



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES
(Faculty of Inter-Disciplinary & Applied Sciences University of Delhi)
B-BLOCK, VIKASPURI, NEW DELHI-110 018

Website: www.igipess.du.ac.in E-mail: dudpess1@gmail.com Ph.: 25593497, 25624753, Fax No.: 25549003

WRITTEN TEST FOR Ph.D. ADMISSION

OCTOBER-2015

NAME :

FATHER'S NAME :

ROLL NUMBER :

MOBILE NO. :

EMAIL ID. :

Instructions:

1. A total of 100 Questions.
2. One Mark each for each question.
3. No Negative Marking.
4. Tick (✓) the appropriate from the multiple option using a black or blue ball pen.
5. Non ticking or ticking more than one options, or incorrect ticking or ticking between two options will not be considered for awarding marks.

Date.....

Signature of the Candidate

Place.....

1. Where were the First SAF games held?
 - (a) Kathmandu
 - (b) Malaysia
 - (c) Delhi
 - (d) Pakistan
2. Term "Free Throw" is used in
 - (a) Wrestling
 - (b) Soccer
 - (c) Volleyball
 - (d) Basketball
3. In which year Netaji Subhash National Institute of Sports was set up?
 - (a) 1956 A.D.
 - (b) 1961 A.D.
 - (c) 1964 A.D.
 - (d) 1972 A.D.
4. The most important motto of physical education is:
 - (a) Healthy body and Healthy Mind
 - (b) Healthy society and Masion
 - (c) Healthy Body
 - (d) Healthy mind
5. Who introduced the game of football in India?
 - (a) British
 - (b) Germans
 - (c) Americans
 - (d) Greek
6. Which of the following cups/trophies is not related to Football?
 - (a) Subroto Cup
 - (b) World Cup
 - (c) Durand Cup
 - (d) Wills Cup
7. When was Hockey introduced in the Asian Games?
 - (a) 1951, Delhi
 - (b) 1954, Manila
 - (c) 1958, Tokyo
 - (d) 1962, Jakarta

8. Which village in Punjab is called the Nursery of Hockey?
 - (a) Rajpura
 - (b) Patiala
 - (c) Gurdaspur
 - (d) Sansarpur
9. Heart Rate is defined as :
 - (a) Quantity of blood pumped away by Heart in one minute.
 - (b) Number of systolic contractions per Minute.
 - (c) Number of diastolic contractions per Minute.
 - (d) Number of heart contractions per minute
10. During heavy exercise the supply of blood increase towards:-
 - (a) Brain
 - (b) Skeletal muscle
 - (c) Skin
 - (d) Kidneys
11. Fibre type having greater number of mitochondria and high concentration of myoglobin is –
 - (a) Faster twitch
 - (b) Slow twitch
 - (c) Both (a) & (b)
 - (d) None of the above
12. Drugs that increase muscle bulk and extra power for muscle contraction are-
 - (a) Caffeine
 - (b) Androgenic steroids
 - (c) Corticoid steroids
 - (d) Betablockers
13. What type of motivation is not applicable to young children?
 - (a) Intrinsic motivation
 - (b) Extrinsic motivation
 - (c) Achievement motivation
 - (d) None of the above
14. The trial and error theory of learning was propounded by-
 - (a) Newton
 - (b) Pavlov
 - (c) Thorndike
 - (d) Home

15. The period of growth and development from 9 to 11 year is known as –
- (a) Early childhood
 - (b) Later childhood
 - (c) Puberty
 - (d) Adulthood
16. Cognitive learning is also called:-
- (a) Mental learning
 - (b) Affective learning
 - (c) Motor learning
 - (d) All of the above
17. Introverts are interested in –
- (a) Themselves
 - (b) Others
 - (c) Themselves and other
 - (d) None of the above
18. During adolescence the behavior of a person is influenced by-
- (a) Family
 - (b) Peer group
 - (c) School
 - (d) Society
19. Concentration is the narrowest path of
- (a) Aggression
 - (b) Arousal
 - (c) Activation
 - (d) Attention
20. What is the aim of Physical Education
- (a) Physical Education
 - (b) A wholesome development of an Individual
 - (c) Growth and development
 - (d) All of the above
21. What is the philosophy of physical education programmes?
- (a) Realism
 - (b) Pragmatism
 - (c) Idealism
 - (d) All of the above

22. The aim of Spartan education was to produce-
- (a) Intellectuals
 - (b) Good citizens
 - (c) Warriors
 - (d) All of the above
23. Who among the following declares the Olympic Games closed?
- (a) Chairman, I.O.C.
 - (b) President, I.O.C.
 - (c) Secretary, I.O.C.
 - (d) Prime Minister of the Country.
24. To which of the following is the hosting of Olympic game awarded?
- (a) To the city
 - (b) To the Country
 - (c) To the district
 - (d) To the Capital
25. The exponent of modern Olympic Games B.P. Coubertain belongs to-
- (a) France
 - (b) England
 - (c) USA
 - (d) Denmark
26. "Mesomorphy " is characterized by:-
- (a) Linearity and tallness
 - (b) Roundness of the body
 - (c) Muscularity and strength
 - (d) Does not relate to any of the above
27. "Lean body Mass" is-
- (a) Muscle, bone and other non-fat tissues of the body
 - (b) Fatty tissues of the body
 - (c) Total Body Weight
 - (d) None of the above
28. "Endomorph" is characterized by
- (a) Thin and lethargic
 - (b) Flabby and fat
 - (c) Muscular and athletic
 - (d) None of the above

29. Function of long bones in the body is to .
(a) Give strength
(b) Give protection
(c) Act as lever
(d) Provide surface area for muscle attachment.
30. Example of synovial joint is
(a) Suture
(b) knee joint
(c) Inter vertebral disc
(d) Shoulder
31. What type of muscles are capable of resisting fatigue in a long duration activity?
(a) Deltoid (b) Fast Twitch
(c) Slow twitch (d) both (b) (c)
32. Force generation but fiber lengthening is also known as-
(a) Eccentric contracton
(b) Concentric contraction
(c) Isotonic contraction
(d) Isometric Contraction
33. "Kyphosis" is also called.
(a) Hollow back (b) Round back
(c)Lateral back (d) back curve
34. "Hunch back" is also known as-
(a) back pain (b) Scoliosis
(c) Lordosis (d) Kyphosis
35. Side ward curvature of the spine is called.
(a) Knock knee (b)Kyohosis
(c) Scoliosis (d) Lordosis
36. The path of an object projected into free air space is known as
(a) Speed
(b) Abnormal curve
(c) velocity
(d) Parabola
37. Duration is measure of
(a) Distance (b) Displacement
(c) Force (d) Time
38. First law of motion is also called
(a) Law of acton and reaction
(b) Law of conservation of energy
(c) Law of inertia
(d) Law of transference of momentum.

39. The branch of mechanics that describes the cause of motion is
(a) kinetics (b) Kinematics
(c) Biomechanics (d) fluid mechanics
40. Largest bone in the human body is
(a) Tibia (b) Femur
(c) Fibula (d) Humerus
41. Which of the following is an example of uniaxial joint?
(a) condyloid
(b) Saddle
(c) Hinge
(d) Condyloid and saddle both
42. Which of the following is an example of bi-axial joint?
(a) Hinge
(b) Pivot
(c) Both (a) and (b)
(d) None of the above
43. Imaginary line passing laterally from one side to other is called-
(a) Sagittal axis (b) Sagittal plane
(c) Vertical axis (d) Lateral axis
44. Side ways bending of trunk is an example of movement in
(a) Frontal plane and sagittal Axis
(b) Sagittal plane and Sagittal Axis
(c) Frontal plane and transverse Axis
(d) Sagittal plane and lateral Axis
45. A forward upward movement of the foot at the ankle joint is
(a) Planar flexion (b) Dorsi flexion
(c) Inversion (d) Eversion
46. Newton's second law of motion is also known as
(a) Law inertia
(b) Law of Action reaction
(c) Law of momentum
(d) Law of gravitation
47. "Lumbar" Vertebrae are-
(a) 6 in number (b) 7 in number
(c) 5 in number (d) 4 in number
48. Technique of ossification of bones of right hand is used to determine
(a) Height (b) Age
(c) Weight (d) Equilibrium Ability

49. "Hamstring" muscle-

- (a) Extends knee (b) Flexes knee
- (c) Extends elbow (d) Flexes elbow

50. The vertical axis passes

- (a) Perpendicular to the ground
- (b) Horizontal to the ground
- (c) Both (a) and (b)
- (d) None of the above

51. In isometric contraction, the muscle-

- (a) Shortens
- (b) lengthens
- (c) Neither shortens nor lengthens
- (d) Shortens as well as lengthens

52. In which type of lever, the weight is in between force and fulcrum?

- (a) Type I (b) Type II
- (c) Type III (d) All of the above

53. The movements around ball and socket joints are

- (a) Flexion and extension
- (b) Rotation and circumduction
- (c) Hyper extension
- (d) all of the above

54. Which of the following is an example of Hinge joint

- (a) Hip joint (b) Elbow joint
- (c) Ankle joint (d) All of the above

55. During abduction the arm moves-

- (a) Towards the body
- (b) Away from the body
- (c) In front of the chest
- (d) None of the above

56. Which of the following planes of the body divides it into upper and lower parts-

- (a) Saggital (b) Transverse
- (c) Frontal (d) Vertical

57. How many bones are there in the carpus of human beings?

- (a) 8 (b) 9
- (c) 10 (d) 11

58. Density of bones is greater in-

- (a) Men (b) Women
- (c) Both (a) and (b) (d) None of the above

59. Main bones in forearm are-

- (a) Humerous-femur
- (b) Radius-ulna
- (c) Ulna-phalanges
- (d) Wrist Bones-phalanges

60. The Structure of which joint permits bending in only one direction?

- (a) Pivot
- (b) Hinge
- (c) Gliding
- (d) Ball and socket

61.. An imaginary line passing from anterior to posterior direction is

- (a) Sagittal axis
- (b) Vertical axis
- (c) Sagittal plane
- (d) Frontal plane

62. Units of distance and displacement are

- (a) m/s
- (b) m
- (c) m/s²
- (d) radian

63. Raising of body on toes is an example of

- (a) First Class lever
- (b) Second class lever
- (c) Third Class level
- (d) None

64. The movement of the forearm in which the palm faces anteriorly is called-

- (a) Supination
- (b) Pronation
- (c) Protraction
- (d) Retraction

65. The massage where the focus of pressure is moved by the hands gliding over the skin is-

- (a) Effleurage
- (b) traction
- (c) petrissage
- (d) topetement

66. Percussion oriented massage involving striking of soft tissues with repetitive blows, using both hands in a rhythmic, gentle and rapid fashion as-

- (a) Petrissage
- (b) Tapotement
- (c) Deep friction
- (d) Traction

67. Distance is

- (a) Scalar quantity
- (b) vector quantity
- (c) Same as displacement
- (d) measured in m/s

68. What are also called moments of force?

- (a) Inertia
- (b) Acceleration
- (c) Trajectories
- (d) Torques

69. The point where the entire mass or weight of the body may be considered to be concentrated is-
- (a) Centre of mass
 - (b) Centre of gravity
 - (c) Torque
 - (d) Lever
70. In observational research, there are no –
- (a) Variables
 - (b) Standardized tests
 - (c) Experimental tests
 - (d) Statistical tests
71. Which of the following indicates consistency in performance ?
- (a) Validity
 - (b) Reliability
 - (c) Both(a) and (b)
 - (d) None of the above.
72. The scope in research is indicated by –
- (a) Limitations of the study
 - (b) Delimitations of the study
 - (c) Definition and explanation of terms
 - (d) Interpretation of research results.
73. Hypothesis is also called –
- (a) Hunch of scholar
 - (b) Tentative conclusion
 - (c) Guess of the scholar
 - (d) All of the above
74. The principle of randomization is one in which a sample includes –
- (a) Total population
 - (b) Part of the population which the researcher wishes to approach
 - (c) Smaller portion of population in a systematic way
 - (d) A population other than the one for which investigation have been planned.
75. Standard Deviation represents –
- (a) Central tendency of the data
 - (b) Correlation of the data
 - (c) Dispersion of the data
 - (d) Probability
76. The most unreliable and unstable average is –
- (a) Mode
 - (b) Mean
 - (c) Median
 - (d) None of the above

77. Which of the following instruments comes under the preview of anthropometry?
(a) Ultrasound
(b) Treadmill
(c) Dynamometer
(d) Skin fold caliper.
78. The term which indicates 'relationship existing between parts of measures' is –
(a) Standard Deviation
(b) Correlation
(c) Degree of freedom
(d) Range
79. Product moment coefficient of correlation measures which particular type of relationship between two variables?
(a) Linear
(b) Curvilinear
(c) Parabolic
(d) Circular
80. Which of the following is the best measure of variability?
(a) Range
(b) Standard Deviation
(c) Mean Deviation
(d) None of the above
81. Who among the following devised the test for the game of basketball?
(a) broer-miller (c) schmithal
(c) Petry (d) Johnson
82. 'Alignometer' is used to measure?
(a) Size (b) strength
(c) Posture (d) weight
83. Which of the following is used to measure static strength?
(a) Stadiometer (b) ammeter
(c) galvanometer (d) dynamometer
- 84 . which of the following instrument measure 'height' ?
(a) Spring scale rig (b) dynamometer
(c) stadiometer (d) scoliometer

85. Which of the following instruments measures the lung capacity?

- (a) Anemometer (b) Wet spirometer
(c) Galvanometer (d) Sphygmomanometer

86. 'Sit and reach test' measure –

- (a) Abdominal strength (b) Shoulder flexibility
(c) Hamstring and back flexibility (d) Hyperextension of the back

87. Goniometry measures –

- (a) Strength (b) Power
(c) Endurance (d) Flexibility

88. Who among the following devised a test for motor ability?

- (a) French (b) Smithel
(c) Warner (d) Barrow

89. Whether or not a given source is genuine and admissible as evidence is found through -

- (a) Internal criticism (b) External Criticism
(c) Both (a) and (b) (d) None of the above

90. Which of the following is the most reliable measure of central tendency?

- (a) Median (b) Mode
(c) Mean (d) None of the above

91. Which of the following is secondary source?

- (a) Pictorial records (b) Mechanical
(c) Personal records (d) Text books

92. Which of the following measures represents scatter of scores around median?

- (a) Standard Deviation (b) Average Deviation
(c) Quarlite Deviation (d) None of the above.

93. Which method of research investigates the likelihood of a relationship between two variables and identifies associations rather than cause and effect-

- (a) Experimental design (b) Survey
(c) Case studies (d) Correlation studies

94. Controlled investigations that try to establish cause and effect between two or more variables with the purposes of predicting outcomes is –

- (a) Experimental design (b) Correlation studies
(c) Survey (d) Case study

95. The middle value in a distribution refer to –

- (a) Mean (b) Mode
(c) Median (d) Geometric mean

96. The simplest method of studying dispersion is –

- (a) Range (b) Quartile deviation
(c) Mean deviation (d) Standard deviation

97. Root mean square deviation is also called –

- (a) Mean deviation (b) Standard deviation
(c) Variance (d) Correlation

98. The square of the standard deviation is called –

- (a) Mean deviation (b) Quartile range
(c) Inter-quartile range (d) Variance

99. The least possible correlation between two variable is -

- (a) -1.00 (b) -0.1
(c) -0.01 (d) -0.001

100. Which of the following is not a name for dispersion?

- (a) Scatter (b) Spread
(c) Regression (d) Variation

