

M.P.E.S. ENTRANCE EXAMINATION, MAY 2021

Time : Two Hours

Maximum Marks : 50

Part A*Choose the correct answer from the following.**Each question carries 1 mark.*

1. Normal blood pressure of an adult individual is _____.
(a) 72/100. (b) 100/200.
(c) 120/80. (d) 80/90.
2. Vitamin _____ is for healthy eyes.
(a) C. (b) K.
(c) D. (d) A.
3. Which of the following diseases is associated with Vitamin C deficiency ?
(a) Psoriasis. (b) Scurvy.
(c) Pellagra. (d) Vertigo.
4. Night blindness drying of the conjunctiva, dry and scaly skin and loss of hair are some of the symptoms of :
(a) Vitamin K deficiency. (b) Vitamin A deficiency.
(c) Iron deficiency. (d) Folic acid deficiency.
5. In Kho-Kho, the players occupying the squares are known as _____.
(a) Lobby. (b) Raiders.
(c) Chasers. (d) Chukker.
6. The headquarters of International Hockey Federation located in which place.
(a) Lausanne. (b) Berlin.
(c) Amsterdam. (d) London.
7. Which country had won the Men's Hockey World Cup in 2018 ?
(a) India. (b) Australia.
(c) Pakistan. (d) Germany.

Turn over

8. What is the duration of a Test Match ?
- (a) 3 days. (b) 4 days.
(c) 1 day. (d) 5 days.
9. When was the Olympic flag created ?
- (a) 1912. (b) 1914.
(c) 1915. (d) 1913.
10. Which country hosted the 2018 Winter Olympic Games ?
- (a) Russia. (b) Brazil.
(c) China. (d) South Korea.
11. Which of the following terms describes the body's ability to maintain its normal state ?
- (a) Anabolism. (b) Catabolism.
(c) Tolerance. (d) Homeostasis.
12. Name the good or happy cholesterol in the human body :
- (a) LDL. (b) HDL.
(c) TG. (d) TSH.
13. Which of the following controls body temperature, sleep, and appetite ?
- (a) Adrenal glands. (b) Hypothalamus.
(c) Pancreas. (d) None of the above.
14. Male hormones are produced by which of the following ?
- (a) Glans penis. (b) Prepuce.
(c) Prostate. (d) Testes.
15. Which of the following closes and seals off the lower airway during swallowing ?
- (a) Alveoli. (b) Epiglottis.
(c) Larynx. (d) Uvula.
16. In which year Arjuna awards were instituted :
- (a) 1964. (b) 1961
(c) 1954 (d) 1967.

17. Name the Para Athletic who won the Rajiv Gandhi Khel Ratna Award in the recently announced National Sports Awards 2020 ?
- (a) Ms. Rani. (b) Shri Purushotham Rai.
(c) Shri Mariyappan T. (d) Ms. Dutee Chand.
18. Which famous sports person's birthday is celebrated as National Sports Day of India ?
- (a) Major Dhyan Chand Singh. (b) P.T. Usha.
(c) Sachin Tendulkar. (d) None of the above.
19. In Regular Category, Dronacharya Award, National Sports Awards 2020 will be given to the coach Kuldeep Kumar Handoo for which discipline ?
- (a) Hockey. (b) Shooting.
(c) Wushu. (d) Mallakhamb.
20. Which of the following Indian cricketer won Rajiv Gandhi Khel Ratna Award in the recently announced National Sports Award 2020 ?
- (a) Rohit Sharma. (b) Sachin Tendulkar.
(c) Virat Kohli. (d) None of the above.

(20 × 1 = 20 marks)

Part B

Answer any five from the following.

Each question carries 2 marks.

21. Define Health.
22. Define Second wind.
23. Draw a neat diagram of volleyball court with all measurement.
24. Explain the types of physical fitness.
25. Explain balanced diet.
26. Define First aid.
27. Define One RM.
28. Explain types of joints.

(5 × 2 = 10 marks)

Turn over

Part C

Write any two from the following.

Each one carries 10 marks.

29. Explain Circulatory system.
30. Explain the importance of sports in daily life.
31. Explain the construction and maintenance of a standard Swimming pool.
32. Define posture and explain the types of posture and postural deformities.

(2 × 10 = 20 marks)