

**OLYMPIC PHYSICAL EDUCATION COACHING CENTER
TIRUPATTUR- VELLORE DISTRICT**

PG TRB PHYSICAL EDUCATION TEST - 1

1. Name the device used for recording muscular work
a) Ergo meter b) electrometer c) **eergoigraph** d) all the above
2. Speed endurance can be developed by the use of
a) Circuit training b) running c) fartlek d) **competition and time trial**
3. Which method of training utilizes both aerobic and anaerobic energy producing systems?
a) Continuous b) fartlek c) strength d) **interval**
4. Interval training involves
a) high intensity training b) low intensity training
c) **high intensity with less intense training** d) none of these
5. Physical ability which enables a person to rapidly change body position and difference in a precise manner is called
a) Speed b) balance c) coordination d) **agility**
6. Aerobic fitness is best achieved through
a) Swimming b) **circuit training** c) short sprints d) long distance running
7. 'Cybex' machine is based on the principle of
a) Isometric b) isotonic c) **isokinetic contraction** d) none of the above
8. The best season for doing fartlek training is
a) Racing season b) transition period c) competition period d) **off season**
9. The actual variables in intervals method of training are
a) **distance ,time, repetition and recover period**
b) Preparatory, transition and competition period
c) Distance, transition and recovery period
d) Force, mass, acceleration
10. Best method to enhance explosive strength in lower extremities is
a) Long distance running b) sand running
c) **Bounding training and depth jumps** d) mud running
11. The super compensation effect of training is due to
a) Improper proportion between load and recovery b) massage
c) **Proper proportion between load and recovery** d) all of the above
12. Best method to develop flexibility is
a) Ballistic method b) slow method
c) **Slow stretching and holding method** d) relaxation method
13. Ploy metrics is also called
a) Reflex phenomena b) **reactive jumps** c) agility training d) all of the above
14. Tactical training is done
a) **After skills are mastered** b) before skills are mastered
c) Both tactical training and technical training are done side by side d) all of the above

- a) overaload method **b) critical method** c) both the above d) none of the above
33. For endurance dominating sports, the diet should be rich in
a) protein **b) fat** c) minerals d) carbohydrates
34. Ergometry is a process by which we measure
a) brain activity **b) muscle potential** c) lung capacity d) cardiac output
35. Factors affecting the pace of recovery are
a) nature of the load **b) health and physical fitness** c) sleep d) none of these
36. For the development strength endurance the intensity of work load should be
a) 80 – 100% b) 75-80 % c) 60 – 70 % **d) 40-60%**
37. The ability to achieve high locomotor speed from a state of stationary position or low speed state in short time is called
a) acceleration ability b) locomotor ability c) both d) none of these
38. The somatic functional symptoms of overload can be
a) Loss of sleep b) Loss of appetite c) Loss of weight **d) All of the above**
39. Factors determining endurance may be due to
a) aerobic capacity b) anaerobic capacity c) various psychological factors d) all of these
40. Cinematography and measuring device are
a) Bio mechanical means b) psychological means of training c) both d) none of these
41. During conditions in continuous method
a) Intensity is kept high **b) Volume is kept high** c) Both a & b d) None of these
42. During competition period intensity is kept
a) High **b) low** c) both d) none of these
43. The ability to co-ordinate body part movement with one another in relation to definite goal oriented whole body movement is called
a) reaction ability b) orientation ability **c) coupling ability** d) none of these
44. The ability to determine the change of position and movements of the body in time and space in relation to a definite field of action is called
a) orientation ability b) balance ability c) rhythm ability d) none of these
45. Anaerobic capacity explosive strength technique/co ordination are the factors determining
a) movement speed b) speed endurance c) loco motor ability d) none of these
46. After acquiring mastery of all skills stress is laid on.
a) development of motor components **b) tactical training** c) both a & b d) none of the above
47. Which of the following is the most reliable measure of variability
a) range b) quartile deviation c) average deviation **d) standard deviation**
48. The degree of relationship between two variable is known as
a) correlation b) co- ordination c) both of these d) none of these
49. In statistics , a sample is considered small if its units are less than
a) 40 **b) 30** c) 20 d) 10
50. The highest possible positive correlation between two variables can be
a) 0.01 **b) 1.0** c) -0.1 t d) + 001
51. The term which indicates ‘relationship existing between parts of measures’ is
a) standard deviation **b) correlation** c) degree of freedom d) range
52. Product moment coefficient of correlation measures which particular type of relationship between two variable

- a) **linear** b) curvilinear c)parabolic d) circular
- 53.The number of element in the obtained sample is called
a) sampling frame b) sampling unit c) sample design **d) sample size**
- 54.Which of the following is probability sampling
a) purposive sampling b) snowball sampling **c) cluster sampling** d) dimensional sampling
- 55.Which of the following is a quantitative method of data collection
a) observation **b) correlation** c) interviews d) directional interviews
- 56.Which of the following is a positional average
a) mean b) mode **c) median** d) harmonic mean
- 57.First moment about origin measures
a) mean b) variance c) skewness d) kurtosis
- 58.The simplest method of studying dispersion is
a) range b) quartile deviation c) mean deviation d) standard deviation
- 59.Hypothesis cannot be stated in
a) declarative terms b) null and question form terms **c) general terms** d) directional terms
- 60.Which the scores are arranged as ranks and number of cases are small the method designed for correlation is
a) contingency coefficient b) biserial correlation **c) rank difference method** d) none of these

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