M.P.Ed.

1. Hemoglobin is found in

A) Red Blood Corpuscles (RBC) B) White Blood Corpuscles (WBC)

C) Platelets D) Bone marrow

2. Transition period in training cycle aims at

A) Recovery B) Peaking

C) Super compensation D) Tapering

3. Which of the following is against the principles of organization?

A) Overlapping of authority B) Proper communication

C) Proper Decentralization D) Delegation of power

4. Use the correct code given below: Arrange the skeletal muscles sequentially in descending order:

1. Sternomastoid
2. Trapezius
3. Quadriceps
4. Gastrocnemius

Codes:

A) 1, 2, 3, 4 B) 2, 1, 3, 4 C) 3, 4, 1, 2 D) 4, 3, 2, 1

5. Assertion (A): WADA coordinates doping programme at the National and International levels.

Reason (R): WADA works to protect athletes from the harmful effects of performance-enhancing drugs and strives to create an equal opportunity in athletic competition.

A) Both A and R are true and R is the correct explanation of (A).

B) Both A and R are true, but R is not correct explanation of (A).

C) A is true, but R is false.

D) A is false, but R is true.

6. Which one of the following is not a technique of supervision?

A) Visitation B) Get-together C) Conference D) Workshop

7. Which of the following Vitamins is water soluble?

A) Vitamin A B) Vitamin B C) Vitamin E D) Vitamin K

8. Tactical abilities required to tackle the specific sport task includes:

A) Variations of tactical skills

B) Special perception & intellectual abilities

C) Creative tactical action

D) Special intentional abilities

9. 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

10. Name of the communicable disease known as Hansen's disease is

A) Leprosy B) AIDS C) HIV D) Small pox

11. When National Anthem was adopted first time in Hindi by Constituent Assembly?

A) 1924 B) 1928 C) 1950 D) 1952

12. Which Principle of Training should be applied to reduce the chance of injury?

A) Specificity B) Reversibility C) Progression D) Individual differences

13. Which idealist is specifically known for his idea of 'learning by doing'?

A) Plato B) Immanuel Kant C) Friedrich Hegel D) RaneDiscarde

14. Which school of thought advocates the education according to child's own interest, needs, and experiences?

A) Realism B) Pragmatism C) Naturalism D) Idealism

15. Psychological foundations of curriculum help curriculum developers to understand the nature of:

A) Learner B) Teacher C) Ideas D) Contents

16. Who inaugurated the first edition of Khelo India School Games (KISG) was held from 31st January to 8th February, 2018 at Indira Gandhi Indoor Stadium...

A) Rajyavardhan Singh Rathore B) NarenderModi
C) Arun Jaitley D) SushmaSawaraj

17. How many athletes are expecting in Tokoyo Olympics 2020

A) 11,091 B) 20,030 C) 15,060 D) 8,050

18. How the stitches on a baseball affect the speed at which it travels?

A) They make it go faster B) They make it go slower
C) They have no effect D) None of these

19. What creates backspin on a basketball during a free throw?

A) Pushing off with the quads B) Straightening the arm
C) Going up on the toes D) Snapping the wrist

20. Lower tension on a tennis racquet produces

A) More control and less power B) Less control and more power
C) Less control and less power D) Less control

21. How many teams from the European section will qualify for of the 2018 FIFA World Cup?

A) 12 B) 13 C) 14 D) 15

22. Personal contact against the body of an opponent by a player with the ball is called:
A) Fast break B) Charging C) Traveling D) Attack

23. Which one of the following Grand slam tennis title is also known as Rolland Garros?
A) Australia open B) French open C) U.S open D) Wimbledon

24. What is the injury type of tennis elbow?
A) impact injury B) overuse injury C) muscle injury D) sprains

25. How many matches will be organized by the organizing committee in a basketball competition with 8 teams if a single round-robin system is employed?
A) 26 B) 28 C) 54 D) 56

26. Russia has unveiled their mascot for the 2018 Football World Cup – Zabivaka the wolf which means in Russian:
A) The one who scores B) The one who kicks
C) The one who Run fast D) The one who Jumps

27. Which is the symbol should be used for valid trial in High Jump and Pole vault –
A) "O" B) 'X' C) P D) ✓

28. Mitochondria plays an important role in cell respiration and?
A) Metabolic functions B) Production of energy
C) Elimination of carbon dioxide D) Neuro-transmission

29. Select the correct option:
Protraction and retraction takes place in
A) Hip joint B) Shoulder joint C) Elbow joint D) Knee joint

30. In isotonic contraction development of strength is not systematic because of
A) Red muscle fiber B) White muscle fiber
C) Joint structure D) Angle of pull

31. Women football was played in the Olympic for the first time.
A) Atlanta,1996 B) Barcelona,1992
C) Moscow, 1980 D) LosAngels,1984

32. How many asana's are there in Suryanamasar
A) 10 B) 7 C) 15 D) 12

33. The IAAF's president is
A) Sebastian Coe B) Lamine Diack C) Primo Nebiolo D) Steve Ovett

34. The term Skeet is related to:
A) Archery B) Shooting C) Skating D) Surfing

35. Who were 'Amateurs'?
A) Those who did not know how to play the game well

B) Those proficient at the game
C) The rich who played for pleasure
D) Those who played for the money

36. Early cricket bats were shaped like

A) Hockey sticks B) Flat sticks C) Rackets D) Curved outwards

37. Which sport awards the Ryder Cup?

A) Cricket B) Soccer C) Hockey D) Golf

38. Who of the following great athlete was nicknamed the Flying Finn?

A) Ville Ritola B) Paavo Nurmi C) Edvin Wide D) Joseph Guillemot

39. Ministry of youth affairs and sport launched the mission to promote football among school children in India:

A) Mission X Million B) Mission XI Million
C) Mission world cup D) Mission Olympic

40. Indian Olympic Association is elected by:

A) National Federations B) State Olympic Associations
C) Both the above D) International Olympic committee

41. Examples of overuse injuries include all of the following EXCEPT:

A) Compound fractures B) Shin splints
C) Tendonitis D) Stress fractures

42. Who is the minister of Youth Affairs and Sports of India

A) Jitendra Singh B) Jaipal Reddy
C) Rajyavardhan Singh Rathore D) Vijay Goel

43. An exaggerated curvature of the vertebral column involving an excessive bending of the thoracic area toward the anterior is called

A) Kyphosis B) Lordosis C) Coliosis D) Spondylosis

44. Flexion and extension take place around

A) Medio-lateral axis B) Anterio posterior axis
C) Vertical axis D) Sagittal axis

45. Which of the following is the best activity to increase muscular endurance?

A) Resistance training using high repetitions and light weight
B) Resistance training using low repetitions and heavy weight
C) Isotonic resistance training
D) Plyometric resistance training

46. When teaching a new skill for a particular sport, the teacher should do which of the following first?

A) Provide drills to lead up to the skill B) Have students practice the skill
C) Introduce the skill D) Provide feedback to correct errors

47. The correct racing posture of a swimmer, a cyclist, or a downhill skier minimizes the effect of
A) Lift B) Propulsion C) Drag D) Gravity

48. The Youth Olympic Games (YOG) 2018 will be held at:
A) Buenos Aires (Argentina) B) Singapore
C) Innsbruck, Austria D) Sochi, Russia

49. Who became the first female member for India of International Olympic committee (IOC?)
A) Nita Ambani B) P.T. Usha C) Sonia Gandhi D) Indira Gandhi

50. Which country made Olympic debut in Rio Olympics for the first time along with Kosovo?
A) South Sudan B) Cambodia C) Yugoslavia D) Baluchistan

51. Which symbol is used for Qualified by place in track events in Athletics?
A) Q B) q C) QR D) P

52. Dynamometer is used to measure-
A) Flexibility B) Agility C) Strength D) Speed

53. Which decelerates faster?
A) A shuttlecock B) A baseball C) A cricket ball D) A golf ball

54. When using physical education equipment, instructors can best contribute to both student safety and education by:
A) Restricting equipment use to students who have demonstrated skill mastery.
B) Selecting only equipment that has a low safety risk.
C) Reinforcing safety rules for the equipment being used.
D) Involving students in the establishment of safety rules.

55. Why are staggered starts used in athletics?
A) To restrict fast runners
B) To give slower runners a head start
C) To equalize distance when races are run on curves
D) To help the starter see false starts more easily

56. How many shots are fired for a false start by recallar in Athletics?
A) One B) Two C) Three D) Four

57. Cause of muscle cramp is:
A) Lack of co-ordination. B) Dehydration
C) Hyperventilation D) Poor flexibility

58. Who has won the 2016 Laureus World Sportsman of the Year Award?
A) Lewis Hamilton B) Usain Bolt C) Novak Djokovic D) Lionel Messi

59. Hopman cup" is related to which sports?
A) Football B) Lawn Tennis C) Badminton D) Cricket

60. Which football team has won the 2017Santosh Trophy National Football Championships title?

A) Tamil Nadu B) Maharashtra C) Kerala D) Services

61. Once a relay team (Athletics) has started in a competition how many additional athletes may be used as substitutes in the composition of the team.
A) One B) Two C) Three D) No substitutes

62. The volume of blood ejected from the left ventricle with each beat is?
A) Cardiac B) Stroke volume C) Ejection fraction D) Cardiac index

63. One of the following is an excellent example of Condyloid joint—
A) Shoulder joint B) Hip joint C) Wrist Joint D) Neck Joint

64. Which of the following game was developed from The English Rounders' by Abner Daubleday in New York in 1839?
A) Basketball B) Volleyball C) Netball D) Baseball

65. What's the most common runner's injury?
A) Shin splints B) Runner's knee C) Achilles tendinitis D) Plantar fasciitis

66. What does the Olympic Flame symbolize?
A) Zeal to play sports B) Challenge
C) Continuity D) Integrity

67. If a student is good at sports but not interested in studies, what will be your action as a teacher
A) Advise him to leave the sports
B) Inform his parents
C) Encourage him and convince about importance of education
D) Avoid him

68. Which plane of motion lies vertically and divides the body into left and right halves?
A) The frontal plane B) The transverse plane
C) Anatomical neutral position D) The sagittal plane

69. Find the odd one from the given alternatives.
A) Swimming B) Sailing C) Diving D) Driving

70. Which of the following is NOT considered a failure in the Pole Vault?
A) The crossbar does not remain on pegs due to competitor action while vaulting
B) The competitor touches the area beyond vertical plane of the upper part of the stop board without first clearing the bar.
C) The competitor runs outside the white lines marking the runway
D) During the vault, the vaulter steadies or replaces the bar with his or her hand(s)

71. Which of the following terms is not used in Track and field?
A) Broken line B) Anchor leg C) Dead heat D) Bunker

72. How high should be the table tennis net?
A) 6 in(15.24cm) B) 7in(17.78cm) C) 5.5(12.7cm) D) 44.5(13.97cm)

73. A bag contains an equal number of one rupee, 50 paise and 25 paise coins. If the total amount in the bag is Rs. 35, how many coins of each type are there?

A) 15 B) 18 C) 20 D) 25

74. Insert the missing number 8 24 12 _ ? 18 54

A) 26 B) 24 C) 36 D) 32

75. Insect: Disease:: War : ?

A) Army B) Defeat C) Arsenal D) Destruction

x-x-x