

**CALICUT UNIVERSITY CENTRALIZED ENTRANCE TEST (CU-CET)**  
**APRIL 2025**

M.P.Ed. (MASTER OF PHYSICAL EDUCATION)

Time : One Hours

Maximum : 200 Marks

*Each question carries 4 marks.*

*1 mark will be deducted for each wrong answer.*

1. The \_\_\_\_\_ is a measure of variability.  
(a) Mean. (b) Mode.  
(c) Average. (d) Range.
2. A variable that is responsible for bringing about a change is called :  
(a) Controlled variable. (b) Dependent variable.  
(c) Independent variable. (d) Constant variable.
3. A brief outline of the research work to be done is :  
(a) Research study material. (b) Research problem.  
(c) Research proposal. (d) Thesis.
4. Name the smallest bone in the human body.  
(a) Incus. (b) Malleus.  
(c) Vomer. (d) Stapes.
5. Which is the smallest gland in the human body ?  
(a) Pituitary. (b) Pancreas.  
(c) Thyroid. (d) Pineal.

Turn over

6. Which of the following organs is known as the "graveyard" of RBCs ?
- (a) Spleen. (b) Kidney.  
(c) Liver. (d) Gall bladder.
7. The Sequence of systemic circulation :
- (a) Left ventricle → aorta → arteries → capillaries → veins.  
(b) Aorta → Left ventricle → arteries → capillaries → veins.  
(c) Aorta → Left ventricle → capillaries → arteries → veins.  
(d) Aorta → Left ventricle → veins → arteries → capillaries.
8. One ATP is equal to :
- (a) 7.1 kcal. (b) 7.2 kcal.  
(c) 7.3 kcal. (d) 7.4 kcal.
9. Who was the first female Indian athlete who won individual Gold medal at Asian Games ?
- (a) P T Usha. (b) Beena Mol.  
(c) MD Valsamma. (d) Kamaljeet Sandhu.
10. What is the set point for table tennis ?
- (a) 10. (b) 11.  
(c) 12. (d) 13.
11. According to the new rule, the shuttle should be below \_\_\_\_\_ from the surface of the court at the instant of being hit by the server's racket.
- (a) 1.10 metres. (b) 1.15 metres.  
(c) 1.18 metres. (d) 1.20 metres.
12. Which law of learning discuss the role of reward and punishment in the child's learning ?
- (a) Law of readiness. (b) Law of effect.  
(c) Law of exercise. (d) Law of recency.

13. Which law of learning discuss that the things most recently learned are best remembered ?
- (a) Law of primacy. (b) Law of effect.  
(c) Law of exercise. (d) Law of recency.
14. Which type of lever is most effective in sport movements ?
- (a) First class. (b) Second class.  
(c) Third Class. (d) Both first and second.
15. On 'set' command the sprinter is in :
- (a) Stable equilibrium. (b) Unstable equilibrium.  
(c) Neutral equilibrium. (d) None of the above.
16. Newton's second law of motion is also known as :
- (a) Law of inertia. (b) Law of action reaction.  
(c) Law of momentum. (d) Law of gravitation.
17. Mass physical activity classes are better organized by the use of :
- (a) Command method. (b) Demonstration method.  
(c) Group-directed practice method. (d) Discussion method.
18. What type of education is imparted by the family ?
- (a) Deliberate. (b) Formal.  
(c) Informal. (d) Non-formal.
19. Which is the most effective method for encouraging self learning ?
- (a) Demonstration method. (b) Lecture method.  
(c) Observation method. (d) Task method.

20. The initial step in curriculum design is to :
- (a) Organize a curriculum committee.
  - (b) Defining goals.
  - (c) Defining objectives.
  - (d) Defining a philosophy of physical education.
21. Allotment of periods with instructions in sequence is called :
- (a) Official directives.
  - (b) Micro scheduling.
  - (c) Instructional scheduling.
  - (d) Macro scheduling.
22. The systematic planning of athletic or physical training is called :
- (a) Periodization.
  - (b) Specificity.
  - (c) Frequency.
  - (d) Variance.
23. Who invented Isokinetic exercise ?
- (a) Morgan and Adamson.
  - (b) Aristotle.
  - (c) Dr. Greschler.
  - (d) James Perrine.
24. Basic principle of Fartlek training is :
- (a) Variation in space.
  - (b) Variation in pace.
  - (c) Variation in duration.
  - (d) Variation in place.
25. In what terms is Computer memory measured ?
- (a) Units.
  - (b) Bits.
  - (c) Cells.
  - (d) Bytes.
26. Which nutrient helps prevent muscle cramps and is important for muscle contractions ?
- (a) Sodium.
  - (b) Vitamin B12.
  - (c) Fiber.
  - (d) Calcium.

27. Which of the following vitamin deficiency causes Beriberi ?
- (a) Vitamin B1. (b) Vitamin B2.  
(c) Vitamin B6. (d) Vitamin B12.
28. Autogenic training is :
- (a) Mental ability test. (b) Overload assessing tool.  
(c) Physical fitness test. (d) Relaxation technique.
29. Which of the following is the first step in a management ?
- (a) Budgeting. (b) Directing.  
(c) Planning. (d) Staffing.
30. Which of the following describes the leadership style in which a leader tends to centralize authority, dictate work methods, make unilateral decisions, and limit employee participation ?
- (a) Cultural style. (b) Autocratic style.  
(c) Democratic style. (d) Laissez-faire style.
31. The most important factor in the organisation of recreations :
- (a) Materials. (b) Leadership.  
(c) Facilities. (d) Planning.
32. Who was the first Kerala sportsperson to win the Khel Ratna Award ?
- (a) Anju Bobby George. (b) K.M Beenamol.  
(c) P.T Usha. (d) Shiny Wilson.
33. India sent its first national team to the Summer Olympics in :
- (a) 1900. (b) 1920.  
(c) 1924. (d) 1928.
34. What was the motto of Tokyo 2020 Olympic game ?
- (a) Games Wide Open. (b) A New World.  
(c) United by Emotion. (d) Inspire a Generation .

35. Which fracture occur most often during infancy and childhood ?
- (a) Transverse fracture.
  - (b) Green stick fracture.
  - (c) Stress fracture.
  - (d) Oblique fracture.
36. Arthritis means :
- (a) Joint inflammation.
  - (b) Nerve inflammation.
  - (c) Muscle inflammation.
  - (d) Eye inflammation.
37. The quality of the test is "what is claim to measure" is ?
- (a) Objectivity.
  - (b) Norms.
  - (c) Validity.
  - (d) Reliability.
38. Chapman Ball control test is associated with :
- (a) Basketball.
  - (b) Handball.
  - (c) Football.
  - (d) Hockey.
39. A curve with an exaggerated forward convexity in the lumbar region is called ?
- (a) Knock knees.
  - (b) Bow legs.
  - (c) Kyphosis.
  - (d) Lordosis.
40. Which western philosophic school consider "self-expression" as the aim of education :
- (a) Idealism.
  - (b) Naturalism.
  - (c) Realism.
  - (d) Pragmatism.
41. The literal meaning of philosophy is :
- (a) Love of Wisdom.
  - (b) Love of Knowledge.
  - (c) Love of truth.
  - (d) Love of God.
42. Consolation tournaments are a part of which type of fixture ?
- (a) Knockout fixture.
  - (b) Round robin fixture.
  - (c) Combination fixture.
  - (d) Challenge tournament.

43. Which evaluation is done by the teacher during the instruction ?
- (a) Summative evaluation. (b) Formative evaluation.  
(c) Criterion-Referenced Evaluation. (d) Norm Referenced Evaluation.
44. What is the study of muscles is called ?
- (a) Myositis. (b) Mycology.  
(c) Myelitis. (d) Myology.
45. The word "Yoga" comes for Sanskrit. What is the literal meaning of this word ?
- (a) Hindu system of philosophy and meditation.  
(b) Inner peace and tranquility.  
(c) Joining together.  
(d) Controlled breathing.
46. Who said, "Man is a Social Animal" ?
- (a) Aristotle. (b) Comte.  
(c) Plato. (d) Socrates.
47. ————— is a set of techniques to measure attractions and repulsion in interpersonal relation 'in quantitative and diagrammatic terms'.
- (a) Social statistics. (b) Sociometry.  
(c) Social survey. (d) Quantitative method.
48. The first institute in India to propagate the cause of indigenous physical activities is :
- (a) YMCA, Madras.  
(b) LNIPE, Gwalior.  
(c) H.V.P. Mandal, Amravati.  
(d) Punjab Government College of Physical Education, Patiala.

49. "National Physical Efficiency Drive" (NPED) was initiated in :

- (a) 1958.
- (b) 1959.
- (c) 1960.
- (d) 1961.

50. The aim of Spartan education was to produce :

- (a) Intellectuals.
- (b) Good citizens.
- (c) Warriors.
- (d) Ancient Olympic medallists.