

Reg. No.....

(Pages : 3)

S.U. 1321

Name.....

M.P.Ed. (ENTRANCE) EXAMINATION, MAY 2019

Time : Two Hours

Maximum : 50 Marks

Part A

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

1. The first Asian Games was held at New Delhi in :
(a) 1951. (b) 1954.
(c) 1956. (d) 1958.
2. Anabolic steroids directly affects the :
(a) Heart. (b) Muscle.
(c) Lungs. (d) Brain.
3. Trochoid joint is also known as :
(a) Condylod Joint. (b) Hinge Joint.
(c) Pivot Joint. (d) Saddle Joint.
4. Among the following, which is the largest bone in human body ?
(a) Tibia. (b) Fibula.
(c) Femur. (d) Humerus.
5. Strength Endurance is improved by :
(a) Interval training. (b) Fartlek training.
(c) Circuit training. (d) Aerobic training.
6. Harvard Step Test is used for measuring the _____.
(a) Cardio-vascular fitness. (b) Endurance.
(c) Anaerobic capacity. (d) Aerobic capacity.
7. Carbohydrates are organic molecules composed of Carbon, Hydrogen and _____.
(a) Nitrogen. (b) Oxygen.
(c) Helium. (d) Fat.

Turn over

8. Select the micronutrient from the following :
- (a) Protein. (b) Lipids.
(c) Minerals. (d) Carbohydrates.
9. _____ is an excessive abnormal convexity in the thoracic region of the spine.
- (a) Kyphosis. (b) Lordosis.
(c) Scoliosis. (d) Round Shoulder.
10. _____ is the normal heart rate of a healthy adult at rest.
- (a) 60-90. (b) 60-80.
(c) 80-120. (d) 50-80.
11. 'Lumbago' is also called :
- (a) Pain in the Abdomen. (b) Pain in the Low-back.
(c) Pain in the Lower Limbs. (d) Pain in the Head.
12. _____ is an injury caused due to long term training.
- (a) Muscular Hematoma. (b) Achilles Tendinitis.
(c) Parkinson's. (d) Osteoporosis.
13. _____ is the equipment used for measuring the maximum isometric strength of the hand and forearm muscles.
- (a) Kinesthesiometer. (b) Dynamometer.
(c) Ergometer. (d) Stadiometer.
14. 5 gm of carbohydrates produces _____ kilocalories of energy :
- (a) 5 kcal. (b) 10 kcal.
(c) 20 kcal. (d) 45 kcal.
15. Who said : "India need more of play fields than it needs temples" ?
- (a) Rabindranath Tagore. (b) Ramakrishna Paramahansa.
(c) Swami Vivekananda. (d) Bal Gangadhar Tilak.
16. Prophase, metaphase, anaphase and telophase are the successive phases of :
- (a) Meiosis. (b) Cytokinesis.
(c) Cytosis. (d) Mitosis.
17. In a knock-out tournament fixture of 13 teams, how many byes will be given in the upper half of the fixture ?
- (a) 1 bye. (b) 2 byes.
(c) 3 byes. (d) 4 byes.

18. Which of the following Vitamins is water soluble ?
- (a) Vitamin A. (b) Vitamin C.
(c) Vitamin D. (d) Vitamin E.
19. Which Yogic Asana is known as king of all Asanas ?
- (a) Sarvangasana. (b) Dhanurasana.
(c) Sirsasana. (d) Salabasna.
20. In throwing events, in a field of _____ or more competitors, each athlete gets three attempts, and when the number of competitors is less than this, they get six throws.
- (a) Six. (b) Seven.
(c) Eight. (d) Nine.

(20 × 1 = 20 marks)

Part B

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

21. Explain First-Class Lever with examples.
22. Enlist the macrominerals.
23. Briefly explain BMR.
24. Write a short note on Mesomorph.
25. Write a note on Rajiv Gandhi Khel Ratna Award.
26. Briefly explain cardiac muscles.
27. Write a short note on Anxiety.
28. Briefly explain Lipids.

(5 × 2 = 10 marks)

Part C

*Write short essays on any two of the following.
Each question carries 10 marks.*

29. Differentiate Health related physical fitness and Performance related physical fitness.
30. Define diabetes. Discuss the types, causes and management of diabetes.
31. Discuss on the history and development of physical education and sports in modern India.
32. Explain Pathanjali's eight limbs of Yoga.

(2 × 10 = 20 marks)

