

RGUCET 2022 MSC Strength Training

1	You will kill yourself if you _____ stop smoking.					
	a) aren't	b) didn't	c) don't	d) weren't	c)	don't
2	If I _____ a bird I could fly home.					
	a) were	b) will be	c) would be	d) be	a)	were
3	The Prime minister warned that higher wages _____ higher prices.					
	a) would mean	b) will mean	c) mean	d) to mean	a)	would mean
4	The bank manager suggested that I _____ again the following year.					
	a) to apply	b) applied	c) should apply	d) would apply	C)	should apply
5	Let's go to the seminar. It _____ interesting.					
	a) used to be	b) is supposed to be	c) must have been	d) needs to be	b)	is supposed to be
6	How much money _____ yesterday?					
	a) is stolen	b) stole	c) will steal	d) was stolen	d)	was stolen
7	Jesse Ownes' _____.					
	a) Was brought up in poverty.	b) Started to train for the Olympic games when he was a youth.	c) Started to run because his mother and father pulled him through.	d) First competed in the Olympic Games.	a)	Was brought up in poverty.
8	Warning! No unauthorized personnel..... this point.					
	a) about	b) from	c) beyond	d) on	c)	beyond
9	The unions now represent less 10% of the French work force.					
	a) of	b) in	c) than	d) then	c)	than
10	Obviously objectives occasionally be modified or changed.					

	a) have to	b) must	c) shouldn't	d) ought	b)	must
11	Which team won the 1st World Test Championship?					
	a) India	b) England	c) New Zealand	d) Australia	c)	New Zealand
12	Who is the CEO of Google?					
	a) Satya Nadela	b) Sundar Pichai	c) Elon Musk	d) Mark Zuckerberg	b)	Sundar Pichai
13	Which one is a space agency/organization?					
	a) ISRO	b) DRDO	c) BARC	d) BHEL	c)	ISRO
14	Which country will host the 2022 Asian Games?					
	a) China	b) Japan	c) Qatar	d) Saudi Arabia	a)	China
15	Who is the present chairman of UGC?					
	a) Dr. Panjab Singh	b) Dr. Yashpal	c) Dr. D. P Singh	d) Dr Mamidala Jagadesh Kumar	d)	Dr Mamidala Jagadesh Kumar
16	National Youth Day is celebrated in India on the birthday of					
	a) Sardar Vallabhbhai Patel	b) Swami Vivekananda	c) Netaji Subhash Chandra Bose	d) Bhagat Singh	b)	Swami Vivekananda
17	The World Health Day is a global health awareness day celebrated every year on					
	a) 10 April	b) 9 April	c) 8 April	d) 7 April	d)	7 April
18	Which disease is a non communicable disease?					
	a) TB	b) Zika	c) Ebola	d) Cancer	d)	Cancer
19	. India shares maximum length of the border with:					
	a) Bangladesh	b) Pakistan	c) China	d) Nepal	a)	Bangladesh

20	URL stands for					
	a) Universal Research List	b) Universal Resource List	c) Uniform Resource Locator	d) Uniform Research Locator	c)	Uniform Resource Locator
21	AYD, BVF, DRH, ?, KGL					
	a) FMI	b) GMJ	c) HLK	d) GLJ	d)	GLJ
22	Cricket : Pitch ::					
	a) Ship : Dock	b) Boat : Harbour	c) Boxing : Ring	d) Wrestling : Track	c)	Boxing : Ring
23	$5^2 + 10^2 - 10^2$					
	a) 25	b) 50	c) 100	d) 200	a)	25
24	FLEXIBLE: RIGID :: CONFIDENCE : ?					
	a) Diffidence	b) Indifference	c) Cowardice	d) Scare	a)	Diffidence
25	If 30% of a number is 12.6, find the number?					
	a) 45	b) 38	c) 40	d) 42	d)	42

26	Condition during which muscles lack adequate blood flow is called					
	a) Saline	b) Ischemia	c) Motor Engrams	d) Oxygen Deficit	b)	Ischemia
27	Types of skeletal muscle fibre is determine by					
	a)Wetzel grid	b) Biopsy	c) E. C. G	d) E. M. G	b)	Biopsy
28	Skeletal Muscle is also known as:					
	a) Striated Muscle	b) Unstriated Muscle	c) Cardiac Muscle	d) Bipinniate Muscle	a)	Striated Muscle
29	Which fat is termed as bad fat?					
	a) Omega-3	b) Omega-6	c) Polyunsaturated	d) Trans Fat	d)	Trans Fat

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30	The rate of learning reaches to a limit beyond which further improvement is difficult. This stage is technically known as					
	a) Learning Curve	b) Transfer of Learning	c) Plateau	d) Cognitive Learning	c)	Plateau
31	In which aspect of human personality men and women differ the most?					
	a) Intellectual	b) Mental	c) Social	d) Physiological	d)	Physiological
32	Hamstring and Lower back flexibility is measured by					
	a) Bass Stick Test	b) Stick Drop Test	c) Sit and Reach Test	d) Oregon Test	c)	Sit and Reach Test
33	The smallest cell of human body is					
	a) Neurone	b) Sperm	c) Nephron	d) Ovum	b)	Sperm
34	Fight and Flight response of our body is controlled by					
	a) Sensory Nervous System	b) Somatic Nervous System	c) Sympathetic Nervous System	d) Parasympathetic Nervous System	c)	Sympathetic Nervous System
35	The only vein of human body that carry oxygenated blood					
	a) Carotid Vein	b) Brachial Vein	c) Superior Vena cava	d) Pulmonary Vein	d)	Pulmonary Vein
36	Which fat is good for health of athlete?					
	a) Polyunsaturated Fat	b) Saturated Fat	c) Trans Fat	d) LDL	a)	Polyunsaturated Fat
37	Which one is not an electrolyte mineral?					
	a) Sodium	b) Iron	c) Potassium	d) Phosphorous	b)	Iron
38	Sarcopenia is a disease which is related with					
	a) Nerves	b) Bones	c) Muscles	d) Lungs	c)	Muscles
39	In which age disease sarcopenia is very common?					
	a) Infancy	b) Childhood	c) Adult	d) Old	d)	Old
40	Number of bones in the axial skeleton is					

	a) 60	b) 80	c) 40	d) 20	b)	80
41	A condition in which twist, pull and tear of a muscle or tendon occur is:					
	a) Sprain	b) Overuse Injury	c) Contusion	d) Strain	d)	Strain
42	Muscles cramps are caused due to the deficiency of					
	a) Iron	b) Sodium	c) Calcium	d) Zinc	b)	Sodium
43	What is used by the sprinters to increase the muscle mass?					
	a) Testosterone	b) Dopamine	c) Diuretic	d) Caffeine	a)	Testosterone
44	Static strength is also known as					
	a) Isometric Strength	b) Isotonic Strength	c) Isokinetic Strength	d) Eccentric Strength	a)	Isometric Strength
45	Which of the following is not a test item of Barrow Motor Ability Test?					
	a) Standing Broad Jump	b) Zig - Zag Run	c) 60-yard dash	d) Six pound medicine ball put	c)	60-yard dash
46	Which of the following is not a criterion for the selection of standardized test?					
	a) Reliability	b) Validity	c) Objectivity	d) Subjectivity	d)	Subjectivity
47	Sphygmomanometer is device used to measure					
	a) KFT	b) Blood Culture	c) Blood Lipid Profile	d) Blood Pressure	d)	Blood Pressure
48	Incomplete recovery is vital part in					
	a) Fartlek Method	b) Interval Method	c) Repetition Method	d) Ballistic Method	b)	Interval Method
49	Effort with which work done in a training session by an athlete is called					
	a) Load	b) Volume	c) Intensity	d) Density	c)	Intensity
50	The cartilage which serves to cushion the impact of large forces on bone ends is called					
	a) Fibrous cartilage	b) Hyaline cartilage	c) Navicular cartilage	d) Axial cartilage	b)	Hyaline cartilage
51	Muscles which cause the joints to bend are called					
	a) Flexors	b) extensors	c) Abductors	d) adductors	a)	Flexors

52	Postural muscles is known as					
	a) Gravitational force muscle	b) Anti gravitational force muscle	c) Abdomen muscle	d) All the above	b)	Anti gravitational force muscle
53	It is the line whose location depend upon the position of CG					
	a) Line of Gravity	b) Line of Mass	c) Centre of Mass	d) Line of Momentum	a)	Line of Gravity
54	Total work done in a training session by an athlete is called					
	a) Load	b) Volume	c) Intensity	d) Density	b)	Volume
55	Which therapeutic modality will be best suitable for treatment of Osteoarthritis?					
	a) Shortwave Diathermy	b) Whirlpool Bath	c) Contrast Bath	d) Vapocollant Spray	a)	Shortwave Diathermy
56	The amount of energy released in aerobic glycolysis					
	a) 36 Moles	b) 37 Moles	c) 38 Moles	d) 39 Moles	d)	39 Moles
57	During prolonged (90 or more minutes) exercise, the preferred energy source for skeletal muscle is					
	a) Plasma Glucose	b) Plasma Fatty Acid	c) Muscle Triglycerides	d) Muscle Glycogen	d)	Muscle Glycogen
58	Flat back which is a body deformity, is associated with					
	a) Shoulder region	b) Chest	c) Thoracic region	d) Lumber part of spine	d)	Lumber part of spine
59	The process in which cells and organisms are able to maintain a stable balance of internal and external substances and forces is called:					
	a) Adaptation	b) Homeostasis	c) Equilibrium	d) Liposis	b)	Homeostasis
60	Atrio-ventricular Node is located in which part of heart?					
	a) Right Ventricle	b) Right Atrium	c) Left Ventricle	d) Right Atrium	b)	Right Atrium
61	Lifting light weights for a lot of repetitions will target the aspect of fitness called					
	a) Muscular Endurance	b) Muscular Strength	c) Flexibility	d) Body Composition	a)	Muscular Endurance
62	The leg curl machine will primarily train the muscles.					
	a) Hamstring	b) Quadriceps	c) Rectus Abdominis	d) Sartorius	a)	Hamstring
63	The part of the brain concerned with the coordination of movements.					

	a) Prefrontal Cortex	b) Medulla oblongata	c) Pons	d) Cerebellum	d)	Cerebellum
64	Transfer of heat from one place to another by the motion of heated substance					
	a) Conduction	b) Conversion	c) Convection	d) Couple Reaction	c)	Convection
65	Which equipment is not part of resistance training?					
	a) Cattle Bell	b) Thyra Band	c) Plyo Boxes	d) German Drill	d)	German Drill
66	The ability to co-ordinate body part movements with one another and in relation to a definite goal oriented whole body movement is called					
	a) Orientation Ability	b) Balance Ability	c) Coupling Ability	d) Reaction Ability	c)	Coupling Ability
67	The ability to achieve a high level of fine tuning or harmony of individual movement phases and body part movement is called					
	a) Orientation ability	b) Differentiation ability	c) Coupling ability	d) Reaction ability	b)	Differentiation ability
68	Which is the best exercise to increase the bone calcification?					
	a) Swimming	b) Weight Training	c) Cycling	d) Sit-ups	b)	Weight Training
69	Which one is not a test battery?					
	a) JCR Test	b) AAHPER Test	c) Kraus Weber Test	d) Harvard Step Test	d)	Harvard Step Test
70	Which band Represents Myosin and Actin					
	a) I	b) A	c) Z	d) H	a)	I
71	Through which mode athlete loose high amount of water during training?					
	a) Urinal	b) Breath	c) Sweat	d) Stool	c)	Sweat
72	Who proposed the Progressive muscle relaxation (PMR)					
	a) Harry	b) Jacobson	c) Williamson	d) Locke	b)	Jacobson
73	What rep range would you expect to benefit to muscle-endurance gains?					
	a). 1-6	b.) 12+	c.) 6-12	d.) 1-4	b)	12+
74	It is the capacity of an individual to tolerate the effect lactic acid.					
	a) Residual capacity	b). Balance ability	c) Endurance	d) Lactic Acid Tolerance	d)	Lactic Acid Tolerance

75	What might be a high-risk training modality for an elite player in-season?					
	a) Movement screening	b.) German volume training	c) Medical assessment	d) Aquatic Plyometric	b)	German volume training
76	Study of muscles is called					
	a) Myology	b). Histology	c) Anthropometry	d). Anthology	a)	Myology
77	What rep range would you expect to benefit to hypertrophy gains?					
	a) 1-6	b) 12+	c) 6-12	d) 1-4	c)	6-12
78	What type of activities would be appropriate, day after game when you have another game in 2 days?					
	a) Rest	b) Sprints	c) Team workshop	d) Plyometric	a)	Rest

79	Which of the following field test is not used to measure muscular strength?					
	a) 1 Rm bench press	b) 1 Rm leg press	c) 1 Rm squat	d) flexed arm hang	d)	flexed arm hang
80	Carbohydrate loading mostly helps—					
	a) Marathon Runners	b) Boxers	c) Sprinters	d) Power lifters	a)	Marathon Runners
81	The blood gets oxygenated in –					
	a) Lungs	b) Muscles	c) Liver	d) Heart	a)	Lungs
82	Exercise only for those part of the body which have excess accumulation of fat					
	a) Ergometry	a) Depth Training	c) Diathermy	d) Spot Reduction	d)	Spot Reduction
83	Which of the following test/instrument is most scientific way to test the leg strength?					
	a) Squat	b) Leg Dynamometer	c) Back Dynamometer	d) Dynamometer	d)	Leg Dynamometer
84	They are the muscles which oppose the prime movers as they relax and lengthen progressively to allow agonists to move.					
	a) Neutralizers	b) Fixators	c) Stabilizers	d) Antagonists	d)	Antagonists
85	Which of the following motor fitness component is generally considered most difficult to improve?					

	a) Speed	b) Agility	c) Flexibility	d) Explosive Strength	a)	Speed
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86	How much energy 1gm Carbohydrate provides?					
	a) 2 Kcal	b) 2 Kcal	c) 4 Kcal	d) 6 Kcal	c)	4 Kcal
87	Smallest structural unit of carbohydrate is					
	a) Glucose	b) Fructose	c) Galactose	d) Maltose	a)	Glucose
88	What should be the proportion of carbohydrate in an athlete's diet?					
	a) 20-30%	b) 30-40%	c) 40-50%	d) 50-60%	d)	50-60%
89	Which factor determines the requirement of carbohydrate in an athletes diet?					
	a) Age of Athlete	b) Training Intensity	c) Nature of Sports	d) Injury	b)	Training Intensity
90	Which organ only depends on carbohydrate for its energy requirement?					
	a) Muscles	b) Liver	c) Brain	d) Pancreas	c)	Brain
91	Carbohydrate is responsible for					
	a) Metabolism	b) Protection of Organs	c) Providing Energy	d) Insulation	c)	Providing Energy
92	What should be the proportion of fat in an athlete's diet?					
	a) 20-30%	b) 40-50%	c) 10-20%	d) 45-55%	a)	20-30%
93	What can be the lowest level of fat in Male Athlete?					
	a)10-15%	b) 20-25%	c) 5-8%	d) 12-20%	c)	5-8%
94	Which nutrient is the biggest source of energy for an athlete?					
	a) Carbohydrate	b) Fat	c) Protein	a) Potassium	b)	Fat
95	Which is the best source of Omega3 Fatty Acid?					
	a) Chicken	b) Milk	c) Fish Oil	d) Egg Yolk	d)	Egg Yolk
96	Process in which Fat breakdown and provide energy is called					

	a) Glyconeogenesis	b) Glycolysis	c) Lipolysis	d) Glycogen	c)	Lipolysis
97	If an individual eat 20gm fat, how much energy he will get?					
	a) 100Kcal	b) 140Kcal	c) 180Kcal	d) 200Kcal	c)	180Kcal
98	Which part of human body store Subcutaneous Fat?					
	a) Skeletal Muscles	b) Brain	c) Skin	d) Intestine	c)	Skin
99	Which fat is considered as good fat?					
	a) Trans Fat	b) VLDL	c) LDL	d) HDL	d)	HDL
100	Which nutrient has best anti-inflammatory property?					
	a) Protein	b) Fat	c) Lactose	d) Carbohydrate	b)	Fat