Department of Physical Education  
Faculty of Social Sciences  
Aligarh Muslim University, Aligarh  

Answer Key  

Departmental Admission Test (Written) - 20 Objective Questions (MCQ)  
of  
Bachelor of Physical Education (B.P.Ed.) Course 2019-20  
(held on 24th April, 2019 from 10:00 a.m. to 11:00 a.m.)  

<table>
<thead>
<tr>
<th>Q.No.</th>
<th>Answer</th>
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<tbody>
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<td>1.</td>
<td>C</td>
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<td>2.</td>
<td>B</td>
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<td>3.</td>
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<td>4.</td>
<td>C</td>
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<td>5.</td>
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<td>6.</td>
<td>B</td>
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<td>7.</td>
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<td>8.</td>
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<td>11.</td>
<td>C</td>
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<td>12.</td>
<td>C</td>
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<td>13.</td>
<td>A</td>
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<td>14.</td>
<td>B</td>
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<td>15.</td>
<td>A</td>
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<td>16.</td>
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<td>17.</td>
<td>B</td>
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<td>18.</td>
<td>A</td>
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<td>19.</td>
<td>D</td>
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<td>20.</td>
<td>C</td>
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(Prof. Brij Bhushan Singh)  
Chairperson  
Dept. of Physical Education  
A.M.U., Aligarh

Report Error/Discrepancy if found in B.P.Ed. Departmental Admission Test MCQ 2019-20:  
Important: If there is any discrepancy/error in the above Answer Key of B.P.Ed. Course 2019-20  
(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.
20 Objective Questions (MCQ) – 20 Marks

1. After having a degree from physical education one will become an expert of:
   (a) Physical training
   (b) Sports Coaching
   (c) Psycho-motor teaching
   (d) Cognitive teaching

2. An institute of physical education that was established in 1920 by Mr. Harry Crowe Buck is known as:
   (a) Lakshmibai National Institute of Physical Education
   (b) YMCA College of Physical Education
   (c) Lakshmibai National College of Physical Education
   (d) Indira Gandhi Institute of Physical Education and Sports Sciences

3. Identify the fundamental unit of the muscle:
   (a) Actin
   (b) Myosin
   (c) Filaments
   (d) (a) & (b)

4. Pick the incorrect statements related to human heart:
   (a) Four Chambers
   (b) Starts from right atrium
   (c) Aorta is in right atrium
   (d) Ends at left ventricle

5. Identify the macronutrient that supplies almost 9 calories of energy per gram:
   (a) Carbohydrate  (b) Fat
   (c) Protein       (d) Vitamin

6. Find the right combination of the items from column-A and-B:

<table>
<thead>
<tr>
<th>Column-A</th>
<th>Column-B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrate</td>
<td>Tuna Fish</td>
</tr>
<tr>
<td>Fats</td>
<td>Milk, Sun Shine, Nuts, Seeds</td>
</tr>
<tr>
<td>Protein</td>
<td>Olive Oil</td>
</tr>
<tr>
<td>Vitamins</td>
<td>Rice</td>
</tr>
</tbody>
</table>

(a) 1(II), 2(I), 3(IV), 4(III)
(b) 1(IV), 2(III), 3(I), 4(II)
(c) 1(III), 2(II), 3(IV), 4(I)
(d) 1(I), 2(IV), 3(III), 4(II)
7. An ability to act or overcome against resistance is known as:
   (a) Flexibility
   (b) Coordinative Ability
   (c) Strength
   (d) Endurance

8. Who was the first athlete to be awarded Padamshree:
   (a) Milkha Singh   (b) P. T. Usha
   (c) V. S. Chouhan   (d) Sachin Bapuley

9. In Kabbadi the player on defensive side known as:
   (a) Raider    (b) Antis
   (c) Defender    (d) Protector

10. Blood is deoxygenated in:
    (a) Heart    (b) Muscle
    (c) Lungs    (d) Arteries

11. Maulana Abdul Kalam Azad Trophy belongs to:
    (a) State level competition
    (b) Nation level competition
    (c) Varsity level competition
    (d) School level competition

12. Match the women star winners of 2018 National sports awards with correct sports:

    | Column-A                      | Column-B    |
    |--------------------------------|-------------|
    | 1. S.Mirabai Chanu             | I. Hockey   |
    | 2. Hima Das                   | II. Cricket |
    | 3. Smriti Mandhana            | III. Weightlifting |
    | 4. Savita                     | IV. Athletics |

    (a) 1(II), 2(I), 3(IV), 4(III)
    (b) 1(IV), 2(III), 3(I), 4(II)
    (c) 1(III), 2(IV), 3(II), 4(I)
    (d) 1(I), 2(IV), 3(III), 4(II)

13. C. A. Kuttappa  is honored with the 2018 Dronacharya Award for:
    (a) Boxing    (b) Weightlifting
    (c) Hockey    (d) Judo

14. The only class of Nutrient which contains nitrogen is:
    (a) Carbohydrate    (b) Protein
    (c) Fat    (d) Vitamin
15. The WHO recommendations for the physical activity between 15-17 year old population is:
   (a) At least 60 min. of moderate to vigorous intensity physical activity daily.
   (b) At least 30 min. of moderate to vigorous intensity physical activity daily.
   (c) At least 60 min. of moderate to vigorous intensity physical activity, 3 days per week.
   (d) At least 30 min. of moderate to vigorous intensity physical activity, 6 days per week.

16. I…… cricket every weekend evening at Sriford.
   (a) Playing  (b) am playing
   (c) am play  (d) Play

17. At a school sports:
   Akash: “…….yourself?”
   Niraj: “Yes, I’m having a great time!”
   (a) You enjoying
   (b) Are you enjoying
   (c) Enjoy you
   (d) Do you enjoy

18. I…… for my running shoes, have you seen it?
   (a) am looking
   (b) look
   (c) will look
   (d) looking

19. WHO emphasizes the benefits of daily physical activities on health with more stress on:
   (a) Children’s Bone
   (b) Children’s Nerves
   (c) Children’s Muscles
   (d) (a) & (c) both

20. A word that describes or clarifies a noun is known as:
   (a) Pronoun
   (b) Adverb
   (c) Adjective
   (d) Verb

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