

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

1. Amount of blood pumped out from the heart in maximal contraction is _____.
A) Stroke Volume
B) Cardiac Output
C) Tidal Volume
D) Anaerobic Threshold
2. Which is not fat soluble vitamin?
A) B
B) A
C) D
D) E & K
3. A criterion for a standard test involves.
A) Reliability
B) Complexity
C) Necessity
D) Intensity
4. Sociological foundation of physical education discusses.
A) Cooperation
B) Body type
C) Physical fitness
D) Motor fitness
5. Which is not in the first day order of Decathlon?
A) Discus
B) High Jump
C) 100M
D) Shot put
6. Competition outside the walls of an Institution is called _____.
A) Intramural
B) Extramural
C) League
D) Knock out cum league
7. Total number of teams 29. Total number of byes in single knock out tournament is _____.
A) 0
B) 3
C) 13
D) 1
8. A range of behaviors that can result in both physical and psychological harm to our self, others, _____.
A) Stress
B) Aggression
C) Anxiety
D) Activities
9. _____ is a feeling of fear, dread, and uneasiness.
A) Aggression
B) Anxiety
C) Stress
D) Motivation
10. Systematic and consistent practice of mental or psychological skills for the purpose of enhancing sport performance is _____.
A) Sports psychology
B) Psychological skill training
C) Fartlek training
D) Fitness, wellbeing
11. Total medals won by India in 2020 Tokyo Olympics.
A) 5
B) 6
C) 7
D) 4
12. 2024 Olympics will be held at _____.
A) Los Angeles
B) Brisbane
C) Paris
D) Delhi
13. Concentration in yogasana is known as
A) Dhyana
B) Pratyahara
C) Dharana
D) Samadhi
14. The highest sports award / honour in India is
A) Arjuna award
B) Dhyana Chand award
C) Rajiv Gandhi Khel Ratna
D) Rashtriya Khel Protsahan Puruskar
15. Formula to find out the total number of matches in knock-out tournament is _____.
A) $n(n+1)/2$
B) $(n+1)$
C) $(n-1)$
D) $n(n-1)/2$
16. Biological motives are called as _____.
A) Extrinsic motives
B) Secondary motives
C) Artificial motives
D) Primary motives
17. Surplus energy theory of play was originated by a German poet.
A) Karl Groos
B) Stanley Hall
C) Lazarus
D) 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

**YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM,
CHENNAI – 35**

**MPED ADMISSION 2022-2023
WRITTEN TEST -11th JULY 2022**

TEST NO:

ANSWER SHEET

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Name and Signature of Evaluator

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Name & Signature of Invigilator

Name & Signature of Candidate

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**YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM,
CHENNAI – 35**

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

TEST NO:

ANSWER SHEET

Answer:

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2-[]	7-[]	12-[]	17-[]	22-[]	27-[]	32-[]
3-[]	8-[]	13-[]	18-[]	23-[]	28-[]	33-[]
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Name & Signature of Invigilator

Name & Signature of Candidate

QUESTION SHEET

1. ----- 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. ----- 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-----
A) Speed Endurance B) Strength Endurance C) Explosive Strength D) Maximum Strength
5. A ----- 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-----
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-----
A) 6 B) 5 C) 4 D) 7
8. Teaching people to utilize their free time in a constructive manner is an aim of -----
A) Camping B) Recreation C) Education D) Activities
9. ----- 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-----
A) Universal Recipient B) Universal antibody C) Universal Donor D) Universal Group
11. Dynamometer is an instrument used to measure-----
A) Endurance B) Flexibility C) Agility D) Strength
12. The International Olympic Committee was formed in the year-----
A) 1894 B) 1885 C) 1902 D) 1910
13. Astanga Yoga has got ----- limbs
A) 5 B) 9 C) 7 D) 8
14. Perception is a branch of -----
A) Physiology B) Kinesiology C) Psychology D) Sociology
15. The Arjuna Award was instituted in the year-----
A) 1951 B) 1961 C) 1971 D) 1981
16. Formula to find out the total number of matches in league tournament is:
(A) $\frac{n(n+1)}{2}$ (B) $(n-1)$ (C) $(n+1)$ (D) $\frac{n(n-1)}{2}$
17. Biceps muscle has Origin
(A) 1 (B) 2 (C) 3 (D) 4

18. Olympic motto "Altius" stands for
(A) Higher (B) Faster (C) Stronger (D) Deeper
19. Lateral curvature of spine is
(A) Lordosis (B) kyphosis (C) Scoliosis (D) Flat Back
20. The volume of air expelled after a deepest inhalation is known as
(A) Vital Capacity (B) Residual value (C) Tidal volume (D) Inspiratory reserve volume
21. The School of gymnastics in Athens was called as
(A) Sparta (B) Odyssey (C) Palestra (D) Martius
22. Summer Olympics 2028 will be hosted by
(A) London (B) Los Angeles (C) Atlanta (D) Rio-de Janero
23. Expansion of "EVS"
(A) Environmental Studies (B) Environmental Science
(C) Environmental society (D) Environmental social science
24. Which one of the following is a communicable disease?
(A) Alzheimer (B) Diabetes (C) Tuberculosis (D) Asthma
25. Plyometric training related to
(A) Running (B) Jumping (C) Agility (D) Endurance
26. The amount of blood pumped out from left ventricle in one maximal contraction is
(A) Stroke volume (B) Cardiac output (C) Cardio vascular endurance (D) Minute Ventilation
27. Saddle joint in human is located in
(A) Shoulder (B) Wrist (C) Elbow (D) Thumb
28. "Pushing against the wall" is an example for
(A) Isotonic (B) Isokinetic (C) Isometric (D) Eccentric
29. Which food group has more percentage in the food pyramid?
(A) Fats & oils (B) Bread & Cereals (C) Milk & yogurt (D) Vegetable & fruits
30. "Insightful learning" theory of learning was introduced by
(A) Thordike (B) Pavlov (C) Kohler (D) Sigmund Freud
31. ICT stands for
A) Internal communication technology B) Information communication technology
C) Informal communication technology D) Internet communication technology
32. Electronic Data Processing machine is,
A) Printer B) Plotter C) Computer D) Smartphone
33. What percentage is 15 out of 50?
A) 25 B) 15 C) 33.33 D) 30
34. Men Javelin throw gold medal winner in Tokyo Olympics
A) Neeraj Chopra B) Thompson Herah C) Ma Long D) Jan Zelzeny
35. Totally how many medals India won in Tokoyo Olympics
A) 1 B) 7 C) 5 D) 8

Answer Key: 2021-2022 (MPED Written test)

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