

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE ASKED TO DO SO

TEST BOOKLET
A.P.(CC) PHY. EDU.-2016

Time Allowed : 2 Hours]

[Maximum Marks : 100

All questions carry equal marks.

INSTRUCTIONS

1. Immediately after the commencement of the examination, you should check that test booklet does not have any unprinted or torn or missing pages or items, etc. If so, get it replaced by a complete test booklet.
2. Write your Roll Number only in the box provided alongside.
Do not write anything else on the Test Booklet.
3. This Test Booklet contains 100 items (questions). Each item comprises four responses (answers). Choose only one response for each item which you consider the best.
4. After the candidate has read each item in the Test Booklet and decided which of the given responses is correct or the best, he has to mark the circle containing the letter of the selected response by blackening it completely with Black or Blue ball pen. In the following example, response "C" is so marked :

(A) (B) ● (D)
5. Do the encoding carefully as given in the illustrations. While encoding your particulars or marking the answers on answer sheet, you should blacken the circle corresponding to the choice in full and no part of the circle should be left unfilled. After the response has been marked in the ANSWER SHEET, no erasing/fluid is allowed.
6. You have to mark all your responses ONLY on the ANSWER SHEET separately given according to 'INSTRUCTIONS FOR CANDIDATES' already supplied to you. Responses marked on the Test Booklet or in any paper other than the answer sheet shall not be examined.
7. All items carry equal marks. Attempt all items. Your total marks will depend only on the number of correct responses marked by you in the Answer Sheet. There will be no negative marking.
8. Before you proceed to mark responses in the Answer Sheet fill in the particulars in the front portion of the Answer Sheet as per the instructions sent to you.
9. If a candidate gives more than one answer, it will be treated as a wrong answer even if one of the given answers happens to be correct.
10. After you have completed the test, hand over the Answer Sheet only, to the Invigilator.

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE ASKED TO DO SO

P.T.O.

Time Allowed : 2 Hours]

[Maximum Marks : 100

1. Which of the following philosophy is also known as Experimentalism ?
(A) Existentialism (B) Realism
(C) Pragmatism (D) Humanism
2. The research problem stated as "Is CBSE syllabus better than ICSE syllabus?" is an example of :
(A) Applied Research (B) Evaluation Research
(C) Analytical Research (D) Fundamental Research
3. Muscle developed through anaerobic workouts are packed with more of :
(A) Elasticity (B) Flexibility
(C) Endurance Ability (D) Explosive Power
4. Trial and Error learning is also known as :
(A) Organized Learning (B) Self-learning
(C) Instinctive Learning (D) Informal Learning

5. The "Case study" is a form of the following type of research :

(A) Descriptive Research

(B) Historical Research

(C) Action Research

(D) Analytical Research

6. Terminology "Diamond" is related to :

(A) Handball

(B) Football

(C) Tennis

(D) Baseball

7. "Ryder Cup" is related to :

(A) Golf

(B) Hockey

(C) Lawn Tennis

(D) Football

8. A statistical test used to compare two groups is :

(A) Student's T-test

(B) Analysis of Variance

(C) Chi-square

(D) ANCOVA

9. Which of the following is considered as an inferential statistics ?
- (A) Mean score (B) Standard Deviation
(C) Median (D) Regression Analysis
10. A measure of the frequency with which the average article in a journal has been cited in particular year is referred as :
- (A) Eigen factor (B) Impact factor
(C) H index (D) SNIP
11. Accepting a null hypothesis when it is false is called :
- (A) Type I error (B) Type II error
(C) Type III error (D) Type IV error
12. If a curve is relatively more peaked than the normal curve, it is called :
- (A) Kurtosis (B) Mesokurtic
(C) Leptokurtic (D) Platykurtic

13. Match the terms of List I and List II and select the *correct* options using the codes given below it :

List I

List II

- | | |
|---|------------------|
| (a) Broer-Miller Forehand Backhand Drive Test | (i) Hockey |
| (b) Schmithals-French Achievement Test | (ii) Badminton |
| (c) French Short Service Test | (iii) Volleyball |
| (d) Helman Test Battery | (iv) Lawn Tennis |

Codes :

- | | | | | |
|-----|-------|-------|-------|-------|
| | (a) | (b) | (c) | (d) |
| (A) | (iii) | (ii) | (iv) | (i) |
| (B) | (ii) | (iii) | (i) | (iv) |
| (C) | (iv) | (ii) | (iii) | (i) |
| (D) | (iv) | (i) | (ii) | (iii) |

14. If a test is measuring what it is supposed to measure, it will be considered as :

- | | |
|--------------|----------------|
| (A) Valid | (B) Objective |
| (C) Reliable | (D) Subjective |

15. The ability to overcome a resistance with fast contraction is referred as :
- (A) Maximal Strength (B) Strength Endurance
(C) Explosive Strength (D) All of these
16. Name the founder of Continuous Training Method, who was popularly known as the "Running Doctor" :
- (A) Morgan and Adamson (B) Fredric Yahn
(C) Ernst Van Aaken (D) Woldemar Gerschler
17. Adaptation to training load at high altitude is known as :
- (A) Super Compensation (B) Acclimatization
(C) Thermoregulation (D) Transformation
18. Lactic acid is the end product of :
- (A) Aerobic Glycolysis (B) Anaerobic Glycolysis
(C) Oxidative System (D) All of these
19. How many water jumps and hurdle jumps are there in 3000 Mts. Steeple-chase race ?
- (A) 7 water jumps—21 hurdles
(B) 7 water jumps—24 hurdles
(C) 7 water jumps—26 hurdles
(D) 7 water jumps—28 hurdles

20. Hypoglycemia is a condition in which the body has a low level of :

- (A) Oxygen (B) Glucose
(C) Body Fluid (D) Cholesterol

21. Match the terms of List I and List II and select the *correct* options using the codes given below it :

List I		List II	
(a) Anabolic Steroid		(i) Atenolol	
(b) Beta-blockers		(ii) Codeine	
(c) Diuretics		(iii) Anadrol	
(d) Narcotic Analgesics		(iv) Metolazone	

Codes :

	(a)	(b)	(c)	(d)
(A)	(iii)	(i)	(iv)	(ii)
(B)	(ii)	(iii)	(i)	(iv)
(C)	(iii)	(iv)	(i)	(ii)
(D)	(i)	(ii)	(iv)	(iii)

22. Newton's Laws of Motion better exemplify :

- (A) Kinetics (B) Kinematics
(C) Kinesthetic (D) Kinesis

23. The thickest section of the heart wall is called :
- (A) Pericardium (B) Endocardium
(C) Myocardium (D) Epithelium
24. Osteoporosis disease occurs in :
- (A) Muscles (B) Nerves
(C) Blood (D) Bones
25. Wind speed shall be measured by :
- (A) Aero Meter (B) Barometer
(C) Wind Meter (D) Anemometer
26. Which of the following are the levels of Cognitive Domain of Learning ?
- (i) Knowledge
(ii) Comprehension
(iii) Attitude
(iv) Appreciations

Codes :

- (A) (i), (iv)
(B) (ii), (iii)
(C) (i), (ii)
(D) (iii), (iv)

27. The Achilles tendon is the tapering part of :
- (A) Gluteus Maximus (B) Quadriceps
(C) Gastrocnemius (D) Hamstring
28. Plato is known as the father of :
- (A) Realism (B) Naturalism
(C) Idealism (D) Humanism
29. Who was the first Indian to win the World Amateur Billiards title ?
- (A) Geet Sethi (B) Wilson Jones
(C) Michael Ferreira (D) Manoj Kothari
30. Physical activity programme for adolescents must be :
- (A) Development Oriented (B) Competition Oriented
(C) Achievement Oriented (D) Performance Oriented
31. Which of the following are scalar quantities ?
- (i) 5 km
(ii) 40 m/sec, East
(iii) 37 degree Celsius
(iv) 20 km/sec², North

Codes :

- (A) (i), (ii)
(B) (ii), (iii)
(C) (i), (iii)
(D) (ii), (iv)

32. Who among the following acts as a time keeper in a football match ?
- (A) Referee (B) Assistant Referee
(C) Lineman (D) Recorder
33. Fartlek is more closely related to :
- (A) Sprinters (B) Jumpers
(C) Throwers (D) Middle Distance Runners
34. Who has given the Hydrostatic Principle of Floating Bodies ?
- (A) Cladius Galen (B) Andres
(C) Archimedes (D) Akrelians
35. Which is the primary source of energy liberation in our body ?
- (A) Proteins (B) Fats
(C) Carbohydrates (D) Vitamins
36. Which among the following is a tendon injury ?
- (A) Abrasion (B) Sprain
(C) Contusion (D) Strain

37. Number of ATP, produced through Kerbs cycle, is :
- (A) 2 (B) 4
(C) 6 (D) 8
38. Deficiency of oxygen in tissues is called :
- (A) Anemia (B) Asthma
(C) Hypoxia (D) Hypoglycemia
39. After a gap of how many years Indian Women Hockey Team make it possible to be a part of Rio Olympics ?
- (A) 24 years (B) 32 years
(C) 36 years (D) 28 years
40. Name the Ist Indian Women Gymnast qualified for Olympics :
- (A) Deepika Kumari (B) Sarita Devi
(C) Deepti Tyagi (D) Deepa Karmakar
41. The Olympic moto—Citius, Altius, Fortis stands for :
- (A) Higher, Stronger, Faster
(B) Faster, Stronger, Higher
(C) Faster, Higher, Stronger
(D) Stronger, Faster, Higher

42. Which of the following is *not* a measure of variability ?
- (A) Standard Deviation (B) Range
- (C) Median (D) Quartile Deviation
43. Which of the element is *not* included in a test of health-related test of physical fitness ?
- (A) Strength (B) Endurance
- (C) Reaction Time (D) Flexibility
44. The Roarschach ink-blot personality test is based on the technique of :
- (A) Introspection (B) Transference
- (C) Identification (D) Projection
45. Somato-typing technique of body classification was invented by Sheldon and his associates, but was refined and made more scientific by :
- (A) Heath and Carter (B) Hirata and Hooton
- (C) De Gray and Associates (D) Taner and Telka

46. The deeper and more unconscious aspect of personality is used to understand by projective test named :
- (A) Esyneck Personality Inventory
 - (B) California Personality Inventory
 - (C) Thematic Appreciation Test
 - (D) Minnesota Multiphasic Personality Inventory
47. The National Sports Policy-1984 (revised in 2002) promises to :
- (A) integrate sports and physical education with the education curriculum
 - (B) make physical education as an examination subject
 - (C) introduce sports as compulsory for school and college students
 - (D) provide physical education teacher for every school in the country
48. In which type of sampling technique each member of the population has the same probability of being included in sample ?
- (A) Purposive Sampling
 - (B) Random Sampling
 - (C) Systematic Sampling
 - (D) Sequential Sampling

49. Ideally, the research participant's identity is *not* known to the researcher.
This is called :
- (A) Confidentiality (B) Deception
(C) Anonymity (D) Desensitizing
50. Standard deviation actually signifies :
- (A) Dispersion (B) Central Tendency
(C) Probability (D) Correlation
51. Establishing the cause-effect relationship is an essential element of :
- (A) Applied Research (B) Experimental Research
(C) Fundamental Research (D) Action Research
52. The nature of relationship is studied through :
- (A) Correlation (B) Chi-square
(C) Regression (D) ANCOVA
53. Penny-cup test is a part of :
- (A) Knox Basketball test
(B) French short service test
(C) Hewitt tennis service placement test
(D) Johnson's Basketball test

54. When the broken ends of both the bones driven into one another, the injury is said to be :
- (A) Greenstick Fracture (B) Multiple Fracture
(C) Impacted Fracture (D) Spiral Fracture
55. "Post hoc" analysis is done, when :
- (A) A significant relationship is found between different groups
(B) A non-significant relationship is found between different groups
(C) A significant difference is found between different groups
(D) A non-significant difference is found between different groups
56. Much of the motor skill learning takes place during :
- (A) Infancy (B) Childhood
(C) Adolescence (D) Puberty
57. Conditioned response theory was put forward by :
- (A) Thorndike (B) Pavlov
(C) Jung (D) Freud

58. Cognitive learning is also called :
- (A) Mental Learning (B) Motor Learning
(C) Affective Learning (D) All of these
59. John Dewey is known as the father of :
- (A) Realism (B) Humanism
(C) Pragmatism (D) Naturalism
60. Which Indian Sports person won the first Individual Gold Medal in Olympics ?
- (A) Milkha Singh (B) P. T. Usha
(C) Sushil Kumar (D) Abhinav Bindra
61. In research what keeps the researcher's mind open ?
- (A) Existence of uncertainty
(B) Possibility of new evidence
(C) Biases and Premises
(D) Critical Thinking

62. The range of possible magnitude of correlation between two variables extends from :

(A) 0 to 1.0

(B) 0.1 to 1.0

(C) -1 to +1

(D) -0.1 to +0.1

63. Match the terms of List I and List II and select the *correct* options using the codes given below it :

List I

(a) Trimmer

(b) Let

(c) Cant

(d) Flank

List II

(i) Badminton

(ii) Kabaddi

(iii) Soccer

(iv) Cricket

Codes :

(a)

(b)

(c)

(d)

(A) (iii)

(ii)

(iv)

(i)

(B) (ii)

(iv)

(iii)

(i)

(C) (iv)

(i)

(ii)

(iii)

(D) (iii)

(i)

(ii)

(iv)

64. Scale value of extreme Ectomorph is :
- (A) 7 - 1 - 1 (B) 1 - 7 - 1
(C) 1 - 1 - 7 (D) 4 - 4 - 4
65. A test is considered to be reliable if it has :
- (A) Comparability (B) Consistency
(C) Continuity (D) Commonality
66. Miller Wall Volley Test is used in :
- (A) Volleyball (B) Hockey
(C) Tennis (D) Badminton
67. Which country won the Copa America Cup Football—2016 ?
- (A) Chile (B) USA
(C) Brazil (D) Argentina
68. Which Indian Player did *not* won medal in Olympic Games ?
- (A) K. Malashwari (B) Sushil Kumar
(C) Vijay Kumar (D) Anju Bobby George

69. Arrange the following in chronological order of their inception :

- (1) Rajkumari Amrit Kaur Coaching Scheme
- (2) All India Council of Sports
- (3) Central Advisory Board of Physical Education and Recreation
- (4) A National Syllabus for Physical Activities

Codes :

- (A) (3), (1), (2), (4)
- (B) (1), (2), (3), (4)
- (C) (4), (2), (1), (3)
- (D) (3), (1), (4), (2)

70. What will be the number of matches for ten teams on single league basis ?

- | | |
|--------|--------|
| (A) 20 | (B) 30 |
| (C) 45 | (D) 50 |

71. Hormones secreted by Thyroid gland are :

- (i) Calcitonin
- (ii) Melatonin
- (iii) Thyroxin
- (iv) Thyroid Stimulating Hormone

Codes :

- (A) (i), (ii)
- (B) (ii), (iv)
- (C) (iii), (iv)
- (D) (i), (iii)

72. Which of the following are the parts of Medulla oblongata ?

- (i) Pneumotaxic Center
- (ii) Ventral Respiratory Group
- (iii) Inspiratory Center
- (iv) Inspiratory Neurons

Codes :

- (A) (i), (ii), (iii)
- (B) (ii), (iv), (iii)
- (C) (iii), (iv), (i)
- (D) (i), (ii), (iv)

73. Who is considered as the "Father of Physical Education" in India ?

- (A) B. P. Coubertin
- (B) G. D. Sondhi
- (C) Maharaja Yadwinder Singh
- (D) H. C. Buck

74. Sagittal Plane divides body into two parts as :

- (A) Right and Left
- (B) Front and Back
- (C) Upper and Lower
- (D) None of these

75. Match the terms of List I and List II and select the *correct* option using the codes given below it :

List I		List II	
(a) Result and Discussion	(i) Chapter—I		
(b) Selection of Subjects	(ii) Chapter—III		
(c) Conclusions and Recommendations	(iii) Chapter—IV		
(d) Objectives of the Study	(iv) Chapter—V		

Codes :

	(a)	(b)	(c)	(d)
(A)	(ii)	(i)	(iii)	(iv)
(B)	(iii)	(ii)	(iv)	(i)
(C)	(i)	(iii)	(ii)	(iv)
(D)	(iii)	(ii)	(i)	(iv)

76. Pushing against the wall is an example of :
- (A) Isotonic Exercise (B) Isometric Exercise
- (C) Isokinetic Exercise (D) All of these
77. Which team won the Euro Cup Football 2016 ?
- (A) France (B) Portugal
- (C) Germany (D) Iceland
78. A form of hypothesis that is a generalization based on observations is called :
- (A) Inductive Hypothesis (B) Deductive Hypothesis
- (C) Research Hypothesis (D) Null Hypothesis
79. A type of research that involves in depth study and execution of available information in an attempt to explain complex phenomena is referred as :
- (A) Basic Research (B) Applied Research
- (C) Qualitative Research (D) Analytical Research

80. Match the terms of List I and List II and select the *correct* option using the codes given below it :

List I	List II
(a) Periodontal Ligament	(i) Knee
(b) Posterior Cruciate Ligament	(ii) Pelvis
(c) Sacrotuberous Ligament	(iii) Head and Neck
(d) Radial Collateral Ligament	(iv) Wrist

Codes :

	(a)	(b)	(c)	(d)
(A)	(iii)	(i)	(ii)	(iv)
(B)	(i)	(ii)	(iii)	(iv)
(C)	(iv)	(i)	(ii)	(iii)
(D)	(i)	(ii)	(iv)	(iii)

81. Which is the smallest district in H.P. in terms of area ?

(A) Una

(B) Hamirpur

(C) Bilaspur

(D) Solan

82. From which of the following does river Pabbar originate ?
- (A) Tani Jubbar lake (B) Chandratal lake
(C) Mantilai lake (D) Chandranahan lake
83. Who is the author of *Lahaul Spiti—A Forbidden Land in the Himalayas* ?
- (A) S. C. Bajpai (B) A. K. Bhatia
(C) Ram Rahul (D) Pendope Chetwode
84. In which region of H.P. is Pauri Fair popular ?
- (A) Sirmaur (B) Una
(C) Bilaspur (D) Lahaul Spiti
85. Which *Purana* is recited by Purohit (family priest) in H.P. in the house where a death has occurred ?
- (A) Shiva Purana (B) Garuda Purana
(C) Vishnu Purana (D) Markandey Purana
86. Which sage is worshipped in Sundernagar area of Mandi District of H.P. ?
- (A) Vyas (B) Jamdagni
(C) Vashishth (D) Shukdeva

87. What is the source of legends depicted in the paintings of Kangra school ?
- (A) Geetgobind of Jayadeva (B) Satsai of Bihari
(C) Rasik Priya of Keshav Dass (D) All of these
88. What was the decennial growth rate in population in Una District of H.P. between 2001 and 2011 ?
- (A) 16.3 (B) 15.9
(C) 15.5 (D) 14.8
89. What was the approximate number of applicants in the live registers of Employment Exchanges in H.P. during 2014-15 ?
- (A) Six Lakh (B) Seven Lakh
(C) Eight Lakh (D) Nine Lakh
90. At which place in Chamba District of H.P. is H.P. Government run Bal/Balika Ashram under *Mukhyamantri Bal Udhār Yojna* ?
- (A) Killar (B) Bharmaur
(C) Mahla (D) Banikhet

91. Mahasveta Devi was a
- (A) Painter (B) Dancer
(C) Writer (D) Sports person
92. When was the PDP founded by Mufti Mohammad Sayeed and his associates ?
- (A) 1999 (B) 2003
(C) 2005 (D) None of these
93. With which game/sport is Apurvi Chandela associated ?
- (A) Archery (B) Shooting
(C) Hockey (D) Wrestling
94. Women of which age-group were not allowed to enter sanctum sanctorium of Sabrimala temple ?
- (A) 10 to 40 years (B) 12 to 45 years
(C) 13 to 50 years (D) 10 to 50 years
95. Which NGO is engaged carrying out academic audit of pupils' learning level in schools in India ?
- (A) Ek Step (B) Pratham
(C) Edu Watch (D) From A to Z

96. To which country did Bertrand Piccard who was pilot of Solar Impulse-2 belong ?
- (A) Hungary (B) France
(C) Poland (D) Switzerland
97. Approximately how many people were put to death at Auschwitz Brikenau death camp by the Nazi Government of Germany ?
- (A) 10 thousand (B) 50 thousand
(C) 90 thousand (D) 1.1 million
98. Where is Munich which witnessed terrorist violence recently ?
- (A) in Germany (B) in France
(C) in Belgium (D) in Italy
99. What is the minimum age for the gymnasts to compete in the olympics ?
- (A) 14 years (B) 16 years
(C) 18 years (D) No minimum age
100. How many Governments claim territory in South China Sea ?
- (A) Four (B) Five
(C) Six (D) Seven