

Ph.D. Entrance Test – 2015**Subject: Physical Education****Paper – I**

Important: Please consult your Admit Card/Roll No. slip before filling your Roll Number on the Test Booklet and Answer Sheet.

Roll No. **In Figure** **In Words**

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O.M.R. Answer Sheet Serial No.

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Signature of Candidate: _____

Signature of Invigilator: _____

Time: 60 Minutes **Number of Questions: 50** **Maximum Marks: 50**

DO NOT OPEN THE SEAL ON THE BOOKLET UNTIL ASKED TO DO SO.

INSTRUCTIONS:

- Write your Roll No. on the Questions Booklet and also on the OMR Answer Sheet in the space provided and nowhere else.
- Enter the Question Booklet Serial No. on the OMR Answer Sheet. Darken the corresponding bubbles with **Black Ball Point/Black Gel Pen**.
- Do not make any identification mark on the Answer Sheet or Question Booklet.
- Please check that this Question Booklet contains **50** Questions. In case of any discrepancy, inform the Assistant Superintendent within 10 minutes of the start of Test.
- Each question has four alternative answer (A,B,C,D) of which only one is correct. For each question, darken only one bubble (A or B or C or D), whichever you think is the correct answer, on the Answer Sheet with **Black Ball Point/Black Gel Pen**. **There shall be no negative marking for wrong answers.**
- If you do not want to answer a question, leave all the bubbles corresponding to that question blank in the Answer Booklet. No marks will be deducted in such cases.
- Darken the bubbles in the OMR Answer Sheet according to the Serial No. of the question given in the Question Booklet.
- If you want to change an already marked answer, erase the shade in the darkened bubble completely.
- For rough work only the blank sheet at the end of the Question Booklet be used.
- The Answer Sheet is designed for computer evaluation. Therefore, if you do not follow the instructions given on the Answer Sheet, it may make evaluation by the computer difficult. **Any resultant loss to the candidate on the above account, i.e. not following the instructions completely, shall be of the candidate only.**
- After the test, hand over the Question Booklet and the Answer Sheet to the Assistant Superintendent on duty.
- In no case the Answer Sheet, the Question Booklet, or its part or any material copied/noted from this Booklet is to be taken out of the examination hall. Any candidate found doing so would be expelled from the examination.
- A candidate who creates disturbance of any kind or changes his/her seat or is found in possession of any paper possibly of any assistant or found giving or receiving assistant or found using any other unfair means during the examination will be expelled from the examination by the Centre Superintendent/Observer whose decision shall be final.
- Communication equipment such as mobile phones, pager, wireless set, scanner, camera or any electronic/digital gadget etc., is not permitted inside the examination hall. Use of calculators is not allowed.**
- The candidates will not be allowed to leave the Examination Hall/Room before the expiry of the allotted time.

1. After what period of time does maximal dynamic exercise become predominantly aerobic?
A) 10 seconds B) 30 seconds C) 1 minute D) 4 minutes
2. What is the defining characteristic of experimental research?
A) Resistance to manipulation
B) Manipulation of the independent variable
C) The use of open-ended questions
D) Focuses only on local problem
3. What is the opposite of a variable?
A) A constant B) An extraneous variable
C) A dependent variable D) A data set
4. Which of the following can best be described as a categorical variable?
A) Age B) Annual income
C) Grade point average D) Religion
5. The festival for women held in honour of the wife of God Zeus was?
A) Helena B) Herace C) Horkios D) Olympics
6. The study of the geometry of motion (time and space factors) of a system falls under the area of
A) Statics B) Dynamics C) Kinetics D) Kinematics
7. A review of the literature prior to formulating research questions allows the researcher to do which of the following?
A) To become familiar with prior research on the phenomenon of interest
B) To identify potential methodological problems in the research area
C) To develop a list of pertinent problems relative to the phenomenon of interest
D) All of the above
8. What is the standard deviation of a sampling distribution called?
A) Sampling error B) Sample error C) Standard error D) Simple error
9. A post hoc test is _____.
A) A test to compare two or more means in one overall test
B) A test to determine regression to the mean
C) A follow-up test to the analysis of variance when there are three or more groups
D) A follow-up test to the independent t-test
10. When the researcher rejects a true null hypothesis, a ____ error occurs.
A) Type I B) Type A C) Type II D) Type B

11. Aurthur Lydiard's method of training develops.
- A) Strength B) Endurance C) Agility D) Flexibility
12. Who was the founder of school of Gymnastic in Germany?
- A) Ling B) Nachteggall C) Rousseau D) Adolph Spiess
13. Which is the best technique of measuring the internal feelings of a student?
- A) Questionnaire B) Interview
C) Projective technique D) Sociometry
14. Which of the following is not a correct statement?
- A) A test can be reliable without being valid
B) A test cannot be valid without being reliable
C) A test can be reliable and valid both
D) A test can be valid without being reliable
15. In which study sociometric methods cannot be used with advantage?
- A) Personality B) Leadership C) Group structure D) Social adjustments
16. A number that describes student's location on an achievement continuum is called
- A) Raw score B) Percent correct C) Grade equivalent D) Standard score
17. The chief function of the control group in an experiment is that it
- A) Allows mathematical relationships to be established
B) Provides a point of reference against which the behaviour of the experimental group can be compared.
C) Balances the experiment to eliminate all extraneous variables.
D) Is not really necessary.
18. Which of the following sports would be best classified as an interactive sport?
- A) Golf B) Lawn bowls C) Softball D) Rugby
19. Identify the sequential order of countries where commonwealth Games were held from later to earlier:
- A) UK., Malaysia, Canada, New Zealand
B) Canada, UK, New Zealand, Malaysia
C) Malaysia, Canada, U.K., New Zealand
D) New Zealand, Malaysia, Canada, U.K.
20. Which of the following is the best activity to increase muscular endurance?
- A) Resistance training using high repetitions and light weight
B) Resistance training using low repetitions and heavy weight
C) Isotonic resistance training
D) Plyometric resistance training

21. In swimming, which of the following sequences is correct for the breaststroke?
- Pull, kick, inhale, glide
 - Pull, inhale, kick, glide
 - Glide, pull, inhale, kick
 - Kick, glide, inhale, pull
22. Which of the following best explains the role of regular muscular strength training in improving body composition?
- Strength training can target specific areas of body fat and change fat into muscle through exercises for that part of the body.
 - Muscular strength training (e.g., weight lifting) burns more calories than aerobic training
 - Strength training builds and preserves lean muscle tissue, which uses more calories at rest than fat tissue uses at rest.
 - Muscular strength training allows participants to "bulk up" quickly.
23. Which one of the following might be regarded as a role model for others to participate in physical activities?
- A friend who does little physical exercise
 - A parent who values physical exercise
 - A teacher who has little time for sport
 - A local authority that provides facilities for physical activities
24. One of the limitations of the case study is that
- There are few subjects for which it is applicable
 - There are no control groups
 - It is not applicable to the study of bizarre behavior
 - It requires a large and expensive sample size
25. In Pavlov's experiments with dogs, salivation was the
- Conditioned response
 - Unconditioned stimulus.
 - Conditioned stimulus.
 - Unconditioned response
26. Operant conditioning was studied by
- | | | | |
|-----------|-----------|----------|------------|
| A) Pavlov | B) Maslow | C) Freud | D) Skinner |
|-----------|-----------|----------|------------|
27. If self-esteem is too high, the person may be
- | | | | |
|-----------|----------------|---------|--------------|
| A) Boring | B) Ineffective | C) Dull | D) Aarrogant |
|-----------|----------------|---------|--------------|
28. The maximum danger sector angle for hammer throws from the cage is approximately
- | | | | |
|--------|--------|--------|--------|
| A) 45° | B) 63° | C) 53° | D) 40° |
|--------|--------|--------|--------|

29. Who gave cognitive theory of play?
 A) Piaget B) Pluto C) Aristotle D) None of these
30. Russian athletes took part in Olympic Games for the first time in
 A) 1952 B) 1948 C) 1940 D) 1956
31. How many bones are forming the Coccyx?
 A) 1 B) 2 C) 3 D) 4
32. Which sport was originally called Mintonette?
 A) Basketball B) Volleyball C) Karate D) Handball
33. Plyometric training uses what energy system?
 A) Aerobic B) Anaerobic C) Lactic Acid D) ATP/CP
34. The father of anthropometry is
 A) Boron Quetelet B) Martens C) Spielberger D) Carron
35. The gold standard for measuring body composition is
 A) Skinfold test B) Under water weighing
 C) BMI D) Weight
36. The anthropometric measure of head circumference estimates
 A) Skull growth B) Brain Growth
 C) Head Growth D) Skeletal Maturation
37. Survey research is cross-sectional and therefore:
 A) High in reliability but low in internal validity
 B) High in internal validity but low in reliability
 C) High in ecological validity but low in external validity
 D) None of the above
38. Who emphasized that education should be a social process?
 A) Vivekananda B) Rousseau C) Dewey D) Pestalozzi
39. What is not associated with Pragmatism?
 A) Purposive education B) Experience-based education
 C) Freedom-based education D) Education for self-realization
40. What is teaching through deductive method?
 A) From general to specific B) From specific to general
 C) From macro to micro D) From easy to difficult

41. Which among the following State governments confer annual "Bhim Awards" on outstanding sports persons of the state?
- A) Punjab B) Haryana C) Gujarat D) Rajasthan
42. The International Olympic Committee (IOC) suspended the India Olympic Association (IOA) on 4 December 2012 and eventually this might also lead to IOA ban from Olympic movement. Which of these statements is true in context to this news?
- A) IOC suspended IOA because India was following the Sports Code of government in the IOA elections, which is against the Olympic Charter
 B) Suspension of IOA from Olympics came just before the Election Day
 C) Decision of IOC was welcomed by several former as well as current sportspersons
 D) All the above statements are true
43. The oldest tennis tournament in the world is _____.
- A) Wimbledon B) French Open C) Australian Open D) US Open
44. Which country won the T20 Women Cricket World Cup 2014
- A) England B) Australia C) New Zealand D) South Africa
45. How often is the Prohibited List updated?
- A) Once a month B) Before every Olympic Games
 C) Once a year D) It is never updated
46. The Olympic Museum was opened at which of the following places?
- A) Istanbul B) Rome C) Lausanne D) Athens
47. In the event over 200m up to and including 1000m the minimum time allowed between the last heat of any round and the first heat of a subsequent round or final is
- A) 35 minutes B) 45 minutes C) 55 minutes D) 90 minutes
48. Who raised the slogan "Back to Nature"?
- A) Realism B) Pragmatism C) Naturalism D) Existentialism.
49. Which sports has been included in Rio 2016 Olympics?
- A) Golf and Rugby seven B) Golf and Cricket
 C) Rugby Seven and Korfball D) Lacrosse and Polo
50. Which of the following terms used in angular motion is analogous to mass in linear motion?
- A) Torque B) Moment of inertia
 C) Radius of gyration D) Angular momentum

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