

# CET(PG)-2015

Sr. No. : 211184

## Question Booklet Series : A

**Important :** Please consult your Admit Card / Roll No. Slip before filling your Roll Number on the Test Booklet and Answer Sheet.

Roll No. *In Figures* *In Words*

--	--	--	--	--	--

O.M.R. Answer Sheet Serial No.

--	--	--	--	--	--

Signature of the Candidate : \_\_\_\_\_

**Subject : M.P.Ed. (Master of Physical Education)**

Time : 90 minutes

Number of Questions : 75

Maximum Marks : 75

**DO NOT OPEN THE SEAL ON THE BOOKLET UNTIL ASKED TO DO SO**

### INSTRUCTIONS

1. Write your Roll No. on the Question Booklet and also on the OMR Answer Sheet in the space provided and nowhere else.
2. Enter the Subject and Series Code of Question Booklet on the OMR Answer Sheet. Darken the corresponding bubbles with **Black Ball Point / Black Gel pen**.
3. Do not make any identification mark on the Answer Sheet or Question Booklet.
4. To open the Question Booklet remove the paper seal gently when asked to do so.
5. Please check that this Question Booklet contains **75** questions. In case of any discrepancy, inform the Assistant Superintendent within 10 minutes of the start of test.
6. Each question has four alternative answers (A, B, C, D) of which only one is correct. For each question darken only one bubble (A or B or C or D), whichever you think is the correct answer, on the Answer Sheet with **Black Ball Point / Black Gel pen**.
7. If you do not want to answer a question, leave all the bubbles corresponding to that question blank in the Answer Sheet. No marks will be deducted in such cases.
8. Darken the bubbles in the OMR Answer Sheet according to the Serial No. of the questions given in the Question Booklet.
9. Negative marking will be adopted for evaluation i.e., 1/4th of the marks of the question will be deducted for each wrong answer. A wrong answer means incorrect answer or wrong filling of bubble.
10. For calculations, use of simple log tables is permitted. Borrowing of log tables and any other material is not allowed.
11. For rough work only the sheets marked "**Rough Work**" at the end of the Question Booklet be used.
12. The Answer Sheet is designed for **computer evaluation**. Therefore, if you do not follow the instructions given on the Answer Sheet, it may make evaluation by the computer difficult. **Any resultant loss to the candidate on the above account, i.e., not following the instructions completely, shall be of the candidate only.**
13. After the test, hand over the Question Booklet and the Answer Sheet to the Assistant Superintendent on duty.
14. In no case the Answer Sheet, the Question Booklet, or its part or any material copied/noted from this Booklet is to be taken out of the examination hall. Any candidate found doing so, would be expelled from the examination.
15. A candidate who creates disturbance of any kind or changes his/her seat or is found in possession of any paper possibly of any assistance or found giving or receiving assistance or found using any other unfair means during the examination will be expelled from the examination by the Centre Superintendent/Observer whose decision shall be final.
16. **Telecommunication equipment such as pager, cellular phone, wireless, scanner, etc., is not permitted inside the examination hall. Use of calculator is not allowed.**

**SEAL**

1. With regard to African World Cup history. Which was the first of Africa's team to appear in the FIFA World Cup?  
(A) Cameroon  
(B) Tunisia  
(C) Egypt  
(D) Morocco
2. Spreading your fingers apart is a form of :  
(A) Gliding motion  
(B) Abduction  
(C) Circumduction  
(D) Adduction
3. 'Michael Ferreira' is associated with the game of :  
(A) Snooker  
(B) Billiards  
(C) Golf  
(D) Equestrian
4. Saturated fats are derived primarily from :  
(A) Vegetable oils  
(B) Corn oil  
(C) Soybean oil  
(D) Dairy products, hydrogenated oils and meat products
5. The largest chemical factory of the body is :  
(A) Liver  
(B) Pancreas  
(C) Pituitary gland  
(D) Salivary gland
6. Which of the following is called "bellows breath" ?  
(A) Sitkari  
(B) Kapalabhati  
(C) Nadi Sodhana  
(D) Bhastrika
7. Vitamin responsible for blood clotting is :  
(A) Vitamin-C  
(B) Vitamin-B  
(C) Vitamin-K  
(D) Vitamin-A
8. Name the first athlete to fail a gender test :  
(A) Ewa Klobukowska  
(B) Santhi Soundarajan  
(C) Jim Thorpe  
(D) Hermann Ratjen

9. The rotator cuff is formed by all of the following except :

- (A) Subscapularis (B) Teres minor  
(C) Teres major (D) Supraspinatus

10. 'Trapezius' muscles help in :

- (A) Pushing the neck backward (B) Punching  
(C) Raising the leg forward (D) None of the above

11. XVIII Asiad is going to be held in :

- (A) 2020 (B) 2018  
(C) 2019 (D) 2022

12. Number of bones in the axial skeleton is :

- (A) 60 (B) 80  
(C) 40 (D) 20

13. A twisting motion of the foot that turns the sole of the foot outward is known as :

- (A) Inversion (B) Plantar flexion  
(C) Eversion (D) Dorsi flexion

14. Which valve prevents the backwards flow of blood in to the left atrium ?

- (A) Aortic valve (B) Pulmonary valve  
(C) Mitral valve (D) Tricuspid valve

15. The training heart rate is directly related to :

- (A) Exercise frequency (B) Exercise mode  
(C) Exercise intensity (D) Exercise time

16. The real name of Muhammad Ali, a famous boxer is :

- (A) Cassius Marcellus Clay (B) Carmen Basilio  
(C) Carlos Monzon (D) Marcel Cerdan

17. In the 200 m event, the wind velocity shall be measured for a period of :

- (A) 10 seconds (B) 20 seconds  
(C) 15 seconds (D) 05 seconds

18. Who said, "Sound mind in a sound body" ?

- (A) Discartes (B) Rousseau  
(C) Aristotle (D) Plato

19. Exercise for the body and music for the soul, in which country the common adage was used ?
- (A) Italy (B) France  
(C) Greece (D) Germany
20. Which one of the following is a social reason that might affect participation in physical activities ?
- (A) Family (B) Equipment  
(C) Weather (D) Facilities
21. Which one of the following is an example of a performance goal ?
- (A) To win the competition (B) To improve your technique  
(C) To beat your personal best (D) To please your coach
22. Muscular endurance is one component of fitness. Which one of the following best describes muscular endurance ?
- (A) to be able to carry out repetitive tasks without tiring  
(B) to be able to lift a heavy weight  
(C) to be able to run fast over a short distance  
(D) to be able to touch your toes with straight legs for a long period of time
23. In track and field the sole and heel of the shoes shall be so constructed as to provide for the use of up to \_\_\_\_\_ spikes.
- (A) 10 (B) 11  
(C) 12 (D) 13
24. In the event of steeple chase (women) the height of hurdles shall be :
- (A)  $0.762 \text{ m} \pm 0.003 \text{ m}$  (B)  $0.782 \text{ m} \pm 0.003 \text{ m}$   
(C)  $0.814 \text{ m} \pm 0.003 \text{ m}$  (D)  $0.840 \text{ m} \pm 0.003 \text{ m}$
25. Sports : Logo :: Nation : ?
- (A) Anthem (B) Ruler  
(C) Animal (D) Emblem
26. Wellington trophy is related to :
- (A) Polo (B) Rowing  
(C) Cricket (D) Table Tennis

27. In humans, which portion of brain controls hunger, thirst and body temperature ?
- (A) Thalamus (B) Hypothalamus  
(C) Hippocampus (D) Medulla
28. Who has got the First Arjuna Award in the field of Athletics ?
- (A) Sri Ram (B) G.S. Randhawa  
(C) Milkha Singh (D) Makhan Singh
29. Overuse of tendons in physical activity can cause problems. Which one of the following problem associated with tendon overuse ?
- (A) Inflammation (B) Arthritis  
(C) Hypertrophy (D) Bruising
30. Which of the following activities would be best described as both aerobic and anaerobic ?
- (A) Sprinting (B) Long jump  
(C) Weightlifting (D) Tennis
31. Which of the following is warning sign of heat stroke in sports ?
- (A) Rapid, strong pulse (B) Muscle cramps  
(C) Thirst (D) Profuse sweating
32. A healthy, active lifestyle helps to improve and maintain mental health. Which one of the following is example of an improvement in mental health ?
- (A) Better stamina to keep going (B) More skills to carry out specific physical activities  
(C) You live longer (D) More able to think positively
33. Which one of the following is not a role of the school curriculum in promoting an active, healthy lifestyle ?
- (A) Teaching motor skills (B) Developing leadership roles  
(C) Encouraging participation in activities (D) Selecting the best performers for national teams
34. A key concept in physical education is performance. Which one of the following is an example of performance as a key concept ?
- (A) Choosing the right technique in the long jump  
(B) Showing determination when playing hockey  
(C) Eating carbohydrates the day before a long distance race  
(D) Being able to beat an opponent in football

35. Which one of the following shows that ethnicity can affect participation in physical activity ?
- (A) If you are tall then you will be able to jump higher  
 (B) You are more likely to be involved in physical activity if your friends are involved  
 (C) You may not be selected for a team because of the colour of your skin  
 (D) North Indian people are better at throws
36. Which of these is a first-class lever ?
- (A) The humeroulnar joint (B) The talocrural joint  
 (C) The knee joint (D) The atlanto-occipital joint
37. Fast-twitch fibres contain :
- (A) a relatively large number of mitochondria and low ATPase activity  
 (B) a relatively small number of mitochondria and low ATPase activity  
 (C) a relatively small number of mitochondria and high ATPase activity  
 (D) a relatively large number of mitochondria and high ATPase activity
38. Adaptation takes a longer time in case of :
- (A) Novice athletes (B) Advanced athletes  
 (C) Elite athletes (D) None
39. Which country has hosted Commonwealth Games for the maximum number of times ?
- (A) Canada (B) New Zealand  
 (C) England (D) Scotland
40. Who won the China Open(Badminton) - BWF Super Series Premier in Men section 2014 ?
- (A) Lin Dan (B) Srikanth Kidambi  
 (C) Chen Long (D) Son Van Ho
41. The teacher who has developed an interest in teaching ?
- (A) Studies problem of student behaviour (B) Compares different types of tests  
 (C) Refuses to be guided by the rules of thumb (D) Cannot deal with children effectively
42. Success of a profession depends on :
- (A) Policy to please individuals (B) Maintaining relationship with people  
 (C) Maintaining quality of work (D) Loyalty to the superiors

43. In a democratic country like India, schools should concentrate on :
- (A) Development of traits to face hurdles of daily life
  - (B) Inculcation of values cherished by the community
  - (C) Preparation for academic excellence
  - (D) Development of traits of good citizenship
44. Which of the following Cups/Trophies is associated with the game of Volleyball ?
- (A) India Swam Cup
  - (B) Ramanujam Trophy
  - (C) Lincoln Trophy
  - (D) Dhyanchand Trophy
45. The maximum danger sector angle for hammer throws from the cage is approximately :
- (A) 45
  - (B) 63
  - (C) 53
  - (D) 40
46. Cannon is the sports term associated with :
- (A) Golf
  - (B) Billiards
  - (C) Chess
  - (D) Hockey
47. Drop is the sports term associated with :
- (A) Archery
  - (B) Horse Racing
  - (C) Badminton
  - (D) Rowing
48. Which one of the following best describes reversibility as a training principle ?
- (A) Repeating each move backwards leads to better results
  - (B) Variety in training reduces boredom
  - (C) Performance can deteriorate if training stops
  - (D) Training should involve lots of rest intervals
49. Which one of the following is a long-term effect of exercise on the muscular system ?
- (A) An increase in tidal volume in muscles
  - (B) A decrease in blood flow to muscle fibres
  - (C) An increase in muscle fatigue
  - (D) An increase in tolerance to lactic acid
50. Time in minutes for initiating Field Events in open competition with ONE athlete remaining unless they are just entering the competition is :
- (A) High Jump = 3 minutes, Pole Vault = 5 minutes
  - (B) High Jump = 1.5 minutes, Pole Vault = 2 minutes
  - (C) High Jump = 1 minute, Pole Vault = 1 minute
  - (D) High Jump = 2 minute, Pole Vault = 3 minute

51. The FIH Tournament Regulations which have been incorporated into the Rules of Hockey for 2015 is :
- (A) The use of the stick above the shoulder (B) 5 minutes expulsion on green card  
(C) The use of stick below the waist (D) 2 minutes expulsion for yellow card
52. In what year was Badminton introduced to the Olympics ?
- (A) 1992 (B) 1988  
(C) 1996 (D) 1976
53. The long-distance foot race at the ancient Olympic games was called :
- (A) Hoplitodromos (B) Marathon  
(C) Dolichos (D) Stade
54. What was the Ekecheiria ?
- (A) The Olympic torch (B) An Olympic event  
(C) An Olympic truce (D) An Olympic oath
55. What did male athletes wear during ancient Olympic competition ?
- (A) A skirt (B) A flip-flop  
(C) Nothing (D) Sneakers
56. Which of the following countries has never been the venue of Asian games ?
- (A) China (B) Iran  
(C) Pakistan (D) Indonesia
57. Name the game which is controlled by the "Queensberry" rules ?
- (A) Archery (B) Boxing  
(C) Athletics (D) Badminton
58. Which of the following universities won the MAKATROPHY for the session 2013-14 ?
- (A) Punjabi University (B) Delhi University  
(C) Guru Nanak Dev University (D) Calicut University.
59. What is Kyudo in Japan ?
- (A) A traditional form of Archery (B) Shooting  
(C) Judo (D) Karate



60. The Olympic Museum was opened at which of the following places ?
- (A) Istanbul (B) Rome  
(C) Lausanne (D) Athens
61. Find the odd one out :
- (A) NCERT (B) NCTE  
(C) ICSSR (D) AFI
62. "Turf burns", "mat burns" or "cinder burns", in simple language, are known as :
- (A) Abrasions (B) Lacerations  
(C) Incisions (D) Contusions
63. What is typically the slowest swimming stroke ?
- (A) Freestyle (B) Backstroke  
(C) Breaststroke (D) Butterfly
64. What's the most common runner's injury ?
- (A) Shin splints (B) Runner's knee  
(C) Achilles tendinitis (D) Plantar fasciitis
65. A teacher must have mastery over his subject for :
- (A) alertness (B) making impact on students  
(C) interest (D) making teaching effective
66. Teachers who are enthusiastic in be class-room teaching :
- (A) often lack proficiency in the subjects which stays hidden under their enthusiasm  
(B) simply dramatize to hold the student's attention  
(C) involve their students in the teaching-learning process  
(D) all of the above
67. If 'WINNER' is written as 'YKPPGT' then 'VICTOR' is written as ?
- (A) UVMNREF (B) XKEVQT  
(C) QDWERS (D) SCNMIK

68. Sideways 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

69. The Pentathlon consists of five events which shall be held on one day in the following order :

- (A) Long Jump; Javelin Throw; 200 m; Discus Throw; and 1500 m  
(B) Long Jump, Discus Throw; Javelin Throw; 200 m and 1500 m  
(C) 200 m Long Jump; Javelin Throw; Discus Throw; and 1500 m  
(D) 200 m Long Jump; Discus Throw, Javelin Throw and 1500 m

70. "Whiff waff" and "Flim flam" are the alternate names of which sports :

- (A) Handball (B) Table Tennis  
(C) Wrestling (D) Judo

71. The pankration event, added to the Games in 648 BC, was a mixture of boxing and wrestling. Which Greek philosopher was champion in this event twice ?

- (A) Plato (B) Sophocles  
(C) Aristotle (D) Socrates

72. What is the age limit to play in the Olympic football competition ?

- (A) Under-21 (B) Under-22  
(C) Under-23 (D) No age limit

73. \_\_\_\_\_ was the official slogan of the 17<sup>th</sup> Asian Games held at Incheon, South Korea.

- (A) Ever onwards (B) Diversity Shines Here  
(C) Harmonious Asia (D) Thrilling Games Ever

74. Which is not a track cycling event in Olympic ?

- (A) Team Sprint (B) Team pursuit  
(C) Kierin (D) Drafting

75. A common start for the distance races in which athletes line up along a curved line and may break in toward lane one immediately is called :

- (A) Kerb start (B) Waterfall start  
(C) Standing start (D) Group start