

ENTRANCE TEST - 2025

School of Education & Behavioural Sciences

Physical Education

Total Questions: 60

Roll No.

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Time Allowed: 70 Minutes

Important Instructions for Candidates:

1. Candidates shall compulsorily use only **blue/ black ball point pen**. In no case gel/ink pen or pencil should be used.
2. Compulsorily write your **roll number** in the space provided at the top of this page of the question booklet.
3. Fill up the necessary information in the spaces provided on OMR Answer sheet including **Question Booklet Number** and **Question Booklet Series**.
4. OMR Answer sheet has an original copy and a candidate's copy glued beneath it at the top. While making entries in the original copy, candidate should ensure that the **two copies are aligned properly** so that the entries made in the original copy against each item are exactly copied in the candidate's copy.
5. All entries in the OMR Answer Sheet, including answers to questions, are to be recorded in the Original Copy only.
6. **Choose only one correct/most appropriate response** for each question among the options A, B, C and D and darken the circle of the appropriate response completely. Incompletely darkened circle is not correctly read by the OMR scanner and no complaint to this effect shall be entertained.
7. **Do not darken more than one circle of option for any question. A question with more than one darkened response shall be considered wrong.**
8. **There will be negative marking for wrong answers. Each wrong answer will lead to deduction of 0.25 marks per wrong answer from the score.**
9. Only those candidates who obtain positive score in Entrance Test shall be eligible for admission.
10. Do not make any stray mark on the OMR sheet as this may lead to errors while scanning.
11. OMR answer sheet must be handled carefully and it should not be folded or mutilated, as in such case it will not be properly evaluated by the machine.
12. No Electronic gadgets including calculators, mobiles, smart watches, blue tooth etc. shall be permitted inside the examination hall.
13. Rough work, if any, should be done on the blank sheets provided with the question booklet.
14. Ensure that the OMR Sheet is signed by the Examinee as well as by the invigilator.
15. At the end of the examination, fold the OMR Sheet along the crease on the top and tear off the top strip to separate the Original OMR Sheet from the Duplicate Copy.
16. Hand over the Original OMR answer sheet to the invigilator and retain the candidate's copy of OMR, Question Booklet and Admit card for your reference.
17. If any of the information in the response Sheet/Question Paper has been found missing or not mentioned as stated above, the candidate is solely responsible for that lapse.
18. Any deficiency on the OMR shall be the responsibility of the candidate himself/herself.

1. During respiration oxygen passes from the alveoli to blood by the process of
 - a) Active transportation
 - b) Osmosis
 - c) Diffusion
 - d) All of above
2. Carbohydrates are composed of
 - a) Carbon and hydrogen
 - b) Carbon and oxygen
 - c) Hydrogen carbon and oxygen
 - d) Hydrogen and oxygen
3. Sports Authority of India was established in the year?
 - a) 1981
 - b) 1982
 - c) 1984
 - d) 1989
4. In which year Kaul Kapoor committee was formed
 - a) 1960
 - b) 1961
 - c) 1963
 - d) 1965
5. Where is the headquarter of ICC
 - a) India
 - b) England
 - c) Dubai
 - d) Switzerland
6. Which among the follow is scalar quantity
 - a) Displacement
 - b) Acceleration
 - c) Speed
 - d) Angular distance
7. In ancient time Oil was regarded as an essential part of athletic training
 - a) Greeks
 - b) Aryans
 - c) Mongols
 - d) All of above
8. Which volume is not included in determining Lung capacity
 - a) Tidal Volume
 - b) Inspiratory Reserve Volume
 - c) Residual Volume
 - d) Expiratory Reserve Volume
9. Which country is going to host 2028 summer olympic games
 - a) Canada
 - b) United sates of America
 - c) Australia
 - d) France
10. Ischium is a bone of
 - a) Pubic gridle
 - b) Pelvic
 - c) Pelvic girdle
 - d) Pictorial gridle
11. How many Vertebare are present in lumber region of human beings
 - a) 7
 - b) 8
 - c) 9
 - d) 5
12. Pactorial Major got inserted
 - a) Scapula
 - b) Humerus
 - c) Clavical
 - d) Top of scapula

13. Deltoid muscle has its insertion on
a) Humerus
b) Clavical
c) Sternum
d) Acromion process of the scapula

14. Histology is to study
a) Historical buildings
b) History
c) Microscopic study of Tissues /organs
d) Pre history

15. An efferent nerve carries motor signal
a) From central nervous system to receptors
b) From receptors towards central nervous system
c) From central nervous system to brain
d) Both b& c

16. In normal condition, the cardiac output in man under resting condition is about
a) 5 litres
b) 1 litres
c) 4 litres
d) 3 litres

17. What is lacking in human Lymph
a) Erythrocytes
b) Plasma
c) Leucocytes
d) None of above

18. Rennin is secreted by
a) Gastric gland
b) Gall bladder
c) Liver
d) Kidney

19. Hepatitis Disease is caused by
a) Virus
b) Bacteria
c) Parasite
d) All of above

20. Standard International Unit (S.I) of acceleration
a) m/sec
b) m/sec 2
c) kilometre /sec
d) kilo/sec

21. The last Asian games were held in the year
a) 2022
b) 2020
c) 2021
d) 2023

22. The length of standard badminton court is
a) 12.3
b) 13.4
c) 14.3
d) 15.9

23. What will be number of matches for 45 teams in a knock-out tournaments
a) 90
b) 57
c) 44
d) 47

24. Which one is not an purely indoor game
a) Squash
b) Tennis
c) Badminton
d) Table tennis

25. Which training is mostly suitable for a high class professional players
a) Circuit training
b) Interval training
c) Weight training
d) Fertlek training

26. Mc Donald test is used to measure playing skill of
a) Badminton and volleyball
b) Soccer and handball
c) Volleyball
d) Soccer

27. JCR test for motor ability test means
a) Jumping Climbing Running
b) Jumping Chining Running
c) Junior Climbing Rest
d) Jumping Catching Riding

28. Valid instrument applied to measure flexibility in an individual is known as.
a) Goiniomete
b) Dyanometer
c) Strengtmeter
d) Flexometer

29. Bent knee sit ups are used to measure
a) Endurance
b) Abdominal strength
c) Speed
d) All of above

30. Major loose of water in human body occurs by
a) Urination
b) Through faeces
c) Evaporation from body surface
d) Tears

31. Which drug in given options fall under Narcotics categories
a) Marijuana
b) Cocaine
c) Amphetamine
d) Morphine

32. In human melanocytes are present in the
a) Dermis
b) Lower dermis
c) Middle dermis
d) Epidermis

33. In sports training, Double periodization have
a) One preparation period
b) One transition period
c) One competition period
d) All of above

34. Physical Fitness Component which is less to improve by training
a) Strength
b) Endurance
c) Muscle endurance
d) Speed

35. In computer language OTP code stands for
a) One time pass
b) One time passenger
c) One time pass interference
d) *One time password*

36. Short-cut key used to cut the selected text
a) Control+ X
b) Control+ shift +C
c) Shift key+ C
d) Control+ shift + C

37. In computer random access memory (RAM) is
a) Primary memory
b) Secondary memory
c) Both a and b
d) None of above

38. A type of fracture, in which nearly a crack, the bone remains partly intact is known as
a) Green stick fracture
b) Comminuted fracture
c) Compound fracture
d) Simple fracture

39. Hydrotherapy is therapy with
a) cold water only
b) hot water only
c) both hot and cold
d) none of above

40. When there is tear to a tendon/ muscle leads to
a) Sprain
b) Contusions
c) Strain
d) Laceration

41. Which of the following hormone is secreted by Pancreas
a) Oxytocin
b) Testosterone
c) Gastrin
d) Glucagon

42. Which is the largest Endocrine gland in human body
a) Thyroid
b) Pituitary
c) Adrenal
d) Liver

43. Hockey game was invented by
a) England
b) India
c) America
d) Greece

44. The angle of throwing sector in Javelin throw is
a) 24.29 degree
b) 29 degree
c) 34.92 degree
d) 37.45 degree

45. What can be maximum length of landing area in long jump

- a) 9 meters
- b) 11 meters
- c) 12 meters
- d) 12.5 meters

46. A team of football comprised

- a) 16 players
- b) 18 players
- c) 12 players
- d) 11 players

47. The first common wealth games were held in the year

- a) 1932
- b) 1934
- c) 1930
- d) 1944

48. Which one is communicable disease

- a) Hypertantion
- b) Diabetes
- c) Malaria
- d) All of above

49. The smallest unit of data in a computer is

- a) Bit
- b) Kilo Bit
- c) Nibble
- d) Byt

50. The scope of Physical Education is best described as:

- a) Limited to sports training
- b) Focused solely on fitness testing
- c) Inclusive of cognitive, affective, and psychomotor development
- d) Confined to recreational activities

51. In which philosophy is Physical Education considered a means of moral and character development?

- a) Pragmatism
- b) Naturalism
- c) Realism
- d) Idealism

52. Objectives of Physical Education based on holistic development include all EXCEPT:

- a) Social integration
- b) Physical competence
- c) Emotional regulation
- d) Military preparation only

53. Which of the following best illustrates the psycho-physical unity principle in Physical Education?

- a) Meditation before training
- b) The influence of cognitive strategies on movement learning
- c) Eating a balanced diet
- d) Isolating physical training from emotional development

54. The Law of Readiness in motor learning implies that:

- A student learns only by repetition
- A learner must be physically and mentally prepared to act
- Only cognitive ability matters in skill acquisition
- Physical fitness determines readiness alone

55. In what way does the Transfer of Training support the design of Physical Education activities?

- By encouraging unrelated skill practice
- By assuming skills learned do not influence each other
- By applying learned skills from one context to another
- By ensuring fixed routines

56. Which theory of play suggests that play is a repetition of ancestral experiences?

- Surplus Energy Theory
- Recapitulation Theory
- Relaxation Theory
- Catharsis Theory

57. Which of the following concepts has a direct impact on performance under competitive pressure?

- Transfer of learning
- Reinforcement theory
- Arousal regulation
- Recapitulation

58. How did the educational focus of Sparta differ from that of Athens?

- Sparta emphasized philosophy; Athens emphasized military
- Sparta focused on military and discipline; Athens focused on intellectual and aesthetic development
- Sparta encouraged poetry; Athens banned arts
- Both had identical systems

59. Women's participation in sports in ancient Greece was:

- Fully encouraged
- Limited to private ceremonies
- Non-existent due to cultural restrictions
- Equal to that of men

60. Which country's early education system most influenced the modern structure of Physical Education?

- India
- Germany
- Italy
- Greece