

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

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**PG TRB PHYSICAL EDUCATION TEST - 3**

1. The book 'India wins freedom' was written by  
**a) Maulana abul kalam azad**                      b) APJ abdul kalam  
b) M.O Mathai                                      d) KPS Menon
2. Which state is rich in jute  
**a) West Bengal**    b) Tamil nadu    c) kerala    d) orrissa
3. Which gas in the atmosphere absorbs ultraviolet rays  
a) methane    b) nitrogen    **c) ozone**    d) helium
4. Which of the following disease affects the nervous system  
**a) Rabies**    b) pneumonia    c) AIDS    d) jaundice
5. In India the first general elections were held in the year  
a) 1951    **b) 1952**    c) 1954    d) 1957
6. First battle of panipat was fought in  
a) 1757    **b) 1526**    c) 1575    d) 1914
7. The first mughal emperor of India was  
a) Alaudden khilji    **b) Babur**    c) Iltumish    d) Aurangzeb
8. Delhi became capital of India in  
a) 1910                      **b) 1911**                      c) 1916                      d) 1923
9. Telescope was invented by  
**a) Hans Lippershey**                                      b) P.T. Farnsworth  
c) W.K. Röntgen    d) Richard Brinley
10. Administrative staff college of India ASCI located at  
a) Bangalore    b) Bhubaneswar                      **c) Hyderabad**    d) Pune
11. Which article (Indian constitution act) says that the efforts to be taken for the education and social progress of SC/ST  
a) Article 45    b) Article 44    **c) Article 46**    d) Article 48
12. "Equal opportunity in education means providing the education opportunity to develop the inner power of every man"- This was told by whom?  
**a) Dr. Radha Krishnan**    b) Maria Montessori    c) Pestalozzi    d) Whitehead

13. Socially useful productivity work' is the recommendation of  
**a) Eswarbai Patel Commission** b) Kothari Commission  
c) Bakthavatchalam Committee d) National Education Policy
14. UNESCO awarded 'The Kirubuskaya Award' to Tamil Nadu for which type of education?  
a) Primary education **b) higher education** c) college education d) adult education
15. Which scheme was started in 1990 under the guidance of National Literacy Mission?  
a) Jana Shiksha Nilayam b) Gram Shiksha Mohim c) National Adult Education Programme **d) Operation Enlightenment**
16. When was polyvalent adult education started?  
**a) 1967** b) 1957 c) 1973 d) 1965
17. The concept 'A world without schools belongs to  
**a) Ivan Illich** b) Ivan Pavlov c) J. Krishnamurthy d) Kilpatrick
18. Who wrote the book 'The Discovery of the Child'?  
a) Herbart **b) Maria Montessori** c) Plato d) Froebel
19. Inductive method was advocated by  
**a) Bertrane Russel** b) A.S. Neil c) Charles Wood d) Abraham Jones
20. The 'Father of Educational Psychology' is  
**a) Pestalozzi** b) Froebel c) Tagore d) Gandhiji
21. Gagne described ... levels of learning  
a) seven **b) eight** c) nine d) ten
22. CLD stands for  
**a) Concept Learning and Development** b) Class Learning and Development  
c) Class Learning Devices d) Central Learning Devices
23. Heuristic method emphasizes learning by  
a) doing b) gestures **c) insight** d) verbal mode
24. The final stage of Gagne's theory of Hierarchical Learning is  
a) concept learning **b) problem solving**  
c) discriminative learning d) rule learning
25. The inventor of 'Instrumental Conditioning Theory' is  
a) Bruner b) Piaget **c) Skinner** d) Maslow
26. Anarchic theory of intelligence was advocated by  
a) Guilford b) Thorndike c) Thurstone **d) Spearman**

27. Element of intellectual development is  
a) Thinking b) reasoning c) perception **d) all are correct**
28. Rorschach Ink Blot test was first introduced in  
**a) 1921** b) 1913 c) 1930 d) 1925
29. Father of 'Innovative educational method' is  
**a) France w. Parker** b) Rudolph Steiner c) John Dewey d) Pavlov
30. Micro teaching means  
**a) Micro level teaching** b) computer based teaching  
c) play way teaching d) Teaching for the poor
31. Which one of the following is a teaching aid  
a) N U b) KV **c) OHP** d) FE
32. Night schools are run for the  
a) slow learners b) drop outs c) backward children **d) adults**
33. What was the aim of operation Enlightenment?  
a) Educating the blind b) To develop the active work of cultivators  
**c) To activate the adult education** d) To activate the child education
34. Howard plans is a  
a) mobile school b) floating university  
**c) alternative school** d) self learning school
35. The theory of downwards filtration was formulated by  
a) Jean Piaget b) Hunter **c) Lord Macaulay** d) Lord Hardinge
36. Indian Institute of Management is located at  
a) Bangalore b) Kolkata c) Ahmedabad **d) all are correct**
37. Human Rights Day  
a) January 30<sup>th</sup> b) October 2<sup>nd</sup> c) December 1<sup>st</sup> **d) December 10<sup>th</sup>**
38. Article 48 of Indian Constitution says  
a) employment for all b) empowerment for all  
c) everything for every one **d) education for all**
39. The founder of 'The School' was  
**a) J. Krishnamoorthy** b) John Dewey c) Aurobindo d) Montessori
40. Theory of multiple intelligence  
a) J.P. Guilford b) Sternberg **c) Gardner** d) Thurmen
41. Degree of freedom refers to  
**a) That the scores are free to move in the calculate**

- b) All scores but the free to except one  
c) all scores but the last one can be different  
d) None of the above
42. What is the concept of levels of confidence  
a) The probable location of the population mean from the sample mean  
**b) Location of the population mean outside the limits**  
c) Location of the population mean within the limit  
d) None of the above
43. On what occasion is the null hypothesis rejected  
a) When the fact is false **b) When the fact is true**  
c) Type II error d) None of the above
44. Name the type of statistics when a sample is used to determine the population  
a) Predictive statistics **b) Inferential statistics**  
c) Relationship statistics d) Descriptive statistics
45. Intensity can be measure in terms of  
a) Speed b) Time **c) Both the above** d) None of the above
46. Factors affecting the phase of recovery are  
**a) Natural of load** b) Health and physical fitness  
c) Sleep d) All the above
47. For higher performance the level of arousal should be  
a) High **b) Optimum** c) Low d) None
48. The knowledge of the basic principles working behind the natural phenomenon is  
**a) Fundamental Research** b) Applied research  
c) Action Research d) All the above
49. A hypothesis of no difference is  
a) Null hypothesis b) Statistical hypothesis **c) Both** d) None of the above
50. A proposed explanation for a phenomenon is  
a) Null hypothesis b) Hypothesis **c) Research** d) None
51. The curve portion of a normally probability curve is  
a) Skewness b) Curve c) Probability curve **d) Kurtosis**
52. If training load is increased in every session it is named  
**a) Linear method** b) Step method c) Slow method d) None linear method

53. The worthwhile break is utilized in

- a) **Interval training**
- b) Circuit training
- c) Fartlek training
- d) Weight training

54. Super compensation occurs

- a) Post training
- b) Pre training period
- c) **During training**
- d) None of the above

55. Age and sex difference are considered in

- a) Principle of over load
- b) Pre training specificity
- c) **Principle of individuality**
- d) Principle of periodization

56. Assisted sprinting helps to improve

- a) Stride length
- b) **Stride frequency**
- c) Reaction time
- d) None of the above

57. Which one of the following is not overload procedure

- a) Increasing the resistance
- b) Increasing the repetitions
- c) Increasing the sets
- d) **Increasing the recovery period**

58. Organized division of the training year is

- a) Sports training
- b) **Periodisation**
- c) Detraining
- d) Competition

59. Rehabilitation of sports injuries is done using

- a) **Corrective exercises**
- b) Hydrotherapy
- c) Cryotherapy
- d) None of the above

60. A good researcher requires characteristics such as

- a) Decision making and creative work
- b) **Systematic, logic, empirical and replicable**
- c) Patient unhurried and requires courage
- d) Scientific altitude and interdisciplinary approach

61. Related literature is necessary

- a) to study published articles
- b) to evaluate reports
- c) **to prevent unwarranted duplications**
- d) to summarize knowledge on subject areas

62. Major sources of literature refers to

- a) Bibliographies and Indexes
- b) Critical literature, Allied literature and Justification
- c) **Abstract and Research Quarterly**
- d) Periodicals

63. Research is broadly classified into

- a) Fundamental research, pure research and field research
- b) Basic research, action research and applied research**
- c) Applied research, action research and field research
- d) None

64. Delimitation refers to

- a) the scope of the study**
- b) the restriction imposed on subjects, age, variables and population
- c) the formulation of the title
- d) the type of sample employed

65. Identify the correct order applied in statistics

- a) Collection of data, presentation, analysis and interpretation**
- b) Analysis, interpretation, presentation and collection of data
- c) Presentation, collection of data, analysis and data
- d) Interpretation, analysis, presentation and collection of data

66. Data that can be graded according to its magnitude is

- a) Quantitative data
- b) Attribute
- c) Variable
- d) Qualitative data**

67. Identify the nominal scale from the given example

- a) High jump performance
- b) Body types**
- c) Grades for body builders
- d) Performance of players

68. A science of average is

- a) Quantitative data
- b) Single score
- c) Statistics**
- d) Central measures of Tendency

69. A non gradient classification according to characteristics is called as

- a) Variable
- b) Discrete variable
- c) Continuous variable
- d) Attribute**

70. When individual's is classified according to characteristics it is called as

- a) Interval scale
- b) Nominal scale**
- c) Ordinal scale
- d) Ratio scale

71. Pearson product moment correlation technique is used when

- a) both variables are ordinal**
- b) both variables are merit
- c) one variable is metric and other ordinal
- d) two variables are dichotomous

72. Ballistic training to improve

- a) Speed
- b) Endurance
- c) Mobility**
- d) Strength

73. Double periodisation has

- a) **One transitional period**
- b) Three transitional period
- c) Two transitional period
- d) None of these

74. The ability to overcome the resistance with high speed is

- a) **Maximum strength**
- b) Absolute strength
- c) General strength
- d) None of these

75. In sub maximum resistance work load the percentage of the maximum possible intensity should be

- a) **80 to 90**
- b) 90 to 100
- c) 30 to 50
- d) 50 to 80

76. Extensive interval training improves

- a) Basic endurance
- b) General endurance
- c) Strength endurance
- d) **All of these**

77. During transitional period the intensity and volume is kept

- a) **Low**
- b) High
- c) Both
- d) None of these

78. Which kind of weight training is best suitable for athletes

- a) Isotonic
- b) Isometric
- c) **Isokinetic**
- d) Eccentric

79. The cause of muscle cramp are

- a) **Salt deficiency**
- b) Water imbalance
- c) Injury to muscle
- d) All the above

80. Immediate injuries are treated by

- a) Infra red
- b) **Short wave diathermy**
- c) Ultra sound
- d) Ultra violet

81. Due to injury blood is collected and forms a tumor the swelling is called

- a) **Haematoma**
- b) Blood clotting
- c) Blood accumulates
- d) All the above

82. The traumatic joint twist that results in stretching and totally tearing stabilizing

- a) Muscle pull
- b) Strains
- c) **Sprains**
- d) Fracture

83. Lactic acid is a by-product of

- a) Aerobic glycolysis
- b) **Anaerobic glycolysis**
- c) Both
- d) None of the above

84. The red muscle fiber has

- a) **high aerobic capacity**
- b) high anaerobic capacity
- c) both
- d) None of the above

85. Balanced diet should contain  
a) protein b) Carbohydrates c) Vitamins **d) All the above**
86. Anabolic steroid are categorized as  
a) Doping agent b) **Anti doping agent**  
c) Performance reducing agent d) None of these
87. Sliding filament theory was proposed by  
**a) Huxley** b) Hudson c) Sanderson d) Denahue
88. How many test items in Oregon motor fitness for upper elementary school  
a) 4 **b) 3** c) 5 d) 7
89. When the digestive viscera dominates the body economy the body composition is  
a) Mesomorphy **b) Endomorphy**  
c) Ectomorphy d) None of the above
90. Motor skills are learnt best by  
a) Imitation **b) Practice** c) Observation d) Memorization
91. The age in the years, months and days is known as  
a) Anatomical age **b) Chronological age**  
c) Psychological age d) Calendar age
92. The time interval between one event to another event in the decathlon competition is  
a) 90 minutes b) 45 minutes **c) 30 minutes** d) 60 minutes
93. What is the size of the single tennis court  
**a) 78 feet × 27 feet** b) 80 feet × 30 feet  
c) 77 feet × 25 feet d) 79 feet × 27 feet
94. What is the time given to a player to throw the discus  
a) 90 seconds **b) 60 seconds** c) 120 seconds d) 45 seconds
95. In which situation may players not be substituted in football  
a) When a goal has been scored **b) On penalty kicks**  
c) When a throw occurs d) On corner kicks
96. The total number of hurdles jump in the 3000 metres steepchase race is  
a) 32 b) 34 c) 35 **d) 38**
97. A competitor who takes refreshment at a place other than the refreshment stations in matathon race renders himself liable to  
**a) disqualified** b) warning c) both (a) and (b) d) not qualified for finals



98. The area required for floor exercises in Gymnastics shall be ----- metres

a)  $14 \times 14$     b)  $15 \times 15$     c)  $13 \times 13$     **d)  $12 \times 12$**

99. The concept of Olympic village came into existence for the first time in --- ---- Olympic games

a) 1948, London                      b) 1936, Berlin  
c) 1928, Amsterdam                **d) 1932, Los Angeles**

100. The dope testing was first time introduced in the Olympic games in

a) 1988, Seoul            b) 1948, Los Angeles  
**c) 1968, Mexico**    d) 1948, London

101. Match List I correctly with List II

a) Illiad and odyssey	1. City States
b) Sparta and Athens	2. Greek's Epics
c) Palaestra	3. School of Grammar
d) Didascaleum	4. School of Gymnastics

**a) 2 1 4 3**    b) 2 1 3 4    c) 4 3 2 1    d) 2 3 1 4

102. Which are primary source in historical research

a) Books    b) Journals    c) Thesis    **d) Original documents**

103. Experimental research establishes the

a) Continuum thinking                      b) testing  
**c) cause and effect relationship**                      d) training period

104. Glycolysis refers to the metabolic breakdown of

a) fat    **b) ATP**    c) carbohydrate    d) protein

105. The electrical gadgets used for treating immediate sports injuries are

a) ultrasound    b) short wave diathermy    c) ultraviolet    **d) infrared ray**

106. Which of the following minerals is needed for the proper functioning of the nervous system

**a) calcium**    b) Potassium    c) sodium    d) iron

107. The 3rd Asian games was organized which year

a) India 1951                                      **b) Tokyo(Japan) 1958**  
c) Manila (Philippines) 1954                d) Pskistan 1962

108. The standard deviation of sampling distribution of statistics is

**a) Standard error**    b) Statistical data    c) Sampling error    d) Statistical error

109. To measure brain activity

**a) Ergometry**    b) Skin fold caliper    c) Flat foot    d) Biopsy

110.Hewitt's service placement test is used in

a) **tennis** b) volleyball c) badminton d) ball badminton

111.Formative assessment

a) **Provides continuous information and feed back**

b) Meaningful assessment c) Standardized and controlled assessment

d) Assessment that provide final judgment on learning

112.Russel launge service placement test is used in

a) tennis **b) volleyball** c) badminton d) ball badminton

113.Supercompensation effect of training is caused by

a) **adaptation to training load** b) proper load and recovery

c) Proper recovery d) proper overload

114.An automised motor action aimed at a tactical task is called

a) **tactical skills** b) tactical abilities

c) tactical action d) tactical knowledge

115.A single periodisation has

a) **one transitional period** b) two transitional periods

c) three transitional period d) none of these

116.In fast continuous method of training the heart rate need be

a) 120 -140 beats/minute b)140-160 beats/minute

c) **160-180 beats /minute** c) none of these

117.Give correct sequence for pentholan

a) 200 meters,Javelin,Discus,Long jump and 1,500 metres

b) 200 Long jump,Javelin,Discus and 1500 metres

c) 200 metres ,Discus,Javelin ,Long jump and 1,500 metres

**d) Long jump,Javelin,200 metres ,Discus and 1,500 metres**

118.The person responsible for ensuring track runway throwing circles landing areas and all equipment are in accordance with the rules is

a) Manager of the meet **b) technical manager**

c) chief referee of each event d) technical assistant

119.A delivery that knocks off the bails only in cricket is

a) Yorker b) Chinaman **c) Trimmer** d) Googly

120.The maximum weight of the ball in the game of hockey is

a) 153 gms **b) 163 gms** c) 158 gms c) 165 gms

121.How many weight categories are there men in weightlifting

a) seven b) Nine **c) Eight** d) Six

122. When both tennis players have won four points, what is the score  
a) 40 – all b) 50 – all **c) Deuce** d) Advantage –all

123. short wave diathermy is used for

**a) treatment of immediate injuries**

b) treatment of psychological disorder

c) treatment of nervous problem

d) treatment of chronic injuries

124. The ability to do movements with greater amplitude with external Help is called

a) Active flexible **b) passive flexibility**

c) passive stretch d) active stretch

125. Abnormal curvature of the lateral spine is termed as

**a) Scoliosis** b) Lordosis c) Kyphosis d) Solio Lordosis

126. Who is an authorized body to frame and modify the rules and regulations in Football

a) AIFF b) FIFA **c) IFAB** d) FA

127. The cross bar shall have no bias and when in place shall sag a maximum of ----- in the pole vault

a) 10 mm b) 20 mm **c) 30 mm** d) 40 mm

128. Aim and task of sports training must in the order of

a) Intellectual , Technical , Physical and Tactical preparation

**b) Physical , Technical , Tactical and Intellectual preparation**

c) Physical , Intellectual , Technical and Tactical preparation

d) Physical , Intellectual , Tactical and Technical preparation

129. Presentation, co-operative and task method of things are used to improve:

a) Skill b) Strength **c) Technique** d) Co-ordination

130. -----Is a process whereby individuals or group desiring change within a specific situation

**a) Action research** b) Historical research

c) Inferential research d) Survey research

131. ----- is a proposition which can be put to test to determine validity

a) Limitation **b) Hypothesis** c) Delimitation d) Reliability

132. The length of the stick in hockey as measured from the top of the head to the bottom of the head of the stick not be more than  
**a) 105 cm** b) 100cm c) 95 cm d) 110cm
133. In 2014 the sports ministry officially launched its ----- scheme to identify and fund elite athletes who could win medals at Olympics  
a) Tall Olympic peak b) Olympic gold quest  
**c) Target Olympic podium** d) Target Olympic park
134. ----- is an estimate of the degree to which a test measures the factors for which it was designed  
**a) Validity** b) Reliability c) Objectivity d) Administrative usability
135. The person with broad shoulders and narrow hips are classified as ----- by Sheldon  
**a) Mesomorph** b) Endomorph c) Ectomorph d) Athletic
136. Essential amino acids are best described as those amino acids that are  
a) Naturally occurring substances that function in fighting infection  
**b) Required for protein synthesis but most cannot be made by the body**  
c) Important components of carbohydrates, fats and proteins metabolism  
d) High – energy nutrients that promote growth and development
137. The width of the foot rest of starting block is increased from  
a) 120 to 150 mm b) 120 to 140 mm **c) 120 to 160 mm** d) 120 to 130 mm
138. Personal construct theory of personality  
a) Albert Bandura **b) George Kelley** c) Carl Rogers d) Maslow
139. Wax bath  
a) Cryotherapy **b) Superficial thermo therapy**  
c) Electrotherapy d) Penetrative thermo therapy
140. Somatic state anxiety  
**a) Moment to moment changes in perceived physiological activation**  
b) Characterized by diverse reactions  
c) Transitory in nature  
d) A relatively stable disposition
141. LNCPE, Trivandrum  
**a) 1984** b) 1987 c) 1983 d) 1975

142. Isthmi festival

- a) Honour of Zeus, the supreme God
- b) Honour of Apollo, the God of Light and truth
- c) Honour of Zeus at Argolis

**d) Honour of Poseidon, the God of the sea**

143. Vitamin E

- a) Growth
- b) **Anti – oxidant**
- c) Functioning of nerve
- d) Collagen formation

144. Ido-motor training

- a) III Phase of technique training
- b) II Phase of technique training
- c) Training break due to injury**
- d) I phase of technique training
- c) Inferential research
- d) Survey research

145. Finding a mental solution of tactical task

- a) Phase III
- b) Phase IV
- c) Phase II**
- d) Phase I

146. Agility test

- a) 'T' Drill test**
- b) Copper's 12 minutes run /walk test
- c) I.O.W.A. Test
- d) J.C.R. Test

147. Venier caliper

- a) Vital capacity
- b) Muscular potential
- c) Body diameter**
- d) Flexibility

148. Ratio scale

**a) standard deviation, contingency coefficient, percentile**

- b) Rank order correlation, Quartile deviation, Kendal W
- c) Mode, Frequency, Chisquare
- d) Mean, Partial and multiple correlations

149. Nominal scale

- a) standard deviation, contingency coefficient, percentile
- b) Rank order correlation, Quartile deviation, Kendal W
- c) Mode, Frequency, Chisquare**
- d) Mean, Partial and multiple correlations

150. Interval scale

- a) standard deviation, contingency coefficient, percentile
- b) Rank order correlation, Quartile deviation, Kendal W
- c) Mode, Frequency, Chisquare
- d) Mean, Partial and multiple correlations**

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