

D 123820

(Pages : 8)

Name.....

Reg. No.....

CALICUT UNIVERSITY CENTRALIZED ENTRANCE TEST (CU-CET)
APRIL 2025

M.P.Ed. (MASTER OF PHYSICAL EDUCATION)

Time : One Hours

Maximum : 200 Marks

Each question carries 4 marks.

1 mark will be deducted for each wrong answer.

1. The _____ is a measure of variability.
(a) Mean. (b) Mode.
(c) Average. (d) Range.
2. A variable that is responsible for bringing about a change is called :
(a) Controlled variable. (b) Dependent variable.
(c) Independent variable. (d) Constant variable.
3. A brief outline of the research work to be done is :
(a) Research study material. (b) Research problem.
(c) Research proposal. (d) Thesis.
4. Name the smallest bone in the human body.
(a) Incus. (b) Malleus.
(c) Vomer. (d) Stapes.
5. Which is the smallest gland in the human body ?
(a) Pituitary. (b) Pancreas.
(c) Thyroid. (d) Pineal.

Turn over

6. Which of the following organs is known as the "graveyard" of RBCs ?

- (a) Spleen.
- (b) Kidney.
- (c) Liver.
- (d) Gall bladder.

7. The Sequence of systemic circulation :

- (a) Left ventricle → aorta → arteries → capillaries → veins.
- (b) Aorta → Left ventricle → arteries → capillaries → veins.
- (c) Aorta → Left ventricle → capillaries → arteries → veins.
- (d) Aorta → Left ventricle → veins → arteries → capillaries.

8. One ATP is equal to :

- (a) 7.1 kcal.
- (b) 7.2 kcal.
- (c) 7.3 kcal.
- (d) 7.4 kcal.

9. Who was the first female Indian athlete who won individual Gold medal at Asian Games ?

- (a) P T Usha.
- (b) Beena Mol.
- (c) MD Valsamma.
- (d) Kamaljeet Sandhu.

10. What is the set point for table tennis ?

- (a) 10.
- (b) 11.
- (c) 12.
- (d) 13.

11. According to the new rule, the shuttle should be below _____ from the surface of the court at the instant of being hit by the server's racket.

- (a) 1.10 metres.
- (b) 1.15 metres.
- (c) 1.18 metres.
- (d) 1.20 metres.

12. Which law of learning discuss the role of reward and punishment in the child's learning ?

- (a) Law of readiness.
- (b) Law of effect.
- (c) Law of exercise.
- (d) Law of recency.

13. Which law of learning discuss that the things most recently learned are best remembered ?
- (a) Law of primacy. (b) Law of effect.
(c) Law of exercise. (d) Law of recency.
14. Which type of lever is most effective in sport movements ?
- (a) First class. (b) Second class.
(c) Third Class. (d) Both first and second.
15. On 'set' command the sprinter is in :
- (a) Stable equilibrium. (b) Unstable equilibrium.
(c) Neutral equilibrium. (d) None of the above.
16. Newton's second law of motion is also known as :
- (a) Law of inertia. (b) Law of action reaction.
(c) Law of momentum. (d) Law of gravitation.
17. Mass physical activity classes are better organized by the use of :
- (a) Command method. (b) Demonstration method.
(c) Group-directed practice method. (d) Discussion method.
18. What type of education is imparted by the family ?
- (a) Deliberate. (b) Formal.
(c) Informal. (d) Non-formal.
19. Which is the most effective method for encouraging self learning ?
- (a) Demonstration method. (b) Lecture method.
(c) Observation method. (d) Task method.

Turn over

20. The initial step in curriculum design is to :
- (a) Organize a curriculum committee.
 - (b) Defining goals.
 - (c) Defining objectives.
 - (d) Defining a philosophy of physical education.
21. Allotment of periods with instructions in sequence is called :
- (a) Official directives.
 - (b) Micro scheduling.
 - (c) Instructional scheduling.
 - (d) Macro scheduling.
22. The systematic planning of athletic or physical training is called :
- (a) Periodization.
 - (b) Specificity.
 - (c) Frequency.
 - (d) Variance.
23. Who invented Isokinetic exercise ?
- (a) Morgan and Adamson.
 - (b) Aristotle.
 - (c) Dr. Greschler.
 - (d) James Perrine.
24. Basic principle of Fartlek training is :
- (a) Variation in space.
 - (b) Variation in pace.
 - (c) Variation in duration.
 - (d) Variation in place.
25. In what terms is Computer memory measured ?
- (a) Units.
 - (b) Bits.
 - (c) Cells.
 - (d) Bytes.
26. Which nutrient helps prevent muscle cramps and is important for muscle contractions ?
- (a) Sodium.
 - (b) Vitamin B12.
 - (c) Fiber.
 - (d) Calcium.

27. Which of the following vitamin deficiency causes Beriberi ?
- (a) Vitamin B1. (b) Vitamin B2.
(c) Vitamin B6. (d) Vitamin B12.
28. Autogenic training is :
- (a) Mental ability test. (b) Overload assessing tool.
(c) Physical fitness test. (d) Relaxation technique.
29. Which of the following is the first step in a management ?
- (a) Budgeting. (b) Directing.
(c) Planning. (d) Staffing.
30. Which of the following describes the leadership style in which a leader tends to centralize authority, dictate work methods, make unilateral decisions, and limit employee participation ?
- (a) Cultural style. (b) Autocratic style.
(c) Democratic style. (d) Laissez-faire style.
31. The most important factor in the organisation of recreations :
- (a) Materials. (b) Leadership.
(c) Facilities. (d) Planning.
32. Who was the first Kerala sportsperson to win the Khel Ratna Award ?
- (a) Anju Bobby George. (b) K.M Beenamol.
(c) P.T Usha. (d) Shiny Wilson.
33. India sent its first national team to the Summer Olympics in :
- (a) 1900. (b) 1920.
(c) 1924. (d) 1928.
34. What was the motto of Tokyo 2020 Olympic game ?
- (a) Games Wide Open. (b) A New World.
(c) United by Emotion. (d) Inspire a Generation .

Turn over

35. Which fracture occur most often during infancy and childhood ?
- (a) Transverse fracture.
 - (b) Green stick fracture.
 - (c) Stress fracture.
 - (d) Oblique fracture.
36. Arthritis means :
- (a) Joint inflammation.
 - (b) Nerve inflammation.
 - (c) Muscle inflammation.
 - (d) Eye inflammation.
37. The quality of the test is "what is claim to measure" is ?
- (a) Objectivity.
 - (b) Norms.
 - (c) Validity.
 - (d) Reliability.
38. Chapman Ball control test is associated with :
- (a) Basketball.
 - (b) Handball.
 - (c) Football.
 - (d) Hockey.
39. A curve with an exaggerated forward convexity in the lumbar region is called ?
- (a) Knock knees.
 - (b) Bow legs.
 - (c) Kyphosis.
 - (d) Lordosis.
40. Which western philosophic school consider "self-expression" as the aim of education :
- (a) Idealism.
 - (b) Naturalism.
 - (c) Realism.
 - (d) Pragmatism.
41. The literal meaning of philosophy is :
- (a) Love of Wisdom.
 - (b) Love of Knowledge.
 - (c) Love of truth.
 - (d) Love of God.
42. Consolation tournaments are a part of which type of fixture ?
- (a) Knockout fixture.
 - (b) Round robin fixture.
 - (c) Combination fixture.
 - (d) Challenge tournament.

43. Which evaluation is done by the teacher during the instruction ?

- (a) Summative evaluation.
- (b) Formative evaluation.
- (c) Criterion-Referenced Evaluation.
- (d) Norm Referenced Evaluation.

44. What is the study of muscles is called ?

- (a) Myositis.
- (b) Mycology.
- (c) Myelitis.
- (d) Myology.

45. The word "Yoga" comes for Sanskrit. What is the literal meaning of this word ?

- (a) Hindu system of philosophy and meditation.
- (b) Inner peace and tranquility.
- (c) Joining together.
- (d) Controlled breathing.

46. Who said, "Man is a Social Animal" ?

- (a) Aristotle.
- (b) Comte.
- (c) Plato.
- (d) Socrates.

47. ————— is a set of techniques to measure attractions and repulsion in interpersonal relation 'in quantitative and diagrammatic terms'.

- (a) Social statistics.
- (b) Sociometry.
- (c) Social survey.
- (d) Quantitative method.

48. The first institute in India to propagate the cause of indigenous physical activities is :

- (a) YMCA, Madras.
- (b) LNIPE, Gwalior.
- (c) H.V.P. Mandal, Amravati.
- (d) Punjab Government College of Physical Education, Patiala.

Turn over

49. "National Physical Efficiency Drive" (NPED) was initiated in :

- (a) 1958.
- (b) 1959.
- (c) 1960.
- (d) 1961.

50. The aim of Spartan education was to produce :

- (a) Intellectuals.
- (b) Good citizens.
- (c) Warriors.
- (d) Ancient Olympic medallists.

D 102485

(Pages : 8)

Name.....

Reg. No.....

U.G. ENTRANCE EXAMINATION, APRIL 2024

B.P.Ed. (Two Year)

Time : One Hours

Maximum : 200 Marks

Each questions carries 4 marks.

1 mark will be deducted for each wrong answers.

1. Davis Cup is related to which sport ?
(a) Tennis. (b) Badminton.
(c) Football. (d) Cricket.
2. Daily how many hours need to sleep.
(a) 5. (b) 12.
(c) 6. (d) 8.
3. Which day we calibrating the national sports day ?
(a) 29th August. (b) 2nd October.
(c) 1st January. (d) 26th November.
4. Mother of Sports.
(a) Badminton. (b) Golf.
(c) Sprinting. (d) Athletics.
5. Badminton was originated in which country ?
(a) China. (b) Canada.
(c) France. (d) India.
6. Distance of full Marathon is :
(a) 30 km. (b) 40 km.
(c) 42 km. (d) 52 km.

Turn over

7. The tread mills training is prescribed for the injured athlete for the purpose of Improving his/her
- (a) Muscle strength.
 - (b) Stability of the body.
 - (c) Range of motion.
 - (d) Muscle endurance.
8. The longest muscle in human body is ?
- (a) Sartorius.
 - (b) Biceps.
 - (c) Deltoid.
 - (d) Lattismus Dorsi.
9. What is flexibility ?
- (a) Isotonic movements.
 - (b) Health.
 - (c) Concentration.
 - (d) Long life.
10. 'Stimulus Response Theory' was given by ?
- (a) Frobel.
 - (b) E. L. Thorndike.
 - (c) Dr. Radhakrishnan.
 - (d) John Dewey.
11. The normal temperature of a healthy human being is ?
- (a) 98.4° F.
 - (b) 95.5° F.
 - (c) 96.6° F.
 - (d) 97.4° F.
12. Balanced diet contains :
- (a) Protein.
 - (b) Vitamin.
 - (c) Carbohydrates.
 - (d) All of the above.
13. Fatigue comes during training due to ?
- (a) Lactic acid.
 - (b) Adrenal.
 - (c) Carbon Di Oxide.
 - (d) pH-Factors.

14. Standard track total distance is :
- (a) 300 m. (b) 200 m.
(c) 400 m. (d) 800 m.
15. Which country host the 'Special Olympics World Summer Games' ?
- (a) India. (b) Germany.
(c) France. (d) Australia.
16. How many medals were won by India in the 'Special Olympics World Games 2023' ?
- (a) 101. (b) 202.
(c) 303. (d) 404.
17. Who has been selected as torchbearer for the 2024 Paris Olympics ?
- (a) Saina Nehwal. (b) Neeraj Chopra.
(c) Abhinav Bindra. (d) P. V. Sindhu.
18. How many lanes on a standard track ?
- (a) 6. (b) 7.
(c) 8. (d) 9.
19. High jump runway distance.
- (a) 12 m. (b) 13 m.
(c) 15 m. (d) 14 m.
20. Asian Games took place after every :
- (a) 2 years. (b) 3 years.
(c) 4 years. (d) 5 years.

Turn over

21. Which test for Doping ?
- (a) Sugar test. (b) Urine test.
(c) Stool test. (d) Blood test.
22. Total Length and width of Football ground is ____.
- (a) 100 and 70. (b) 120 and 80.
(c) 120 and 90. (d) 90 and 70.
23. Dhanraj Pillai.
- (a) Swimming. (b) Hockey.
(c) Cricket. (d) Tennis.
24. How many squares are there on chess board ?
- (a) 32. (b) 16.
(c) 8. (d) 64.
25. The term 'Butterfly Stroke' is referred to in which sport ?
- (a) Wrestling. (b) Volleyball.
(c) Tennis. (d) Swimming.
26. Which was the first country to host the Asian Games ?
- (a) China. (b) Japan.
(c) India. (d) Korea.
27. Indira Gandhi Cup is associated with ____.
- (a) Cricket. (b) Football.
(c) Boxing. (d) Basketball.

28. Who is the only Indian male boxer to win a medal at the Olympics ?
- (a) Manoj Kumar. (b) Mary Kom.
(c) Vikas Krishan Yadav. (d) Vijender Singh.
29. What sport is considered the most popular in the world ?
- (a) Football. (b) Tennis.
(c) Golf. (d) Basketball.
30. In what country was boxer Muhammed Ali born ?
- (a) United States. (b) United Kingdom.
(c) Canada. (d) Jamaica.
31. What game is called the "sport of kings" ?
- (a) Chess. (b) Go.
(c) Bridge. (d) Tennis.
32. Neeraj Chopra won India's first-ever Olympic Gold Medal in which of the following sports ?
- (a) 400 m Hurdle. (b) Javelin Throw.
(c) Long Jump. (d) High Jump.
33. Who started physical education ?
- (a) Friedreich George. (b) Friedreich Jahn.
(c) George David. (d) None of these.
34. Breakage of bones is known as :
- (a) Sprain. (b) Fracture.
(c) Contusion. (d) Laceration.

35. Isotonic exercise helps in enhancing :
- (a) Strength.
 - (b) Speed.
 - (c) Agility.
 - (d) Endurance.
36. Stretching and range-of-motion exercises can :
- (a) Increase an individual's flexibility.
 - (b) Make it easier for staff to care for individuals.
 - (c) All of the above.
 - (d) None of the above.
37. Who was the first Indian Woman to get an Olympic medal ?
- (a) P. T. Usha.
 - (b) Sania Mirza.
 - (c) Aarti Saha.
 - (d) Karnam Malleswari.
38. Olympic Medalists of India Bajrang Punia and Ravi Dhayya associated with which sport ?
- (a) Boxing.
 - (b) Shooting.
 - (c) Wrestling.
 - (d) Judo.
39. Who became first Indian woman para-athlete and the oldest to be conferred with "Rajiv Gandhi Khel Ratna" award in the year 2019 ?
- (a) Karamjyoti Dalal.
 - (b) Deepa Malik.
 - (c) Pooja Khanna.
 - (d) Malathi Krishnamurthy Holla.
40. In which of these cities the famous "Eden Garden" Stadium is located ?
- (a) Mumbai.
 - (b) Delhi.
 - (c) Jaipur.
 - (d) Kolkata.
41. "Karnam Malleswari" is associated with which of the following sports ?
- (a) Weight Lifting.
 - (b) Football.
 - (c) Hockey.
 - (d) Cricket.

42. Who is the first Indian woman to win an Asian Games gold in 400m run ?
(a) M. L. Valsamma. (b) P.T.-Usha.
(c) K. Malleshwari. (d) Kamaljit Sandhu.
43. "Archery" is the national sport of which country ?
(a) Bangladesh. (b) Afghanistan.
(c) Bhutan. (d) Sri Lanka.
44. Which country has hosted the Asian Games for the maximum number of times ?
(a) Thailand. (b) Indonesia.
(c) China. (d) India.
45. Dronachaiya Award is given to _____.
(a) Best Sportsman of the year.
(b) Player who won the most number of medals in a year.
(c) Best team of the year.
(d) Person with excellence in sports coaching.
46. Arjuna Award was introduced in which year ?
(a) 1951. (b) 1961.
(c) 1968. (d) 1984.
47. When was National Sports Day first celebrated in India ?
(a) 2012. (b) 2014.
(c) 2017. (d) 2019.
48. Which state was crowned champion at the Boxing Sub Junior National Championship ?
(a) Haryana. (b) Punjab.
(c) Karnataka. (d) Kerala.

Turn over

49. Where will the National Para Badminton Championship be hosted ?

- (a) New Delhi.
- (b) Jaipur.
- (c) Jamshedpur.
- (d) Ranchi.

50. Which state won the most medals in the Khelo India Youth Games 2024 ?

- (a) Maharashtra.
- (b) Haryana.
- (c) Tamil Nadu.
- (d) Punjab.

D 144435

(Pages : 8)

Name.....

Reg. No.....

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

(MASTER OF PHYSICAL EDUCATION) M.P.Ed.

Time : One Hour

Maximum : 200 Marks

Each question carries 4 marks.

One mark will be deducted for each wrong answer.

1. Endomorphs may perform better in :
 - (a) Marathon.
 - (b) Gymnastics.
 - (c) Throwing events.
 - (d) High jump.
2. What type of learning curve shows a rapid improvement initially followed by a slower rate ?
 - (a) Negatively accelerated curve.
 - (b) Positively accelerated curve.
 - (c) Linear curve.
 - (d) S-shaped curve.
3. When prior learning facilitates the learning of a new task, it is called :
 - (a) Negative Transfer.
 - (b) Zero Transfer.
 - (c) Positive Transfer.
 - (d) Bilateral Transfer.
4. An athlete's "attitude" towards sport is primarily developed through :
 - (a) Heredity.
 - (b) Environment and Experience.
 - (c) Physical fitness.
 - (d) Age.
5. Which of the following is a key component of effective environmental sanitation ?
 - (a) Safe disposal of human excreta.
 - (b) Supply of safe drinking water.
 - (c) Proper waste management.
 - (d) All of the above.

Turn over

6. Where is the headquarters of the International Olympic Committee (IOC) located ?
- (a) Paris, France.
 - (b) Athens, Greece.
 - (c) Lausanne, Switzerland.
 - (d) London, UK.
7. Play-way method is mainly associated with :
- (a) Idealism.
 - (b) Naturalism.
 - (c) Realism.
 - (d) Pragmatism.
8. Tally marks are usually grouped in sets of :
- (a) 3.
 - (b) 4.
 - (c) 5.
 - (d) 10.
9. Which of the following is considered an essential mental quality of a good official ?
- (a) High technical knowledge.
 - (b) Decisiveness and calmness under pressure.
 - (c) Physical strength.
 - (d) Popularity among spectators.
10. The "systematic application of scientific knowledge to improve the efficiency of teaching and learning" is known as :
- (a) Teaching methodology.
 - (b) Pedagogical theory.
 - (c) Educational Technology.
 - (d) Technical education.
11. The "Whole-Part-Whole" method is a type of :
- (a) Teaching Aid.
 - (b) Teaching Procedure.
 - (c) Evaluation Technique.
 - (d) Lesson Plan.
12. What provides a standard for interpreting individual test scores relative to a specific group ?
- (a) Nouns.
 - (b) Reliability co-efficient.
 - (c) Instructions.
 - (d) Test length.

13. In a lesson plan, "General Objectives" are usually related to :
- (a) The specific topic of the day.
 - (b) The overall subject matter and long-term goals.
 - (c) The classroom furniture layout.
 - (d) Student attendance.
14. According to Newton's Second Law, if the same force is applied to two objects of different mass :
- (a) The heavier object will accelerate faster.
 - (b) The lighter object will accelerate faster.
 - (c) Both will accelerate at the same rate.
 - (d) Neither will move.
15. In a Knock-out tournament of 11 teams, how many "Byes" will be given ?
- (a) 3.
 - (b) 4.
 - (c) 5.
 - (d) 6.
16. Which of the following is NOT a component of health-related physical Fitness ?
- (a) Cardiorespiratory Endurance.
 - (b) Flexibility.
 - (c) Agility.
 - (d) Body Composition.
17. What is the primary byproduct that builds up in muscles during anaerobic exercise ?
- (a) Oxygen.
 - (b) Carbon Dioxide.
 - (c) Lactic acid.
 - (d) Glucose.
18. An activity that relies on anaerobic energy pathways typically requires a heart rate in which range ?
- (a) 50-60 % of Max.
 - (b) 60-70 % of Max.
 - (c) 70-80 % of Max.
 - (d) 80-100 % of Max.

Turn over

19. Which yoga path is most suitable for an individual with an inquiring, intellectual mind ?
- (a) Bhakti Yoga. (b) Jnana Yoga.
(c) Karma Yoga. (d) Hatha Yoga.
20. What is the most critical biomechanical factor for maximizing shot put distance ?
- (a) Angle of release. (b) Height of release.
(c) Velocity of release. (d) Body mass of the thrower.
21. What is the recommended repetition range for maximizing muscle hypertrophy (growth) ?
- (a) 1 - 5 reps. (b) 3 - 5 reps.
(c) 8 - 12 reps. (d) 15 - 20 reps.
22. What should be used to immobilize a suspected fracture ?
- (a) A tight bandage. (b) A splint.
(c) Ice only. (d) Rubbing alcohol.
23. Minerals are considered _____ nutrients because they do not contain carbon.
- (a) Organic. (b) Inorganic.
(c) Macro. (d) Micro.
24. What is the potential risk of excessive water intake during endurance exercise ?
- (a) Dehydration. (b) Hyponatremia.
(c) Hyponatremia. (d) Improved muscle contraction
25. When the line of gravity (LOG) falls outside the base of support, the athlete will :
- (a) Be perfectly balanced. (b) Lose equilibrium.
(c) Jump higher. (d) Gain strength.
26. According to standard BMI categories, an adult with a BMI of 27.5 is considered :
- (a) Underweight. (b) Normal weight.
(c) Overweight. (d) Obese.

27. The "Principle of Reversibility" means that :
- (a) Skills are **never forgotten**.
 - (b) **Fitness gains** are lost when training stops.
 - (c) **Training** should be done backwards.
 - (d) Recovery is not necessary.
28. The "specificity" principle suggests that in this stage, training should :
- (a) Focus on **general endurance**.
 - (b) Be identical for all athletes.
 - (c) **Be highly specific** to the competition sport.
 - (d) **Be reduced** to avoid injury.
29. - In which type of strength development method does the muscle shorten or lengthen through a range of motion ?
- (a) **Isometric**.
 - (b) **Isotonic**.
 - (c) **Static**.
 - (d) **Isokinetic**.
30. Cardiovascular endurance is the ability of the _____ and _____ to supply oxygen to the working muscles.
- (a) Muscles, Lungs.
 - (b) Heart, Muscles.
 - (c) Heart, Lungs.
 - (d) Blood, Brain.
31. Which ability is required to adjust body movements according to changing conditions in sports like Judo ?
- (a) Rhythm ability.
 - (b) Adaptation ability.
 - (c) Reaction ability.
 - (d) Differentiation ability.
32. What is the preferred fuel source for the brain and high-intensity exercise ?
- (a) Proteins.
 - (b) Glucose.
 - (c) Adipose Tissue.
 - (d) Fatty Acids.

Turn over

33. What is a common method for technical training ?
- (a) Analyzing opponent video.
 - (b) High-intensity interval running.
 - (c) Repetition and drill practice.
 - (d) Team meetings for game planning.
34. Which dimension of personality describes a person who is organized, dependable, and disciplined ?
- (a) Extraversion.
 - (b) Agreeableness.
 - (c) Conscientiousness.
 - (d) Openness.
35. If an athlete is generally a "nervous person" regardless of the situation, they are demonstrating :
- (a) Trait Anxiety.
 - (b) Cognitive Relaxation.
 - (c) State Anxiety.
 - (d) Assertive Behaviour.
36. Which nutrient is essential for maintaining lean muscle mass during weight loss in athletes ?
- (a) Protein.
 - (b) Carbohydrate.
 - (c) Fat.
 - (d) Sugar.
37. Which lateral ankle ligament is most commonly injured in a supination/inversion sprain ?
- (a) Posterior talofibular ligament.
 - (b) Anterior talofibular ligament.
 - (c) Deltoid ligament.
 - (d) Tibiofibular ligament.
38. What is the primary physiological effect of Cryotherapy (Cold Therapy) during the first 10 minutes ?
- (a) Vasodilation.
 - (b) Vasoconstriction.
 - (c) Increased metabolic rate.
 - (d) Muscle relaxation.

39. Which type of software is specifically designed to record and analyze the movement of an athlete ?
- (a) Word Processing Software. (b) Video Analysis Software.
(c) Database Management Software. (d) Presentation Software.
40. Which series deals with exact measurements like height or weight ?
- (a) Discrete Series. (b) Raw Series.
(c) Individual Series. (d) Continuous Series.
41. In the Johnson Basketball Dribble Test, how much time is allotted to cover the maximum distance ?
- (a) 15 seconds. (b) 30 seconds.
(c) 45 seconds. (d) 1 minute.
42. What is the name of the "master gland" of the endocrine system ?
- (a) Thyroid gland. (b) Adrenal gland.
(c) Pituitary gland. (d) Pancreas.
43. Muscles that are responsible for the primary movement in an exercise are called :
- (a) Antagonists. (b) Agonists.
(c) Synergists. (d) Fixators.
44. Two equal, opposite, and non-collinear forces acting on a body constitute a :
- (a) Moment. (b) Torque.
(c) Couple. (d) Equilibrium.
45. Which of these is a primary source for locating a research problem in Sports Science ?
- (a) Personal experience in coaching/teaching.
(b) Suggestions for further research in previous theses.
(c) Professional journals and periodicals.
(d) All of the above.

Turn over

46. Which Quartile corresponds exactly to the Median of a distribution ?
- (a) First Quartile.
 - (b) Second Quartile.
 - (c) Third Quartile.
 - (d) Interquartile Range.
47. The "Olympism in Action" philosophy focuses on blending sport with :
- (a) Commerce and Industry.
 - (b) Culture and Education.
 - (c) Politics and Religion.
 - (d) Technology and Media.
48. Inversion and eversion of the ankle primarily occur at the :
- (a) Subtalar joint.
 - (b) Talocrural joint.
 - (c) Distal tibiofibular joint.
 - (d) Metatarsophalangeal joint.
49. The 5-second wind measurement in long jump begins when the athlete :
- (a) Steps onto the runway.
 - (b) Reaches the 10-meter mark.
 - (c) Passes a mark 40 meters from the take-off board.
 - (d) Touches the take-off board.
50. Which type of obesity is characterized by fat storage around the abdomen ?
- (a) Gynoid Obesity.
 - (b) Subcutaneous Obesity.
 - (c) Lean Obesity.
 - (d) Android Obesity.