

DU MPed Department of PEdu N Sports Sci

Sr.No	Question Id	Question Description	Question Body	Options
1	613	DU_J19_MPED_Q01	The worldwide accepted definition of health is given by:	2449:World Health Organization , 2450:UNICEF , 2451:Red Cross , 2452:Central Health Education Bureau ,
2	614	DU_J19_MPED_Q02	The state of positive health implies the nation of	2453: Freedom from illness, 2454: Adaption to one's environment, 2455:Perfect functioning of the body, mind and soul, 2456:Active participation in health programmes,
3	615	DU_J19_MPED_Q03	The most appropriate definition of health services is to	2457:Take care of women, children and elderly , 2458:Implements health technologies in health care centers . 2459:Provide treatment of disease, prevention of illness, and promotion of health . 2460:Open hospitals in rural areas ,
4	616	DU_J19_MPED_Q04	Vector borne communicable disease are spread through	2461:Inanimate objects , 2462:Mosquitoes ,

		4		2463:Water , 2464:Food ,
5	617	DU_J19_ MPED_Q0 5	One of the major causes of non-communicable diseases is	2465:Mosquito bite , 2466:Physical inactivity , 2467:Exposure to cold , 2468:Flies ,
6	618	DU_J19_ MPED_Q0 6	Physical dimension of health pertains to the	2469:Ability of a person to see oneself as a member of a society . 2470:Perfect functioning of the body , 2471:Feeling of a sense of enlightenment , 2472:Ability to have control over emotions ,
7	619	DU_J19_ MPED_Q0 7	The main purpose of health education is to	2473:Give information about fitness and wellbeing , 2474:Bring down behaviour induces incidence of disease and promotion of health , 2475:Teach health related topics in schools , 2476:Educate rural population about sanitation and hygiene .
8	620	DU_J19_ MPED_Q0 8	Division of the nervous system initiates a response known as fight or flight	2477:The sympathetic nervous system , 2478:The parasympathetic nervous system , 2479:The somatic nervous system , 2480:Mesenteric nervous system ,

9	621	DU_J19_MPED_Q09	The action potential relies upon the movement of which of these ions into out of the cell?	2481:Calcium and magnesium , 2482:Iron and iodine , 2483:Sodium and potassium , 2484:Sodium and magnesium ,
10	622	DU_J19_MPED_Q10	Oxygen delivery to exercising skeletal muscle increases due to?	2485:Decrease cardiac output , 2486:Redistribution of blood flow , 2487:Decrease in arterial blood pressure , 2488:Decrease in resting heart rate ,
11	712	DU_J19_MPED_Q100	How many events will be held during 2020 Summer Olympics?	2845:330 in 30 Sports , 2846:335 in 33 sports , 2847:339 in 33 sports , 2848:412 in 30 sports ,
12	623	DU_J19_MPED_Q11	Along with the nervous system, which other system contrast the internal environment (Homeostasis)	2489:Muscular , 2490:Endocrine , 2491:Respiratory , 2492:Digestive ,
13	624	DU_J19_MPED_Q12	In a post exercise diet one should preferably replace with in 1 hour of exercise	2493:Fats , 2494:Proteins , 2495:Carbohydrates , 2496:Vitamins ,
14	625	DU_J19_MPED_Q13	Which of the following hormones regulate fluid balance?	2497:Erythropoietin , 2498:Anti-diuretic hormone , 2499:Angiotensin , 2500:Estrogen ,
15	626	DU_J19_MPED_Q1	The cardiovascular route that runs from the digestive tract to the liver is called	2501:Hepatic portal circulation ,

		4		2502:Systemic circulation , 2503:Pulmonary circulation , 2504:Coronary circulation ,
16	627	DU_J19_ MPED_Q1 5	The process of taking food into the digestive system is known as:	2505:Ingestion , 2506:Propulsion , 2507:Digestion , 2508:Elimination ,
17	628	DU_J19_ MPED_Q1 6	Cellular respiration refers to.	2509:The exchange of gases at the lungs , 2510:Oxygen utilization and carbon dioxide production at the tissues , 2511:Pulmonary respiration , 2512:The ability of the alveoli to exchange gases at the lungs .
18	629	DU_J19_ MPED_Q1 7	When performing CPR you give	2513:30 chest compression and 2 slow breaths , 2514:10 chest compression and 3 slow breaths , 2515:15 chest compression and 3 slow breaths , 2516:5 chest compression and 5 slow breaths ,
19	630	DU_J19_ MPED_Q1 8	In DRBACH , B stands for	2517:Bleeding , 2518:Breathing , 2519:Blocking ,

20	631	DU_J19_ MPED_Q1 9	CPR stands for	2520:Beating , 2521:Chest Pulmonary Ratio , 2522:Cardio Pulmonary Ratio , 2523:Cardio Pulmonary Resuscitation , 2524:Cardio Pulmonary Respiration ,
21	632	DU_J19_ MPED_Q2 0	You should ice a soft tissue injury for	2525:5 minutes after it has occurred , 2526: 10 minutes after it has occurred , 2527: 20 minutes every 2 hours for 24-48 hours , 2528: Apply heat only, no ice ,
22	633	DU_J19_ MPED_Q2 1	A substance needed by the body for growth, energy, repair, and maintenance is called a	2529:Nutrient , 2530:Carbohydrate , 2531:Calorie , 2532:Fatty acid ,
23	634	DU_J19_ MPED_Q2 2	Amylases in saliva begin the breakdown of carbohydrate into	2533:Fatty acids , 2534:Polypeptides , 2535:Amino acids , 2536:Simple sugars ,
24	635	DU_J19_ MPED_Q2 3	Food passes through the stomach to	2537:The large intestine , 2538:The small intestine , 2539:The heart , 2540:The pancreas ,
25	636	DU_J19_ MPED_Q2 4	All of the following are needed for strong bones	2541:Thiamin , 2542:Calcium , 2543:Magnesium ,

				2544:Cholecalciferol ,
26	637	DU_J19_ MPED_Q2 5	This mineral is essential for the healthy red blood cells and a deficiency might cause anemia	2545:Iron , 2546:Magnesium , 2547:Iodine , 2548:Chromium ,
27	638	DU_J19_ MPED_Q2 6	The leading cause of poor health globally is	2549:Poverty , 2550:Smoking , 2551:Infectious Disease , 2552:Cardiovascular disease ,
28	639	DU_J19_ MPED_Q2 7	Which of the following is not related to over nutrition	2553:Obesity , 2554:Type 2 diabetes , 2555:Cardio vascular disease , 2556:Anorexia ,
29	640	DU_J19_ MPED_Q2 8	The major mode of HIV transmission globally is	2557:Male to male sex , 2558:Injecting drug use , 2559:unsafe blood , 2560:male to female sex ,
30	641	DU_J19_ MPED_Q2 9	The primary objective of immunization programs is to	2561:Prevent disease , 2562:Prevent infection , 2563:Prevent further transmission of disease agents . 2564:Prevent complications ,
31	642	DU_J19_ MPED_Q3 0	The most important requirement of a vaccine is	2565:Safety , 2566:Ability to stimulate antibody production , 2567:Ability to stimulate an immune response , 2568:The proportion of infections prevented ,
32	643	DU_J19_	What does the term mortality refers to?	2569:Death ,

		MPED_Q3 1		2570:Illness , 2571:Health , 2572:morbidity ,
33	644	DU_J19_ MPED_Q3 2	Phyllouinone, Menaquinone, Menadione and Napthoquinone deficiency leads to	2573:Problem in digestion , 2574:Problem in blood coagulation , 2575:Problem in calcium metabolism , 2576:Problem in respiration ,
34	645	DU_J19_ MPED_Q3 3	During prolonged (90 or more minutes) exercise, the preferred energy source of skeletal muscle is	2577:Plasma glucose , 2578:Plasma fatty acids , 2579:Muscle triglycerides , 2580:Muscle glycogen ,
35	646	DU_J19_ MPED_Q3 4	Which of the following is true for an average healthy, normal male aged 20 years?	2581:Body fat about 30% of total body weight , 2582:Skinfold thickness is higher than in a female , 2583:Heart rate during maximal exertion is about 200 beats per minutes , 2584:Maximal oxygen consumption is about 10 ml/kg/minutes .
36	647	DU_J19_ MPED_Q3 5	Which of the following is true regarding maximum possible metabolic rate during exercise	2585:Reached when the blood lactate levels starts to fall . 2586:Reached when the respiratory exchange rate starts to falls .

				2587:Reached when ventilation reaches the maximum breathing capacity . 2588:Reduced by about half if the hemoglobin levels falls by half .
37	648	DU_J19_MPED_Q3 6	Which of the following is the most rapidly available source of energy within a muscle cell?	2589:Glycogen , 2590:Adenylate Kinase , 2591:Phosphocreatine , 2592:Creatine kinase ,
38	649	DU_J19_MPED_Q3 7	Which of the following catabolic processes only occur in the presence of oxygen?	2593:Fatty acid catabolism , 2594:Glycolysis , 2595:Phosphocreatine hydrolysis , 2596:Hydrolysis of ATP ,
39	650	DU_J19_MPED_Q3 8	When lactate accumulate in the muscle cell, which of the following effect is observed?	2597:Increased muscle contractility , 2598:Slowing of enzymatic reactions , 2599:Increased PH of muscle , 2600:Accumulation of lactate dehydrogenase ,
40	651	DU_J19_MPED_Q3 9	Lactate accumulate at the end of glycolysis, under which of the following condition	2601:If NADH+H ⁺ is present , 2602:If too much pyruvate is present , 2603:If lactate dehydrogenase is present , 2604:If oxygen is not available ,
41	652	DU_J19_MPED_Q4 ~	Which one of it is not the commission of International Olympics Committee?	2605:Sport and Active Society Commission ,

		U		2606:Refugee commission , 2607:Marketing Commission. , 2608:Press Commission. ,
42	653	DU_J19_ MPED_Q4 1	Who was the first women to win the an Olympic medal?	2609:Karnam Malleshwari , 2610:Mary Kom , 2611:Siana Nehwal , 2612:P.T.Usha ,
43	654	DU_J19_ MPED_Q4 2	Head quarter of International Olympic Academy is situated at	2613:Paris , 2614:London , 2615:Monaco , 2616:Olympia ,
44	655	DU_J19_ MPED_Q4 3	The component of personality that is a vast reservoir of basic biological urges is the	2617:Libido , 2618:Id , 2619:Ego , 2620:Superego ,
45	656	DU_J19_ MPED_Q4 4	Abraham Maslow divided social motives into four specific groups, including all of the following except.	2621:Love , 2622:Esteem , 2623:Avoidance , 2624:Self-actualization ,
46	657	DU_J19_ MPED_Q4 5	A neurological disorder characterized by sleep at inappropriate times is called-	2625:Insomnia , 2626:Sleep Apnea , 2627:Narcolepsy , 2628:Hypersomnia ,
47	658	DU_J19_ MPED_Q4 6	EEG recording of the REM sleep is characterized by	2629:Theta waves only , 2630:Alpha and Beta waves , 2631:Delta waves only , 2632:Theta and Beta waves ,
48	659	DU_J19_ MPED_Q4 7	Which of the following is known as relay station	2633:Cerebrum , 2634:Thalamus ,

		'		2635:Hypothalamus , 2636:Medulla ,
49	660	DU_J19_ MPED_Q4 8	The theory that frustration –the perception that you are being prevented from attaining a goal-increases the probability of an aggressive response	2637:Instrumental Aggression , 2638:Fundamental attribution error , 2639:Frustration Aggression Theory , 2640: Misattribution of Arousal ,
50	661	DU_J19_ MPED_Q4 9	Uncertainty about duties and responsibilities is called	2641:Weak organizational culture , 2642:Occupational stress , 2643:Role ambiguity , 2644:Role overload ,
51	662	DU_J19_ MPED_Q5 0	Which of the phenomenon of sports training is correct	2645:Super compensation lasts for few hours , 2646:Super compensation is permanently established , 2647:Super compensation is only achieved by weight training method , 2648:Super compensation is only achieved under competition phase ,
52	663	DU_J19_ MPED_Q5 1	The concept of psychological adequacy refers to	2649:An individual's sense of self-efficacy , 2650:How successfully people adjust to and cope with their environment ,

				2651:Whether a person is mentally competent to stand trial , 2652:The criteria for release of an individual from a mental institution ,
53	664	DU_J19_MPED_Q5 2	Which one factor is not appropriate for effecting pace of recovery?	2653:Intensity of load , 2654:Volume of load , 2655:Listening music , 2656:Sleep and rest ,
54	665	DU_J19_MPED_Q5 3	Who stood second in election bidding process as host city of the 2020 Olympics Games?	2657:Madrid , 2658:Istanbul , 2659:Tokyo , 2660:New Delhi ,
55	666	DU_J19_MPED_Q5 4	Which one is not to be considered as appropriate causes of over load?	2661:Faulty training method , 2662:Life style factors , 2663:Honesty factors , 2664:Health factors ,
56	667	DU_J19_MPED_Q5 5	How many sub variables are there in Eysneck Personality questionnaire	2665:Two , 2666:Three , 2667:Four , 2668:Five ,
57	668	DU_J19_MPED_Q5 6	Which is not the source of elastic response of the body?	2669:Contractile protein , 2670:Non-contractile protein , 2671:Connective tissue , 2672:Lean body mass ,
58	669	DU_J19_MPED_Q5 7	The Attribution Theory incorporates cognition, and a social influence was advocated by	2673:Fritz Heider , 2674:Carl Jung , 2675:Albert Bandura , 2676:Vealey R.S ,

59	670	DU_J19_ MPED_Q5 8	The Reversal theory of arousal is presented as	2677:Levels of arousal on performance depend on low arousal. , 2678:Levels of arousal on performance depend on high arousal. , 2679:Levels of arousal on performance depends on the athlete's interpretation of the arousal. , 2680:Levels of arousal low, low performance. ,
60	671	DU_J19_ MPED_Q5 9	In 2018 Winter Olympic Games which country won the maximum medals.	2681:Germany , 2682:Canada , 2683:United States of America , 2684:Norway ,
61	672	DU_J19_ MPED_Q6 0	Imaginary line passing laterally from one side to other is called	2685:Sagittal axis , 2686:Sagittal plane , 2687:Vertical axis , 2688:Lateral axis ,
62	673	DU_J19_ MPED_Q6 1	An increase in the cross section of the muscle fiber is referred as	2689:Muscle Atrophy , 2690:Hyperplasia , 2691:Muscle Hyper trophy , 2692:Myasthenia Gravis ,
63	674	DU_J19_ MPED_Q6 2	Hypoxia refers to	2693:Inadequate oxygen reaching to cells , 2694:Sufficient oxygen reaching to cells , 2695:Inadequate oxygen reaching to tissues ,

				2696:Sufficient oxygen reaching to tissues ,
64	675	DU_J19_MPED_Q6 3	The major function of the ligament in the body is to	2697:Prevent joint dislocation , 2698:Reduce friction in joints , 2699:Act as levers , 2700:Coordinate Movements ,
65	676	DU_J19_MPED_Q6 4	Principles of learning can be used to	2701:Facilitate learning in a big way , 2702:Provide happy learning experiences to students . 2703:Understand, analyze and manage human behaviour . 2704:Produce Stronger transfer- effects ,
66	677	DU_J19_MPED_Q6 5	Which of the theories of motivation has biological orientation?	2705:Need Theory , 2706:Drive Theory , 2707:Humanistic Theory , 2708:Instinct Theory ,
67	678	DU_J19_MPED_Q6 6	The earliest model to explain the relationship between athletic performance and arousal is explained by:	2709:IZOF , 2710:Drive Theory , 2711:Inverted U hypothesis , 2712:Big Five Model ,
68	679	DU_J19_MPED_Q6 7	Which one of the following is not one of the Big Five Personality Factors?	2713:Submissiveness , 2714:Agreeableness , 2715:Extraversion , 2716:Neuroticism ,
69	680	DU_J19_MPED_Q6 8	If a boys somatotype designation is 2-2-7 who is fifteen years of age. He could be designated as	2717:Dominant Endomorph ,

		8		2718:Dominant Ectomorph , 2719:Dominant Mesomorph , 2720:Mid Type ,
70	681	DU_J19_ MPED_Q6 9	The duration of Olympics Games shall not exceed	2721:12 days , 2722:16 days , 2723:14 days , 2724:10 days ,
71	682	DU_J19_ MPED_Q7 0	Without using external force, an exercise can be made harder by increasing its	2725:Volume or Density , 2726:Form or Format , 2727:Duration or Intensity , 2728:Venue or equipment ,
72	683	DU_J19_ MPED_Q7 1	Which of the following pairs is incorrectly matched?	2729:Piaget - Moral Development , 2730:Maslow - Hierarchy of Needs , 2731:Thorndike - Theory X and Y , 2732:Skinner - Programmed Learning ,
73	684	DU_J19_ MPED_Q7 2	The scheme of Restructuring and Re-organization of Teachers was approved in the year?	2733:1986 , 2734:1987 , 2735:1962 , 2736:1965 ,
74	685	DU_J19_ MPED_Q7 3	You want to develop cooperation and team spirit in students? Which activities would you propose?	2737:Art , 2738:Debate , 2739:Project work , 2740:Quiz ,
75	686	DU_J19_ MPED_Q7 4	When was the National Adult Education Programme (NAEP) launched?	2741:1964 , 2742:1972 , 2743:1978 ,

				2744:1986 ,
76	687	DU_J19_ MPED_Q7 5	In athletics, starting blocks shall be used in all the following races except :	2745:First leg of Medley race , 2746:400 m , 2747:800m , 2748:First leg of 4x 100 m ,
77	688	DU_J19_ MPED_Q7 6	In Tennis, if the ball gets broken during play then :	2749:A point will be awarded to each plaver/team . 2750:The point will be replayed , 2751:A point will be awarded to server , 2752:A point will be awarded to receiver ,
78	689	DU_J19_ MPED_Q7 7	In Badminton, if a service court error is discovered the error shall be corrected and :	2753:The existing score shall stand , 2754:Point will be awarded to receiver , 2755:A point will be awarded to server , 2756:The service will change ,
79	690	DU_J19_ MPED_Q7 8	How many different Asana does Surya Namaskar comprises of?	2757:6 , 2758:8 , 2759:10 , 2760:12 ,
80	691	DU_J19_ MPED_Q7 9	The measurement of the circle at the mid-point of halfway line of Foot Ball field is :	2761:9.10 M , 2762:9.15M , 2763:9.25 M , 2764:10.0 M ,
81	692	DU_J19_ MPED_Q8 0	How many lanes are used for finals in an Olympic/world level swimming competition?	2765:6 , 2766:7 , 2767:8 ,

				2768:10 ,
82	693	DU_J19_ MPED_Q8 1	2018 Asian Games was held at :	2769:Indonesia , 2770:Thailand , 2771:Singapore , 2772:Maldives ,
83	694	DU_J19_ MPED_Q8 2	The award given for outstanding performance in sports is:	2773:Bharat Ratna , 2774:Padma Shri Award , 2775:Arjuna Award , 2776:Dronacharya Award ,
84	695	DU_J19_ MPED_Q8 3	Hockey India League started in the year -	2777:2010 , 2778:2011 , 2779:2012 , 2780:2013 ,
85	696	DU_J19_ MPED_Q8 4	Which one of the following countries has failed to qualify for the first time in 60 years for the FIFA World Cup held in Russia in the year 2018?	2781:Mexico , 2782:Iran , 2783:Saudi Arabia , 2784:Italy ,
86	697	DU_J19_ MPED_Q8 5	Weight Lifters have large percentage of which type of Muscle Fibers :	2785:Ultra-twitch fibers , 2786:Slow-twitch fibers , 2787:Fast-twitch fibers , 2788:Medium-twitch fibers ,
87	698	DU_J19_ MPED_Q8 6	Which Statement is incorrect about Anatomy of Heart	2789:The Apex is superiorly located at top of the heart , 2790:The Atria Lie Superior to the Ventricle , 2791:The Ventricles have thicker muscular walls ,

				2792:The inter-ventricular sulcus marks the boundary between the left and right ventricles ,
88	699	DU_J19_MPED_Q87	Activity lasting more than 10 Sec, the fuel that muscle use is	2793:Glycogen & glucose , 2794:ATP , 2795:Fat , 2796:ADP ,
89	700	DU_J19_MPED_Q88	Within Skeletal muscle fiber, large amount of calcium are stored in the :	2797:Mitochondria , 2798:Nuclei , 2799:Sarcoplasmic reticulum , 2800:Myosin ,
90	701	DU_J19_MPED_Q89	The Immediate source of energy for muscle contraction is	2801:Phospho Creatine , 2802:Adenosine Triphosphate , 2803:Glucose , 2804:Carbohydrate ,
91	702	DU_J19_MPED_Q90	Which system is responsible for Muscle contraction :	2805:Nervous system , 2806:Circulatory system , 2807:Digestive system , 2808:Endocrine system ,
92	703	DU_J19_MPED_Q91	Cardiac output Q is the sum of :	2809: $Q = HR \times BV$, 2810: $Q = HR \times ESV$, 2811: $Q = HR \times EF$, 2812: $Q = HR \times SV$,
93	704	DU_J19_MPED_Q92	Which one from the list below is not the Element of Sports Conditioning :	2813:Endurance & Injury prevention , 2814:Speed and explosiveness , 2815:Injury Rehabilitation ,

				2816:Core strength ,
94	705	DU_J19_ MPED_Q9 3	Which of the following muscle groups is a prime mover for extension of the knee :	2817:Gastocnemius , 2818:Soleus , 2819:Quadriceps Femoris , 2820:Biceps brachii ,
95	706	DU_J19_ MPED_Q9 4	Low body fat, long limb and lightly muscle is an attribute of which body Type?	2821:Endomorph , 2822:Ectomorph , 2823:Muscular , 2824:Mesomorph ,
96	707	DU_J19_ MPED_Q9 5	Sprain possibly Occurs in :	2825:Ligament , 2826:Tendon , 2827:Bones , 2828:Muscles ,
97	708	DU_J19_ MPED_Q9 6	Before Exercise as an source of energy which is majorly consumed :	2829:Carbohydrate , 2830:Fats , 2831:Proteins , 2832:BCAA ,
98	709	DU_J19_ MPED_Q9 7	The amount of air left in the lungs following a maximal exhalation is called :	2833:Expiratory reserve volume , 2834:Inspiratory reserve volume , 2835:Vital Capacity , 2836:Residual Volume ,
99	710	DU_J19_ MPED_Q9 8	How many number of nations participated in 2016 Summer Olympic at Rio de Janeiro, Brazil?	2837:205 , 2838:206 , 2839:207 , 2840:200 ,
100	711	DU_J19_ MPED_Q9 9	The Big Five Model of Personality involves :	2841:Openness, Conciuousness, Extraversion, Agreeableness, Neuroticism ,

				2842: Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism
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				2843: Openness, Conscientiousness, Psychotism, Extroversion, Agreeableness ,
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				2844: Openness, Conscientiousness, Extroversion, Psychotiscim, Angerness ,
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