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YMCA COLLEGE OF PHYSICAL EDUCATION

(Autonomous)

(A Project of The National Council of YMCAs of India)

NANDANAM, CHENNAI - 600 035.



Reg. No.

B150 SP
43

SELECTION TRIALS 2020 - 2021

SCORE SHEET

Test No. :

BCC 305

~~M.P.Ed. / B.P.E.S. / D.P.Ed. /~~ B.P.Ed. / B.M.S / M.Sc. & P.G. Diploma

NAME OF THE CANDIDATE : J. JENO SINGH
 SEX : Male
 DATE OF BIRTH & AGE : 19.03.1999 . 21
 RELIGION & COMMUNITY : Christian , Nadar BC
 SPECIALISATION GAME / SPORT : Basket ball.



Dr. J. SRIDHARAN, M.B.B.S.
 REGN. No 70757.
 SENIOR CIVIL ASSISTANT SURGEON
 TUTOR IN FORENSIC MEDICINE
 THIRUVELI MEDICAL COLLEGE
 THIRUVELI
 MAX 25 MARKS
 627 011.

(Office use only)

(A) Qualifying Examination	TOTAL	16.57	SIGNATURE OF STAFF	
(B) Games & Sports latest participation	TOTAL	10	SIGNATURE OF STAFF	MAX 25 MARKS
(C) Games Skill Test	TOTAL	44	SIGNATURE OF STAFF	MAX 50 MARKS
(D) Written Test and Personal Interview	TOTAL		SIGNATURE OF STAFF	MAX 50 MARKS
(E) Track and Field Fitness Test Score	TOTAL	19	SIGNATURE OF STAFF	MAX 50 MARKS
(1) 100 M		15.32 Sec		
(2) LONG JUMP		4.62 M		
(3) SHOTPUT		6.20 M		
Grand Total (A + B + C + D + E)	TOTAL	89.57	SIGNATURE OF STAFF	

Selected / Not Selected / Wait listed

Chief Co-ordinator

Co-ordinator

Principal

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM,
CHENNAI – 35

MPED ADMISSION 2021-2022
WRITTEN TEST -12th AUGUST 2021

TEST NO:

STC 85

ANSWER SHEET

Answer:

1-[B]✓ 6-[B]✓ 11-[D]✓ 16-[D]✓ 21-[C]✓ 26-[A]✓ 31-[D]✓
2-[A] 7-[B] 12-[A]✓ 17-[B]✓ 22-[B]✓ 27-[D]✓ 32-[C]✓
3-[A]✓ 8-[B]✓ 13-[D]✓ 18-[B] 23-[A] 28-[C]✓ 33-[D]✓
4-[C]✓ 9-[D] 14-[A] 19-[C]✓ 24-[C]✓ 29-[D] 34-[A]✓
5-[A]✓ 10-[C]✓ 15-[B]✓ 20-[D] 25-[B]✓ 30-[B] 35-[B]✓

TOTAL

25

Name and Signature of Evaluator

Note:

1. Choose the correct answer from the options and fill in the answer sheet for the questions 1-35.
2. Total 35 Marks. Duration 60 minutes.
3. Write the answer by using blue/black ball point pen. Avoid over writing/striking, etc.
4. Write the answers in ANSWER SHEET - Page 1.

Name & Signature of Invigilator

Pc. Vanlaltana, Pc. ~~Vanlaltana~~

Name & Signature of Candidate

QUESTION SHEET

1. Adduction is inside movement towards the midline of the body
A) Abduction B) Adduction C) Flexion D) Rotation
2. Which of the following is not a classification of Transfer of Training?
 A) Positive Transfer B) Negative Transfer C) Zero Transfer D) Multiple Transfer
3. Carbohydrates are the main sources of energy in all activities
 A) Carbohydrates B) Proteins C) Fats D) Vitamins
4. The ability to overcome a resistance with a fast contraction is called Explosive strength
A) Speed Endurance B) Strength Endurance C) Explosive Strength D) Maximum Strength
5. A First class lever has the fulcrum located between the force and resistance
 A) First B) Second C) Third D) Fourth
6. Competition within the walls of an Institution is called Intramurals
A) Extramural B) Intramurals C) Inter-Collegiate D) Invitational Tournament
7. When the total number of Byes are 11, the number of byes in the upper half would be 5
A) 6 B) 5 C) 4 D) 7
8. Teaching people to utilize their free time in a constructive manner is an aim of Recreation
A) Camping B) Recreation C) Education D) Activities
9. John Gutsmuths is considered as the Grand Father of German Gymnastic
A) Rousseau B) Friedrich Ludwig Jahn C) Johann Friedrich Gutsmuth D) John Gutsmuth
10. 'O' Blood Group person is called Universal Donor
A) Universal Recipient B) Universal antibody C) Universal Donor D) Universal Group
11. Dynamometer is an instrument used to measure Strength
A) Endurance B) Flexibility C) Agility D) Strength
12. The International Olympic Committee was formed in the year 1894
 A) 1894 B) 1885 C) 1902 D) 1910
13. Astanga Yoga has got 8 limbs
A) 5 B) 9 C) 7 D) 8
14. Perception is a branch of Physiology
 A) Physiology B) Kinesiology C) Psychology D) Sociology
15. The Arjuna Award was instituted in the year 1961
A) 1951 B) 1961 C) 1971 D) 1981
16. Formula to find out the total number of matches in league tournament is: $\frac{n(n-1)}{2}$
A) $\frac{n(n+1)}{2}$ B) $(n-1)$ C) $(n+1)$ D) $\frac{n(n-1)}{2}$
17. Biceps muscle has 2 Origin
A) 1 B) 2 C) 3 D) 4

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM,
CHENNAI - 35

M.P.Ed. ADMISSION 2022-2023
WRITTEN TEST -11th JULY 2022

TEST NO:

PGIMBC 33

ANSWER SHEET

Answer:

1-[B] ✓ 6-[B] ✓ 11-[D] ✓ 16-[C] ✓ 21-[A] ✓ 26-[C] ✓ 31-[C] ✓
2-[A] ✓ 7-[B] ✓ 12-[A] ✓ 17-[D] ✓ 22-[B] ✓ 27-[A] ✓ 32-[C] ✓
3-[A] ✓ 8-[A] ✓ 13-[A] ✓ 18-[C] ✓ 23-[D] ✓ 28-[B] ✓ 33-[C] ✓
4-[A] ✓ 9-[B] ✓ 14-[C] ✓ 19-[B] ✓ 24-[A] ✓ 29-[B] ✓ 34-[C] ✓
5-[A] ✓ 10-[A] ✓ 15-[C] ✓ 20-[D] ✓ 25-[A] ✓ 30-[A] ✓ 35-[B] ✓

TOTAL

33.19

S. Glory

Name and Signature of Evaluator

Note:

1. Choose the correct answer from the options and fill in the answer sheet for the questions 1-35.
2. Total 35 Marks. Duration 60 minutes.
3. Write the answer by using blue/black ball point pen. Avoid over writing/striking, etc.
4. Write the answers in ANSWER SHEET - Page 1.

D.S.V.

Name & Signature of Invigilator

JEGIAN KUMAR M

Name & Signature of Candidate

QUESTION SHEET

- Amount of blood pumped out from the heart in maximal contraction is _____.
 - Stroke Volume
 - Cardiac Output
 - Tidal Volume
 - Anaerobic Threshold
- Which is not fat soluble vitamin?
 - B
 - A
 - D
 - E & K
- A criterion for a standard test involves.
 - Reliability
 - Complexity
 - Necessity
 - Intensity
- Sociological foundation of physical education discusses.
 - Cooperation
 - Body type
 - Physical fitness
 - Motor fitness
- Which is not in the first day order of Decathlon?
 - Discus
 - High Jump
 - 100M
 - Shot put
- Competition outside the walls of an Institution is called _____.
 - Intramural
 - Extramural
 - League
 - Knock out cum league
- Total number of teams 29. Total number of byes in single knock out tournament is _____.
 - 0
 - 3
 - 13
 - 1
- A range of behaviors that can result in both physical and psychological harm to our self, others, _____.
 - Stress
 - Aggression
 - Anxiety
 - Activities
- _____ is a feeling of fear, dread, and uneasiness.
 - Aggression
 - Anxiety
 - Stress
 - Motivation
- Systematic and consistent practice of mental or psychological skills for the purpose of enhancing sport performance is _____.
 - Sports psychology
 - Psychological skill training
 - Fartlek training
 - Fitness, wellbeing
- Total medals won by India in 2020 Tokyo Olympics.
 - 5
 - 6
 - 7
 - 4
- 2024 Olympics will be held at _____.
 - Los Angeles
 - Brisbane
 - Paris
 - Delhi
- Concentration in yogasana is known as
 - Dhyana
 - Pratyahara
 - Dharana
 - Samadhi
- The highest sports award / honour in India is
 - Arjuna award
 - Dhyan Chand award
 - Rajiv Gandhi Khel Ratna
 - Rashtriya Khel Protsahan Puruskar
- Formula to find out the total number of matches in knock-out tournament is _____.
 - $n(n+1)/2$
 - $(n+1)$
 - $(n-1)$
 - $n(n-1)/2$
- Biological motives are called as _____.
 - Extrinsic motives
 - Secondary motives
 - Artificial motives
 - Primary motives
- Surplus energy theory of play was originated by a German poet.
 - Karl Groos
 - Stanley Hall
 - Lazarus
 - Schiller

18. What is the formula to find out the total number of matches in a double league?
- $[n(n+1)]/2$
 - $[n(n+1)]$
 - $[n(n-1)]/2$
 - $[n(n-1)]$
19. Which is not a measure of central tendency?
- Median
 - Mode
 - Mean
 - Range
20. Isokinetic method was introduced by
- Morgan.A
 - L. Pearson
 - Frank.M
 - J. J. Perrine
21. The term 'Jeopardy' is associated with the game.
- Softball
 - Kho Kho
 - Kabaddi
 - Handball
22. The school of Gymnastics was called as _____, where the boys were taught running, jumping and throwing in Athens.
- Palaestra
 - Didas Caleum
 - Appella
 - Pyrrhic
23. The outer membrane covering the bone is
- Periosteum
 - Canaliculi
 - Medullary
 - Haversion
24. The exchange of gases between body tissues and the external environment is defined as _____.
- Respiration
 - Circulation
 - Autonomic Nervous system
 - Lymphatic System
25. The air flows into lungs is an active process of _____.
- Inspiration
 - Expiration
 - Exertion
 - Retraction
26. Identify the odd one in relation to the parts of small intestine.
- Duodenum
 - Edenum
 - Ileum
 - Jejunum
27. Heart is surrounded by an outer covering called.
- Myocardium
 - Pericardium
 - Endocardium
 - Atrium
28. Each kidney weighs about _____ grams.
- 100
 - 150
 - 180
 - 200
29. The product of mass and velocity is called
- Distance
 - Momentum
 - Displacement
 - Speed
30. Elbow extension is a typical example for
- Second class lever
 - First class lever
 - Third class lever
 - Fourth class lever
31. Which is called sunshine Vitamin?
- Vitamin A
 - Vitamin E
 - Vitamin D
 - Vitamin K
32. Rounder upper back condition is known as
- Round shoulder
 - Lordosis
 - Kyphosis
 - Scoliosis
33. Tuberculosis is mainly an _____ infection.
- Water-borne
 - Insect-borne
 - Air-borne
 - Contact transmission
34. The word yoga derived from the Sanskrit word 'Yuj' which means _____.
- To feel
 - To appear
 - To join
 - To live
35. "Pushing against any object without overcoming resistance" is an example of
- Isokinetic exercises
 - Isotonic exercises
 - Isometric exercises
 - Isolated exercises

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Application No. : YMCA2200286

Reg. No. :



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NANDANAM, CHENNAI - 600 035.



SELECTION TRIALS 2022-2023

Test No. : PG-MBC 33

SCORE SHEET

M.P.Ed. / B.P.E.S. / D.P.Ed. / B.P.Ed. / B.M.S / M.Sc. / P.G. Diploma

NAME OF THE CANDIDATE : JEGAN KUMAR M
 SEX : M F
 DATE OF BIRTH & AGE : 24.08.1999 / 23
 RELIGION & COMMUNITY : HINDU / MBC
 SPECIALISATION GAME / SPORT : CRICKET
 MOBILE NO : 8973273363
 MAIL ID : jegan_kumar_24899@gmail.com



(Office use only)

(A) Qualifying Examination MAX 25 MARKS	TOTAL	<u>18.66</u>		SIGNATURE OF STAFF
(B) Games & Sports latest participation MAX 25 MARKS	TOTAL	<u>20</u>		SIGNATURE OF STAFF
(C) Games Skill Test MAX 50 MARKS	TOTAL	<u>47</u>		SIGNATURE OF STAFF
(D) Written Test and Personal Interview M.P.Ed. MAX 50 MARKS <i>W.T - 19</i>	TOTAL	<u>31</u>		SIGNATURE OF STAFF
(E) Track and Field Fitness Test Score MAX 50 MARKS <i>P.I - 12.82</i>	TOTAL	<input type="text"/>		SIGNATURE OF STAFF

(1) 100 M
 (2) LONG JUMP
 (3) SHOTPUT

Grand Total (A + B + C + D + E) TOTAL 116.66 SIGNATURE OF STAFF

Selected / Not Selected / Wait listed

Chief Co-ordinator

Co-ordinator

Principal