Report Error/Discrepancy if found in M.P.Ed. Departmental Admission Test MCQ 2018-19:

Important: If there is any discrepancy/error in the Answer Key of M.P.Ed. Course 2018-19 (MCQ), displayed on the website, please report it to the Chairperson, Department of Physical Education, Aligarh Muslim University, Aligarh directly along with the documentary evidence in support of your claim OR through the mail: chairperson.pe2015@gmail.com within 48 hours.

Also attach the scanned copy of documents in support and also to provide your Name, Roll No, and Course name with the representation, failing which it will not be entertained.
### Section-A

**30 Objective Questions (MCQ) – 30 Marks**

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| 1. | Night blindness is caused due to deficiency of:  
(A) Vitamin D  
(B) Vitamin E  
(C) Vitamin A  
(D) Vitamin K |
|   |   |
| 2. | Operational budget is a:  
(A) Principle of budget  
(B) Type of budget  
(C) Objective of budget  
(D) Aim of budget |
|   |   |
| 3. | Which of the following is an example of Hinge joints:  
(A) Hip joints  
(B) Elbow joint  
(C) Ankle joint  
(D) Suture joint |
|   |   |
| 4. | What is the forward inclination of the shoulder girdle called:  
(A) Scoliosis  
(B) Round Shoulder  
(C) Kyphosis  
(D) Lordosis |
|   |   |
| 5. | Biceps curling is an example of:  
(A) Type I Lever  
(B) Type II Lever  
(C) Type III Lever  
(D) All of the above |
|   |   |
| 6. | On “Set” command the sprinter is in:  
(A) Stable equilibrium  
(B) Unstable equilibrium  
(C) Neutral equilibrium  
(D) None of the above |
|   |   |
| 7. | Main consideration for effective periodisation should be:  
(A) Base creation  
(B) Skill development  
(C) Development of tactical ability  
(D) Achievement of top form |
8. Load intensity is:
   (A) Inversely proportional to load volume
   (B) Directly proportional to load volume
   (C) Same as load volume
   (D) Not effected by load volume

9. Short twitch muscle fibre had more:
   (A) Aerobic capacity
   (B) Anaerobic capacity
   (C) Power
   (D) Speed

10. ‘Endomorph’ is characterized by:
    (A) Thin and lethargic
    (B) Flabby and fat
    (C) Muscular and athletic
    (D) None of the above

11. Teachers training in Physical Education started in India:
    (A) 1957
    (B) 1920
    (C) 1914
    (D) 1960

12. The Soleus muscle is located in
    (A) Lower Leg
    (B) Forearm
    (C) Trunk
    (D) Upper Leg

13. Which of the following is called the ‘Master Gland’?
    (A) Pituitary
    (B) Hypothalamus
    (C) Thyroid
    (D) All of the above

14. Circuit training was developed by :
    (A) Morgan and Adamson
    (B) Reindall
    (C) Van Aaken
    (D) Marlow
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| 15. | The ability to release maximum muscular force in the shortest possible time is called: | (A) Muscular endurance  
(B) Muscular strength  
(C) Muscular power  
(D) Agility |        |
| 16. | Principle of over loading is that load should be:                        | (A) Maximum  
(B) According to the capacity of athlete  
(C) More than optimal  
(D) According to the body weight |        |
| 17. | A group of specialized people that work together to achieve the predetermined goal and share the outcomes is known as: | (A) A Machinery  
(B) Organization  
(C) Management  
(D) Supervision |        |
| 18. | Match the following:                                                    | (i) Leadership  (a) Taking policy decisions  
(ii) Administration  (b) Arranging resources to maximize the output  
(iii) Management  (c) Providing feedback and keeping on track  
(iv) Supervision  (d) Inspire people |        |
| 19. | Rajeev Gandhi Khel Ratan Award for Hockey was given in the year 2017 to: | (A) Sardar Singh  
(B) Dileep Turkey  
(C) Rajendra Singh  
(D) Mohan Lal |        |
| 20. | The maxims of teaching are:                                              | (1) Avoid being rigid  
(2) Satisfaction of Management  
(3) Simple to complex  
(4) Constant evaluation  
(5) Within financial means |        |
21. Given below are two statement one labeled as assertion A and other as reason R:
   A: Lesson Plan is an instrument of teaching.
   B: It enables teacher to fix the subject matter in a sequential way.
   In the context of above statements which one of the following is true:
   (A) A is right and R is correct explanation of A.
   (B) Both A and R are right but R is not correct explanation of A.
   (C) A is wrong, R is right.
   (D) A is right R is wrong.

22. In single league tournament the number of matches will be:
   (A) $\frac{n(n-1)}{2}$
   (B) $\frac{n-1}{2}$
   (C) $\frac{n(n+1)}{2}$
   (D) $\frac{n+1}{2}$

23. Cardiac hypertrophy is more pronounced in:
   (A) Sprinters
   (B) Marathon runners
   (C) Walkers
   (D) All of the above

24. To what extent the test is measuring the entity for which it was intended to measure is known through:
   (A) Reliability
   (B) Validity
   (C) Objectivity
   (D) Authenticity

25. Match the following:
   (i) Sargent Jump
   (ii) Kraus Weber
   (iii) Harvard Step Test
   (iv) Cooper Test
   (a) Endurance
   (b) Cardiorespiratory Efficiency
   (c) Explosive Strength
   (d) Minimal Muscular Strength
   i ii iii iv
   (A) c d b a
   (B) c a d b
   (C) d c b a
   (D) b d c a

26. ‘Stimulus Response Theory’ was given by?
   (A) Frobel
   (B) E. L. Thorndike
   (C) Dr. Radhakrishnan
   (D) John Dewey
27. The assignment of a number to express in quantitative terms the degree to which a pupil possesses a given characteristic is called:
   (A) Test
   (B) Measurement
   (C) Evaluation
   (D) All of the above

28. Arrange the following sources of energy in order of their utilisation for muscular exercise:
   I. Triglyceride
   II. Glycogen
   III. ATP
   IV. Phosphocreatine
   (A) I, III, IV, II
   (B) II, I, III, IV
   (C) IV, II, I, III
   (D) III, IV, II, I

29. The documented official plan on what faculty hope students will learn is known as:
   (A) School Curriculum
   (B) Intended Curriculum
   (C) Official Curriculum
   (D) Achieved Curriculum

30. Given below are two statement one labeled as assertion A and other as reason R:
   A: Explicit curriculum is the knowledge and skills that the school expect successful students to acquire.
   B: Explicit means “obvious” or “Apparent”.
   In the context of above statements which one of the following is true:
   (A) Both (A) and (R) are right and (R) is the correct explanation of (A).
   (B) Both (A) and (R) are right but (R) is not the correct explanation of (A).
   (C) (A) is right but (R) is wrong.
   (D) (A) is wrong but (R) is right.