

Reg. No.....

(Pages : 4)

S.U. 8721

Name.....

**M.P.Ed. ENTRANCE EXAMINATION, MAY 2018**

Time : Two Hours

Maximum Marks : 50

**Part A**

*Choose the correct answer from the following.*

*Each question carries 1 mark.*

1. A painful inflammation of the origin of the common extensor tendon on the lateral epicondyle of the humerus is ————.  
(a) Knock knee. (b) Tennis elbow.  
(c) Compound fracture. (d) Heterotopia.
2. A disease of childhood in which the bones do not harden due to a deficiency of vitamin D  
(a) Rickets. (b) Whooping cough.  
(c) Green stick fracture. (d) Ossification.
3. The functional unit of kidney is ————  
(a) Adrenal gland. (b) Nephron.  
(c) Cortex. (d) Alveoli.
4. Obesity is an example for ————.  
(a) Endocrine gland. (b) Lordosis.  
(c) Hypokinetic disease. (d) Communicable disease.
5. Normal blood pressure of an adult individual is———  
(a) 72 / 100. (b) 100 / 210.  
(c) 120 / 80. (d) 80 / 72.
6. Sphygmomanometer is used to measure———  
(a) Heart rate. (b) Blood pressure.  
(c) Vital capacity. (d) VO<sub>2</sub>.
7. ———— plane divides the body in to right and left halves.  
(a) Sagittal. (b) Coronal.  
(c) Lateral. (d) Transvers.

Turn over

8. Lateral exaggerated curvature of the spine is called \_\_\_\_\_
- (a) Lordosis. (b) Kyphosis.  
(c) Scoliosis. (d) Spinal cord.
9. \_\_\_\_\_ is a network of nerves, arising from the spine at the base of the neck.
- (a) Brachial plexus. (b) Bradycardia.  
(c) Scarpe's triangle. (d) Sciatic nerve.
10. The asana resembling a bow is called \_\_\_\_\_.
- (a) Dhanurasana. (b) Bujangasana.  
(c) Balasana. (d) Padmasana.
11. Vitamin \_\_\_\_\_ is essential for healthy eyes.
- (a) C. (b) K.  
(c) D. (d) A.
12. The equipment used to measure the percentage of fat in body is called :
- (a) Skinfold caliper. (b) Spirometer.  
(c) Measuring tape. (d) Dynamometer.
13. The volume of blood pumped by the heart in one minute is called.
- (a) Residual volume. (b) Stroke volume.  
(c) Cardiac output. (d) None of these.
14. Name the good or happy cholesterol in the human body :
- (a) LDL. (b) HDL.  
(c) TG. (d) TSH.
15. The term referred-to high blood pressure is known as \_\_\_\_\_.
- (a) Heart rate. (b) Diabetes.  
(c) Hypertension. (d) Hypotension.
16. Which is the most popular game in the world ?
- (a) Lawn Tennis. (b) Cricket.  
(c) Soccer. (d) Basketball.

17. Name the highest award given by the Government of India to a coach ?
- (a) Arjuna award. (b) Rajive Khel Ratna.  
(c) Dronacharya award. (d) Padmabhushan.
18. \_\_\_\_\_ is the name of the documentary about the Indian footballer I.M.Vijayan.
- (a) Kala Hiran. (b) Arjuna the warrior.  
(c) Santham. (d) King of Asia.
19. Olympics of the \_\_\_\_\_ is known as paralympics.
- (a) Physically challenged. (b) Sumo wrestlers.  
(c) Power lifters. (d) None of these.
20. Synovial joints functional classification is :
- (a) Synarthrosis. (b) Amphiarthrosis.  
(c) Diarthrosis. (d) Symphysis.

(20 × 1 = 20 marks)

### Part B

*Answer any five of the following.  
Each question carries 2 marks.*

21. Define Physical Education.
22. Write a short note on health.
23. What is meant by First Aid ?
24. Explain origin and insertion.
25. Explain balanced diet.
26. Explain the term BMI.
27. Define posture.
28. Write short note on Sports training.

(5 × 2 = 10 marks)

Turn over

**Part C**

*Write short essays on any two of the following.*

*Each question carries 10 marks*

30. Explain the aim and objectives of physical education.
31. Explain the mechanism of respiration
32. Describe the human circulatory system with the help of a neat labeled diagram.

(2 × 10 = 20 marks)