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) eergograph   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. Plyometrics 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
15. Main consideration for effective periodization should be
   a) Base creation   b) achievement
   c) Skill development  d) development of tactical ability

16. The combination of strength and speed ability is called
   a) Explosive strength  b) maximum strength  c) strength endurance  d) none of these

17. Wind sprints acceleration runs are the variations of
   a) Interval method  b) repetition method  c) continuous method  d) none of these above

18. In medium resistance work load the percentage of the maximum possible intensity should be
   a) 70-80  b) 30-50  c) 80-90  d) none of these

19. The recovery phase can last for several days. The above statement is
   a) true  b) health and physical fitness  c) partially true  d) partially false

20. When the muscles are stretched first and then made to contract are called
   a) Eccentric – concentric contraction  b) concentric – eccentric contraction  c) both  d) none of these

21. Iso –metric method for the development of static strength was first advocated by
   a) Gundlach(1967) b) J.J Perrine(1968) c) Brunner(1967) d) Hettinger and Muller(1953)

22. The factor determining the various speed performances are
   a) Explosive strength  b) mobility of nervous system  c) muscle composition  d) all of these

23. The ability to maintain the maximum locomotor speed for a long time is called
   a) acceleration  b) locomotor ability  c) both  d) none of these

24. The ability to resist fatigue caused by activities done at slow to moderate pace is called
   a) basic endurance  b) general endurance  c) specific endurance  d) none of these

25. Weather condition and altitude are
   a) medical means for training  b) natural means for training  c) psychological means for training  d) none of these

26. In repetition method
   a) intensity is kept very high  b) volume is kept low  c) both  d) none of these

27. Explosive strength technique/co-ordination , metabolic power, flexibility are the factors determining
   a) reacting ability  b) movement speed  c) speed endurance  d) none of these

28. Explosive strength technique/co-ordination , mobility of C.N.S , flexibility are the factors determining
   a) acceleration ability  b) movement speed  c) locomotor ability  d) none of these

29. Endurance are classified as
   a) duration of activity  b) nature of activity  c) both  d) none of these

30. If an Athlete wishes to run faster, he should
   a) move his arms faster  b) keep his head bent forward  c) raise the knee higher  d) run on toes

31. Arthur Lydiard’s methods of training develops
   a) strength  b) endurance  c) agility  d) flexibility

32. To bring a sport person to peak performance in a shorter period of time we use
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 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 root 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  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 elements 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 of 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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