

P.G. ENTRANCE EXAMINATION, APRIL 2021**M.P.Ed. (PHYSICAL EDUCATION)**

Time : Two Hours

Maximum : 50 Marks

I. Answer the following questions :

1. The statistical measure is generally applied for the determination of sampling error is :

- a) Mean.
- b) Chi square.
- c) Correlation.
- d) Standard Deviation.

2. Pectorallis major muscles are situated at :

- a) Knee.
- b) Chest.
- c) Elbow.
- d) Hip.

3. In a circuit training when the intensity is higher and volume is lower it is known as :

- a) Repetition Method.
- b) Specific Training.
- c) Interval Training.
- d) Continuous Training.

4. In Basketball when both hands are kept on hips it indicate :

- a) Pushing.
- b) Intentional Foul.
- c) Foul by team in control of the ball.
- d) Illegal use of hands.

5. In 1968 Cooper formulated a test to measure the basic endurance. What is the duration ?

- a) 40 minutes.
- b) 12 minutes.
- c) 10 minutes.
- d) 8 minutes.

6. Classroom based education provided by trained teachers is known as :

- a) Formal.
- b) Informal.
- c) General.
- d) Specific.

Turn over

7. Inhalation and Exhalation in nadi suddi is done with :
- a) Only with left nostril. b) With alternative nostril.
c) Only with right nostril. d) Both the nostril at a time.
- 8 The computer programme that allows importing data from SPSSPC and other packages for use in developing figures and table is .
- a) Control Unit. b) Power Point.
c) Memory. d) Input Devices.
- 9 From the viewpoint of Sociology, which of the following factors are the most important one in the development of human personality ?
- a) Money. b) Literature.
c) Culture. d) Art.
- 10 The positive stress is known as :
- a) Distress. b) Eu-stress.
c) Anxiety. d) Stress.

(10 × 1 = 10 marks)

II. Match the following :

- | A | B |
|-----------------|-----------------------|
| 1 Effleurage | a) Badminton. |
| 2 JCR Test | b) Hockey. |
| 3 Table Tennis | c) Muscular Strength. |
| 4 Sudirman cup | d) Massage. |
| 5 Aghakahan Cup | e) David Foster. |
| | f) Flexibility. |

(5 × 1 = 5 marks)

III. Fill in the blanks :

- 1 A fake smash in volleyball is known as _____.
- 2 Soccer skill is measured by _____.

- 3 The muscle that works in the flexion of the elbow joint is _____.
- 4 Id, ego and superego factors theory was given by _____.
- 5 An Athlete's stride frequency and stride length denotes _____.
- 6 _____ is the water soluble Vitamin.
- 7 A forward upward movement of the foot at the ankle joint is _____.
- 8 Individual Differences due to _____.
- 9 The Basic unit of nervous system is _____.
- 10 Who is the youngest Olympic medallist in Tokyo Olympics 2020.

(10 × 1 = 10 marks)

IV. Describe the following in *two* sentences :

- 1 Cardiopulmonary Resuscitation (CPR).
- 2 Leadership.
- 3 Equilibrium.
- 4 Anxiety.
- 5 Wellness.

(5 × 2 = 10 marks)

V. Write an essay on any *one* of the following in *two hundred* words :

- 1 What is Periodization and explain the types of Periodization ?
- 2 Explain the Need and Scope of information and communication technology (ICT) in Physical Education.

(15 marks)