

M.P.Ed.

1. Word 'Athlete' means:
A. The Slave
B. The Winner
C. The contestant
D. The strong individual
2. The term 'double fault' is used in:
A. Badminton
B. Table Tennis
C. Tennis
D. Volley Ball
3. In which position the pressure on the vertical discs is greatest?
A. Stand upright
B. Seated
C. Supine lying
D. Prone lying
4. McDonald test is used in:
A. Volleyball
B. Soccer
C. Lawn Tennis
D. Basketball
5. First meeting of International Olympic Committee was held in:
A. Greece
B. Sweden
C. France
D. Athens
6. Sports top form depends on:
A. Diet
B. Training
C. Equipments
D. Psychological limits
7. Which of the following movements does not perform by elbow joint?
A. Flexion
B. Extension
C. Rotation
D. Pronation
8. What type of tissue is bone marrow?
A. Adipose
B. Connective
C. Areolar
D. Cellular
9. Posture is an index of an individual's:
A. Fitness
B. Health
C. Personality
D. Character
10. The first step in the treatment of sports injuries is:
A. Thermotherapy
B. Hydrotherapy
C. Cryotherapy
D. Electrotherapy
11. Knee joint is formed with the following bones:

- | | |
|-------------------------|--------------------------|
| A. Femur, Tibia, Fibula | B. Tibia, Radius, Fibula |
| C. Femur, Radius, Ulna | D. Femur, Fibular, Ulna |
12. In a certain code, ROUNDS is written as RONUDS. How will PLEASE will be written in the same code:
- | | |
|-----------|-----------|
| A. PALESE | B. PLASEE |
| C. LPAESE | D. PLAESE |
13. Which is not the law of learning?
- | | |
|--------------------|---------------------|
| A. Law of Reaction | B. Law of Readiness |
| C. Law of Effect | D. Law of Exercise |
14. Duration of meso-cycle can be:
- | | |
|-----------------------|----------------|
| A. 12 months | B. 3 - 6 weeks |
| C. Less than 3 months | D. 3-9 months |
15. Calliper measured:
- | | |
|------------------|-----------|
| A. Weight | B. Height |
| C. Circumference | D. Width |
16. A faster adaptation process occurs to:
- | | |
|--------------------|---------------------------|
| A. Beginners | B. Moderate performers |
| C. High performers | D. Experienced performers |
17. Which of the following is not related to the school health programme:
- | | |
|---------------------------|-----------------|
| A. Health Education | B. Cure disease |
| C. Keeping Health Records | D. Hygiene |
18. Seeking of 'Truth, Beauty an Goodness' is aim of :
- | | |
|---------------|---------------|
| A. Pragmatism | B. Naturalism |
| C. Realism | D. Idealism |
19. In a certain code, FHQK means GIRL. How will WOMEN be written in the same code?
- | | |
|----------|----------|
| A. VNLDM | B. FHQKN |
| C. XPNFO | D. VLNDM |
20. Teacher uses visual-aids to make learning:
- | | |
|-----------------------|------------|
| A. Interesting | B. Simple |
| C. More knowledgeable | D. Quicker |

21. 'Pyknic' is one of the body types as classified by:
A. Kretchmer
B. Thorndike
C. Sheldon
D. Bucher
22. Identify the disease which is referred to as Hypokinetic:
A. Rheumatic arthritis
B. Malaria
C. AIDS
D. Encephalitis
23. Which one of the following is not a communicable disease?
A. Malaria
B. AIDS
C. Small Pox
D. Measles
24. Distance from last hurdle to finish line in 100m hurdles is
A. 9.14m
B. 8.50m
C. 14.02m
D. 10.50m
25. The greater number of white muscle fibre are found in:
A. Marathon Runner
B. Sprinter
C. Middle Distance Runner
D. Cross-Country Runner
26. Active site of energy production in the cell is:
A. Nucleus
B. Mitochondria
C. Chromosomes
D. Golgi Apparatus
27. For muscle contraction the immediate source of energy is:
A. Blood Glucose
B. ATP
C. Phosphocreatine
D. Glycogen
28. When one type of training improves one factor only, the principle is called:
A. Specificity of load
B. Simplicity of load
C. Complexity of load
D. Individuality of load
29. Which institute ranked first in the National Institute Ranking Framework 2019?
A. IIT Delhi
B. JNU
C. IISc Bangalore
D. IIT Madras
30. Which of the following is not the Method of Research?
A. Observation
B. Historical
C. Survey
D. Philosophical
31. The best methods of sports administration is:
A. Laissez Faire
B. Dictatorial
C. Autocratic
D. Democratic
32. Name the smallest bone in the human body

- | | |
|-------------|-------------|
| A. Pesiform | B. Scaphoid |
| C. Malleus | D. Stapes |
33. Which Hepatitis is slow killer?
- | | |
|----------------|----------------|
| A. Hepatitis-A | B. Hepatitis-B |
| C. Hepatitis-C | D. Hepatitis-D |
34. Which of the following is considered as genetic endowment?
- | | |
|--------------|----------------|
| A. Endurance | B. Speed |
| C. Strength | D. Flexibility |
35. 'RICE' is the first step of
- | | |
|-----------------------|--------------------------------------|
| A. Surgical treatment | B. First-aid |
| C. Rehabilitation | D. Later management of sports injury |
36. Vitamin B₁ is also known as:
- | | |
|---------------|--------------|
| A. Calcium | B. Thiamine |
| C. Phosphorus | D. Potassium |
37. If MOHAN is represented by the code KMFYL, then COUNT will be represented by:
- | | |
|----------|-----------|
| A. AMSLR | B. MSLAR |
| C. MASRL | D. SAMLRL |
38. The research where the investigator can manipulate treatments to cause things happen is:
- | | |
|--------------------------|-------------------------|
| A. Experimental research | B. Analytical research |
| C. Qualitative research | D. Descriptive research |
39. The deficiency of insulin in the body causes:
- | | |
|-------------|------------|
| A. Rickets | B. Asthma |
| C. Diabetes | D. Allergy |
40. Cardio respiratory efficiency is best measure through:
- | | |
|-------------------------------|----------------------|
| A. John-Methany test | B. Harvard Step test |
| C. Indiana Motor Fitness Test | D. JCF test |
41. Which of the following is also called Hansen's disease?
- | | |
|-----------------|---------------|
| A. Tuberculosis | B. Chickenpox |
| C. Hepatitis B | D. Leprosy |
42. The instrument used for measuring body composition is:
- | | |
|--------------|---------------|
| A. Manometer | B. Goniometer |
|--------------|---------------|

- C. Flexometer
D. Skin fold caliper
43. Gladiator sport was the most popular past-time of the people of :
A. Athens
B. Sparta
C. Ayodhya
D. Rome
44. The primary focus of Supervision must always be the:
A. Maintenance of records
B. Competition programme
C. Equipment management
D. Learning situation
45. The missing numbers in the series 40, 120, 60, 180, 90, ? , 135 is:
A. 110
B. 270
C. 105
D. 210
46. The guided-missile destroyer, which was launched into water at the Mazagon Docks in Mumbai on April 2, 2019 is _____
A. INS Mysore
B. INS Mumbai
C. INS Imphal
D. INS Mormugao
47. The ability to exert maximum muscular force in minimum possible time is called:
A. Reactive Strength
B. Muscular Endurance
C. Muscular Strength
D. Muscular Power
48. Effective teaching skill is influenced by numerous factors, dominant among them is:
A. Weather
B. Particular Activity
C. Equipment
D. Group Size
49. Newton's first law of motion is known as :
A. Law of Reaction
B. Law of effect
C. Law of Inertia
D. Law of Mementum
50. Dick Fosbury who invented the 'Fosbury Flop' style in high jump event belongs to:
A. USA
B. England
C. Russia
D. Ukraine
51. 'Synthetic track' in athletics was used for the first time in
A. 1968 (Mexico Olympics)
B. 1948 (London Olympics)
C. 1896 (Athens Olympics)
D. 1996 (Atlanta Olympics)
52. When a tennis player attempts to learn golf it is:
A. Positive transfer
B. Negative transfer
C. Zero transfer
D. Systematic transfer

53. The important nutrient found in fish is
A. Zinc
B. Vitamin K
C. Copper
D. Omega-3
54. Which sprinter is nicknamed the Bath Bullet?
A. Jesse Owens
B. Jason Gardener
C. Mike Powel
D. Asapa Powel
55. Which of the following events is not included in Heptathlon?
A. High Jump
B. 100m sprint
C. Discus Throw
D. Javelin Throw
56. When was the first female athlete allowed to compete in the Olympics?
A. 1896
B. 1900
C. 1904
D. 1908
57. Who has topped the Civil Services Examination 2018?
A. Akshat Jain
B. Junaid Ahmad
C. Kanishak Kataria
D. S. Jayant Deshmukh
58. If A stands for 5, B for 6, C for 7, D for 8, and so on, what do the following numbers stand for:
22, 25, 8, 22 and 5 ?
A. PRIYA
B. NEEMA
C. MEENA
D. RUDRA
59. In second class lever, resistance is located between:
A. Fulcrum and Force
B. Fulcrum and Resistance
C. Force and Resistance
D. None of the above
60. If the BLOOD is coded as 24113 and BRUST as 20678, then code for ROBUST is:
A. 012478
B. 012678
C. 012674
D. 012468
61. Wet Spirometer is used for the measurement of :
A. Blood Pressure
B. Oxygen Intake
C. Pulse Rate
D. Vital Capacity
62. All India Council of Sports was formed in:
A. 1953
B. 1954
C. 1951
D. 1952
63. Free hand exercises done generally in group are called

- | | |
|-----------------------|--------------------|
| A. Circuit training | B. Calisthenics |
| C. Drill and marching | D. Weight training |
64. An instrument for measuring height:
- | | |
|----------------|---------------|
| A. Goniometer | B. Spirometer |
| C. Stadiometer | D. Flexometer |
65. An ectomorph individual has a
- | | |
|--------------------------|-------------------------------|
| A. Bulky and stocky body | B. Muscular and athletic body |
| C. Thin and lender frame | D. Body beautiful image |
66. The Government established the University Grants Commission (UGC) by an Act of Parliament in the year:
- | | |
|---------|---------|
| A. 1980 | B. 1956 |
| C. 1950 | D. 1958 |
67. Which number is missing in the following series?
2, 5, 10, 17, 26, 37, 50, ?
- | | |
|-------|-------|
| A. 63 | B. 69 |
| C. 67 | D. 65 |
68. Choose the odd word:
- | | |
|-----------|-----------|
| A. Nun | B. Monk |
| C. Knight | D. Priest |
69. What will be the next term in the following: DCXW, FEVU, HGTS,?
- | | |
|---------|---------|
| A. AKPO | B. ABYZ |
| C. JIRQ | D. LMRS |
70. Sum of all values divided by the numbers in that series is:
- | | |
|-----------|------------|
| A. Median | B. Average |
| C. Mean | D. Mode |
71. In April 2019, Volodymyr Zelensky has been elected president of:
- | | |
|------------|-----------|
| A. France | B. Israel |
| C. Ukraine | D. Mexico |
72. When was Government College of Physical Education (Hyderabad) established?
- | | |
|---------|---------|
| A. 1942 | B. 1931 |
| C. 1930 | D. 1937 |
73. Which sport is known as 'Payattu' in Kerala
- | | |
|------------|---------------|
| A. Kung-fu | B. Tae Kwando |
|------------|---------------|

C. Judo

D. Karate

74. Value education makes a student:

A. Successful businessman

B. Popular Teacher

C. Good citizen

D. Efficient manager

75. Which of the following statements is most appropriate?

A. Teachers can teach.

B. Teachers help can create in a student a desire to learn.

C. Lecture Method can be used for developing thinking.

D. Teachers are born.

x-x-x