

Sr. No. 067

ENTRANCE TEST-2022

SCHOOL OF EDUCATION & BEHAVIOURAL SCIENCES

M.P.Ed.

Total Questions : 60

Question Booklet Series **C**

Time Allowed : 70 Minutes

Roll No. :

Instructions for Candidates :

1. Write your Entrance Test Roll Number in the space provided at the top of this page of Question Booklet and fill up the necessary information in the spaces provided on the OMR Answer Sheet.
2. OMR Answer Sheet has an Original Copy and a Candidate's Copy glued beneath it at the top. While making entries in the Original Copy, candidate should ensure that the two copies are aligned properly so that the entries made in the Original Copy against each item are exactly copied in the Candidate's Copy.
3. All entries in the OMR Answer Sheet, including answers to questions, are to be recorded in the Original Copy only.
4. Choose the correct / most appropriate response for each question among the options A, B, C and D and darken the circle of the appropriate response completely. The incomplete darkened circle is not correctly read by the OMR Scanner and no complaint to this effect shall be entertained.
5. Use only blue/black ball point pen to darken the circle of correct/most appropriate response. In no case gel/ink pen or pencil should be used.
6. Do not darken more than one circle of options for any question. A question with more than one darkened response shall be considered wrong.
7. There will be '**Negative Marking**' for wrong answers. Each wrong answer will lead to the deduction of 0.25 marks from the total score of the candidate.
8. Only those candidates who would obtain positive score in Entrance Test Examination shall be eligible for admission.
9. Do not make any stray mark on the OMR sheet.
10. Calculators and mobiles shall not be permitted inside the examination hall.
11. Rough work, if any, should be done on the blank sheets provided with the question booklet.
12. OMR Answer Sheet must be handled carefully and it should not be folded or mutilated in which case it will not be evaluated.
13. Ensure that your OMR Answer Sheet has been signed by the Invigilator and the candidate himself/herself.
14. At the end of the examination, hand over the OMR Answer Sheet to the invigilator who will first tear off the original OMR sheet in presence of the Candidate and hand over the Candidate's Copy to the candidate.

1. Training and Coaching in sports differs on :
 - (A) Training is general nature
 - (B) Coaching is specific nature
 - (C) Training is specific while coaching is general nature
 - (D) Training is general while coaching is specific nature
2. A training schedule consisting of more than a year is known as :
 - (A) Micro plan
 - (B) Macro plan
 - (C) Meso plan
 - (D) None of the above
3. The consistency of results/measure is known as :
 - (A) Validity
 - (B) Reliability
 - (C) Objectivity
 - (D) All of the above
4. Standing broad jump is used to assess :
 - (A) Leg strength
 - (B) Leg flexibility
 - (C) Explosive leg strength
 - (D) All of the above
5. Methods applied for the development of flexibility in advance athlete :
 - (A) PNF
 - (B) Aerobic method
 - (C) Weight training method
 - (D) None of the above
6. Which hormone is not secreted by kidney ?
 - (A) Erythropoietin
 - (B) Calcitriol
 - (C) Renin
 - (D) Calcitonin
7. The clavicle is attached with :
 - (A) Sternum and humerus
 - (B) Sternum and scapula
 - (C) Sternum, humerus and scapula
 - (D) None of the above
8. How to improve sports performance ?
 - (A) By improving fitness/conditioning
 - (B) Using latest technology
 - (C) Avoiding harsh conditions/environment
 - (D) All of the above
9. Digestion of carbohydrates starts from :
 - (A) Oral cavity
 - (B) Stomach
 - (C) Duodenum
 - (D) Small intestines
10. How many bones are there in a human foot and ankle ?
 - (A) 26
 - (B) 24
 - (C) 23
 - (D) 27
11. Hamstring muscles group causes :
 - (A) Flexion of knee
 - (B) Extension of hip
 - (C) Both (A) and (B)
 - (D) None of the above

12. The method Slow continuous is used to develop :
(A) Speed and endurance
(B) Strength and flexibility
(C) Flexibility
(D) Endurance
13. Which injuries mostly occur in Kabaddi game ?
(A) Fracture
(B) Contusion
(C) Burns
(D) All of the above
14. Mouse attached to Personal Computer/ Laptop is as :
(A) Output device
(B) Input device
(C) Both
(D) None
15. Who is associated with the theory of Naturalism ?
(A) Plato
(B) Freud
(C) Aristotle
(D) J.J. Rousseau
16. Highest unit of computer memory :
(A) Geop byte
(B) Mega bytes
(C) Tera bytes
(D) Giga byte
17. In sports Computer technology is used to maintain :
(A) Records
(B) Designing new technique
(C) Manufacturing of sports equipments
(D) All of the above
18. Short cut key used to bold the selected text :
(A) Control+ V
(B) Control+ P
(C) Control+ B
(D) Control+ X
19. Tennis elbow is a condition which mostly occurs in :
(A) Tendon
(B) Ligament
(C) Muscle
(D) All of the above
20. FIH stands for :
(A) Federation of International Hockey
(B) Indian Federation Hockey
(C) Federation of Indian Hockey
(D) International Hockey Federation
21. Respiration is controlled by :
(A) Tracheoles
(B) Hypothalamus
(C) Medulla oblongata
(D) Cerebellum
22. Which one of the following process produces minimum number of ATP ?
(A) Osmosis
(B) Aerobic respiration process
(C) Anaerobic respiratory process
(D) All of the above

23. The branch of medicine that deals with diseases and abnormalities of Heart is known as :
- (A) Urogiogy
 - (B) Nephrectomy
 - (C) Cardiology
 - (D) Endocrinology
24. Who formulated philosophy of Pragmatism ?
- (A) Aristotle
 - (B) Plato
 - (C) Freud
 - (D) John Dewey
25. The main role of physical education teacher in an institution is :
- (A) To promote discipline in the institution
 - (B) To promote Healthy environment in the institution
 - (C) To involve individual in sports activities
 - (D) All of the above
26. Where is the headquarter of International Olympic Committee located ?
- (A) France
 - (B) Switzerland
 - (C) London
 - (D) Paris
27. The Aim of Physical education is :
- (A) Physical development
 - (B) Overall development
 - (C) Emotional development
 - (D) Personality Development
28. Bone is example of :
- (A) Connective tissue
 - (B) Epithelial tissue
 - (C) Muscular tissue
 - (D) None of the above
29. Who was the first President of IOC ?
- (A) King Aristotle
 - (B) Dimitoris Vikelas
 - (C) P.B.D. Courbitin
 - (D) William Thomson
30. The extent to which a test measures what it is supposed to measure is known as :
- (A) Reliability of test
 - (B) Validity of test
 - (C) Objectivity of test
 - (D) All of the above
31. Number of byes in a knock out tournament consisting of 16 teams :
- (A) 2
 - (B) 0
 - (C) 1
 - (D) 16
32. Surya-Namshkar was performed from :
- (A) Indus Valley civilization
 - (B) Early Hindu period
 - (C) Later Hindu period
 - (D) Vedic period

33. Presently who is the President of All India Council of Sports ?
 (A) Kiren Rijju
 (B) Shri Sachin Tendulkar
 (C) Vijay Kumar Malhotra
 (D) P. Gopi Chand
34. Rural Sports/tournaments scheme was launched in India in :
 (A) 1971
 (B) 1974
 (C) 1978
 (D) 1979
35. The displacement covered by an athlete, who completed 400 meter race on a standard athletic track is :
 (A) 0 meters
 (B) 400 meters
 (C) 350 meters
 (D) 390 meters
36. In Ancient Olympics, the time period between two Olympic Games was known as :
 (A) Pesodon
 (B) Neples
 (C) Olymapaid
 (D) Odyesseus
37. "Play is natural unfolding of the germinal leaves of child" was said by :
 (A) Mahmata Gandhi
 (B) Swami Vivakanand
 (C) Guru Nanak Dev Ji
 (D) Jawahar Lal Nehru
38. The width of standard hockey field is :
 (A) 28 mts long by 15 mts wide
 (B) 29 mts long by 16 mts wide
 (C) 15 mts long by 28 mts wide
 (D) 29 mts long by 15 mts wide
39. Anticipatory theory of play was given by :
 (A) Herbert Spencer
 (B) Carl Groos
 (C) Jown Dewey
 (D) Freud
40. Calcitonin is a hormone secreted by :
 (A) Thyroid
 (B) Parathyroid
 (C) Adrenal cortex
 (D) All of the above
41. In ancient Athens Physical training was provided at :
 (A) Gymnasium
 (B) Palaestra
 (C) At home
 (D) At paidotribes
42. Who started modern Olympic Games ?
 (A) Pandit Jawahar Lal Nehru
 (B) Pierre, Baron de Coubertin
 (C) Guts Mutts
 (D) Jacquis Rogger
43. 18th Asian Games were held at :
 (A) Tokyo, Japan
 (B) New Delhi, India
 (C) Korea
 (D) Jakarta

44. The stroke volume for an average untrained male is :
- (A) 50-70 ml/beat
(B) 70-90 ml/beat
(C) 90-110 ml/beat
(D) None of the above
45. The main function of epithelia tissue in human beings is for the :
- (A) Protection to body
(B) Shape to body
(C) Movement to body
(D) All of the above
46. Axial Skeleton includes :
- (A) Skull and ribs
(B) Skull, ribs and vertebral column
(C) Skull, vertebral column and hip
(D) Skull, ribs, vertebral column and shoulder
47. Patella is present at :
- (A) Axial Skelton
(B) Lower extremities
(C) Upper extremities
(D) Appendicular extremities
48. Gastric juice is secreted by :
- (A) Liver
(B) Salivary gland
(C) Small intestines
(D) Stomach
49. NSNIS Patiala was established in the year :
- (A) 1986
(B) 1990
(C) 1961
(D) 1882
50. The longest muscle in the body is :
- (A) Serratus anterior
(B) Lattissium dorsi
(C) Sartorius Muscle
(D) Pectorial Major
51. The insertion of Biceps bronchi is on :
- (A) Radius
(B) Humerus
(C) Femur
(D) Ulna
52. Pictorial major is :
- (A) A cup shaped muscle
(B) Triangular shape muscle
(C) Fan shaped
(D) None of the above
53. Where is the insertion of Rectus Abdominus ?
- (A) Pubic symphysis
(B) Pubic crest
(C) Xiphoid Process, costal cartilage of ribs
(D) Sternum

54. "A body remains in the state of rest or uniform motion in a straight line unless and until an external force acts on it" :
- (A) 3rd law
 - (B) 2nd law
 - (C) 1st law
 - (D) Gravitational law
55. When force is between the resistance and the fulcrum is :
- (A) First class lever
 - (B) Second class of lever
 - (C) Third class of lever
 - (D) Both (B) and (C)
56. What is S.I. unit for velocity ?
- (A) M
 - (B) M/S
 - (C) M/S²
 - (D) M/G
57. Which one is principle of skill learning ?
- (A) Maturity
 - (B) Mental rehearsal
 - (C) Repetition
 - (D) All of the above
58. According to Krechmers classification the individual with abnormal body build was referred as
- (A) Athletic
 - (B) Picnic
 - (C) Dyplastic
 - (D) All of the above
59. The height of net for women in Badminton (at center) :
- (A) 5.3 ft
 - (B) 4.11 ft
 - (C) 5ft
 - (D) 5.2ft
60. Term "struggle" is related in :
- (A) Cricket
 - (B) Badminton
 - (C) Volleyball
 - (D) Kabaddi