

DU MPed Department of PEdu N Sports Sci

Topic:- MPED

1) How long could a trained runner be expected to be able to maintain a pace that requires 100% of his VO₂ max?[Question ID = 6722]

1. 30-40 seconds [Option ID = 26885]
2. 1-2 minutes [Option ID = 26886]
3. 3-5 minutes [Option ID = 26887]
4. 8-10 minutes [Option ID = 26888]

2) An athlete with a maximal exercise heart rate of 190 beats per minute (bpm) and a resting heart rate of 70 bpm wishes to train at 80% of VO₂ max. Her target heart rate would be ____ bpm. [Question ID = 6723]

1. 127 [Option ID = 26889]
2. 142 [Option ID = 26890]
3. 166 [Option ID = 26891]
4. 169 [Option ID = 26892]

3) The most effective form of training for stimulating an increase in internal ventricular volume of the heart is:[Question ID = 6724]

1. Continuous training at ~ 70-75% VO₂ max [Option ID = 26893]
2. Continuous training at ~ 95-100% VO₂ max. [Option ID = 26894]
3. Endurance interval training at 100% VO₂ max. [Option ID = 26895]
4. Sprint interval training [Option ID = 26896]

4) The 1918 flu pandemic , also called the Spanish Flu was caused by[Question ID = 6725]

1. H1N1 Influenza A Virus [Option ID = 26897]
2. SARS Coronavirus 2 [Option ID = 26898]
3. Influenza C Virus [Option ID = 26899]
4. Simian Virus 5 [Option ID = 26900]

5) The most effective form of training for increasing muscle capillary density and mitochondrial volume density is:[Question ID = 6726]

1. Long-duration continuous training at 70-75% VO₂ max [Option ID = 26901]
2. Repeated 2-3 minute endurance intervals at 100% VO₂ max [Option ID = 26902]
3. A combination of both of the above [Option ID = 26903]
4. Repeated 30-second sprint intervals with 2-3 minutes recovery between them [Option ID = 26904]

6) After the attaining of training adaptation which out of the options is correct with regard to the time for loss of these adaptations when training is completely stopped?[Question ID = 6727]

1. The increase in muscle oxidative enzyme activity is lost within 2-4 weeks. [Option ID = 26905]
2. The increase in red blood cell numbers is lost within 1-2 weeks. [Option ID = 26906]
3. The increase in heart volume is lost within 2-4 weeks [Option ID = 26907]
4. The increase in muscle glycogen concentration is preserved for 1-1½ months [Option ID = 26908]

7) If an athlete complete 800m in two minutes then which out of the following is correct?[Question ID = 6728]

1. Approximately 75% of the energy would have come from the oxidation of muscle glycogen [Option ID = 26909]
2. Approximately 75% of the energy would have come from anaerobic pathways [Option ID = 26910]
3. Approximately 90 % of the energy would have come from anaerobic pathways. [Option ID = 26911]
4. Approximately 50% of the energy would have come from oxidative pathways and 50% from anaerobic pathways. [Option ID = 26912]

8) At what rate the adaptation will occur if an untrained athlete engages in 12 months of progressive endurance training?[Question ID = 6729]

1. They will be greatest over the first 2 months. [Option ID = 26913]
2. They will be greatest over the last 2 months. [Option ID = 26914]
3. They will be greatest over months 3 and 4 [Option ID = 26915]
4. They will occur almost equally from month to month. [Option ID = 26916]

9) After the cessation of work the various biological parameters and substances recover in a sequential manner. In line with this concept the heart rate and blood pressure recovers in:[Question ID = 6730]

1. 5 minutes after cessation of work [Option ID = 26917]
2. 10 minutes after cessation of work [Option ID = 26918]
3. 15 minutes after cessation of work [Option ID = 26919]
4. Between 20 to 60 minutes after cessation of work [Option ID = 26920]

10) Which out of the following is correct for the 100 m sprint event?[Question ID = 6731]

1. About 50% of the ATP would come from anaerobic glycolysis and 50% from stored ATP and phosphocreatine. [Option ID = 26921]
2. About 50% of the ATP would come from stored ATP and 50% from stored phosphocreatine. [Option ID = 26922]
3. About 10% of the ATP would come from anaerobic glycolysis and 90% from stored ATP and phosphocreatine [Option ID = 26923]



4. All ATP would come from stored muscle glycogen. [Option ID = 26924]

11) How the carbohydrate is stored in the human body? Select the correct options from the following:[Question ID = 6732]

1. Most of it is stored in the liver. [Option ID = 26925]
2. Most of it is circulating in the blood as plasma glucose [Option ID = 26926]
3. Most of it is stored in the muscles. [Option ID = 26927]
4. Glycogen concentration in muscle is about 2 times greater than in liver [Option ID = 26928]

12) Glycogen breaks down to pyruvic acid in the glycolytic pathway, accounting for the production of _____ ATP.[Question ID = 6733]

1. 14 [Option ID = 26929]
2. 6 [Option ID = 26930]
3. 3 [Option ID = 26931]
4. 2 [Option ID = 26932]

13) The total energy yield from the oxidation of 1 molecule of glucose would be equal to ___ molecules of ATP through glycolysis, Krebs Cycle, and redox reactions in the Electron Transport Chain.[Question ID = 6734]

1. 12 [Option ID = 26933]
2. 24 [Option ID = 26934]
3. 36 [Option ID = 26935]
4. More than 100 [Option ID = 26936]

14) The regulation of blood glucose concentration during endurance exercise is dependent upon which of the following factors?[Question ID = 6735]

1. Caffeine [Option ID = 26937]
2. Cortisol [Option ID = 26938]
3. Cytochrome oxidase [Option ID = 26939]
4. Glucagon [Option ID = 26940]

15) After 6 months of heavy resistance training, which of the following adaptations would be least likely to occur in muscle?[Question ID = 6736]

1. An increase in muscle glycogen concentration [Option ID = 26941]
2. An increase in mitochondrial volume density [Option ID = 26942]
3. An increase in the proportion of type 2A fibres [Option ID = 26943]
4. An increase in total creatine phosphate content [Option ID = 26944]

16) Prior to an important competition, a micro-cycle may be used with one peak only, which should be reached _____ days before the competition commences[Question ID = 6737]

1. 7-10 days [Option ID = 26945]
2. 3-5 days [Option ID = 26946]
3. 2 Days [Option ID = 26947]
4. 1 Day [Option ID = 26948]

17) Which type of training would be least effective in increasing muscle capillary density?[Question ID = 6738]

1. Continuous endurance training [Option ID = 26949]
2. Endurance interval training [Option ID = 26950]
3. Sprint interval training [Option ID = 26951]
4. Heavy resistance training [Option ID = 26952]

18) What kind of training is least effective for increasing muscle capillary density?[Question ID = 6739]

1. Heavy resistance training [Option ID = 26953]
2. Endurance interval training [Option ID = 26954]
3. Sprint interval training [Option ID = 26955]
4. Continuous endurance training [Option ID = 26956]

19) When used in weight training, circuits have the following advantages over straight sets:[Question ID = 6740]

1. Produces twice the training stimulus for increased strength and muscle mass [Option ID = 26957]
2. Prevents muscle glycogen depletion during a training session. [Option ID = 26958]
3. Allows for an increased training frequency per muscle group/exercise [Option ID = 26959]
4. Allows for shorter inter set rest periods, and thus shortens the duration of training sessions. [Option ID = 26960]

20) The best approach in maintenance training, to retain training adaptations is to:[Question ID = 6741]

1. Maintain the same training frequency and number of sets for each exercise but reduce the intensity [Option ID = 26961]
2. Reduce the number of sets and training frequency but maintain intensity. [Option ID = 26962]
3. Reduce the number of sets and intensity but maintain the training frequency. [Option ID = 26963]
4. Reduce intensity, frequency and the number of sets [Option ID = 26964]

21) In strength training, endurance performance is least likely to be improved by:[Question ID = 6742]

1. Increasing exercise efficiency. [Option ID = 26965]
2. Inducing a transition from 2X to 2A muscle fibres. [Option ID = 26966]
3. Increasing maximal aerobic power. [Option ID = 26967]
4. Inducing tendon adaptations that enhance stretch-shortening cycle potentiation [Option ID = 26968]

22) For improving sports performance in the competition which type of tapering procedure is considered to be most effective?[Question ID = 6743]

1. Reducing training volume but maintaining training intensity [Option ID = 26969]
2. Maintaining training volume but reducing training intensity [Option ID = 26970]
3. Increasing training volume but reducing training intensity [Option ID = 26971]
4. Reducing both training intensity and training volume [Option ID = 26972]

23) It has often been found that PNF stretching increases maximum range of motion more effectively than static and ballistic stretching. It appears that PNF produces:[Question ID = 6744]

1. The smallest stretch reflex response. [Option ID = 26973]
2. The largest Golgi Tendon Organ reflex response. [Option ID = 26974]
3. A greater increase in stretch tolerance. [Option ID = 26975]
4. A larger decrease in muscle-tendon unit stiffness. [Option ID = 26976]

24) The type of stretch training most likely to increase isometric strength would be _____ stretching.[Question ID = 6745]

1. Static [Option ID = 26977]
2. Ballistic [Option ID = 26978]
3. PNF [Option ID = 26979]
4. Dynamic [Option ID = 26980]

25) When was the Olympic Museum Opened? [Question ID = 6746]

1. 25th April 1993 [Option ID = 26981]
2. 15th June 1991 [Option ID = 26982]
3. 23rd June 1993 [Option ID = 26983]
4. 15th June 1992 [Option ID = 26984]

26) Where is the headquarters of "International Olympic Committee" located?[Question ID = 6747]

1. Italy [Option ID = 26985]
2. Switzerland [Option ID = 26986]
3. France [Option ID = 26987]
4. Belgium [Option ID = 26988]

27) Which one of the following Grand Slam titles is also known as "Rolland Garros" title.[Question ID = 6748]

1. French Open [Option ID = 26989]
2. Wimbledon [Option ID = 26990]
3. U.S Open [Option ID = 26991]
4. Australian Open [Option ID = 26992]

28) The term "Jump Ball" is associated with[Question ID = 6749]

1. Soft Ball [Option ID = 26993]
2. Basketball [Option ID = 26994]
3. Net Ball [Option ID = 26995]
4. Baseball [Option ID = 26996]

29) Name the captain of the Indian Hockey team which won the first Olympic Gold medal in Amsterdam in 1928.[Question ID = 6750]

1. Kishan Lal [Option ID = 26997]
2. Laebokhan [Option ID = 26998]
3. Jaipal Singh [Option ID = 26999]
4. Dhyan Chand [Option ID = 27000]

30) The Scheme of pension applicable to sportspersons, who are Indian citizens and have won Gold, Silver or Bronze medals in Olympic Games, World Cup/World Championships in Olympics and Asian Games disciplines, Asian Games, Commonwealth Games and Para-Olympic Games should have attained the age of[Question ID = 6751]

1. 30 Years [Option ID = 27001]
2. 40 Years [Option ID = 27002]
3. 50 Years [Option ID = 27003]
4. 60 Years [Option ID = 27004]

31) The winner of the RASHTRIYA KHEL PROTSAHAN PURUSKAR is provided with[Question ID = 6752]

1. A certificate, a trophy and a cash award of 2 lakhs [Option ID = 27005]
2. A certificate, a trophy and a cash award of 3 lakhs [Option ID = 27006]
3. A certificate, a trophy and a cash award of 5 lakhs [Option ID = 27007]
4. A certificate and a trophy but no cash award [Option ID = 27008]

32) The winner of MAULANA ABUL KALAM AZAD TROPHY receives a cash prize of[Question ID = 6753]

1. A cash award of 5 lakhs [Option ID = 27009]
2. A cash award of 8 lakhs [Option ID = 27010]
3. A cash award of 10 lakhs [Option ID = 27011]
4. A cash award of 15 lakhs [Option ID = 27012]

33) The ability to perform many repetitions against a given resistance for a prolonged period is called[Question ID = 6754]

1. Strength [Option ID = 27013]
2. Endurance [Option ID = 27014]
3. Strength Endurance [Option ID = 27015]
4. Power Endurance [Option ID = 27016]

34) The muscles primarily responsible for producing a joint action that is part of a comprehensive strength movement or a technical skill[Question ID = 6755]

1. Agonists [Option ID = 27017]
2. Prime Movers [Option ID = 27018]
3. Antagonists [Option ID = 27019]
4. Adducters [Option ID = 27020]

35) The ability to voluntarily recruit as many motor units as possible at the beginning of the movement is called[Question ID = 6756]

1. Inter Muscular Coordination [Option ID = 27021]
2. Muscle to Muscle coordination [Option ID = 27022]
3. Intra Muscular Coordination [Option ID = 27023]
4. Kinesthetic Ability [Option ID = 27024]

36) The constant and deliberate effort to stay healthy and achieve the highest potential for well-being is defined as[Question ID = 6757]

1. Health [Option ID = 27025]
2. Physical Fitness [Option ID = 27026]
3. Wellness [Option ID = 27027]
4. Metabolic Fitness [Option ID = 27028]

37) Which of the following is not a component of health-related fitness?[Question ID = 6758]

1. Cardiorespiratory endurance and Body composition [Option ID = 27029]
2. Muscular strength and endurance [Option ID = 27030]
3. Agility [Option ID = 27031]
4. Muscular Flexibility [Option ID = 27032]

38) Muscular strength usually is determined using the [Question ID = 6759]

1. One Repetition Maximum [Option ID = 27033]
2. One Repetition Minimum [Option ID = 27034]
3. One Repetition Moderation [Option ID = 27035]
4. One Repetition by Muscles [Option ID = 27036]

39) Cardiorespiratory endurance is determined by[Question ID = 6760]

1. the amount of oxygen the body is able to utilize per minute of physical activity. [Option ID = 27037]
2. the length of time it takes the heart rate to return to 120 bpm following the 1.5-Mile Run test. [Option ID = 27038]
3. the difference between the maximal heart rate and the resting heart rate. [Option ID = 27039]
4. the product of the heart rate and blood pressure at rest versus exercise. [Option ID = 27040]

40) The fat and nonfat components of the human body is called[Question ID = 6761]

1. Essential Fat [Option ID = 27041]
2. Lean Body Mass [Option ID = 27042]
3. Body Composition [Option ID = 27043]
4. Percentage Body Fat [Option ID = 27044]

41) The BMI for an individual who weighs 78 kgs and is 1.7 meters tall would be:[Question ID = 6762]

1. 24 [Option ID = 27045]
2. 25 [Option ID = 27046]
3. 26 [Option ID = 27047]
4. 27 [Option ID = 27048]

42) Calculate the waist-to-hip ratio (WHR) of a person with a waist size of 40 inches and hip size of 42 inches.[Question ID = 6763]

1. 0.85 [Option ID = 27049]
2. 0.90 [Option ID = 27050]
3. 0.95 [Option ID = 27051]
4. 0.98 [Option ID = 27052]

43) During an eccentric muscle contraction,[Question ID = 6764]

1. the muscle shortens as it overcomes the resistance [Option ID = 27053]
2. there is little or no movement during the contraction. [Option ID = 27054]
3. a joint has to move through the entire range of motion. [Option ID = 27055]
4. the muscle lengthens as it contracts. [Option ID = 27056]

44) The training concept where the demands placed on a system must be increased systematically and progressively over time to cause physiological adaptation is referred to as[Question ID = 6765]

1. The Overload Principle [Option ID = 27057]
2. Positive Resistance Training [Option ID = 27058]

3. Specificity of Training [Option ID = 27059]
4. Variable Resistance Training [Option ID = 27060]

45) When you perform stretching exercises, the degree of stretch should be [Question ID = 6766]

1. through the entire arc of movement. [Option ID = 27061]
2. to about 80 percent of capacity. [Option ID = 27062]
3. to the point of mild discomfort. [Option ID = 27063]
4. applied until the muscle(s) start shaking. [Option ID = 27064]

46) A MET represents [Question ID = 6767]

1. the symbol used to indicate that the exercise goal has been met. [Option ID = 27065]
2. Metabolic Training [Option ID = 27066]
3. the Maximal Exercise Time achieved. [Option ID = 27067]
4. the rate of energy expenditure at rest. [Option ID = 27068]

47) The amount of a nutrient that is estimated to meet the nutrient requirement of half the healthy people in specific age and gender groups is known as the [Question ID = 6768]

1. Estimated Average Requirement. [Option ID = 27069]
2. Recommended Dietary Allowance. [Option ID = 27070]
3. Daily Value [Option ID = 27071]
4. Adequate Value [Option ID = 27072]

48) One pound of fat represents [Question ID = 6769]

1. 1200 calories [Option ID = 27073]
2. 1500 calories [Option ID = 27074]
3. 3500 calories [Option ID = 27075]
4. 5000 calories [Option ID = 27076]

49) When the body uses protein instead of a combination of fats and carbohydrates as a source of energy [Question ID = 6770]

1. weight loss is very slow. [Option ID = 27077]
2. a large amount of weight loss is in the form of water. [Option ID = 27078]
3. muscle turns into fat. [Option ID = 27079]
4. fat is lost very rapidly. [Option ID = 27080]

50) The concerted, organized, universal and permanent action, carried out under the supreme authority of the IOC, of all individuals and entities who are inspired by the values of Olympism is the [Question ID = 6771]

1. Olympic Motto [Option ID = 27081]
2. Olympic Creed [Option ID = 27082]
3. Olympic Movement [Option ID = 27083]
4. Olympic Charter [Option ID = 27084]

51) Muscular athletes with a large skeletal frame are grouped as: [Question ID = 6772]

1. Mesomorph [Option ID = 27085]
2. Ectomorph [Option ID = 27086]
3. Endomorph [Option ID = 27087]
4. Pseudomorph [Option ID = 27088]

52) "Every body continues in its state of rest unless it is compelled to change that state by force." This statement indicates which law of motion? [Question ID = 6773]

1. Law of Acceleration [Option ID = 27089]
2. Law of momentum [Option ID = 27090]
3. Law of Inertia [Option ID = 27091]
4. Law of acceleration [Option ID = 27092]

53) Sagittal plane movements are typically: [Question ID = 6774]

1. Rotation [Option ID = 27093]
2. Flexion & Extension [Option ID = 27094]
3. Adduction [Option ID = 27095]
4. Abduction [Option ID = 27096]

54) Which of the following period is for providing rest & relaxation to the athlete? [Question ID = 6775]

1. Preparatory Phase [Option ID = 27097]
2. Pre competition Phase [Option ID = 27098]
3. Competition Phase [Option ID = 27099]
4. Transition Phase [Option ID = 27100]

55) Movement duration & movement frequency determines the: [Question ID = 6776]

1. Load Volume [Option ID = 27101]
2. Load Intensity [Option ID = 27102]
3. Load Quality [Option ID = 27103]
4. Load Frequency [Option ID = 27104]

- 56) A. Uber cup is Women's team competition & Thomas cup is Men's Team competition
B. Both tournaments belongs to the game of Tennis
C. Uber cup is Men's team competition & Thomas cup is Women's Team competition
D. Both tournaments belongs to the game of Badminton

Choose the correct option for the Uber cup & Thomas Cup from the following:

[Question ID = 6777]

1. A and D only

[Option ID = 27105]

2. A & B only

[Option ID = 27106]

3. B & C only

[Option ID = 27107]

4. A only

[Option ID = 27108]

57) What makes a woman inferior to man in most regions of strength? (explosive, grip, dynamic etc)[Question ID = 6778]

1. Excess of adipose tissues [Option ID = 27109]
2. Shorter body frame [Option ID = 27110]
3. Smaller visceral organs [Option ID = 27111]
4. Slender bones and rounded fatty muscles [Option ID = 27112]

58) Which of the following factor should not be considered to plan for the yearly training of an athlete:[Question ID = 6779]

1. Number of competitions [Option ID = 27113]
2. Previous Fitness level [Option ID = 27114]
3. Economic status of athlete [Option ID = 27115]
4. Earlier Proficiency level [Option ID = 27116]

59) What should be the duration of the micro-cycle in sports training?[Question ID = 6780]

1. 1- 2 week [Option ID = 27117]
2. One year [Option ID = 27118]
3. 3-6 weeks [Option ID = 27119]
4. 5-6 weeks [Option ID = 27120]

60) Muscles developed in anaerobic workouts are packed with more of:[Question ID = 6781]

1. Endurance ability [Option ID = 27121]
2. Explosive power [Option ID = 27122]
3. Elasticity [Option ID = 27123]
4. Flexibility [Option ID = 27124]

61) How many chromosomes are there in a human body cell?[Question ID = 6782]

1. 42 [Option ID = 27125]
2. 44 [Option ID = 27126]
3. 46 [Option ID = 27127]
4. 48 [Option ID = 27128]

62) An athlete's ability to attend to appropriate stimuli during competition is termed as:[Question ID = 6783]

1. Attentional focus [Option ID = 27129]
2. Cue utilization [Option ID = 27130]
3. Selective Attention [Option ID = 27131]
4. Narrowing Attention [Option ID = 27132]

63) What is a muscle action in which muscle generate force but joint angle does not change called?[Question ID = 6784]

1. Concentric action [Option ID = 27133]
2. Eccentric action [Option ID = 27134]
3. Isotonic action [Option ID = 27135]
4. Isometric action [Option ID = 27136]

64) A shot putter will emphasize on resistance training whereas a sprinter will concentrate on speed interval training.

The above statement indicates which of the training principle?

[Question ID = 6785]

1. Principle of Individuality

[Option ID = 27137]

2. Principle of specificity

[Option ID = 27138]

3. Principle of variety

[Option ID = 27139]

4. Principle of overuse

[Option ID = 27140]

65) Nervous systems which controls body's involuntary internal function is called:[Question ID = 6786]

1. Central Nervous System [Option ID = 27141]
2. Autonomic Nervous system [Option ID = 27142]
3. Peripheral Nervous system [Option ID = 27143]
4. Motor Nervous system [Option ID = 27144]

66) A complex theory of learning that predicts a linear relationship between arousal and learning or performance is called:[Question ID = 6787]

1. Drive Theory [Option ID = 27145]
2. Inverted U Theory [Option ID = 27146]
3. Signal detection Theory [Option ID = 27147]
4. Social Learning Theory [Option ID = 27148]

67) A theory of personality and arousal proposing that an individual's psychological orientation switches back and forth between the telic and the paratelic modes is called:[Question ID = 6788]

1. Individual zone of optimal functioning (IZOF) theory [Option ID = 27149]
2. Catastrophe Theory of Arousal [Option ID = 27150]
3. Inverted U Theory [Option ID = 27151]
4. Apter's Reversal Theory [Option ID = 27152]

68) Ryder cup is related to which sports?[Question ID = 6789]

1. Badminton [Option ID = 27153]
2. Golf [Option ID = 27154]
3. Polo [Option ID = 27155]
4. Formula race [Option ID = 27156]

69) Which need is on top of the Maslow's hierarchy of needs?[Question ID = 6790]

1. Self-actualization [Option ID = 27157]
2. Self-Esteem [Option ID = 27158]
3. Belongingness [Option ID = 27159]
4. Safety [Option ID = 27160]

70) What type of fat should make up the majority of your fat intake for a healthy diet?[Question ID = 6791]

1. Unsaturated fat [Option ID = 27161]
2. Saturated fat [Option ID = 27162]
3. Trans Fat [Option ID = 27163]
4. Fat from animal products [Option ID = 27164]

71) Which is the correct ratio of chest compressions to rescue breaths for use in CPR of an adult casualty?[Question ID = 6792]

1. 30 : 2 [Option ID = 27165]
2. 2 : 30 [Option ID = 27166]
3. 15 : 2 [Option ID = 27167]
4. 10 : 5 [Option ID = 27168]

72) The body's ability to move and manipulate objects are known as:[Question ID = 6793]

1. Reflex action [Option ID = 27169]
2. Motor Skill [Option ID = 27170]
3. Motor ability [Option ID = 27171]
4. Muscle power [Option ID = 27172]

73) By which age a child's brain is 90% of its adult size[Question ID = 6794]

1. 5-6 years [Option ID = 27173]
2. 2-3 years [Option ID = 27174]
3. 4 years [Option ID = 27175]
4. 6-8 years [Option ID = 27176]

74) What is the role of the endocrine system in the human body?[Question ID = 6795]

1. It sends electrical messages along the spinal cord to muscles and glands. [Option ID = 27177]
2. It controls voluntary actions. [Option ID = 27178]
3. It controls activities such as speaking, reading, and writing. [Option ID = 27179]
4. It controls bodily functions by means of chemical messengers. [Option ID = 27180]

75) Which of the following statements describes the role of the nervous system in catching a cricket ball?[Question ID = 6796]

1. It provides structure for arm muscles. [Option ID = 27181]
2. It provides energy to arm muscles. [Option ID = 27182]
3. It tells arm muscles to contract. [Option ID = 27183]
4. It releases adrenaline and prepares the student to run. [Option ID = 27184]

76) Which of the following statements about muscles and the muscular system is true?

- A. Smooth muscle moves food through the digestive system
- B. Muscles always work independently to move parts of the body
- C. The three types of muscle tissue are skeletal muscle, smooth muscle, and involuntary muscle
- D. All muscle action is voluntary, or able to be consciously controlled.

Choose the correct answer from the options given below:

[Question ID = 6797]

1. C and D only

[Option ID = 27185]

2. A only

[Option ID = 27186]

3. C only

[Option ID = 27187]

4. B only

[Option ID = 27188]

77) Which of the following is the main function of the large intestine?

- A. storing bile
- B. absorbing nutrients from chyme
- C. compacting and eliminating waste materials
- D. making hormones that regulate blood sugar

[Question ID = 6798]

1. A and B only

[Option ID = 27189]

2. C only

[Option ID = 27190]

3. B and D only

[Option ID = 27191]

4. B only

[Option ID = 27192]

78) In Which year the Y.M.C.A College of Physical Education was established?[Question ID = 6799]

- 1. 1935 [Option ID = 27193]
- 2. 1920 [Option ID = 27194]
- 3. 1950 [Option ID = 27195]
- 4. 1939 [Option ID = 27196]

79) Where is Sternocleidomastoid muscle located in human body?[Question ID = 6800]

- 1. Thigh [Option ID = 27197]
- 2. Arm [Option ID = 27198]
- 3. Neck [Option ID = 27199]
- 4. Abdomen [Option ID = 27200]

80) Which of the following statements describes the function of veins?

- A. Veins allow gas exchange to occur between cells and blood.
- B. Veins carry blood from the heart to the lungs.
- C. Veins carry blood away from the heart to the body.
- D. Veins carry blood to the heart back from the rest of the body

[Question ID = 6801]

1. B only

[Option ID = 27201]

2. B & C only

[Option ID = 27202]

3. D only

[Option ID = 27203]

4. A & C only

[Option ID = 27204]

81) Which of the following diseases is caused by various pathogenic microorganisms?[Question ID = 6802]

1. Deficiency diseases [Option ID = 27205]
2. Degenerative diseases [Option ID = 27206]
3. Hereditary diseases [Option ID = 27207]
4. Infectious diseases [Option ID = 27208]

82) Which test should be used to determine if a person has had a stroke?[Question ID = 6803]

1. Alert, Voice, Pain, Unresponsive. [Option ID = 27209]
2. Pulse, Respiratory Rate, Temperature [Option ID = 27210]
3. Face, Arms, Speech, Test. [Option ID = 27211]
4. Response, Airway, Breathing, Circulation. [Option ID = 27212]

83) In which of the Following Sequence Blood to the Lungs flows through the heart?

- A. Superior and Inferior Venae cavae, Right atrium, tricuspid valve, Right Ventricle , pulmonic semilunar valve, pulmonary arteries and Lungs
- B. Superior and Inferior Venae cavae, Left Atrium, tricuspid valve, Right Ventricle , pulmonic semilunar vane, Ascending Aotra and Lungs
- C. Left Pulmonary Vein, Ascending Aotra, Left Atrium, bicuspid valve, , Aortic Semilunar Valve, Left Ventricle and Systemic Circulation
- D. Left Pulmonary Vein, Left Atrium, bicuspid valve, Left Ventricle, Aortic Semilunar Valve, Ascending Aotra and Systemic Circulation

Choose the correct answer from the options given below:

[Question ID = 6804]

1. A only
[Option ID = 27213]
2. C only
[Option ID = 27214]
3. D only
[Option ID = 27215]
4. B only
[Option ID = 27216]

84) How much is Minute Ventilation at rest in humans?[Question ID = 6805]

1. 2-5 l/min [Option ID = 27217]
2. 7-10 l/min [Option ID = 27218]
3. 5-8 l/min [Option ID = 27219]
4. 2-3 l/min [Option ID = 27220]

85) What are the correct of amounts of energy provided by Carbohydrates, Protein and Fats respectively on per gram Basis (Kcal/g)[Question ID = 6806]

1. 4,4,8 [Option ID = 27221]
2. 9.4.4 [Option ID = 27222]
3. 4,9,4 [Option ID = 27223]
4. 4,4,9 [Option ID = 27224]

86) Which IPL franchise Indian cricketer Yuvraj Singh has never played for?

[Question ID = 6807]

1. Kolkata
[Option ID = 27225]
2. Rajasthan
[Option ID = 27226]
3. Delhi
[Option ID = 27227]
4. Bangalore
[Option ID = 27228]

87) Which of the following statements most accurately represents the Newton's third law of motion?[Question ID = 6808]

1. The velocity of a body is changed only when acted on by an additional force [Option ID = 27229]
2. The production of any force will create another force that will be opposite and equal to the first force only [Option ID = 27230]
3. All forces between two objects exist in equal magnitude and opposite direction [Option ID = 27231]
4. The rate of change of momentum of a body over time is directly proportional to the force applied, and occurs in the same direction as the applied force. [Option ID = 27232]

88) What would happen if human blood does not contain red blood cells?

- A. The blood would not be able to clot

B. The blood would not get rid of our own waste products

C. The blood would not be fluid

D. The blood would not be able to carry oxygen

Choose the *correct* answer from the options given below

[Question ID = 6809]

1. B and D only

[Option ID = 27233]

2. A and D only

[Option ID = 27234]

3. C only

[Option ID = 27235]

4. D only

[Option ID = 27236]

89) What is the amount of air left in the lungs following a maximal exhalation called?[Question ID = 6810]

1. Residual Volume [Option ID = 27237]

2. Tidal Air [Option ID = 27238]

3. Vital Capacity [Option ID = 27239]

4. Inspiratory reserve volume [Option ID = 27240]

90) Which of the formula represent the Aerobic Respiration Equation?[Question ID = 6811]

1. Glucose + Carbon Dioxide = Oxygen + Water + Energy [Option ID = 27241]

2. Glucose + Oxygen = Carbon Dioxide + Water + Energy [Option ID = 27242]

3. Glucose + Water = Carbon Dioxide + Oxygen + Energy [Option ID = 27243]

4. Glucose + Water + Carbon Dioxide = Oxygen + Energy [Option ID = 27244]

91) Which of the following country hosted 2018 Hockey World Cup?[Question ID = 6812]

1. Germany [Option ID = 27245]

2. India [Option ID = 27246]

3. Australia [Option ID = 27247]

4. England [Option ID = 27248]

92) How many athletes may be used as substitutes in Relays race event?[Question ID = 6813]

1. One [Option ID = 27249]

2. Two [Option ID = 27250]

3. Three [Option ID = 27251]

4. None [Option ID = 27252]

93) Which one of the following is not the factor for Learning Plateau in an athlete?[Question ID = 6814]

1. Incomplete recovery [Option ID = 27253]

2. Injury and Over training [Option ID = 27254]

3. Incorrect training methods and task difficulty [Option ID = 27255]

4. Circuit Training [Option ID = 27256]

94) Previous Basket Ball experience does not influence learning to Volley Ball, is which kind of Transfer of learning:

[Question ID = 6815]

1. Positive Transfer [Option ID = 27257]

2. Negative Transfer [Option ID = 27258]

3. Bilateral Transfer [Option ID = 27259]

4. Zero Transfer [Option ID = 27260]

95) What should be the weight of Football as per rule?[Question ID = 6816]

1. 410gm to 450gm [Option ID = 27261]

2. 350 gm to 400gm [Option ID = 27262]

3. 450gm to 470gm [Option ID = 27263]

4. 300gm to 350gm [Option ID = 27264]

96) Match List I with List II

List I	List II
Year of Olympic Game	Venue
A. 2016	I. France.
B. 2008	II. USA
C. 2024	III. China
D. 2028	IV. Brazil

Choose the correct answer from the options given below:

[Question ID = 6817]

1. A - IV, B - III, C - II, D - I [Option ID = 27265]

2. A - I, B -III , C -IV , D - II [Option ID = 27266]
3. A - III, B -IV , C -II , D - I [Option ID = 27267]
4. A - IV, B -III , C -I , D - II [Option ID = 27268]

97) Who is elected president of FIH recently?[Question ID = 6818]

1. Thomas Bach [Option ID = 27269]
2. Narinder Dhruv Batra [Option ID = 27270]
3. Leandro Negre [Option ID = 27271]
4. Ashley Jackson [Option ID = 27272]

98) The five interlinked rings make the Olympic emblem. What are the colours of these rings?[Question ID = 6819]

1. Blue, yellow, black green & red [Option ID = 27273]
2. Blue,yellow,purple, green & red [Option ID = 27274]
3. White,yellow,black green & red [Option ID = 27275]
4. Blue, orange, black green & red [Option ID = 27276]

99) A point at which blood lactate begins to accumulate above resting levels during exercise of increasing intensity is called:[Question ID = 6820]

1. Lactate capacity [Option ID = 27277]
2. Lactate threshold [Option ID = 27278]
3. Lactate accumulation [Option ID = 27279]
4. Lactate capacity [Option ID = 27280]

100) Which of the following is an effective way of improving cognitive function?[Question ID = 6821]

1. Mental Imagery [Option ID = 27281]
2. Self realisation [Option ID = 27282]
3. Personality [Option ID = 27283]
4. Self actualisation [Option ID = 27284]