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| Seat No. | |
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M.Phil / Ph.D. Entrance Examination, September - 2022**PHYSICAL EDUCATION****Sub. Code: 58840****Day and Date : Friday, 23 - 09 - 2022****Total Marks : 100****Time : 01.00 p.m. to 03.00 p.m.**

- Instructions :**
- 1) All questions are compulsory.
 - 2) Each question carries 2 marks.
 - 3) Answers should be marked in the given OMR answer sheet by darkening the appropriate option.
 - 4) Use black ball point pen only for marking the circle. Do not make any stray mark on the OMR Answer Sheet.
 - 5) Follow the instructions given on OMR Sheet.
 - 6) Rough work shall be done on the sheet provided at the end of question paper.
 - 7) Only non-programmable calculators are allowed.

- 1) Which action is aerobic as well as unaerobic
(A) Swimming (B) Running
(C) Cyding (D) Dancing
- 2) By means of yoga man gets _____ and _____ types of peace
(A) Emotional (B) Social
(C) Physical & Mental (D) None of the above
- 3) Research problem formulation in applied research, the research process
(A) revolves around four areas; people, problems, programs and phenomena
(B) considers the empirical mature of the research questions
(C) must study the population and the subject area
(D) None of the above

- 4) Where do the compulsory muscles are active
- (A) Lungs (B) Heart
(C) Hand (D) Legs
- 5) Formulating a research problem requires dissecting the broad area of research into sub- areas. This done in order to
- (A) identify the general goals of research
(B) select what is of most interest to the researcher
(C) review the literature
(D) improve the methodology
- 6) Dhyangoda and _____ are the two parts of rajyoga
- (A) Bhakti (B) Raj
(C) Kriya (D) None of the above
- 7) Hockey stick is _____ to last remain material
- (A) Short duration (B) Long duration
(C) Middle duration (D) None of the above
- 8) Which the best measure heart muscles endurance
- (A) Cardiovascular endurance
(B) Muscular endurance
(C) Vital Capacity
(D) E.C.G.
- 9) Personality is the integration on Id, Ego and super Ego. This concept is introduced by _____.
- (A) Sigmond Freud (B) Karl grus
(C) Sheldon (D) Alloport

- 10)** Sociology means _____ study
- (A) Human Mind
 - (B) Human Behaviour
 - (C) Mental Group
 - (D) Atma
- 11)** The research participants are described in detail in which section of the research plan
- (A) Introduction
 - (B) Method
 - (C) Data analysis
 - (D) Discussion
- 12)** What is called to the substances which improve the speed of digestion system and its method?
- (A) Anabolics
 - (B) Protencol
 - (C) Coking
 - (D) None of the above
- 13)** Planning of- activity is done in the second semester of the academic year
- (A) Fair
 - (B) Sport Festival
 - (C) Singing Festival
 - (D) None of the above
- 14)** In hathayoga right nostril and left nostril are called as ____ and ____ respectively.
- (A) Sun & Moon
 - (B) Day & Night
 - (C) Dhyan & Dharana
 - (D) None of the above

- 15)** Define muslim empire period the percentage of women in sports is _____.
(A) Increased
(B) Decreased
(C) Remain as usual
(D) None of the above
- 16)** Combination of mind, health, Atma, organs is
(A) Co-ordination (B) Concentration
(C) Mind (D) None of the above
- 17)** How much number of hole in manasota apparatus to arrange wooden round piece for measuring co-ordination?
(A) 50 (B) 60
(C) 54 (D) 56
- 18)** Which science does study the structure of human body and the relations between its parts
(A) 24 (B) 12
(C) 16 (D) 18
- 19)** Variables are important in _____.
(A) Descriptive research (B) Experimental research
(C) Case study (D) Philosophical research
- 20)** Field work research is very much essential in _____.
(A) Administrative procedure
(B) Educational Survey
(C) Review
(D) Physical education and sports

- 21)** Research are useful for _____.
(A) As basis for government policies
(B) Solving operational and planning problems of business and industry
(C) Study of social relationship
(D) All of the above
- 22)** Case study gives the knowledge about
(A) behavioural pattern
(B) Personal details
(C) (A) and (B)
(D) None of all these
- 23)** Motor ability/fitness includes _____.
(A) EQ
(B) Physical capabilities
(C) IQ
(D) None of above
- 24)** A test is _____.
(A) tool
(B) procedure
(C) technique
(D) all mentioned
- 25)** Which one of the following is not a quantitative technique?
(A) Oral
(B) Practical
(C) Sciometry technique
(D) Normative test

26) Formulae used in Harward step test is

(A)
$$\text{Index} = \frac{\text{Duration of exercise} \times 100}{2 \times \text{sum of pulse count in recovery}}$$

(B)
$$\text{Index} = \frac{\text{Induration of Ex.} \times 100}{3 \times \text{sum of pulse count in recovery}}$$

(C)
$$\text{Index} = \frac{15 \text{ duration of ex.} \times 100}{2 \times \text{sum of pulse count in recovery}}$$

(D)
$$\text{Index} = \frac{1 \text{ h duration of ex.} \times 100}{2 \times \text{sum of pulse count in recovery}}$$

27) BMI can be clucked by

(A) hip;/waist ratio

(B) (A) and (C)

(C) hight weight rofian

(D) none of above

28) Johnson Basketball test includes total _____ events.

(A) 7

(B) 5

(C) 8

(D) 4

29) Psychology is the study of

(A) mind

(B) heart

(C) behavior

(D) none of these

30) Among the following _____ is the characteristics of infancy.

(A) Socialness

(B) Self Centered

(C) Co-operation

(D) Self Dependency

- 31)** Trial and error theory is established by _____.
(A) Rugewelt
(B) Thorndike
(C) Wells
(D) Fried
- 32)** Theory of Generalization of transfer of training is formulated by
(A) Thorndike
(B) Judd
(C) Fried
(D) Parlor
- 33)** Types of conception are _____.
(A) Images
(B) Imagination
(C) (A) and (B)
(D) None of above
- 34)** More use of intelligence is expected in _____.
(A) learning by insight
(B) Observation and imitation
(C) classical conditioning
(D) Trial and error
- 35)** Factors affecting growth and development are _____.
(A) Heredity and environment
(B) Physique
(C) Physique and economic status
(D) None of above

36) I.Q. =

- (A) $\frac{\text{Mental age}}{\text{Physical age}} \times 100$
- (B) $\frac{\text{Mental age}}{\text{Psychological age}} \times 100$
- (C) $\frac{\text{Physical age}}{\text{Mental age}} \times 100$
- (D) None of above

37) Which of the following are factors of creativity.

- (A) Fluency
- (B) Originality
- (C) Synthesis
- (D) All of the above

38) Pranayama awakens the power of _____.

- (A) Kundalini
- (B) Nadi
- (C) Sleep
- (D) None of the above

39) In which year established All India Physical Education and Recreation mahamandal

- (A) 1950
- (B) 1951
- (C) 1952
- (D) 1954

- 40)** An operational definition specifies
- (A) The data analysis techniques to be used in the study
 - (B) The levels of measurement to be used in the study
 - (C) How a variable or concept will be defined and measured in the study
 - (D) How the outcome of the research objectives for the study will be measure
- 41)** _____ is the founder of trial and error learning.
- (A) Spencer
 - (B) Kohler
 - (C) Freud
 - (D) Thorndike
- 42)** Which one of the following asana is a balancing asana
- (A) padmasana
 - (B) Dhanurasan
 - (C) Natarajasana
 - (D) Siddhasana Dhanurasana
- 43)** The matured sperm is technically called as
- (A) Sparm
 - (B) Zygot
 - (C) Ovan
 - (D) None of the above
- 44)** How many parts does human heart include
- (A) Two
 - (B) Four
 - (C) Three
 - (D) Six

- 45)** What is called to the mixed nature of Isometric and Isotonic exercise
(A) Perin exercise (B) Isokinetic exercise
(C) Subestian exercise (D) Isotop exercise
- 46)** For which action is vitamin 'A' helpful
(A) Toper form delivery (B) To grow bones delivery
(C) To regularize blood circulation (D) Digestive action
- 47)** What kind of ideas can't be empirically researched
(A) Effectiveness of different methods of instruction
(B) Description of education practices
(C) Issues of values and morality such as the correctness of having prayer in schools
(D) Factors helpful in predicting future drug use
- 48)** In order to acquaint yourself with the body of knowledge in the research in the research area of interest, you are required to
(A) do a literature review
(B) do a survey in the research area
(C) formulate the research questions
(D) all of the above
- 49)** _____ factors affects personality development.
(A) Biological Factors (B) Socialological Factors
(C) Etiological & Sociological (D) None of the above
- 50)** Always the cotton material should be keep in _____ place.
(A) Wet (B) Dry
(C) Plain (D) None of the above



Rough Work

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