

D 144431

(Pages : 8)

Name.....

Reg. No.....

CALICUT UNIVERSITY COMMON ENTRANCE TEST (CU-CET), APRIL 2026

B.P.Ed.

Time : One Hour

Maximum : 200 Marks

Each question carries 4 marks.

There is no Negative Marking.

1. Kerala Blasters is associated with which sport ?
(A) Cricket. (B) Football.
(C) Hockey. (D) Volleyball.
2. Who is a famous Kerala-origin fast bowler ?
(A) Sreesanth. (B) Bumrah.
(C) Shami. (D) Siraj.
3. Which Kerala player is famous in Indian hockey ?
(A) PR Sreejesh. (B) Dhyan Chand.
(C) Dhanraj. (D) Zafar.
4. Which Kerala athlete is known for triple jump ?
(A) Anju. (B) Eldhose Paul.
(C) Luka. (D) Usha.
5. Who is a Kerala swimmer representing India ?
(A) Lochte. (B) Phelps.
(C) Sajan Prakash. (D) Thorpe.

Turn over

6. Which type of tournament is generally the most expensive to organize ?
- (A) League. (B) Knockout.
(C) Ladder. (D) None.
7. In a knockout tournament with an even number of teams, what happens regarding byes ?
- (A) Bye. (B) No bye.
(C) Double. (D) None.
8. In a knockout tournament with 8 teams, how many matches are required to determine the winner ?
- (A) 7. (B) 8.
(C) 6. (D) 10.
9. What is a key advantage of a knockout tournament compared to other formats ?
- (A) Time saving. (B) Fair.
(C) Long. (D) Costly.
10. How many chambers are present in the human heart ?
- (A) Two chambers. (B) Three chambers.
(C) Four chambers. (D) Five chambers.
11. Which part of the brain controls voluntary actions ?
- (A) Cerebrum part. (B) Medulla part.
(C) Cerebellum part. (D) Spinal cord.
12. What is the main function of the lungs ?
- (A) Gas exchange process. (B) Food digestion.
(C) Blood storage. (D) Hormone control.

13. Which organ purifies blood in the human body ?
(A) Heart organ. (B) Kidney organ.
(C) Lung organ. (D) Brain organ.
14. Which blood component helps in clotting ?
(A) Plasma fluid. (B) RBC cells.
(C) WBC cells. (D) Platelets cells.
15. Which gland is known as master gland ?
(A) Pituitary gland. (B) Thyroid gland.
(C) Adrenal gland. (D) Pancreas gland.
16. Stress hormone is :
(A) Insulin. (B) Cortisol.
(C) Thyroxine. (D) Estrogen.
17. Lifestyle diseases are primarily linked to :
(A) Infection. (B) Genetics only.
(C) Behavior patterns. (D) Climate Lifestyle.
18. Epidemiology mainly studies.
(A) Treatment. (B) Distribution of diseases.
(C) Surgery. (D) Nutrition.
19. Which is the highest award in Indian sports ?
(A) Major Dhyan Chand Khel Ratna.
(B) Arjuna Award.
(C) Dronacharya Award.
(D) Padma Shri.

Turn over

20. What is motto of Olympics ?
- (A) Win always best. (B) Faster Higher Stronger.
- (C) Play hard game. (D) Never quit.
21. How many players are there in kabaddi team ?
- (A) 7 players. (B) 6 players.
- (C) 8 players. (D) 9 players.
22. Which sport uses cue and balls on table ?
- (A) Hockey game. (B) Football game.
- (C) Tennis game. (D) Billiards game.
23. Duration of hockey match is :
- (A) 60 minutes play. (B) 90 minutes play.
- (C) 45 minutes play. (D) 30 minutes play.
24. In tournament organization, what does the term "fixtures" refer to ?
- (A) Schedule. (B) Ground.
- (C) Players. (D) Teams.
25. Which type of contraction involves muscle shortening ?
- (A) Isometric. (B) Isotonic.
- (C) Eccentric. (D) Static.
26. Which energy system is used in short explosive activities ?
- (A) Aerobic. (B) Anaerobic.
- (C) Oxidative. (D) Glycolysis.

27. Which test measures cardiovascular endurance ?

- (A) Sit and reach.
- (B) Push-up test.
- (C) Cooper test.
- (D) Sprint test.

28. Plyometric training improves :

- (A) Flexibility.
- (B) Power.
- (C) Balance.
- (D) Co-ordination.

29. Davis Cup is related to ?

- (A) Cricket.
- (B) Tennis.
- (C) Hockey.
- (D) Football.

30. Which is a component of physical fitness ?

- (A) Intelligence.
- (B) Creativity.
- (C) Strength.
- (D) Emotion.

31. Interval training includes :

- (A) Continuous work.
- (B) Work and rest periods.
- (C) Only rest.
- (D) Only sprint.

32. Specificity means :

- (A) General training.
- (B) No training.
- (C) Sport-specific training.
- (D) Random training.

33. Intensity refers to :

- (A) Duration.
- (B) Effort level.
- (C) Rest.
- (D) Frequency.

Turn over

34. Anaerobic exercise lasts for :
- (A) Long duration. (B) Short duration.
(C) Medium duration. (D) Unlimited.
35. BMI above 30 indicates :
- (A) Underweight. (B) Normal.
(C) Overweight. (D) Obesity.
36. Lifestyle diseases are primarily linked to :
- (A) Infection. (B) Genetics only.
(C) Behavior patterns. (D) Climate.
37. "Golden Slam" in tennis means ?
- (A) Winning all Grand Slams.
(B) Winning all Slams + Olympic Gold.
(C) Winning 2 Slams.
(D) Winning Davis Cup.
38. First Indian to win an individual Olympic gold medal ?
- (A) Abhinav Bindra. (B) Neeraj Chopra.
(C) Rajyavardhan Rathore. (D) Leander Paes.
39. Santosh Trophy is related to ?
- (A) Hockey. (B) Football.
(C) Cricket. (D) Kabaddi.
40. Pro Kabaddi League started in which year ?
- (A) 2012. (B) 2014.
(C) 2016. (D) 2018.

41. "Ace" is a term in ?

- (A) Tennis.
- (B) Cricket.
- (C) Football.
- (D) Boxing.

42. Who became the youngest World Chess Champion challenger from India recently ?

- (A) Vidit Gujrathi.
- (B) R Praggnanandhaa.
- (C) Arjun Erigaisi.
- (D) Nihal Sarin.

43. Ryder Cup is associated with ?

- (A) Tennis.
- (B) Golf.
- (C) Cricket.
- (D) Hockey.

44. Rajiv Gandhi Khel Ratna Award was renamed as ?

- (A) Arjuna Award.
- (B) Dhyan Chand Khel Ratna Award
- (C) Major Dhyan Chand Award.
- (D) Bharat Ratna.

45. National Anti-Doping Agency (NADA) works under ?

- (A) WADA.
- (B) SAL.
- (C) IOA.
- (D) MYAS.

46. IOC headquarters is located in ?

- (A) Paris.
- (B) Lausanne.
- (C) Geneva.
- (D) Zurich.

47. Functional unit of muscle is ?

- (A) Neuron.
- (B) Myofibril.
- (C) Sarcomere.
- (D) Tendon.

Turn over

48. Fartlek training means ?

- (A) Speed play.
- (B) Strength work.
- (C) Flexibility.
- (D) Endurance only.

49. Aerobic exercises improve ?

- (A) Strength.
- (B) Endurance.
- (C) Speed.
- (D) Power.

50. Protein is mainly for ?

- (A) Energy.
- (B) Fat.
- (C) Growth.
- (D) Heat.