

Sl. No. : 340201

P.G. ENTRANCE TEST, MAY 2013.

Test Name : PHYSICAL EDUCATION

HALL TICKET No. :

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Signature of the Candidate

Signature of the Invigilator

INSTRUCTIONS TO CANDIDATES

This question paper booklet consists of THREE Sections A, B and C. Sections A and B contain 30 multiple choice questions each. Section C contain 40 Multiple choice questions.

Clearly write your Hall Ticket Number in the space provided on the question paper booklet (if necessary on the OMR answer sheet) without corrections or overwriting. If any correction is made, get it certified by the invigilator.

You are prohibited from writing your name or Hall Ticket No. on any part of the Question paper booklet or on the OMR answer sheet except in the space provided.

No paper should be detached from the question paper booklet and it should be returned to the invigilator along with the OMR answer sheet.

You are supplied with OMR answer sheet for answering the questions.

Before you start answering, please read the instructions given in the OMR answer sheet.

Do not toil/mutilate/scribble the OMR answer sheet.

For answering the questions darken the appropriate circle completely with HB pencil only.

If you wish to change your answer, erase already darkened circle and then darken the appropriate circle.

Do not make any stray marks/scribble on the bar code of the OMR answer sheet.

Any rough work should be done in the space provided at the end of the question paper booklet.

(Test No. 34)

Test Name : PHYSICAL EDUCATION

Time : 90 minutes

Maximum : 100 marks

Answer ALL questions.

Each question carries ONE mark.

SECTION A

1. The distance of marathon race has been confirmed in the year
(a) 1896 (b) 1908
(c) 1900 (d) 1904
2. Which year does the British Indian Commission introduced Physical Education in India?
(a) 1880 (b) 1882
(c) 1884 (d) 1886
3. Which Physical Education institute run by the Govt. of India?
(a) YMCA (b) Sri Hanuman Vyayama Shala
(c) LNIPE (d) NAPER
4. When did SGFI started?
(a) 1954 (b) 1955
(c) 1956 (d) 1957
5. When did IOA started?
(a) 1925 (b) 1926
(c) 1927 (d) 1928
6. Which country has made Physical Education as a part of Education?
(a) Germany (b) Sweden
(c) Japan (d) Denmark
7. Which colored Olympic ring represents Asia?
(a) Blue (b) Black
(c) Yellow (d) Red

8. Where did the first Asian games held?
(a) Srilanka (b) India
(c) Pakistan (d) Afghanistan
9. Whose efforts started modern Olympic Games?
(a) J.F. Cuber (b) Aristotle
(c) Coubertin (d) Spencer
10. When did the Olympic flag designed?
(a) 1911 (b) 1912
(c) 1913 (d) 1914
11. Who said that the Physical Education is an important part of education and is useful to make Physically, Socially and Mentally fit citizen?
(a) H.C. Buck (b) Charles A. Butcher
(c) J.F. Williams (d) P.M. Joseph
12. The word sport is derived from
(a) English (b) German
(c) French (d) Greece
13. Attainment of life to lead a socially and economically productive life is said by?
(a) CHO (b) WHO
(c) CABPE (d) IRCS
14. The register in which the details of students height, weight and age is recorded?
(a) Attendance Register (b) Summary Register
(c) Cash Register (d) Stock Register
15. If 7 teams are participating in a league tournament, how many matches will be there?
(a) 21 (b) 22
(c) 23 (d) 24

16. What is extramural?
(a) Within the Institute (b) Inter College
(c) Inter Classes (d) Inter Branches
17. Who is the President of the Games Committee in a School?
(a) PET (b) PD
(c) DEO (d) HM
18. The recreational games is called
(a) Minor Games (b) Major Games
(c) Indoor Games (d) Outdoor Games
19. Expand BFI
(a) Boxing Federation of India (b) Badminton Federation of India
(c) Basket Ball Federation of India (d) Baseball Federation of India
20. The learning process mostly depends on
(a) Learning (b) Motivation
(c) Coaching (d) Practice
21. Psychology is derived from
(a) Psychology (b) Philosophy
(c) Physiology (d) Physical Education
22. What will be consumed more in trial and error method of learning?
(a) Finance (b) Equipment
(c) Time (d) Energy
23. Providing an opportunity to satisfy ego is method of
(a) Satisfaction (b) Motivation
(c) Observation (d) Imitation

24. What is the National Game of England?
- (a) Cricket (b) Hockey
(c) Football (d) Tennis
25. Who invented Volleyball?
- (a) J.F. William (b) B. James
(c) Lewis (d) William Morgan
26. The cell was discovered by
- (a) J.B. Nash (b) Robert Hook
(c) William Hook (d) David Lamb
27. The Union of Sperm with egg will form
- (a) Protoplasm (b) Zygote
(c) Mitosis (d) Meiosis
28. Study of muscles is called
- (a) Histology (b) Cytology
(c) Myology (d) Osteology
29. Which is the longest muscle in human body?
- (a) Sartorius (b) Hamstring
(c) Gastronomies (d) Rectusfeemoris
30. The vital capacity of an average man is
- (a) 3-4 liters (b) 4-5 liters
(c) 5-6 liters (d) 6-7 liters

SECTION B

31. What is the normal quantity of blood in human body?
(a) 4-5 liters (b) 5-6 liters
(c) 6-7 liters (d) 7-8 liters
32. What is the main element that carries oxygen to Blood?
(a) RBC (b) WBC
(c) PLASMA (d) HEMOGLOBIN
33. How many salivary glands present in mouth?
(a) 2 pairs (b) 3 pairs
(c) 4 pairs (d) 5 pairs
34. What is the time taken to digest the food?
(a) 3-4 hours (b) 2-3 hours
(c) 5-6 hours (d) 4-5 hours
35. What are the nerves that carry information from different parts of the body to Brain is?
(a) Sciatic nerve (b) Medulla
(c) Cortex (d) Sensory nerve
36. How many cranial nerves are present in human body?
(a) 10 pairs (b) 11 pairs
(c) 12 pairs (d) 13 pairs
37. Hyper Production of insulin leads to
(a) Hypertension (b) Diabetes
(c) Anaemia (d) Paralysis

38. Anemia is caused due to deficiency of
(a) Hemoglobin (b) Calcium
(c) Iron (d) Protein
39. Hepatitis B is an infection of
(a) Heart (b) Liver
(c) Kidney (d) Lungs
40. The flexed position of the body brought back to normal position is
(a) Flexion (b) Extension
(c) Abduction (d) Adduction
41. Rotation of the leg in the shape of cone is called
(a) Inward Rotation (b) Outward Rotation
(c) Pronation (d) Circumduction
42. If a body continuous to be in the same position it is said to be
(a) Motion (b) Displacement
(c) Rest (d) Movement
43. The rate of change of distance is called
(a) Displacement (b) Distance
(c) Force (d) Speed
44. The push or pull that changes the state of rest or its uniform motion of a body is caused due to
(a) Speed (b) Force
(c) Acceleration (d) Velocity
45. Under what type of equilibrium is supine lying position is in
(a) Dynamic equilibrium (b) Neutral equilibrium
(c) Stable equilibrium (d) Static equilibrium

46. The center of gravity of men when compared to women is
(a) Lesser (b) Depends on the body weight
(c) Higher (d) Equal in both male and female
47. The word Intramural is derived from
(a) Greek word (b) Russian word
(c) Latin word (d) Persian word
48. In an Academic year how many times the physical measurements of a student must be recorded
(a) Once (b) Twice
(c) Thrice (d) Four times
49. In a sports period what is the time allotted for warming up
(a) 3 min (b) 4 min
(c) 5 min (d) 6 min
50. C.K. Naidu trophy is related to cricket for
(a) Senior (b) Junior
(c) Sub junior (d) Veteran
51. Dhyan chand stadium is located in
(a) Kanpur (b) Jaipur
(c) Lucknow (d) Raipur
52. Fosbury flop is a skill of
(a) Long jump (b) High jump
(c) Triple jump (d) Broad jump

53. Marathon race is introduced in which Olympic Games
(a) 1896 Athens (b) 1900 Paris
(c) 1904 St Louis (d) 1908 London
54. How many hurdles will be there in women 100 mtrs hurdles race?
(a) 8 (b) 9
(c) 10 (d) 11
55. How many lanes must be there in a standard track?
(a) 5 (b) 6
(c) 7 (d) 8
56. What is the other name of Athletics?
(a) Track events (b) Field events
(c) Track and Field events (d) None of these
57. How many events are there in decathlon?
(a) 7 (b) 8
(c) 9 (d) 10
58. For how many years does the Asian athletic championship happens
(a) Twice in a year (b) Once in a year
(c) Once in two years (d) Once in a four years
59. What is the weight of women shot in Kg?
(a) 3 (b) 4
(c) 5 (d) 6
60. What is distance of marathon race in km?
(a) 40.195 (b) 41.195
(c) 42.195 (d) 43.195

SECTION C

61. In which year Basketball was invented
(a) 1890 (b) 1891
(c) 1892 (d) 1893
62. In which year Basketball was officially introduced in Olympics
(a) 1928 Amsterdam (b) 1932 Los angels
(c) 1936 Berlin (d) 1940 Tokyo
63. How many maximum timeouts will be there in the first quarter of basketball match?
(a) 1 (b) 2
(c) 0 (d) 3
64. After how many fouls the opponents team will be awarded two free throws in every quarter of Basket ball Match
(a) 2 (b) 3
(c) 4 (d) 5
65. How many officials must be there to conduct an official basketball match?
(a) 4 (b) 5
(c) 6 (d) 7
66. What is distance between the two wickets?
(a) 20 yards (b) 22 yards
(c) 24 yards (d) 26 yards
67. What is the weight of the cricket ball in grams?
(a) 150 (b) 152
(c) 154 (d) 156
68. What is the length of the cricket bat in inches?
(a) 34 (b) 36
(c) 38 (d) 40
69. When did India won the world cup for the first time?
(a) 1975 (b) 1979
(c) 1983 (d) 1987
70. In which year does the first cricket world cup started?
(a) 1971 (b) 1975
(c) 1979 (d) 1983

71. In which year the federation of international Hockey formed?
(a) 1922 (b) 1923
(c) 1924 (d) 1925
72. Where did India won the first Olympic gold in hockey?
(a) 1924 Pairs (b) 1928 Amsterdam
(c) 1932 Los angles (d) 1936 Berlin
73. What is length and width of a hockey field in yards?
(a) 90 and 40 (b) 80 and 40
(c) 100 and 60 (d) 110 and 60
74. Hockey is the National game for
(a) Pakistan (b) India
(c) South Korea (d) Australia
75. Who is known as the wizard to hockey?
(a) Dhanraj Pille (b) Dhyan chand
(c) Dilip tirkey (d) Dhillon
76. In which year Kabaddi federation of India was formed?
(a) 1950 (b) 1951
(c) 1952 (d) 1953
77. What are the dimensions for mens Kabaddi play field in meters?
(a) 10.5 and 8 (b) 11.5 and 9
(c) 12.5 and 10 (d) 13.5 and 11
78. What is the other name of Kabaddi in AP?
(a) Ha Thu Thu (b) Chu kit kit
(c) Dutu (d) Chedugudu
79. How many Asian Gold medals in Kabaddi won by India continuously?
(a) 3 (b) 4
(c) 5 (d) 6
80. Total number of players in a Kabaddi team
(a) 5 + 7 (b) 7 + 5
(c) 6 + 6 (d) 8 + 4

81. In which year FIFA was formed?
(a) 1901 (b) 1902
(c) 1903 (d) 1904
82. Who scored the 'Hand of God' Goal during 1986 world cup?
(a) Pele (b) Maradona
(c) Ronaldo (d) Zadiane
83. What are the dimensions of Football play field in yards?
(a) 120 and 80 (b) 140 and 100
(c) 100 and 60 (d) 80 and 40
84. What is circumference of Football in inches?
(a) 22-23 (b) 24-25
(c) 26-27 (d) 27-28
85. How many number of players in Football team?
(a) 15 (b) 16
(c) 17 (d) 18
86. What is the length and width of Handball court in meters?
(a) 40 and 20 (b) 50 and 30
(c) 60 and 40 (d) 70 and 50
87. What is the Height of the Handball Goal post in meters?
(a) 2 (b) 3
(c) 2.5 (d) 3.5
88. What is the Weight of the volleyball in grms?
(a) 240-260 (b) 260-280
(c) 280-300 (d) 300-320
89. What is the length of the volleyball net in meters?
(a) 8.5 (b) 9.5
(c) 7.5 (d) 6.5
90. How many players are in a volleyball team?
(a) 5 + 7 (b) 7 + 5
(c) 6 + 6 (d) 8 + 4

91. Who is said to be the father of Yoga?
(a) Aristotle (b) Patanjali
(c) Valmiki (d) Nannaya
92. The word Yoga is derived from
(a) Latin word (b) Greek word
(c) French word (d) Sanskrit word
93. Kapal-Bhati is a part of
(a) Asana (b) Pranayama
(c) Dhyana (d) Bhanda
94. How many Physical fitness components there?
(a) 4 (b) 5
(c) 6 (d) 7
95. What is aerobic activity?
(a) 100 mtr race (b) 200 mtr race
(c) 800 mtr race (d) Cross country
96. Fartlek training method improves
(a) Speed and endurance (b) Flexibility and Co-ordination
(c) Power and Agility (d) None of these
97. How do you measure body mass index?
(a) Weight/height (b) Weigh/height \times height
(c) Weight \times height (d) None of these
98. Measurement is a tool to measure
(a) Height (b) Weight
(c) Evaluate (d) Calculate
99. The instrument that measures the Blood Pressure is
(a) Hygrometer (b) Barometer
(c) Polarimeter (d) Sphygmomanometer
100. How do you measure the body temperature?
(a) Goniometer (b) Thermometer
(c) Dynamometer (d) Speedometer