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

**Answer Key**

Departmental Admission Test (Written) - 30 Objective Questions (MCQ) of  
Master of Physical Education (M.P.Ed.) Course 2019-20  
(held on 22\textsuperscript{nd} April, 2019 from 10:00 a.m. to 11:15 a.m.)

<table>
<thead>
<tr>
<th>Q.No.</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>A</td>
</tr>
<tr>
<td>2.</td>
<td>B</td>
</tr>
<tr>
<td>3.</td>
<td>B</td>
</tr>
<tr>
<td>4.</td>
<td>B</td>
</tr>
<tr>
<td>5.</td>
<td>B</td>
</tr>
<tr>
<td>6.</td>
<td>A</td>
</tr>
<tr>
<td>7.</td>
<td>B</td>
</tr>
<tr>
<td>8.</td>
<td>C</td>
</tr>
<tr>
<td>9.</td>
<td>C</td>
</tr>
<tr>
<td>10.</td>
<td>A</td>
</tr>
<tr>
<td>11.</td>
<td>A</td>
</tr>
<tr>
<td>12.</td>
<td>D</td>
</tr>
<tr>
<td>13.</td>
<td>C</td>
</tr>
<tr>
<td>14.</td>
<td>B</td>
</tr>
<tr>
<td>15.</td>
<td>B</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Q.No.</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.</td>
<td>A</td>
</tr>
<tr>
<td>17.</td>
<td>D</td>
</tr>
<tr>
<td>18.</td>
<td>B</td>
</tr>
<tr>
<td>19.</td>
<td>D</td>
</tr>
<tr>
<td>20.</td>
<td>C</td>
</tr>
<tr>
<td>21.</td>
<td>C</td>
</tr>
<tr>
<td>22.</td>
<td>A</td>
</tr>
<tr>
<td>23.</td>
<td>B</td>
</tr>
<tr>
<td>24.</td>
<td>C</td>
</tr>
<tr>
<td>25.</td>
<td>C</td>
</tr>
<tr>
<td>26.</td>
<td>D</td>
</tr>
<tr>
<td>27.</td>
<td>A</td>
</tr>
<tr>
<td>28.</td>
<td>A</td>
</tr>
<tr>
<td>29.</td>
<td>B</td>
</tr>
<tr>
<td>30.</td>
<td>A</td>
</tr>
</tbody>
</table>

(Prof. Brij Bhushan Singh)  
Chairperson  
Dept. of Physical Education  
A.M.U., Aligarh

Report Error/Discrepancy if found in M.P.Ed. Departmental Admission Test MCQ 2019-20:  
Important: If there is any discrepancy/error in the above Answer Key of M.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.
Section-A

30 Objective Questions (MCQ) – 30 Marks

1. Tricuspid valve controls blood flow from:
   (a) Right auricle to right ventricle
   (b) Left auricle to left ventricle
   (c) Right ventricle to pulmonary artery
   (d) Left ventricle to aorta

2. Fast twitch muscle fibers had more:
   (1) Aerobic capacity
   (2) Anaerobic capacity
   (3) Endurance
   (4) Speed

   (a) 1 & 3  (b) 1 & 4
   (c) 2 & 3  (d) 2 & 4

3. Ectomorphy is characterized by:
   (1) Longer limbs
   (2) Shorter trunk
   (3) Broader hip
   (4) Broader head
   (5) Thin muscles

   (a) 1, 3, 5  (b) 1, 2, 5
   (c) 2, 4, 5  (d) 1, 4, 5

4. Assessment of result in line with pre-determined objectives is:
   (a) Content validity
   (b) Evaluation
   (c) Reliability
   (d) Objectivity

5. Comparatively cavity size of heart is more in:
   (a) Sprinters
   (b) Marathoners
   (c) Weight lifters
   (d) Shot putters

6. Hip joint is an example of:
   (a) Ball and Socket joint
   (b) Hinge joint
   (c) Suture joint
   (d) Condyloid joint

7. Type-1 lever is involved in:
   (a) Biceps curling
   (b) Forward and backward tilting of head
   (c) Quadriceps extension
   (d) Shoulder press
8. Excessive posterior curvature of spine leads to:
   (a) Scoliosis    (b) Lordosis
   (c) Kyphosis    (d) Hollow Back

9. The number of bones in cranium are:
   (a) 10    (b) 06
   (c) 08    (d) 04

10. Longest muscle of human body is:
    (a) Sartorius    (b) Biceps Brachi
     (c) Hamstrings    (d) Rectus femoris

11. Assertion (A): Health is physical, mental and social well being of the individual.
    Reason (R): It is not merely the absence of disease.
    (a) A is true & R is Right explanation of A.
    (b) A is true but R is not Right explanation of A.
    (c) A is true but R is false.
    (d) A is false but R is right.

12. In a knock out tournament, if the number of teams is 42 then the number of bye shall be:
    (a) 16    (b) 08
    (c) 04    (d) 22

    Reason (R): Anatomy, Physiology, Biophysics etc. are areas which are explored in isolation to locomotion of man.
    (a) A is true & R is Right explanation of A.
    (b) A is true but R is not Right explanation of A.
    (c) A is true but R is false.
    (d) A is false but R is right.

14. Professional preparation of Physical Education teachers in India is governed by:
    (a) LNIPE    (b) NCTE
    (c) NCERT    (d) UGC

15. A neuron and all the muscle fibres under its innervations comprises:
    (a) Motor Unit    (b) Muscle Unit
    (c) Sarcomere    (d) Sarcoplasmic reticulum
16. Administraton and organization of Physical Education should be based on the principles of:
   (a) Teaching    (b) Activity
   (c) Biomechanics   (d) Humanity

17. In comparision to the Greeks, the Romans were more:
   (a) Authoritarian   (b) Democratic
   (c) Aristocratic   (d) Utilitarian

18. Which artery carries the supply of blood towards heart:
   (a) Femoral artery   (b) Pulmonary artery
   (c) Internal carotid artery  (d) Facial artery

19. Law of acceleration is also known as:
   (a) Boyle’s law   (b) Law of inertia
   (c) Law of action and reaction  (d) Law of momentum

20. Assessment of flexibility is done with the help of:
   (a) Dynamometer   (b) Tensometer
   (c) Goniometer   (d) Cybex

21. Which of the method of teaching enables student to learn by doing:
   (a) Imitation Method   (b) Lecture Method
   (c) Project based Method   (d) Observation Method

22. Harvard step test is a test for measuring:
   (a) Cardio respiratory efficiency
   (b) Leg strength
   (c) Agility
   (d) Speed of movement

23. The 50th percentile is also known as:
   (a) Mean   (b) Median
   (c) Mode   (d) Standard Deviation

24. Freehand activity generally done in group is called:
   (a) Plyometrics   (b) Drill and marching
   (c) Calisthenics   (d) Weight training

25. The presence of the ozone layer in the upper atmosphere is important because:
   (a) It enhances the greenhouse effect.
   (b) It prevents all types of skin cancer.
   (c) It absorbs harmful ultraviolet radiations.
   (d) It reduces the amount of acid rain and urban smog.
26. Which of the following is the correct order for the four major steps in designing a health education lesson plan:
I. Developing instructional objectives and evaluation measures that are congruent.
II. Identifying several teaching strategies that encourage teacher modeling and student participation.
III. Setting scope and sequence parameters for the topic.
IV. Determining the general focus for the lesson plan.
(a) I, IV, III, II
(b) II, I, III, IV
(c) III, I, IV, II
(d) IV, III, I, II

27. Prevention of Food Adulteration Act is an example of which approach in Public Health:
(a) Regulatory       (b) Service
(c) Primary Health Care (d) Educational

28. Which skill, Sport Managers must master in order to be successful manager:
(a) Leadership skills (b) Organization skills
(c) Communication skills (d) Evaluation skills

29. To compare the variability in two populations we use:
(a) Range            (b) Coefficient of Variation
(c) Median           (d) Standard deviation

30. The father of modern Olympics is
(a) Baron Piere De Cubertin (b) Charles Bucher
(c) Charles De Cubertin (d) Rosalene Marrow