said to be the Father of Philosophy of Idealism ?
- (a) Plato. (b) Socrates.  
(c) Aristotle. (d) Galan.
28. Which of the following are considered as the Social Inheritance of Man ?
- (a) Traditions. (b) Habits.  
(c) Conditional reflexes. (d) Religious practices.
29. Which of the following muscle groups is a prime mover for extension of the knee :
- (a) Quadriceps Femoris. (b) Gastocnemius.  
(c) Soleus. (d) Biceps brachii.
30. Which one is the fourth element of Ashtanga yoga ?
- (a) Pranayam. (b) Pratyahara.  
(c) Dharna. (d) Samadhi.

31. Which of the following is a micronutrient ?
- (a) Calcium.
  - (b) Potassium.
  - (c) Magnesium.
  - (d) All of These.
32. The most important function of a first aider for a casualty is :
- (a) Taking the casualty to a doctor.
  - (b) Treating the casualty.
  - (c) Saving life using the means available.
  - (d) Arranging transportation to carry the casualty to hospital.
33. Which one of the following concepts reflects the true nature of Modern Physical Education ?
- (a) Physical training..
  - (b) Science of Movement.
  - (c) Movement Education.
  - (d) Athleticism.
34. Administration and organization of Physical Education should be based on the principles of :
- (a) Activity.
  - (b) Bio-mechanics.
  - (c) Humanity.
  - (d) Teaching.
35. The Law of acceleration is also known as :
- (a) Law of inertia.
  - (b) Law of action and reaction.
  - (c) Law of momentum.
  - (d) Boyle's law.
36. Which of the following factors is considered to be most important in the construction of an indoor gymnasium ?
- (a) Direction.
  - (b) Light.
  - (c) Ventilation.
  - (d) Floor.
37. The blood vessel which brings blood to the heart from the lower part of the body is known as :
- (a) Inferior vena cava.
  - (b) Superior vena cava.
  - (c) Pulmonary vein.
  - (d) Pulmonary artery.

**Turn over**

38. First step of Budget preparation is :
- (a) To search income. (b) Estimate Expenditure.  
(c) Planning. (d) Facilities and personnel.
39. Physical activity is basically :
- (a) Social attribute. (b) Psychological tendency.  
(c) Biological necessity. (d) Philosophical concept.
40. The total number of officials required for a kho-kho match is :
- (a) 4. (b) 5.  
(c) 6. (d) 7.
41. Schiller and Spancer are associated with one of the following theories of play :
- (a) Anticipation. (b) Surplus energy.  
(c) Recapitulation. (d) Recreation.
42. In which activity Lactic acid system activated ?
- (a) 100 mts. (b) 400 mts.  
(c) 10, 000 mts. (d) 20 km walk.
43. In the Childhood, individual's behaviour is mostly influenced by :
- (a) Community. (b) School.  
(c) Peer Group. (d) Family.
44. The most important factor in the organisation of recreation is :
- (a) Materials. (b) Leadership.  
(c) Facilities. (d) Planning
45. Which Indian Chess Grandmaster has won the 2022 Reykjavik Open chess tournament ?
- (a) Nihal Sarin. (b) D Gukesh.  
(c) Arjun Erigaisi. (d) R. Praggnanandhaa.
46. Recreation Movement in India was started by :
- (a) De Mellow. (b) G. D. Sondhi.  
(c) H. C. Buck. (d) Vaidya P.R.

47. In the first type of lever the fulcrum is :
- (a) At Right side. (b) At Left side.  
(c) At Centre. (d) None of the above.
48. Muscle strength is improved by the movement done :
- (a) Against the gravity. (b) Assisted by the gravity.  
(c) Both the above. (d) None of the above.
49. The plane passes longitudinally through the centre of the body is :
- (a) Median plane. (b) Sagittal plane.  
(c) Horizontal plane. (d) Transverse plane.
50. Which makes the foundation of physical education strong ?
- (a) Scientific facts. (b) Philosophical concept.  
(c) Cultural traditions. (d) Social Practice.