

**C 2789**

(Pages : 3)

Name.....

Reg. No.....

**P.G. ENTRANCE EXAMINATION, APRIL 2021**

**M.P.Ed. (PHYSICAL EDUCATION)**

Time : Two Hours

Maximum : 50 Marks

I. Answer the following questions :

1. The statistical measure is generally applied for the determination of sampling error is :
  - a) Mean.
  - b) Chi square.
  - c) Correlation.
  - d) Standard Deviation.
2. Pectorallis major muscles are situated at :
  - a) Knee.
  - b) Chest.
  - c) Elbow.
  - d) Hip.
3. In a circuit training when the intensity is higher and volume is lower it is known as :
  - a) Repetition Method.
  - b) Specific Training.
  - c) Interval Training.
  - d) Continuous Training.
4. In Basketball when both hands are kept on hips it indicate :
  - a) Pushing.
  - b) Intentional Foul.
  - c) Foul by team in control of the ball.
  - d) Illegal use of hands.
5. In 1968 Cooper formulated a test to measure the basic endurance. What is the duration ?
  - a) 40 minutes.
  - b) 12 minutes.
  - c) 10 minutes.
  - d) 8 minutes.
6. Classroom based education provided by trained teachers is known as :
  - a) Formal.
  - b) Informal.
  - c) General.
  - d) Specific.

**Turn over**

7. Inhalation and Exhalation in nadi suddi is done with :
- a) Only with left nostril.                      b) With alternative nostril.  
c) Only with right nostril.                      d) Both the nostril at a time.
- 8 The computer programme that allows importing data from SPSSPC and other packages for use in developing figures and table is :
- a) Control Unit.                                      b) Power Point.  
c) Memory.    d) Input Devices.
- 9 From the viewpoint of Sociology, which of the following factors are the most important one in the development of human personality ?
- a) Money.    b) Literature.  
c) Culture.    d) Art.
- 10 The positive stress is known as :
- a) Distress.    b) Eu-stress.  
c) Anxiety.    d) Stress.

(10 × 1 = 10 marks)

II. Match the following :

- | A               | B                     |
|-----------------|-----------------------|
| 1 Effleurage    | a) Badminton.         |
| 2 JCR Test      | b) Hockey.            |
| 3 Table Tennis  | c) Muscular Strength. |
| 4 Sudirman cup  | d) Massage.           |
| 5 Aghakahan Cup | e) David Foster.      |
|                 | f) Flexibility.       |

(5 × 1 = 5 marks)

III. Fill in the blanks :

- 1 A fake smash in volleyball is known as \_\_\_\_\_.
- 2 Soccer skill is measured by \_\_\_\_\_.

- 3 The muscle that works in the flexion of the elbow joint is \_\_\_\_\_.
- 4 Id, ego and superego factors theory was given by \_\_\_\_\_.
- 5 An Athlete's stride frequency and stride length denotes \_\_\_\_\_.
- 6 \_\_\_\_\_ is the water soluble Vitamin.
- 7 A forward upward movement of the foot at the ankle joint is \_\_\_\_\_.
- 8 Individual Differences due to \_\_\_\_\_.
- 9 The Basic unit of nervous system is \_\_\_\_\_.
- 10 Who is the youngest Olympic medallist in Tokyo Olympics 2020.

(10 × 1 = 10 marks)

IV. Describe the following in *two* sentences :

- 1 Cardiopulmonary Resuscitation (CPR).
- 2 Leadership.
- 3 Equilibrium.
- 4 Anxiety.
- 5 Wellness.

(5 × 2 = 10 marks)

V. Write an essay on any *one* of the following in *two hundred* words :

- 1 What is Periodization and explain the types of Periodization ?
- 2 Explain the Need and Scope of information and communication technology (ICT) in Physical Education.

(15 marks)