

# DU PhD in Physical Education

Topic:- PE PHD

**1) A quantitative scale where there is a true zero and equal intervals between neighbouring points is called:[Question ID = 6672]**

1. Ordinal Scale [Option ID = 26685]
2. Nominal Scale [Option ID = 26686]
3. Ratio Scale [Option ID = 26687]
4. Interval Scale [Option ID = 26688]

**2) A sample that is selected in stages, where the sampling units at each stage are sub-samples from the previous stage is called:[Question ID = 6673]**

1. Cluster sampling [Option ID = 26689]
2. Quota sampling [Option ID = 26690]
3. Nested Sample [Option ID = 26691]
4. Concentrated Sampling [Option ID = 26692]

**3) An interview where the interviewee describes only those events that had happened to him and became his own experiences is called:[Question ID = 6674]**

1. In-depth interview [Option ID = 26693]
2. Narrative Interview [Option ID = 26694]
3. Structured interview [Option ID = 26695]
4. Exploration [Option ID = 26696]

**4) In sidarm throws, like in Javelin, the movement dominates in which Plane?[Question ID = 6675]**

1. Sagittal Plane [Option ID = 26697]
2. Diagonal Plane [Option ID = 26698]
3. Frontal Plane [Option ID = 26699]
4. Vertical Plane [Option ID = 26700]

**5) Which of the following factor does not affect flight distance in long Jump?[Question ID = 6676]**

1. Take off speed [Option ID = 26701]
2. Thermodynamics [Option ID = 26702]
3. Take off angle [Option ID = 26703]
4. Take off height [Option ID = 26704]

**6) The sagittal plane is a vertical plane passing from the rear (posterior) to the front (anterior), dividing the body into left and right halves. It is also known as:[Question ID = 6677]**

1. Anteroposterior plane [Option ID = 26705]
2. Mediolateral plane [Option ID = 26706]
3. Medioposterior plane [Option ID = 26707]
4. Antemedial Plane [Option ID = 26708]

**7) Which one of following is not a Scalar Quantity?[Question ID = 6678]**

1. Mass [Option ID = 26709]
2. Volume [Option ID = 26710]
3. Kinetic Energy [Option ID = 26711]
4. Force [Option ID = 26712]

**8) Radians per second per second (rad/s<sup>2</sup>) is a SI unit of:[Question ID = 6679]**

1. Velocity [Option ID = 26713]
2. Angular displacement [Option ID = 26714]
3. Angular acceleration [Option ID = 26715]
4. Angular Velocity [Option ID = 26716]

**9) What is One Newton?[Question ID = 6680]**

1. The force that when applied to a mass of one kilogram (1 kg), causes that mass to accelerate at 1 m/s<sup>2</sup> in the direction of the force application [Option ID = 26717]
2. The force that when applied to a mass of one gram (1 g), causes that mass to accelerate at 1 m/s<sup>2</sup> in the direction of the force application [Option ID = 26718]
3. The force that when applied to a mass of one kilogram (1 kg), causes that mass to accelerate at 1 Km/s<sup>2</sup> in the direction of the force application [Option ID = 26719]
4. The force that when applied to a mass of one kilogram (1 Kg), causes that mass to accelerate at 1 m/hr<sup>2</sup> in the direction of the force application [Option ID = 26720]

**10) A non-numerical examination, with the aim of understanding and mapping the meaning of existing relationships is called:[Question ID = 6681]**

1. Qualitative analysis [Option ID = 26721]

2. Quantitative analysis [Option ID = 26722]
3. Variable analysis [Option ID = 26723]
4. Applied analysis [Option ID = 26724]

**11) Which of the following is not the correct expansion of the SWOT analysis?[Question ID = 6682]**

1. Strength [Option ID = 26725]
2. Worth [Option ID = 26726]
3. Opportunities [Option ID = 26727]
4. Threats [Option ID = 26728]

**12) The probability of the test statistic belonging to the rejection region is called:[Question ID = 6683]**

1. Positive Level [Option ID = 26729]
2. Negative Level [Option ID = 26730]
3. Probability [Option ID = 26731]
4. Significance Level [Option ID = 26732]

**13) The scale which is applied to measure the difference between two values, therefore it can describe how much bigger or better one item is than another one, is called:[Question ID = 6684]**

1. Interval Scale [Option ID = 26733]
2. Nominal Scale [Option ID = 26734]
3. Ordinal Scale [Option ID = 26735]
4. Proportional Scale [Option ID = 26736]

**14) The process of using data analysis to infer properties of an underlying distribution of probability is called:[Question ID = 6685]**

1. Descriptive statistics [Option ID = 26737]
2. Inferential Statistics [Option ID = 26738]
3. Statistical Criterion [Option ID = 26739]
4. Variability [Option ID = 26740]

**15) Which of the following statement is not true for preparatory phase of Vertical Jump?[Question ID = 6686]**

1. extensor muscles of the hips contract concentrically [Option ID = 26741]
2. extensor muscles of the knees contract eccentrically [Option ID = 26742]
3. plantar flexors of the ankle contract eccentrically [Option ID = 26743]
4. knees and hips to flex and the ankles to dorsiflex simultaneously [Option ID = 26744]

**16) The vertical plane which passes from left to right, dividing the body into posterior and anterior halves is called:[Question ID = 6687]**

1. Frontal plane [Option ID = 26745]
2. Saggital Plane [Option ID = 26746]
3. Horizontal Plane [Option ID = 26747]
4. Longitudinal Plane [Option ID = 26748]

**17) If average body density is less than or equal to the density of water, the swimmer will:[Question ID = 6688]**

1. Float in the water [Option ID = 26749]
2. Sink [Option ID = 26750]
3. Submerged [Option ID = 26751]
4. Die [Option ID = 26752]

**18) "An object will continue in a state of rest or of uniform motion in a straight line (constant velocity) unless acted upon by external forces that are not in equilibrium" is called:[Question ID = 6689]**

1. Law of Momentum [Option ID = 26753]
2. Law of Inertia [Option ID = 26754]
3. Law of Interaction [Option ID = 26755]
4. Law of Velocity [Option ID = 26756]

**19) Who proposed psycho- dynamic theory of Personality?[Question ID = 6690]**

1. Sigmund Freud [Option ID = 26757]
2. B. F. Skinner [Option ID = 26758]
3. Carl Rogers [Option ID = 26759]
4. Abraham Maslow [Option ID = 26760]

**20) Which of the following is not the the reason for creating oxygen debt during high intensity training.[Question ID = 6691]**

1. Increase in body temperature [Option ID = 26761]
2. Elevation in breathing rate [Option ID = 26762]
3. Decrease in metabolic rate [Option ID = 26763]
4. Elevation in heart rate [Option ID = 26764]

**21) A stable adaptation is achieved only when the load is given regularly. This statement indicates which principle of training?[Question ID = 6692]**

1. Principles continuity [Option ID = 26765]
2. Principle of Progression [Option ID = 26766]

3. Principle of Cyclicality [Option ID = 26767]
4. Principle of Variety [Option ID = 26768]

**22) Which of the following technique is not used to assess Body Composition of an individual:[Question ID = 6693]**

1. Dual-Energy X-ray Absorptiometry [Option ID = 26769]
2. Air Displacement Plethysmography [Option ID = 26770]
3. Dynamometer [Option ID = 26771]
4. Skinfold Method [Option ID = 26772]

**23) The electrical activity generated by the heart as it contracts is detected by:[Question ID = 6694]**

1. Electromyogram [Option ID = 26773]
2. Electrocardiogram [Option ID = 26774]
3. Electrocardiogram [Option ID = 26775]
4. Cardiometer [Option ID = 26776]

**24) Decline in stroke volume & increase in heart rate due to constant rate of aerobic workout associated with increase in body temperature is called:[Question ID = 6695]**

1. Myocardial Capacity [Option ID = 26777]
2. Cardiac output [Option ID = 26778]
3. Cardiovascular Drift [Option ID = 26779]
4. Stroke Volume [Option ID = 26780]

**25) The motion in which all parts of an object travel through the same angle in the same time in the same direction about the axis of rotation is called:[Question ID = 6696]**

1. Transverse Motion [Option ID = 26781]
2. Linear Motion [Option ID = 26782]
3. Angular Motion [Option ID = 26783]
4. Circular Motion [Option ID = 26784]

**26) "The innate or learned ability to regulate emotions, typically associated with positive mood and self-esteem" is called:[Question ID = 6697]**

1. Personality trait [Option ID = 26785]
2. Personality paradox [Option ID = 26786]
3. Resilience [Option ID = 26787]
4. Emotional intelligence [Option ID = 26788]

**27) A positive or negative change in cognition, affect, physiology, and behavior that will result in a shift in performance and outcome is called:[Question ID = 6698]**

1. Internalization [Option ID = 26789]
2. Psychological momentum [Option ID = 26790]
3. Self-determination [Option ID = 26791]
4. Integrated regulation [Option ID = 26792]

**28) Which of the following factor does not affect take off vertical velocity in long Jump?[Question ID = 6699]**

1. Mean vertical force [Option ID = 26793]
2. Vertical acceleration path of mass centre [Option ID = 26794]
3. Athlete's mass [Option ID = 26795]
4. Centripetal force [Option ID = 26796]

**29) Who developed The Thematic Apperception Test, a personality assessment device?[Question ID = 6700]**

1. Hathaway & McKinley [Option ID = 26797]
2. Henry A. Murray and Christiana D. Morgan [Option ID = 26798]
3. Robert Cattell [Option ID = 26799]
4. Allport Gordon [Option ID = 26800]

**30) Any random thought or event that would tend to break an athlete's concentration is:[Question ID = 6701]**

1. Cognitive disturbance [Option ID = 26801]
2. Cognitive interference [Option ID = 26802]
3. Cognitive negligence [Option ID = 26803]
4. Cognitive performance [Option ID = 26804]

**31) If normal probability curve is positively skewed then mean, median & mode are arranged as:[Question ID = 6702]**

1. Mode > Median > Mean [Option ID = 26805]
2. Mode < Median < Mean [Option ID = 26806]
3. Mean < Mode < Median [Option ID = 26807]
4. Mean > Mode > Median [Option ID = 26808]

**32) Which of the following is not a theory of leadership in sports?[Question ID = 6703]**

1. Universal behavior theories [Option ID = 26809]
2. Situation-Specific Behavioral theory [Option ID = 26810]
3. Fielder's Contingency theory [Option ID = 26811]
4. Psycho-analysis theory [Option ID = 26812]

**33) The pregame meal in solid or liquid form should be consumed when before a game:[Question ID = 6704]**

1. 2-4 hours before [Option ID = 26813]
2. 5-6 hours before [Option ID = 26814]
3. Half an Hour before [Option ID = 26815]
4. 8 hours before [Option ID = 26816]

**34) The process which results into transformation of glucose to lactate when limited amounts of oxygen (O<sub>2</sub>) are available is called:[Question ID = 6705]**

1. Anerobic Glycolysis [Option ID = 26817]
2. ATP-PC energy system [Option ID = 26818]
3. Oxidative energy system [Option ID = 26819]
4. Phosphagen energy System [Option ID = 26820]

**35) Which of the following is not a part of administration of a Test:[Question ID = 6706]**

1. Health & Safety considerations [Option ID = 26821]
2. Availabilty of Equipment [Option ID = 26822]
3. Standardization of a test [Option ID = 26823]
4. Availabilty of qualified Testers [Option ID = 26824]

**36) What is the range of multiple correlation coefficient?[Question ID = 6707]**

1. 0 to 1 [Option ID = 26825]
2. -1 to 0 [Option ID = 26826]
3. -1 to 1 [Option ID = 26827]
4. -2 to +2 [Option ID = 26828]

**37) The turning effect, or moment, of a force; the product of a force and the perpendicular distance from the line of action of the force to the axis of rotation is called:[Question ID = 6708]**

1. Torque [Option ID = 26829]
2. Trajectory [Option ID = 26830]
3. Projection velocity [Option ID = 26831]
4. Projection height [Option ID = 26832]

**38) Who is/are the author of Revised Competitive State Anxiety Inventory-2 (CSAI-2R)?[Question ID = 6709]**

1. Spielberger (1983) [Option ID = 26833]
2. Martens, Vealey, et al. 1990) [Option ID = 26834]
3. Cox, Martens, and Russell (2003) [Option ID = 26835]
4. Cumming, and Grossbard (2006) [Option ID = 26836]

**39) Which of the following statement indicates Catastrophe Theory of Arousal:[Question ID = 6710]**

1. There is linear relationship between arousal and learning or performance [Option ID = 26837]
2. There is curvilinear relationship between arousal and performance [Option ID = 26838]
3. If cognitive anxiety is high, the increases in arousal pass a point of optimal arousal and a rapid decline in performance occurs [Option ID = 26839]
4. There is no relationship between arousal and learning or performance [Option ID = 26840]

**40) Imagine for a moment that you have a Volley Ball in your hand and you are preparing to serve. The above statement describes which type of Imagery:[Question ID = 6711]**

1. Space Imagery [Option ID = 26841]
2. Time Imagery [Option ID = 26842]
3. External Imagery [Option ID = 26843]
4. Internal Imagery [Option ID = 26844]

**41) The benefits or detriments associated with the presence of an interactive audience is called:[Question ID = 6712]**

1. Social facilitation [Option ID = 26845]
2. Self-presentation [Option ID = 26846]
3. Self-attention [Option ID = 26847]
4. Self-handicapping [Option ID = 26848]

**42) In experimental research, which one of the following variables can be completely controlled:[Question ID = 6713]**

1. Extraneous Variable [Option ID = 26849]
2. Independent Variables [Option ID = 26850]
3. Dependent Variables [Option ID = 26851]
4. Internal Variables [Option ID = 26852]

**43) A study took random sample of students and asked them about their choice of game. Which type of study method is this?[Question ID = 6714]**

1. Experimental [Option ID = 26853]
2. Observation [Option ID = 26854]
3. Field study [Option ID = 26855]
4. Historical [Option ID = 26856]

**44) Which of the following statment is true for Positive Energy Balane?[Question ID = 6715]**

1. Caloric intake equals the caloric expenditure [Option ID = 26857]
2. Caloric intake exceeds the caloric expenditure [Option ID = 26858]

3. Caloric expenditure exceeds caloric intake [Option ID = 26859]
4. Calorie intake not considered [Option ID = 26860]

**45) For walking & running, the greatest range of motion occurs at:[Question ID = 6716]**

1. Transverse Plane [Option ID = 26861]
2. Transo-Frontal Plane [Option ID = 26862]
3. Longitudinal axis [Option ID = 26863]
4. Sagittal Plane [Option ID = 26864]

**46) To reflect the total fat percentage in women which of the sites are measured by skinfold:[Question ID = 6717]**

1. Triceps, abdomen & thigh [Option ID = 26865]
2. Thigh, abdomen & suprailium [Option ID = 26866]
3. Bicep, triceps & thigh [Option ID = 26867]
4. Triceps, suprailium & thigh [Option ID = 26868]

**47) Which of the following statement is not true for Oxidative energy system:[Question ID = 6718]**

1. Energy yield for fat oxidation is much higher than carbohydrate oxidation [Option ID = 26869]
2. Oxidative system yields less energy than ATP-PCr [Option ID = 26870]
3. Protein oxidation is more complex because of presence of nitrogen [Option ID = 26871]
4. Muscle oxidative capacity depends on their oxidative enzyme level [Option ID = 26872]

**48) Psychological Skills Inventory for Sports (PSIS-5) was developed by:[Question ID = 6719]**

1. Mahoney, Gabriel, and Perkins [Option ID = 26873]
2. Smith, Schutz, Smoll, and Ptacek [Option ID = 26874]
3. Thomas, Murphy, and Hardy [Option ID = 26875]
4. Durand-Bush [Option ID = 26876]

**49) Which of the following nutritional supplement is considered to increase anaerobic power and strength: [Question ID = 6720]**

1. Whey Protein [Option ID = 26877]
2. Creatine [Option ID = 26878]
3. BCAA [Option ID = 26879]
4. Caffeine [Option ID = 26880]

**50) Which of the following physiological system is least actively involved during sports activities:[Question ID = 6721]**

1. Muscular System [Option ID = 26881]
2. Respiratory system [Option ID = 26882]
3. Cardiovascular System [Option ID = 26883]
4. Digestive System [Option ID = 26884]